Strategies for families

• Nurture a positive relationship with the treatment team
• Help the team understand the person with mental illness
• Increase your understanding of mental illness
• Know your mental health care system
Strategies for families:

- Sharpen your stress management skills
- Take time to meet your own needs
- Negotiate with the team regarding confidentiality issues
Strategies for mental health workers:

• Take the time to develop a relationship with the family
• Provide ongoing education regarding mental illness
• Help families enhance their coping skills
Strategies for mental health workers:

• Help family members recognize and meet their own needs
• Help the family appreciate the special characteristics of the person with mental illness
• Manage confidentiality issues
Activities families, consumers and mental health workers need to do together

- Lobby for access to new treatments
- Continue work aimed at destigmatizing mental illness
- Listen to each other
- Be advocates for improved housing, jobs and resources for the mentally ill
What the family should expect from the treatment team:

- They and their family member have the right to be treated with dignity and respect
- