

## What does the research say?

Research shows that including family psychoeducation (FPE) as part of mental health treatment makes the lives of people with severe mental illness much better.

Coming to FPE classes with family or other support people reduces the chance of a person going back to the hospital during the first year after discharge, compared to people who either use medicine alone or use medicine and therapy, but do not attend FPE with family and/or friends. Several studies show that the chance of returning to the hospital is reduced by 50% or more.

FPE programs offer the support that people need to enjoy recovery, go back to work, and improve social skills. Families say they feel less confused, less stressed, and less isolated after they attend the classes. Research also shows that people are more likely to get a job when they take the FPE classes - especially if they take supported employment classes at the same time.



“Boy on the Beach”  
By: Diane Cruz

## Want to learn more about FPE?

Please contact the Community Mental Health agency near you.

### Genesee Health System

420 West Fifth Avenue  
Flint, MI 48503  
(810) 257-3705  
www.genhs.org

### Lapeer Co. CMH

1570 Suncrest Drive  
Lapeer, MI 48446  
(810) 667-0500 (Voice/TTY)  
www.lapeercmh.org

### Sanilac Co. CMH

227 East Sanilac Avenue  
Sandusky, MI 48471  
(810) 648-0330 (Voice)  
(810) 648-4327 (TTY)  
www.sanilacmh.org

### St Clair Co. CMH

3111 Electric Avenue  
Port Huron, MI 48060  
(810) 985-8900  
www.sccmh.org

### Customer Service

Mon.-Fri. 8 a.m. – 4:30 p.m.  
(888) 225-4447 (toll free)  
www.sccmh.org

*The beautiful artwork featured in this brochure was created by artists who receive public mental health services from providers in the Region 10 PIHP and was used with their permission.*

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# Family Psychoeducation

Evidence based practices shaping mental health services toward recovery.



“Daisies”  
By: Kay Nichol

## Would it help if you, your family and friends...

- ◆ Understood more about mental illness?
- ◆ Knew how to better cope with symptoms?
- ◆ Were better able to support your recovery efforts?
- ◆ Had less stress overall?

Family Psychoeducation can help you and your support team develop and achieve these goals.



www.region10pihp.org

## How can we benefit from Family Psychoeducation (FPE)?

When someone has a serious mental illness, it can be a struggle for family and friends, too. FPE is one way to help both an individual with a mental illness and his or her family and friends move toward recovery while making life less stressful for everyone involved.

### Not only for family members

Any adult who is willing to be supportive of a person who has a mental illness may attend. You do not have to live in the same house. Family, close friends, even neighbors can benefit.

### How FPE can help you, your family, and your supports

FPE groups help participants to:

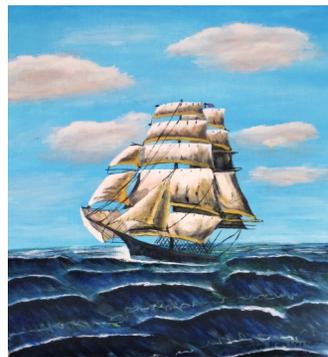
- Learn more about mental illness and symptoms
- Realize that other people have similar needs and experiences
- Improve relationships
- Improve overall health
- Learn new ways to handle common issues that often cause stress, confusion and disagreements, such as:
  - ✓ Taking medications
  - ✓ Finding and keeping a job
  - ✓ Taking part in social activities

## How does it work?

You and your family or other supports meet with a person who leads the FPE group. Groups are held every other week for several months.

**There are three (3) parts to FPE:**

1. **Joining Session:** Interested individuals and their family/supports meet with the FPE leader, either together or alone. At this time, you will all talk about what is going on. Maybe there are troubling symptoms, daily routine, lack of job, or other concerns. The family and FPE leader start to form a partnership.
2. **Educational Workshop:** Groups meet in a classroom setting to learn the basics of mental illness. They also learn what they can do to work together to achieve and maintain wellness.
3. **Problem Solving Sessions:** Meetings are held every two weeks. Group members learn to work through problems that might come up using easy to understand, step-by-step methods.



Voyage"  
By Faye Vestal

## Who does FPE help?

Persons who have a serious mental illness, their family members, and support persons are most likely to be helped by FPE.

### How does FPE help the person who receives services?

By learning more about a mental illness, a person is likely to see positive changes in his or her life. Some of these changes might include:

- Fewer return trips to the hospital
- Less time in the hospital
- Fewer bad feelings about having a mental illness
- Fewer conflicts
- Improved coping skills
- Better symptom management
- Less isolation, or being alone
- More involvement in relationships and social activities

### How do we start?

Start the conversation. Talk with your family or supports. If you are a family member or support person, talk with the individual who receives services. Then, talk to the case manager or anyone on the treatment team. Tell them that you are interested in Family Psychoeducation or "FPE".