

**Topics and Subtopics of
Strengthening Families Together
Program**

Session 1

Introduction to the Program

Short introduction to psychosis
What's it like to have psychosis?
Recovery/what helps people to recover

Session 2

The Basics of Psychosis

What are Symptoms of Psychosis?
Types of Psychosis
Phases of Psychotic illness/Recovery
Psychosis & Caregivers
What is Early Psychotic Intervention?
Voice Activity

Session 3

Psychosis Causes & Treatment

Causes & Treatment
Effective Approaches
Psychosocial Intervention & Medical
Treatment
Preventing Relapse



Session 4

Coping as a Family

Issues & Difficulties Families Face
Managing Symptoms
Coping Strategies
Working with Service Providers

Session 5

Self Care

Understanding Self Care
Building Support Systems
Respite
Your Recovery Plan

Session 6

Communication

Communication Do's & Don'ts
Listening & Speaking
Problem Solving
Motivational Interviewing

Session 7

Living with Psychosis

Daily Living Tips
Facts about Suicide
Assessing the Level of Risk
What to Do if Someone is Suicidal
Involuntary Hospitalization
Preventing & Dealing with Relapse
Handling Crisis Situations



Session 8

Recovery

What does Recovery Mean?
Understanding Recovery
Guest Speaker-Recovery Journey

Session 9

Understanding the Mental Health
System & Advocacy

Our Experience with the Mental Health
System
The Mental Health Act
Guest Speaker – Mental Health System
Role of Families & Friends in the
Mental Health System
Advocacy: What can Families &
Friends do?

Session 10

Program Wrap-up and Celebration

Evaluation of Program
Distribution of Certificates
Celebration



***“A Reason to Hope
The means to cope”***

Programs and Services:

Ask your local Chapter about:

Support Groups

An informal on-going support group available to the families and primary caregivers of those affected with long-term mental illness.

ACHIEVES: Employment Counselling

Is a valuable tool in teaching employment skills to those recovering from a mental illness/addiction.

ACHIEVES: Numeracy & Literacy

Is a numeracy & literacy class designed to meet particular needs in acquiring academic upgrading services for grades 1-9 as well as GED preparation.

Your Recovery Journey

This program aims to increase your ability to meet your personal recovery goals.

Strengthening Families Together

Helping Canadians live with Mental Illness

Strengthening Families Together is about more than education: it is about **strengthening** family members, friends and caregivers of individuals with a serious mental illness by providing **support, awareness and tools.**

Local Contact:

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Strengthening Families Together Program Outline

Presented by:



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