

EVIDENCE-BASED  
PRACTICES

**KIT**

Knowledge Informing Transformation

# Using Multimedia to Introduce Your EBP

## Family Psychoeducation



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)





# Using Multimedia to Introduce Your EBP

## Family Psychoeducation

## Acknowledgments

This document was prepared for the Substance Abuse and Mental Health Services Administration (SAMHSA) by the New Hampshire-Dartmouth Psychiatric Research Center under contract number 280-00-8049 and Westat under contract number 270-03-6005, with SAMHSA, U.S. Department of Health and Human Services (HHS). Neal Brown, M.P.A., and Crystal Blyler, Ph.D., served as the Government Project Officers.

## Disclaimer

The views, opinions, and content of this publication are those of the authors and contributors and do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), SAMHSA, or HHS.

## Public Domain Notice

All material appearing in this document is in the public domain and may be reproduced or copied without permission from SAMHSA. Citation of the source is appreciated. However, this publication may not be reproduced or distributed for a fee without the specific, written authorization from the Office of Communications, SAMHSA, HHS.

## Electronic Access and Copies of Publication

This publication may be downloaded or ordered at <http://www.samhsa.gov/shin>. Or, please call SAMHSA's Health Information Network at **1-877-SAMHSA-7** (1-877-726-4727) (English and Español).

## Recommended Citation

Substance Abuse and Mental Health Services Administration. *Family Psychoeducation: Using Multimedia to Introduce Your EBP*. HHS Pub. No. SMA-09-4422, Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services, 2009.

### Originating Office

**Center for Mental Health Services**  
**Substance Abuse and Mental Health Services Administration**  
**1 Choke Cherry Road**  
**Rockville, MD 20857**

HHS Publication No. SMA-09-4422  
Printed 2009

## Using Multimedia to Introduce Your EBP

*Using Multimedia to Introduce Your EBP* is a collection of educational tools to help you introduce your Family Psychoeducation (FPE) program to a variety of stakeholder groups, including the following:

- Mental health authorities;
- Community members;
- Employers;
- Consumers;
- Families and other supporters; and
- Agency-wide staff.

Anyone who is trained in the FPE model (including EBP program leaders, staff, and advisory group members) should be able to use these tools during in-service training meetings or for community presentations to educate other stakeholder groups.

For references, see the booklet *The Evidence*.

# Family Psychoeducation

This KIT is part of a series of Evidence-Based Practices KITs created by the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.

This booklet is part of the Family Psychoeducation KIT that includes a DVD, CD-ROM, and seven booklets:

**How to Use the Evidence-Based Practices KITs**

**Getting Started with Evidence-Based Practices**

**Building Your Program**

**Training Frontline Staff**

**Evaluating Your Program**

**The Evidence**

**Using Multimedia to Introduce Your EBP**

**What's in *Using Multimedia to Introduce Your EBP***

Introductory Video . . . . .	3
Sample Brochure . . . . .	3
Introductory PowerPoint Presentation . . . . .	4
Appendix A: Sample Brochure . . . . .	5
Appendix B: PowerPoint Presentation . . . . .	11

**Family  
Psychoeducation**



## Using Multimedia to Introduce Your EBP

### Introductory Video

This film gives viewers basic information about the Family Psychoeducation (FPE) program, including the following:

- Practice principles;
- Practice philosophy and values;
- Basic rationale for services; and
- How the evidence-based practice has helped consumers and families.



English and Spanish versions of the Introductory Video are included on the DVD in the KIT.

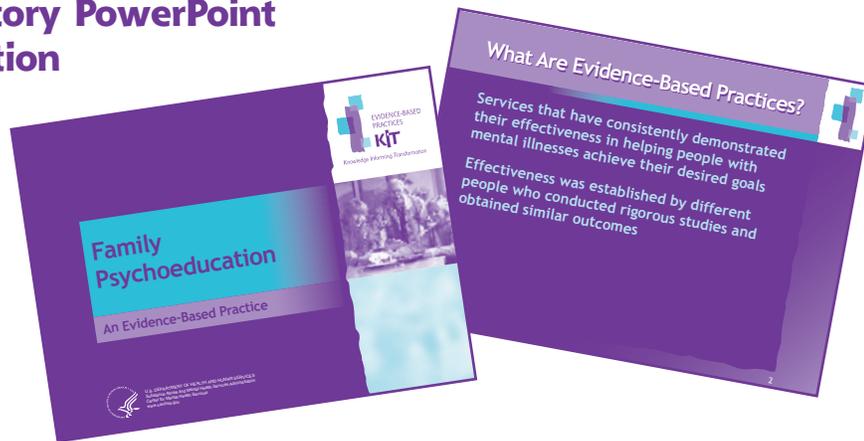


### Sample Brochure

Using a brochure to introduce your FPE program to consumers, families, and community members is an easy way to disseminate basic information about FPE. We include a paper copy of English and Spanish versions in Appendix A of this booklet. Electronic copies are on the CD-ROM in this KIT so that you can tailor the brochure to your specific FPE program.



