

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., Sondheim, 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:

St. Joseph's Healthcare Hamilton
Schizophrenia & Community
Integration Service
West 5th Campus
100 West 5th Street, D164A
Hamilton, ON L8N 3K7

905.522.1155 ext 39559
Fax: 905.381.5654

Schizophrenia and Community Integration Services Our Mission is to...

Provide expert, specialized mental health care for individuals with Schizophrenia and related psychotic disorders to achieve their personal goals through symptom reduction, better management of their health, and meaningful participation in life.

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www.stjoes.ca

Family Education Program for Schizophrenia

Mental Health and
Addiction Program



St. Joseph's
Healthcare  Hamilton

www.stjoes.ca

Family Education Program

As family members play an integral role in the recovery of their loved one, it is our mission 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
- Enhance the development of specific management and communication strategies
- Enhance the autonomy, independence, and health of the recovering family member
- Provide family members with the opportunity to develop emotional and social support outside the immediate family
- Introducing mindfulness and the benefits of daily practice



What the program can offer you

- Individual family orientation to discuss program content and individual goals
- The group program consists of approximately 10 members, 2 staff facilitators and 1 family facilitator
- Family support sessions give the opportunity to practice and apply learned skills in the group
- Access to family specific resources and support

Program Outline

- A holistic overview of Schizophrenia
- Recovery, rehabilitation, and treatment strategies
- Preserving your own health and an introduction to mindfulness
- Fostering the autonomy and independence of your loved one
- Medication
- Available community resources
- Understanding the link between psychotic disorders and substance use
- Legal issues

