

Supporting you to live well

Family Intervention for psychosis

Information for families
using our service



Introduction

When a person experiences psychosis it can be confusing and stressful for family members. When one member of the family is troubled by unusual and extraordinary experiences, it is common for other members of the family to be affected, often putting a strain on everyone's relationship.

We know that families can find it hard to understand what is going on and often don't know how to help.

What is Family Intervention?

In STEP (Specialist Team for Early Psychosis) we regularly work with the families of people who have experienced psychosis. Family Intervention is a particular way of working and is offered alongside this routine work, when we agree that it might be helpful.

Family Interventions have been widely researched and we have found that if we work with the person experiencing psychosis together with their wider networks it can help everyone to cope, lower feelings of stress and help the person experiencing psychosis to get better and stay well.

Family Interventions are a talking treatment delivered by mental health workers who are trained in this approach. It is offered alongside other interventions such as medication.

Who is Family Intervention for?

Although the service is called 'Family Intervention' anyone who is in regular contact with the person experiencing psychosis can be invited, including:

- Parents
- Siblings
- Partners
- Carers
- Friends

What do Family Intervention sessions involve?

We understand that every person and family is different, so we tailor our support to fit your needs. Sessions can involve:

- Talking about what psychosis is and developing a shared understanding of why a person might develop these experiences
- Providing an opportunity for everyone to talk about their worries and concerns
- Building on your family's existing strengths
- Thinking together about specific problems and coming up with practical ways to help manage them
- Helping to maintain family relationships and keeping channels of communication open

- Identifying strategies and practical ways to help the person who has experienced psychosis to get better and stay well
- Helping families to be optimistic about the future.

How does the Family Intervention service work?

If you would like to receive support from the Family Intervention service, please speak to the mental health worker involved in supporting you or your relative's care.

A member of the team will then make contact with you to set up a suitable time to meet. We will talk to you about who you would like to invite to the sessions.

Sessions usually take place in your home with two therapists. If this is not convenient, you can meet at one of our community mental health team bases.

Sessions usually last for about an hour and tend to happen fortnightly or monthly. The duration of this support is dependent upon your needs.

Our Family Intervention Services work across Devon. For further information please contact:



Label



Helpful information and websites

www.nice.org.uk for the updated National Institute for Health and Clinical Excellence guidelines for psychosis

www.carers.org for information about caring for someone with a mental health difficulty

www.rethink.org - 'Rethink': a national organisation supporting people with a range of mental health difficulties

www.mind.org.uk - Mind: a national organisation providing help for everyone

www.dpt.nhs.uk/STEP - for more information about our Specialist Teams for Early Psychosis (STEP)

Contact information

If you require this leaflet in a different format or language please ask a member of our staff.

If you would like to provide feedback about our services please contact:

Patient Advice and Liaison Service (PALS)

Devon Partnership NHS Trust
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www.dpt.nhs.uk