

Family PsychoEducation Benefits

- **Reduced symptoms and need for medication**
- **Fewer relapses and hospitalizations over time**
- **Increased energy and motivation**
- **Better work opportunities**
- **Increased involvement in social activities and family life**
- **Less stress and better health for all family members**

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Family Psychoeducation

**Adult
Recovery
Collaborative
of
Oklahoma**



EVIDENCE-BASED PRACTICE

What is Family Psychoeducation?

Mental illness can impact the entire family. Family members may have difficulty understanding the illness or how to help. Family psychoeducation is a means of developing a partnership with participants and their families to share illness information and to expand coping and problem-solving skills to address complications that interfere with the recovery process.

Who is it for?

Family psychoeducation has been shown to be beneficial for individuals experiencing symptoms of:

- Schizophrenia
- Schizoaffective disorder
- Bipolar disorder
- Major depression
- Obsessive Compulsive Disorder
- Borderline Personality Disorder

How Family is Defined

- Parents
- Relatives
- Friends
- Neighbors
- Basically, anyone who cares for the individual and is supportive in the recovery process may participate.

Program Format

Introductory Sessions

Meetings with a practitioner to begin developing a partnership.

Educational Workshop

Families come together to learn current information about mental illness.

Problem-solving sessions

A single or multifamily group format where problems are identified and resolved in a step by step manner. These sessions are designed to meet every other week for the first nine months and then

Adult Recovery Collaborative of Oklahoma

Oklahoma Department of Mental Health & Substance Abuse Services

Oklahoma Health Care Authority

Oklahoma Department of Human Services

Oklahoma Department of Rehabilitative Services