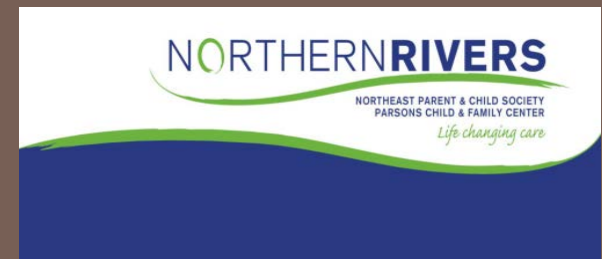


THE ROLE OF FAMILIES AND SUPPORTS IN RECOVERY WITH PSYCHOSIS



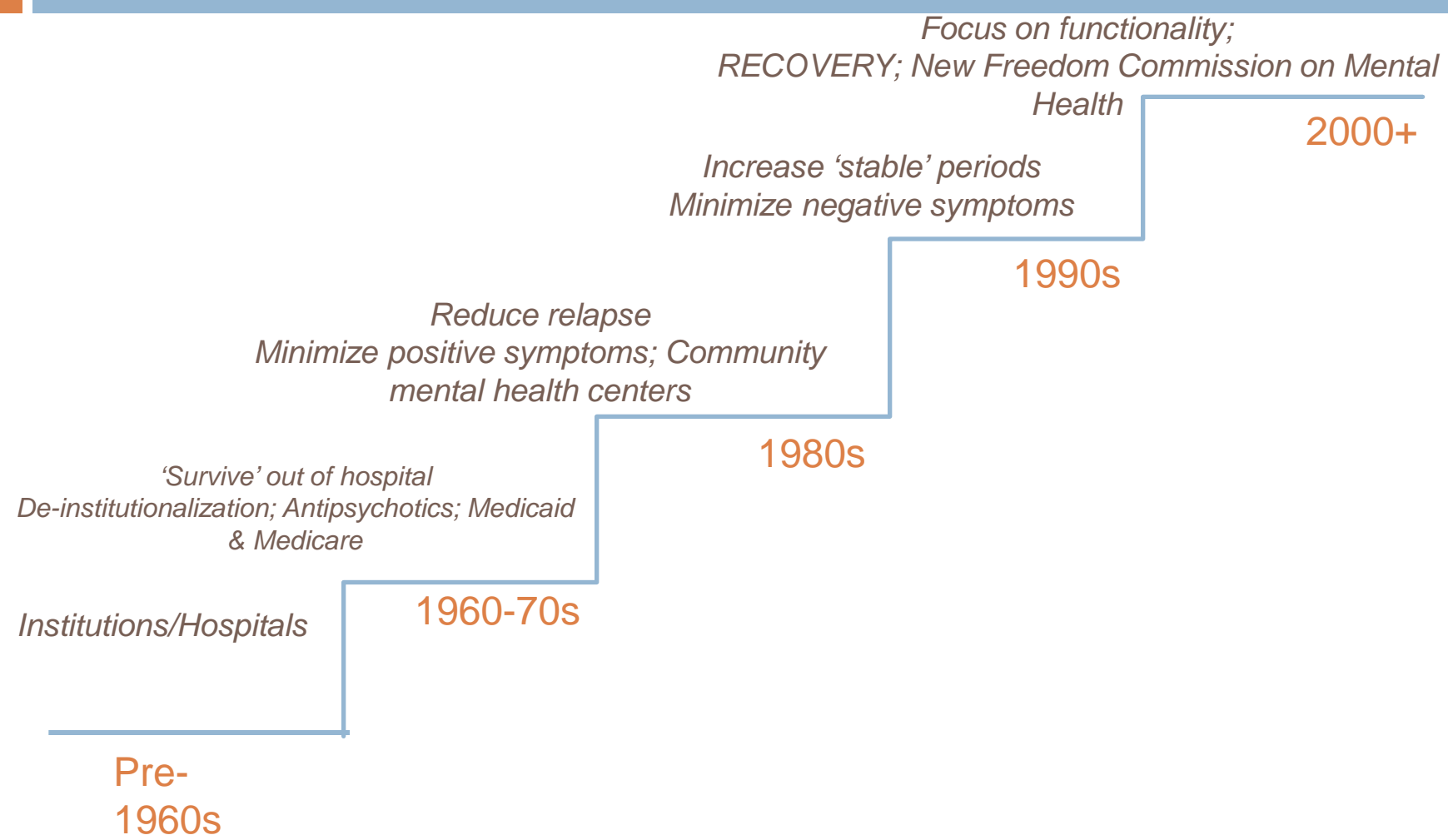
By Jenna Bernhardt, LCSW

Presentation Objectives

- Understand the mental health recovery movement & the role of family
- Understand the experience of a person with psychosis and techniques for responding
- Awareness of the impact mental health issues have on the family system
- Interventions used in family work

