

One of the ways you can help a loved one with schizophrenia is to learn the truth about schizophrenia.

A lot of what you see or hear about schizophrenia in the media or from others is not true.

YOU MAY HEAR:

People with schizophrenia are dangerous.

THE TRUTH:

Most people with mental illness are not dangerous, and most people who are dangerous do not have a mental illness.

YOU MAY HEAR:

People with schizophrenia have “split personalities.”

THE TRUTH:

People with schizophrenia do not have multiple or split personalities.

YOU MAY HEAR:

People with schizophrenia never get better.

THE TRUTH:

With the right treatment, people with schizophrenia can and do improve their lives.

YOU MAY HEAR:

Schizophrenia is a result of bad parenting or weak character.

THE TRUTH:

Schizophrenia is no one's fault. No one causes it. No one is to blame for it.



Show your support
for recovery
with a silver ribbon.



**BEST PRACTICES
IN SCHIZOPHRENIA
TREATMENT CENTER**

A NEOMED CCoE



NEOMED

COORDINATING CENTERS
of **EXCELLENCE**

To learn about Ohio Coordinated
Specialty Care for Early Serious Mental Illness
programs, visit mha.ohio.gov/GetHelpEarly

Does someone you love
have schizophrenia?

You want to know what to expect.

You want to know how
you can help.

FIRST

**FAMILY
PSYCHOEDUCATION
Can Help**

Someone you love is enrolled in a FIRST Coordinated Specialty Care for First Episode Psychosis program. FIRST participants engage in at least two of the following treatment components with members of their treatment team: psychiatric care, individual counseling, supported employment/education, case management and Family Psychoeducation.

Regardless of which treatments your loved one selects, all participants in FIRST receive education and support that includes learning about the illness, its treatment, coping strategies and developing the knowledge and skills to prevent a relapse.

The FIRST program believes that support from family and natural supports is vital to recovery. Family Psychoeducation is also available to family members and natural supports of individuals in FIRST.



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FIRST Family Psychoeducation Goals

- Provide information about schizophrenia, treatment, strategies to cope with stress and the role of the family system in recovery
- Encourage family and natural supports to be active members of the recovery team and enlist their input and cooperation with the treatment plan
- Provide hope for recovery
- Support entire family systems, including other natural supports
- Discuss individual and family system strengths, resiliency and goals
- Help develop communication and problem-solving skills
- Help family and natural supports assist the FIRST participant in monitoring symptoms and preventing relapses

Who participates in FIRST Family Psychoeducation sessions?

The FIRST team leader or IRT Clinician facilitates Family Psychoeducation sessions. The FIRST participant is encouraged to engage in Family Psychoeducation sessions and to include anyone who is important to them, which could be blood relatives, significant others or friends. If the FIRST participant does not engage in Family Psychoeducation, their identified family and natural supports can still participate and learn about symptoms, treatment, relapse prevention and communication and problem-solving skills; however, specific information about the FIRST participant will not be discussed unless they give consent.

When are FIRST Family Psychoeducation sessions held?

The FIRST participant and their identified family and natural supports determine how often and how many times they participate in Family Psychoeducation sessions. Ideally, Family Psychoeducation sessions are held once a week or every other week for at least several months.

FIRST participants or their family and natural supports can request FIRST Family Psychoeducation, and they can begin sessions at any time.

FIRST Family Psychoeducation Topics

- Introduction, assessment and initial goal-setting
- What is schizophrenia?
- Medication
- Coping with stress
- Effective communication
- Problem-solving and decision-making
- Relapse prevention planning
- Collaborating with mental health professionals
- Family members' guide to supporting recovery
- Basic facts about alcohol and drugs

How do I find out more about FIRST Family Psychoeducation?

To learn more about FIRST Family Psychoeducation, please contact any member of the FIRST treatment team.