## Introductory PowerPoint Presentation



We encourage those who are trained in the FPE model to offer basic community presentations and in-service seminars using the Introductory PowerPoint slides in this KIT. We include a paper copy of the presentation in Appendix C of this booklet. An electronic copy is on the CD-ROM in this KIT so that you can tailor it to your specific FPE program.

The slides provide background information about the following:

- Evidence-based practices in general;
- Practice principles; and
- Critical components of the evidence-based model.

Use the presentation along with the other tools in this section to educate a wide array of stakeholders.

## Using Multimedia to Introduce Your EBP

### Appendix A: Sample Brochure

Use this sample brochure to introduce your Family Psychoeducation program in your community. Both English and Spanish versions are on the next few pages. Electronic copies are on the CD-ROM in this KIT.







## Family Psychoeducation



Evidenced-based treatment works



*Developing working alliances with consumers and families to support the recovery process.*

This document was produced for the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) under contract numbers 280-00-8049 with the New Hampshire-Dartmouth Psychiatric Research Center and 270-03-6005 with Westat.

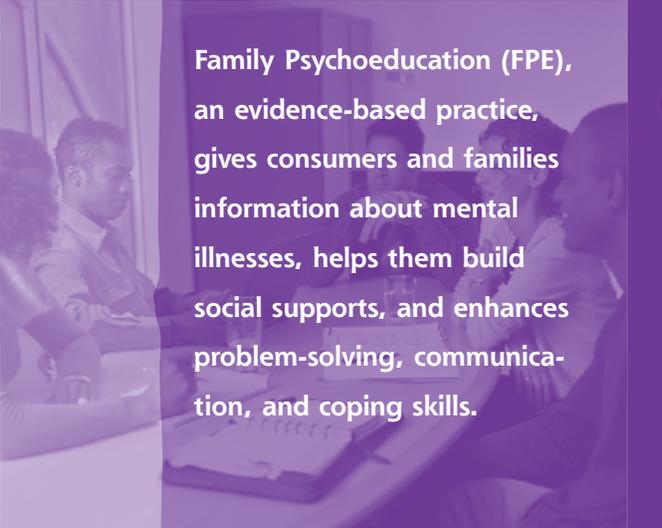
Printed 2009

HHS Publication No. SMA-09-4422



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)

## What is Family Psychoeducation?



Family Psychoeducation (FPE), an evidence-based practice, gives consumers and families information about mental illnesses, helps them build social supports, and enhances problem-solving, communication, and coping skills.

## Why participate in FPE?

Consumers who participate in FPE experience fewer relapses and less time in the hospital. Families who participate report greater knowledge of serious mental illnesses and less stress, confusion, and isolation.

Family Psychoeducation supports consumers and their families in the recovery process.

## How does FPE work?

- |  |   |
|--|---|
| ■ <b>Consumers define who family is</b>              | Family includes anyone that consumers identify as being supportive in their recovery process.   |
| ■ <b>Collaboration is key</b>                        | FPE recognizes consumer and family strengths and experiences in living with mental illnesses and partners with them to support personal recovery goals. |
| ■ <b>Education promotes understanding</b>            | Consumers and families who are educated about mental illnesses can more effectively support one another.  |
| ■ <b>Ongoing guidance and training are effective</b> | Learning techniques to reduce stress and improve communication and coping skills can strengthen family relationships and promote recovery.              |
| ■ <b>The problem-solving approach works</b>          | FPE focuses on current issues that consumers and families face and addresses them through a structured problem-solving approach.                        |
| ■ <b>Multifamily groups enhance support</b>          | The multifamily group format allows consumers and families to connect with others and to receive peer support and mutual aid.                           |



## Psicoeducación familiar

CONTACT INFO  
HERE



Evidencia aplicada al tratamiento



*Desarrollando alianzas de trabajo con los usuarios y las familias para apoyar el proceso de recuperación.*

Este documento fue producido por la Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) bajo los numeros de contrato 280-00-8049 con el Dartmouth Psychiatric Research Center y 270-03-6005 con Westat.

