

## Family Psychoeducation

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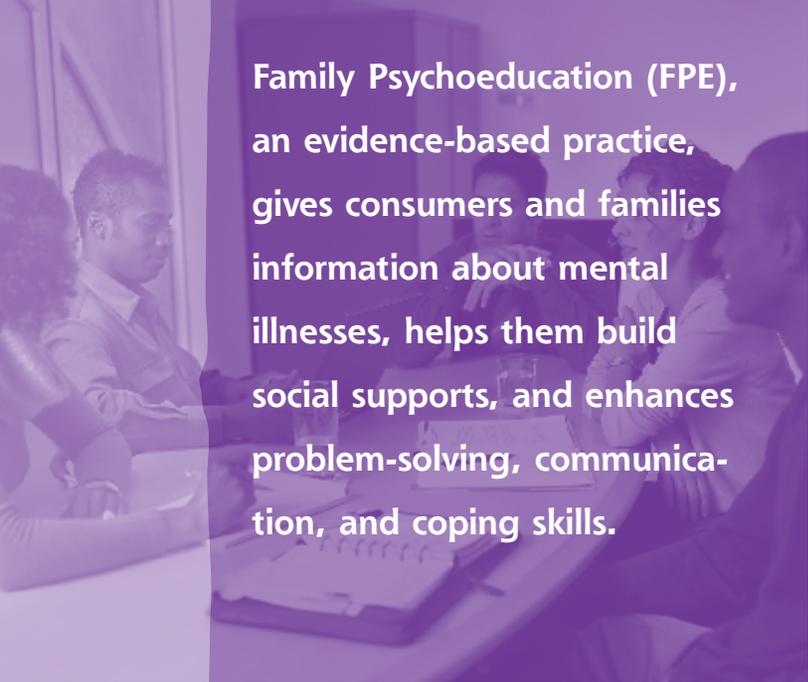
Knowledge Informing Transformation

Evidenced-based treatment works



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

## 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.

## How does FPE work?

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

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