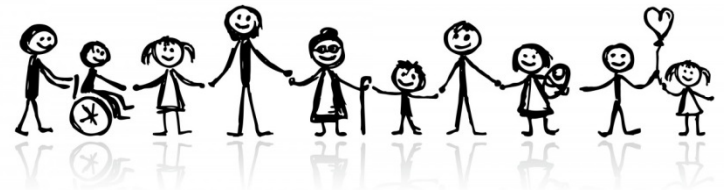


The Treatment of Mental Illness Through Time



Background: Factors that led to Involving Families in Treatment

- Family factors influence psychosis outcomes
- Family members are often default care managers
- Specific family interventions are among the most effective treatments for psychosis

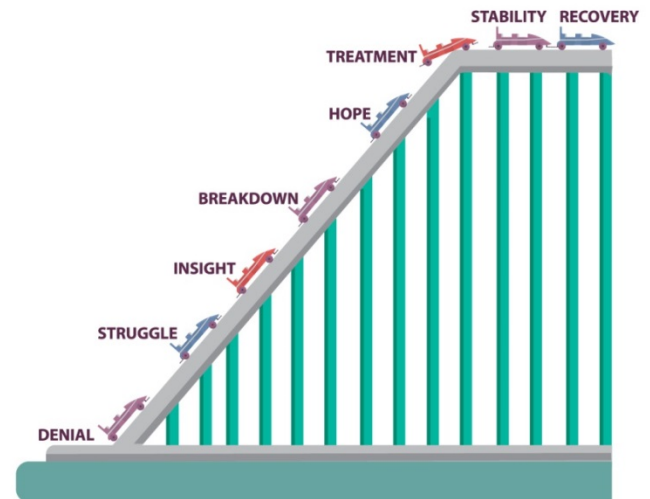
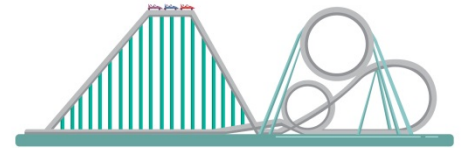


What is “Recovery?”



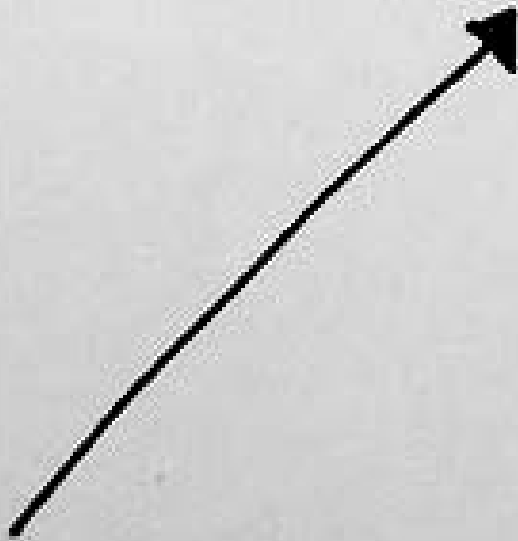
Recovery, Continued

- Recovery is not a linear process
- Recovery involves every aspect of an individual's life (mind, body, spirit, community)
- Recovery focuses on valuing and building on capacities, talents, inherent worth, and abilities
- Early Intervention can help people get on the road to recovery early!



