STAGES OF MULTIPLE FAMILY GROUP INTERVENTION

Initial Contact

- Discuss with consumer
- Obtain participant's consent
- Outreach via letters, phone calls, invitation from consumer, flyers, etc.
- Invite family to partner with participant and clinician

2 wks

- Family Outreach & Engagement
- JOINING Session #1
- 5 min - 30 min

4 wks

- JOINING Session #2
- 60 min each

6 wks

- JOINING Session #3

8 wks

- FAMILY EDUCATION WORKSHOP
- ALL DAY (4-6 Hrs)

10 wks

- 1st MFG Meeting
- 90 min

12 wks

- 2nd MFG Meeting
- 90 min

Every 2 wks for 2 years

- Ongoing MFG Problem-Solving Meetings
- 90 min each

- Quarterly!!!
- All families
- Can include participants
- Clinicians act as hosts and educators
- Cover topics such as history and biology of illness, treatments, Family Guidelines, and problem-solving methods
- "Getting to Know You"
- No talking about mental illness
- Share personal information and positive aspects of life
- Continue relationship & partnership building
- Structured PROCESS of life updates and problem solving by participants
- CONTENT of each group depends on issues raised by participant & family
- Constantly ask, "What's the next step?"
- Participant, family and clinicians work together to implement the Family Guidelines

- Three 1-hour meetings with individual families participants
- Separate 30-min. meetings with participant if appropriate
- Goals:
  - Begin building relationship / partnership
  - Gather info that will assist participant
  - Give people opportunity to share concerns
  - Prepare for Education Workshop and MFG
- Socializing and getting to know one another as people is an important aspect of Joining
- Cover topics such as:
  - Early warning signs of relapse
  - Family/participant social network & strengths
  - Short-term & long-term goals

- 1st meeting with family members & participants
- "How Has Mental Illness/symptoms/situation Changed Our Lives"
- "Getting to Know You"
- No talking about mental illness
- Share personal stories
- Continue relationship & partnership building
- Structured PROCESS of life updates and problem solving by participants
- CONTENT of each group depends on issues raised by participant & family
- Constantly ask, "What's the next step?"
- Participant, family and clinicians work together to implement the Family Guidelines

- Participants work together to implement the Family Guidelines

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