

WHAT YOU CAN DO

EDUCATE

[Research on family psychoeducation](#) consistently shows that it improves outcomes and reduces hospitalizations for individuals diagnosed with serious mental illness. SAMHSA has [resources](#) to help you implement family psychoeducation in your programming.

ENGAGE FAMILY COACHES AND PEERS

Although there is a nationwide shortage of behavioral health providers, there will always be people who have personal experience loving and caring about a person living with a serious mental illness. Seek them out through your internal networks or groups like NAMI and see if they want to mentor or help the families you work with in other ways.

UNDERSTAND A FAMILY'S CULTURE

Although every family is unique, it is helpful to learn more about traditional family structure and beliefs of the individuals you work with through resources such as the [UC Davis Center for Health Disparities](#) or the [National Network to Eliminate Disparities in Behavioral Health](#). The [APA DSM-5 Cultural Formulation Interview](#) is a tool to help practitioners understand the role of one's culture in their condition. You can watch a Recovery to Practice webinar on this topic on the [SAMHSA RTP website](#).

CREATE A FAMILY INVENTORY

"Family" does not always mean blood relatives. Ask individuals using services: "Who do you rely on in a crisis? Who is an important part of your daily life? Who do you want to know about and be involved in your treatment?" The definition of family should be determined by the individual using services.

RECOGNIZE THE POWER OF FAMILY RELATIONSHIPS

When working with families, keep in mind that some parents will do absolutely anything for the safety and well-being of their child. Sometimes well-meaning family members can unintentionally impede the process of recovery. Nonjudgmental empathy and understanding go a long way in creating a trusting relationship.

CONFERENCES & EVENTS

Engagement Webinar Series

RTP is hosting a series of four webinars on Engagement in Spring 2018.

- **April 4, 2018:** Therapeutic alliance and its impact on engagement
- **May 7, 2018:** Pre-crisis/crisis and engagement using WRAP
- **May 23, 2018:** Using social media and other technology approaches for outreach and engagement

For more information, visit the RTP website at <https://www.samhsa.gov/recovery-to-practice>.

American Occupational Therapy Association (AOTA) Annual Conference and Expo

April 19-22, 2018, Salt Lake City, Utah

Visit the [site](#) to learn more or register to attend.

APR
19-22

FREE CME: NEW ON-DEMAND COURSE!

Clinical Decision Support: Clozapine as a Tool in Mental Health Recovery is a continuing education course that offers information and resources for physicians, clinicians, and other practitioners serving patients with psychotic symptoms who may be considering taking clozapine. [Learn more!](#)

FREE

Also check out our other CME courses: Clinical Decision Support for Providers Serving Individuals with Co-occurring Disorders [Course 1](#) and [Course 2](#).

MODELS FOR FAMILY ENGAGEMENT AND INVOLVEMENT

- [Family psychoeducation \(FPE\)](#): An approach based on partnering with individuals and their families to develop a strong working relationship based on knowledge and mutual goals.
- [Consumer-centered family consultation \(CCFC\)](#): An information and skill-oriented approach to engaging families in which practitioners and individuals using services work together to involve the family in care.
- [Family-centered care \(FCC\)](#): An approach to general health care decision-making, which is most often used with children, that involves respect, information sharing, collaboration, negotiation, and honoring the family, including any behavioral health concerns.