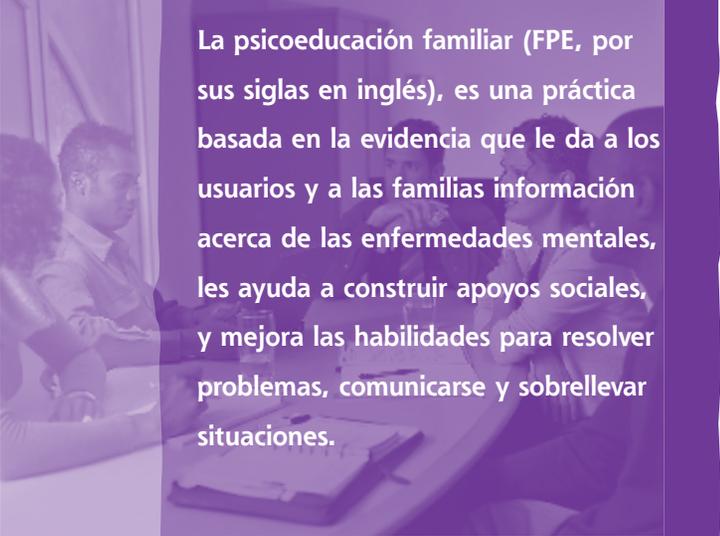
Printed 2009

HHS Publication No. SMA-09-4422



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
www.samhsa.gov

## ¿Qué es la psicoeducación familiar?



La psicoeducación familiar (FPE, por sus siglas en inglés), es una práctica basada en la evidencia que le da a los usuarios y a las familias información acerca de las enfermedades mentales, les ayuda a construir apoyos sociales, y mejora las habilidades para resolver problemas, comunicarse y sobrellevar situaciones.

## ¿Por qué participar en la FPE?

Los usuarios que participan en la FPE experimentan menos recaídas y pasan menos tiempo en el hospital. Las familias que participan dicen tener un mayor conocimiento acerca de las enfermedades mentales graves y sentirse menos estresados, confundidos y aislados.

La psicoeducación familiar apoya a los usuarios y a sus familias en el proceso de recuperación.

## ¿Cómo funciona la psicoeducación familiar?

- **Los usuarios definen quién es la familia** Los profesionales que trabajan en el IMR ayudan a los usuarios a definir la recuperación por sí mismos y a identificar metas de recuperación que les sean importantes a nivel personal.
- **La colaboración es la clave** La educación acerca de las enfermedades mentales es la base de la toma de decisiones informadas.
- **La educación promueve el entendimiento** Los profesionales ayudan a los usuarios a crear redes sociales e invitan a las personas de apoyo a participar en actividades que promueven la recuperación.
- **La orientación y capacitación continúan son efectivas** Los usuarios aprenden a identificar señales tempranas de alerta y a planear los pasos que pueden seguir para prevenir las recaídas.
- **El método de resolución de problemas da resultados** Los usuarios aprenden nuevas estrategias que les ayudan a manejar sus síntomas, sobrellevar el estrés y mejorar sus vidas de una manera considerable.
- **Los grupos multifamiliares mejoran el apoyo** El formato de grupos multifamiliares permite que los consumidores y las familias se relacionen con otros y reciban el apoyo de otros usuarios y ayuda mutua.

## Using Multimedia to Introduce Your EBP

### Appendix B: PowerPoint Presentation

In Appendix B, you'll find paper copies of a presentation that you may use during sessions with your community or in-service seminars. An electronic copy is on the CD-ROM in this KIT.





# Family Psychoeducation

An Evidence-Based Practice



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)



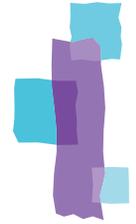
# What Are Evidence-Based Practices?



Services that have consistently demonstrated their *effectiveness* in helping people with mental illnesses achieve their desired goals.

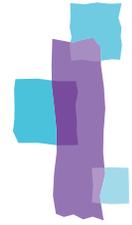
Effectiveness was established by different people who conducted rigorous studies and obtained similar outcomes.

# Examples of Evidence-Based Practices



- Family Psychoeducation
- Integrated Treatment for Co-Occurring Disorders
- Supported Employment
- Assertive Community Treatment
- Illness Management and Recovery

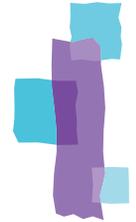
# Why Implement Evidence-Based Practices?



According to the New Freedom Commission on Mental Health:

State-of-the-art treatments, based on decades of research, are not being transferred from research to community settings.

## Why Implement Evidence-Based Practices? (continued)



According to the New Freedom Commission on Mental Health:

If effective treatments were more efficiently delivered through our mental health services system ... millions of Americans would be more successful in school, at work, and in their communities.

