

Clinical Guidelines for “Just the Facts - A Relative’s Guide to Supporting Recovery from Psychosis”

OVERVIEW:

This module is designed to provide relatives with key points on how they can support recovery from psychosis—by supporting engagement in treatment, by keeping conflict and tension in the family to a minimum, and by pursuing personally meaningful goals.

Goals

1. Review the key points of supporting recovery from earlier handouts:
 - Take medication as prescribed.
 - Avoid drug and alcohol use.
 - Participate in a rehabilitation program and/or find something productive to do.
 - Limit the amount of stress experienced within the family.
2. Inform participants about the link between low rates of family conflict and criticism and better outcomes.
3. Inform participants that data show that the client who has relatives who are pursuing personal goals and continuing to develop themselves does better.

Materials Needed

1. Educational handout: Just the Facts - A Relative’s Guide to Supporting Recovery from Psychosis

TEACHING STRATEGIES:

- Begin by asking participants about recovery supports they are offering; praise all efforts.

- Normalize high levels of tension in families dealing with psychosis, but point out the value of change.
- Pitch the discussion about reducing family conflict and stress in a positive light—you do not want to be perceived as criticizing the family but rather helping members think about things in a new way.
- Encourage all members to take good care of themselves and pursue important goals—health, social, career—as this is a way to model successful living for the client.

TIPS FOR COMMON PROBLEMS:

- The participants perceive the topics as critical of them. Remind them that this information is offered to all families in NAVIGATE routinely. Note that occasional criticism in families is completely normal—the problem is that persons with psychosis may be uniquely sensitive to it.
- Counter any negative feedback by lots of praise to participants for what they are doing well. Many participants may be reluctant to pursue personal goals—here, highlighting their place as vital role models for the recovering client may help. Bad situations can improve with effort.

THE MOST IMPORTANT GOAL OF THE SESSION:

Encourage participants to support engagement in treatment, give praise for positive behavior rather than criticism for negative behavior, and take care of themselves.

EVALUATING GAINS:

- After completing the handout for this topic area it may be helpful to assess how much knowledge the participants have retained. You can assess a participant's knowledge using the following questions:
 1. What are four ways relatives can help support recovery?
 2. Describe the impact of intensive criticism on a person with psychosis.