RECOVERY

Expectations



Reality

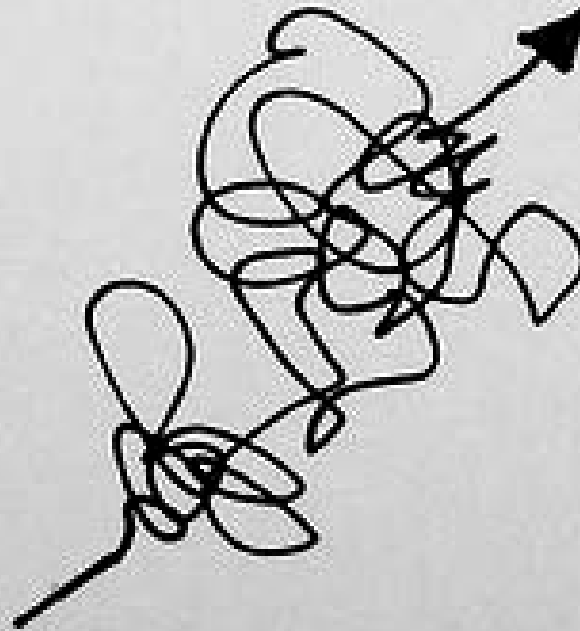


Diagram from:

<https://www.scottishrecovery.net/resource/rebecca-baird-what-recovery-means-to-me/>

EXPLORING SCHIZOPHRENIA

Schizophrenia disrupts perception of the world, thought, speech, movement, and almost every other aspect of daily functioning.

Trigger

- Stressful, traumatic life event
- High expressed emotion (family criticism, hostility, and/or intrusion)
- Sometimes there is no obvious trigger.

Biological Components

- Inherited tendency (multiple genes) to develop disease
- Prenatal/birth complications—viral infection during pregnancy/ birth injury affect child's brain cells
- Brain chemistry (high levels of dopamine and serotonin)
- Brain structure (enlarged ventricles)

Social Components

- Environmental situations (early family environment) can trigger onset.
- Culture influences interpretation of disease/symptoms (hallucinations, delusions)

Emotional and Cognitive Influences

- Interaction styles that are high on criticism, hostility, and emotional overinvolvement can trigger a relapse.

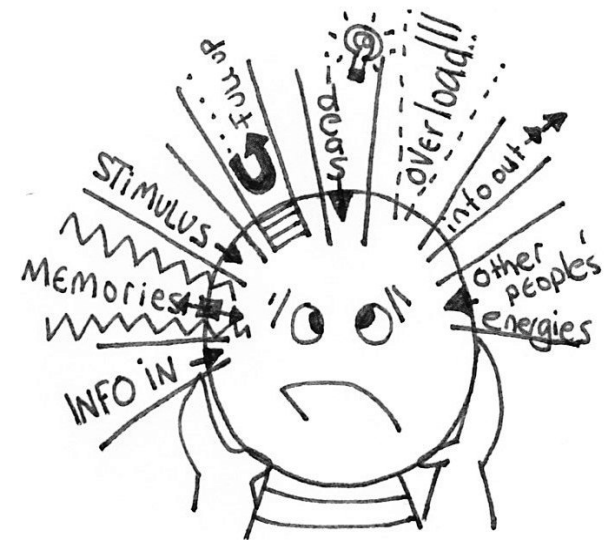
Behavioral Components

- Positive symptoms:
 - active manifestations of abnormal behavior (delusions, hallucinations, disorganized speech, odd body movements, or catatonia)
- Negative symptoms:
 - flat affect (lack of emotional expression)
 - avolition (lack of initiative, apathy)
 - alogia (relative absence in amount or content of speech)



Psychological Functioning: Attention & Sensory Overload

- In order to pay attention, the human brain needs to filter and integrate incoming information
- In a psychotic state, people are over-loaded, which makes it hard to pay attention...information is missed
- With negative symptoms, a person is slow to register information and/or has poor attention



Psychosis represents an unusual sensitivity to:



- Sensory stimulation
- Prolonged stress, strenuous demands
- Rapid change
- Complexity
- Social disruption
- Illicit drugs and alcohol
- Negative emotional experience



Wanted: A person willing to work all hours of the day, 7 days a week, no vacation, personal days or holidays

Job Description

There is no salary, bonus plan, or 401K plan. There is no supervisor or on-the-job training. You must be emotionally involved with the person you are going to work for. You must be a self starter and entrepreneur. You must be willing to learn the job by trial and error. The person you are going to care for may not be able to express appreciation.

Anyone interested in this job, apply immediately!