—Michael Hogan, Chairman

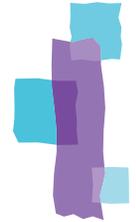
# What Is Family Psychoeducation?



Family Psychoeducation (FPE) is a structured approach for partnering with consumers and families to support recovery.

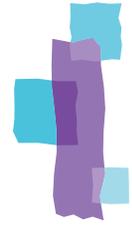
Consumers and families receive information about mental illnesses and learn problem-solving, communication, and coping skills.

# Is Family Psychoeducation Effective?



- Fewer consumer relapses and hospitalizations
- Increased consumer participation in vocational rehabilitation programs
- Improved family well-being
- Greater family knowledge of serious mental illnesses
- Fewer feelings of stress and isolation
- Reduced medical illnesses and use of medical care of families

# How Is FPE Provided?



Joining  
Sessions

Educational  
Workshops

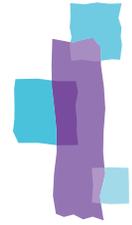
Ongoing FPE  
Sessions

# Joining Sessions

Initially, trained practitioners meet with consumers and their respective family members in introductory meetings called joining sessions.

The purpose of these sessions is to learn about their experiences with mental illnesses, their strengths and resources, and their recovery goals.

# Educational Workshop



To meet the distinct needs of family members, in the second phase of the FPE program, practitioners offer a 1-day educational workshop based on a standardized curriculum.

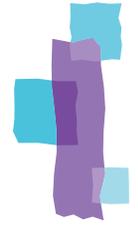
Practitioners also respond to the individual needs of consumers and families throughout the program by providing information and educational resources.

## Ongoing FPE Sessions

In the third phase of the FPE program, practitioners offer ongoing sessions that use a structured problem-solving approach to address current issues consumers and families face.

Practitioners offer these sessions in either a multifamily or single-family group format for 9 months or more.

# Multifamily Group Format



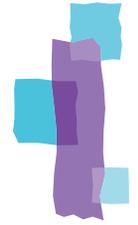
Multifamily groups consist of five to eight consumers and their respective family members.

Those who attend these groups often benefit from peer support and mutual aid.

# Practice Principles

- Consumers define who family is.
- The practitioner-consumer-family alliance is essential.
- Education and resources help families support consumers' personal recovery goals.
- Consumers and families who receive ongoing guidance and skills training are better able to manage mental illnesses.
- Problem-solving helps consumers and families define and address current issues.
- Social and emotional support validates experiences and facilitates problem-solving.

# Summary



FPE is an approach for working in partnership with consumers and families to help consumers achieve their personal recovery goals.

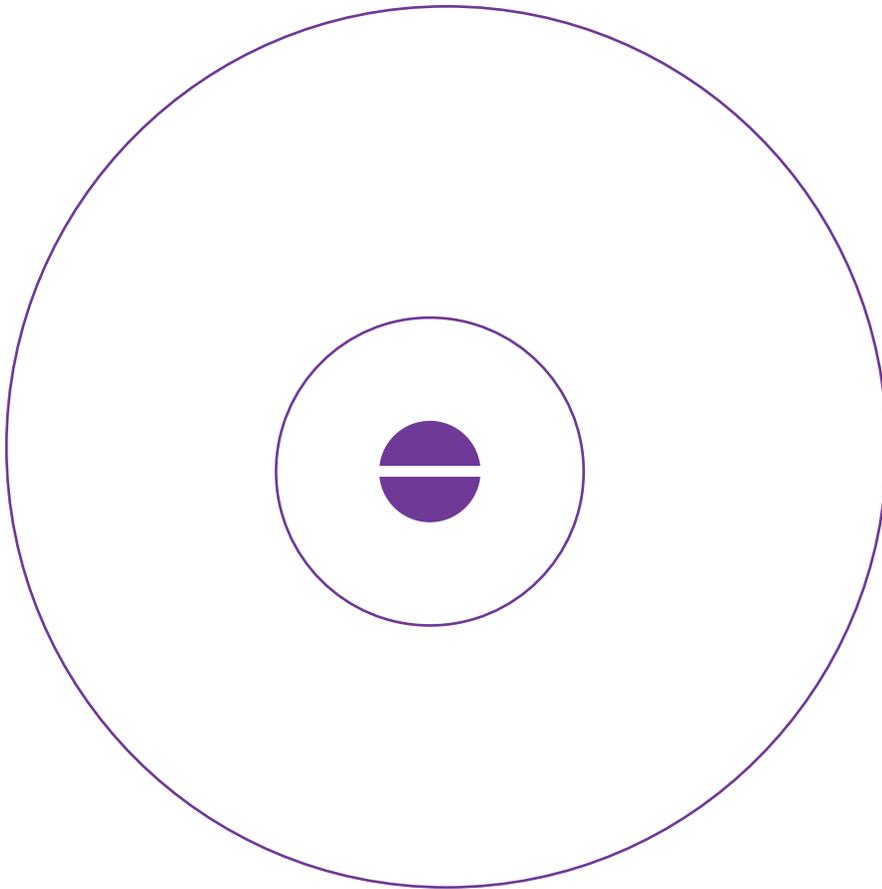
FPE practitioners provide information about mental illnesses and help consumers and families enhance their problem-solving, communication, and coping skills.

