Breakout Groups #1

Instructions:

Respond to the prompt below corresponding to your group number.

<u>Assign</u>:

- A facilitator to help keep the conversation going
- A person to report out to the full group
- Someone to write down your responses: write them in the body of an email or a Word document attachment **with the prompt at the top** and send it to easa@ohsu.edu.

For your group prompt, answer the following questions:

a) What strategies have you found that work well to address this challenge?
b) What remaining challenges or questions could you use support on?

Answer the prompt *for your group*:

1. Encouraging family interest and involvement
2. Navigating differences in ideas of what treatment should look like
3. Supporting parents who have their own mental health challenges
4. Family involvement in assessment
5. Addressing caregiving fatigue and trauma in the family
6. Getting feedback from families and integrating it into decision making
7. Overcoming distrust of the mental health system
8. Engaging dads
9. Overcoming transportation and other logistical challenges
10. Overcoming stigma within the family
11. Supporting siblings
12. Adapting family psychoeducation to virtual platforms
13. Supporting families when young people without parents who can support them
14. Strategies for when young people won't sign a consent
15. Strategies for families with socioeconomic challenges
16. Addressing substance abuse in the family
17. Family logistical challenges (transportation, scheduling)
18. Language barriers and use of interpreters
19. Adapting language and approach based on family Cultures
20. Adapting language and approach for Clinical High Risk (Psychosis-Risk Syndrome) versus First-Episode
21. Engaging families in transition planning
22. Responding to family conflict
23. Creating long-term partnerships with families
24. Alternative ideas for fun or informational family gatherings
25. Addressing biases and negative beliefs when they occur within ourselves or our team