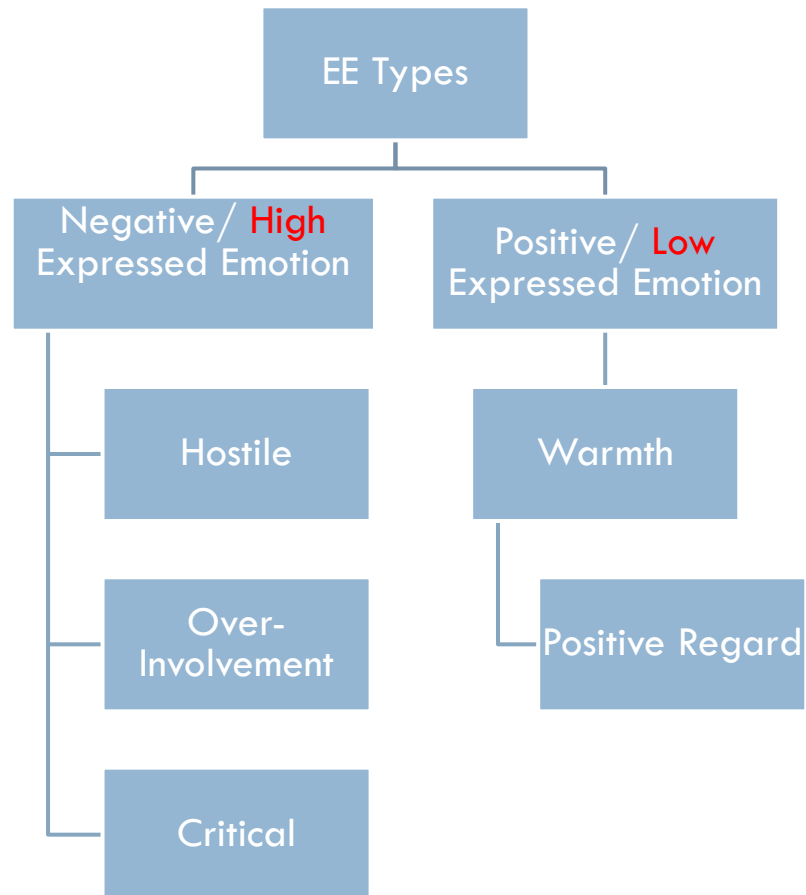


How Family Members Cope

- Four stages of reacting and responding
 - ▣ 1) Awareness (Emotional confusion)
 - ▣ 2) Recognition (Hope and Compassion)
 - ▣ 3) Lessened Confidence (Loss of dreams & resentment)
 - ▣ 4) Oscillating closeness & Separation (Recognition that families can't control the individuals illness)

Expressed Emotion (EE) & Role in Recovery

- Study → Measure the amount of emotion displayed towards a family member with a psychotic disorder. Amaresha & Venkatasubramanian, 2012