## Additional Resources

For more information about Family Psychoeducation and other evidence-based practices, visit:

<http://www.samhsa.gov/shin>



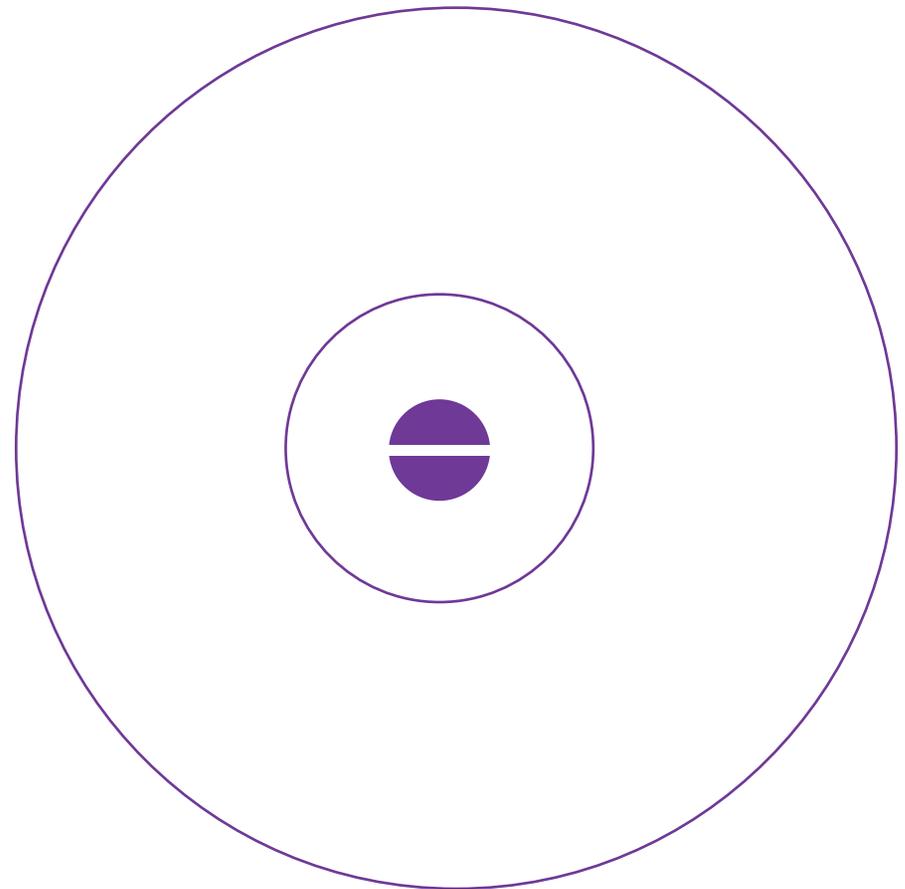


## DVD Instructions:

---

If the DVD does not play automatically, you may need to set the Autoplay function for DVD on your computer:

1. With the left mouse button, click on the Start Button and select My Computer.
2. With the right mouse button, click on the drive letter or icon for your DVD drive.
3. With the left mouse button, click on Properties.
4. In Properties, click the Autoplay tab.
5. Click on the dropdown arrow to display a list of content and disk types. ("Music files" may be selected by default.)
6. Find and select DVD movie or DVD video.
7. In Actions, click Select an action to perform by clicking on the circle. A green dot will appear in the circle, indicating it has been selected.
8. Click Play DVD video using Windows Media Player. Alternatively you may select another media player of choice, such as PowerDVD or WinDVD.
9. Click Apply, then OK.



## CD Instructions:

---

To view the CD:

1. Insert CD into disc drive.
2. CD should start automatically on a Windows system with Internet Explorer 6 or above.
3. If you are on a Mac system or if the CD does not start automatically, find the CD directory and double click on the file: "StartHere.html".
4. Once the CD loads, click on the link to download the latest version of Acrobat Reader prior to viewing the content on the CD.
5. To quit, click on "File" in the upper left corner and select "Exit" or close the window.

