

****

#### Who Participates?

Interested family members (12 years and older), friends and young people in recovery are all encouraged to participate.

**How long will we participate?**

The longer and more consistently you participate, the more satisfaction your family is likely to receive from the group. We recommend that families anticipate a two year commitment to EASA. Families or individuals may need to miss meetings or take a temporary break from the group; it is possible to do this and return later.

**How often will we meet?**

Groups meet twice per month.

**How do we sign up?**

Interested family members (12 years and older), friends and young people in recovery are all encouraged to participate.

**What if we can’t join a group?**

This process can also be effective with a single family. Talk to your EASA clinician.

For more information about multi-family groups talk to any of your EASA team members. Your questions and inquiries are welcome.

Call the Union County EASA team at

(541) 962-8800 or (541) 962-8874

EASA has operated multi-family groups with supervision from national experts in multi-family psychoeducation since 2002

Center for Human Development, Inc. “Working for Healthy Communities”

 541-962-8800

 www.chdinc.org

# Early Assessment and Support Alliance (EASA)

**EASA Multi-Family Groups**

**What are meetings like?**

The first two meetings are focused on getting to know each other. After the first two sessions, the meetings always follow the same format:

* Socializing
* Share what’s happened since the last time you met (positives and challenges)
* Selecting and defining the problem to be discussed
* Brainstorming solutions
* Evaluating solutions
* Identifying a plan

**Multi-family groups are a very important part of our program. EASA has operated multi-family groups with supervision from the national experts in multi-family psychoeducation since 2002.**

The multi-family group process is a well-researched, effective way of supporting the recovery of young people who have experienced symptoms of psychosis.



**Multi-family groups make a big difference.**

Research results have been extensive and consistent: families who attend multi-family groups regularly cope more effectively and experience lower relapse and better quality of-life.

# Other benefits for participants:

* Resolving conflicts and improving communication
* Creating new ideas
* Identifying simple steps
* Practicing problem solving skills
* Strengthening your support network

# What can we expect?

There are three steps:

1. A facilitator meets several times with your family to learn how the illness has affected you, to review early warning signs, relapse factors, and to discuss the group.
2. Your family participates in a one-day educational workshop in which you will learn about psychosis, medical treatment, family impact family guidelines, communication, and coping skills. These workshops are held periodically.
3. Your family joins with a group of families in similar situations to engage in a shared problem solving process. The first two meetings are designed to get to know each other. After those meetings, the format will use a structured process for problem solving.