Psychoeducation

Psychoeducation programs directed at family members of those affected by illness have been shown to have considerable potential for improving the family member's overall well-being. Family Psychoeducation is an evidence-based practice that also helps to reduce relapse and facilitate recovery of persons that have a mental illness (Dixon, 2001).

Dixon, L., McFarlane, W.R., Lefley, H., Luckstead, A., Cohen, M., Falloon, I., Mueser, K., Miklowitz, D., Solomon, P., Sondheimer, D. (2001).
Evidence-based practices for services to families of people with psychiatric disabilities.
Psychiatric Services 52, 903-910.

Additional Information

For information on how to be referred to the program, or if you are interested in facilitating the program as a family member of an individual with Schizophrenia, please contact:

Coordinator for Family Education Program for Schizophrenia

West 5th Campus
100 West 5th, Box 585
Hamilton, ON L8N 3K7

Tel: 905-522-1155 Ext. 36624
Fax: 905-575-6088

F.E.P. is a program of Schizophrenia & Community Integration Service. Our Mission is to....

Provide compassionate, specialized mental health and addiction services for individuals with Schizophrenia and related psychotic disorders to achieve their personal goals through symptom management, self-management of their health and meaningful participation in life.

PD 7846 (2012-02)

ST. JOSEPH'S HEALTHCARE HAMILTON

Mental Health & Addiction Program

Family Education Program for Schizophrenia

St. Joseph's Healthcare Hamilton

www.stjoes.ca

Family Education Program:

As family members have an intricate role in the recovery of their loved one, it is our goal to emphasize education about Schizophrenia, problem - solving techniques, crisis and communication skills, while also offering support and instilling hope.

Objectives:

- Provide information about the causation, course, interventions, management, and treatment of Schizophrenia and other related psychotic disorders
- To teach family members to communicate with their relative in a positive, uncritical manner while encouraging independence
- Support the family to enhance the autonomy, independence and health of their loved one
- Provide family members with the opportunity to develop emotional and social support outside the immediate family

What the program can offer you,

- Individual orientation session: a one hour, one-to-one meeting with the group facilitators
- The group program which consists of 12 sessions, approximately 10-15 members and 3 facilitators (encompassing various core themes)
- One group booster session to review new learning and to connect with the Schizophrenia Society of Ontario as a community resource
- One individual support session
- Access to family specific resources and support
- Note: No registration fees required

Program Outline:

- An overview of Schizophrenia i.e. causes, symptoms
- Recovery, rehabilitation, and treatment strategies
- Preserving your own health
- Fostering the autonomy and independence of your loved one
- Medication
- Available community and vocational resources
- Vocational resources and productive activity
- Legal issues