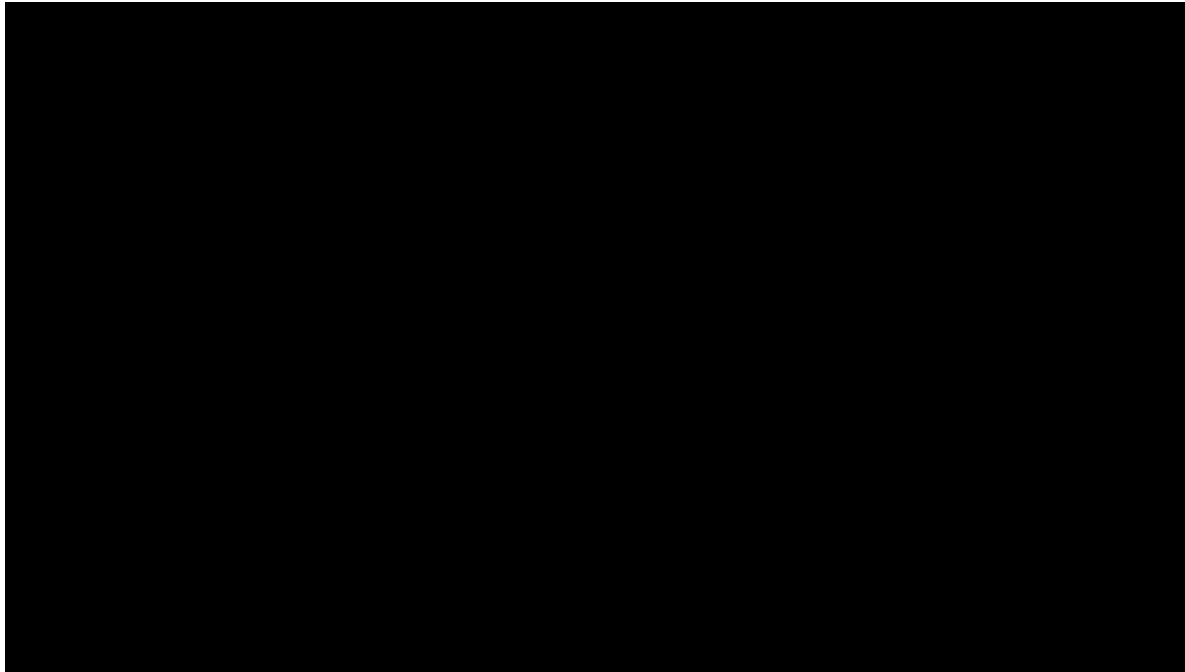
Ways In Which Families Need Support

- 1) Education
 - Causes of mental illness, treatment approaches, medications
- 2) Support Groups
 - NAMI
- 3) Therapy and involvement in their loved one's treatment
 - Communication skills, problem solving, crisis management, identifying warning signs
- Understanding their loved one's unique needs





TREATMENT APPROACHES FOR PSYCHOTIC DISORDERS



<https://www.bing.com/videos/search?q=coping+with+schizophrenia+caregiver&&view=detail&mid=250095ED11AD634AAF4E250095ED11AD634AAF4E&rvsmid=84D0C601EF107472D46484D0C601EF107472D464&fsscr=0&FORM=VDQVAP>

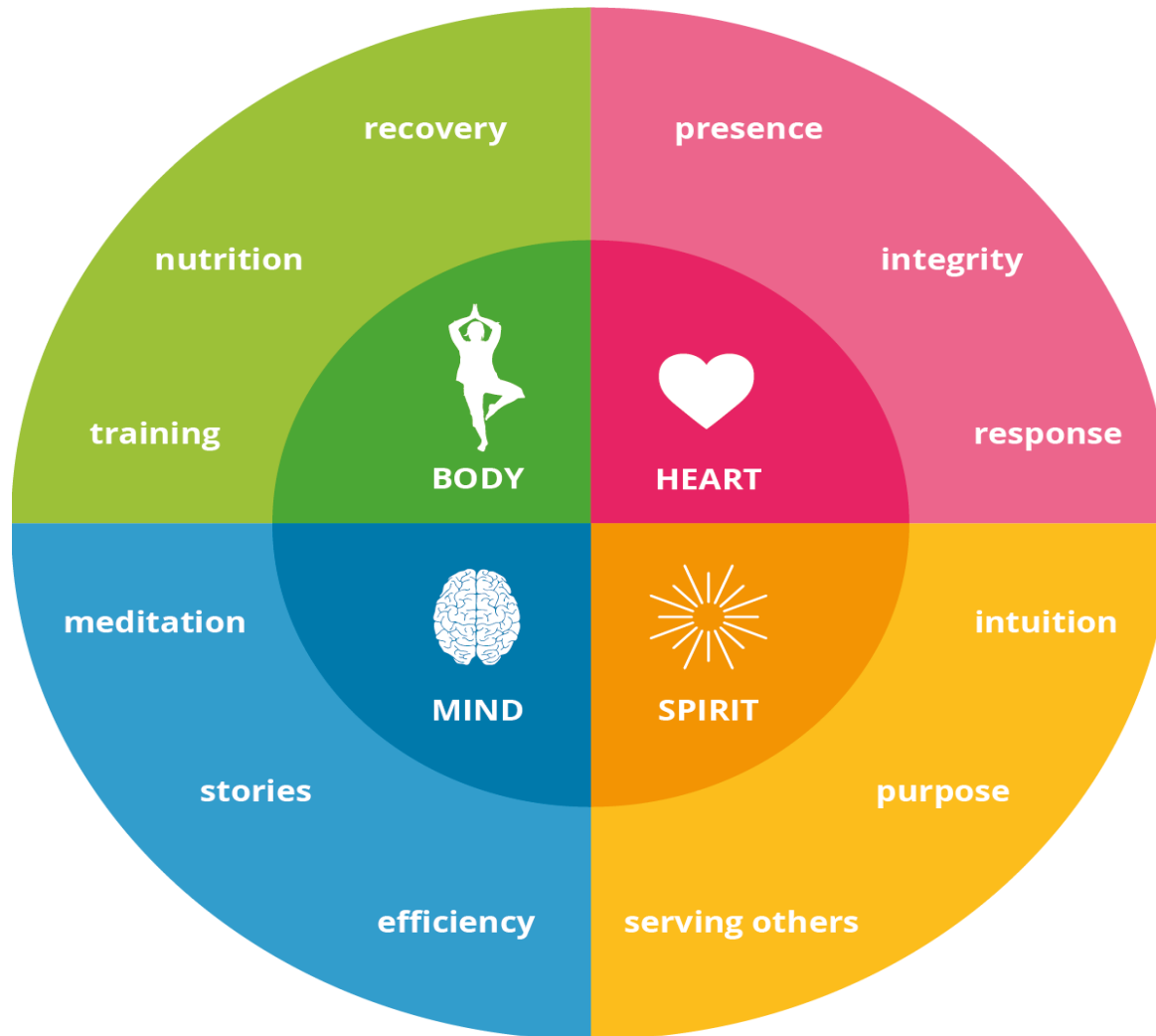
Ways Families Can Help: Know The Early Warning Signs

My Early Warning Signs to Watch For

8

Common Early Warning Signs	
Place a check next to signs you have had before.	
	Feeling sad, tense, or irritable
	Problems sleeping 
	Thinking things are referring to you when they are not
	Feeling suspicious of others 
	Unusual ideas
	Trouble thinking or concentrating 
	Starting to hear voices or see things again
	Problems doing everyday activities 
	Feeling less social
	Having less motivation or "get up and go" 
	Expressing emotions less
	Other 

Ways Families Can Help

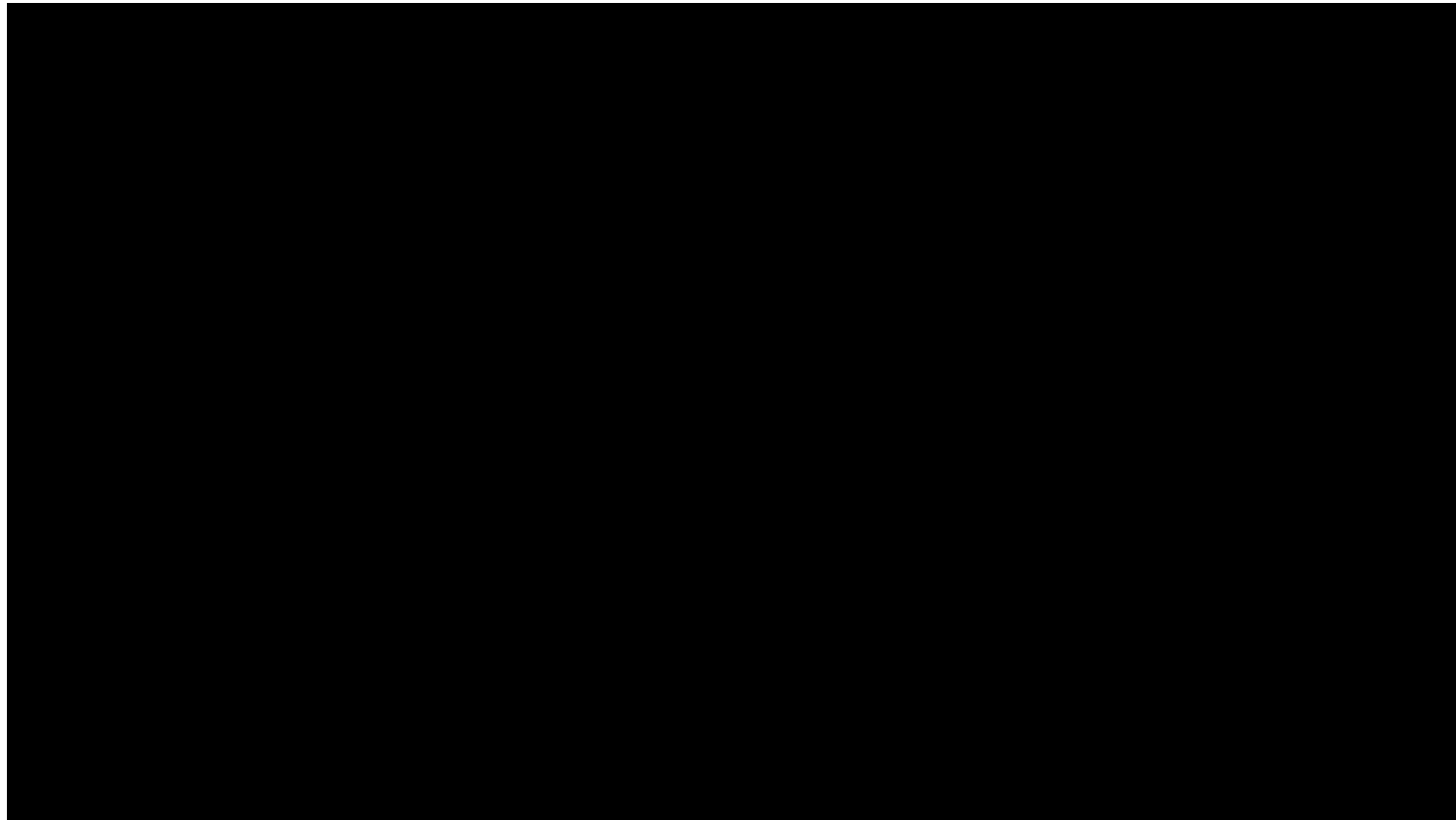


Ways Families Can Communicate with Loved Ones

- Listen and empathize rather than argue or discount your loved ones beliefs
- Keep statements short
- Ask questions one at a time; don't rush a response
- Stay calm and be patient
- Use "I" statements
- Avoid name-calling or criticizing
- Recognize your own limits

 Interventions:

Shared Decision Making



<https://www.youtube.com/watch?v=XPm5iEDEI8Y>



Interventions:

Shared Decision Making

- Rejects the previous hierarchical power structures in mental health with the provider “Knowing all”
- Consumer and Providers working jointly together
- Promote consumers’ empowerment in decisions
- Facilitating consumer responsibility
- Decisional Balance Activity (Pro/Con List)
- Values Clarification exercises

Interventions: Decisional Balance Worksheet

	Benefits (Pros)	Costs (Cons)
Making a Change		
Not Making a Change		

The change I'm considering is:

The diagram is a 2x2 grid with rounded corners. The top-left quadrant is labeled 'Making a Change' and 'Benefits (Pros)'. The top-right quadrant is labeled 'Making a Change' and 'Costs (Cons)'. The bottom-left quadrant is labeled 'Not Making a Change' and 'Benefits (Pros)'. The bottom-right quadrant is labeled 'Not Making a Change' and 'Costs (Cons)'. In the center of the grid is a smaller rounded rectangle containing the text 'The change I'm considering is:'.

Interventions: Values Clarification

Exercise: Part 1

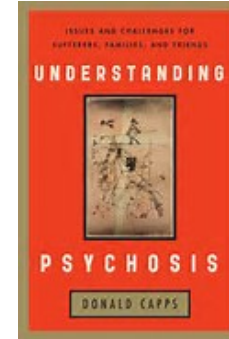
Very Important	Moderately Important	Little or Not Important
Live Independently	Meeting new people	Have a nice car
Recovering from my psychiatric problems	Have nice clothes	Having extra money
Staying out of the hospital	Limit my substance use	Having a hobby

Interventions: Values Clarification

Exercise: Part 2

Important Values I have	How Family Involvement Might Help	How Family Involvement Might Hurt
Live independently	Helping give the loved one responsibilities around the house	Belief that the loved one cannot live alone
Recovering from my psychiatric problems	Helping the person organize their schedule and appointments	Expectations that the person can do things on their own
Staying out of the hospital	Learning about warning signs and what changes may mean more help is needed	Excluding the family member from events, increasing stress

Resources



Books:

- 1) Understanding Psychosis by Donald Capps
- 2) Surviving Schizophrenia: A Family Manual by E.Fuller Torrey

Website:

- 1) Brain & Behavior Foundation: <https://www.bbrfoundation.org/research/schizophrenia>
- 2) National Alliance for Mental Illness:
<http://www.namihelps.org/NamiUnderstandingPsychosisBooklet.pdf>
- 3) National Institute of Mental Health:
<https://www.nimh.nih.gov/health/topics/schizophrenia/raise/raise-resources-for-patients-and-families.shtml>
- 4) Schizophrenia.com : <http://www.schizophrenia.com/family/expressed.htm>

Memoirs:

- 1) Ben Behind His Voices: One Family's Journey from the Chaos of Schizophrenia to Hope by Randy Hays
- 2) The Center Cannot Hold: My Journey Through Madness by Elyn R. Saks

Questions/Comments?

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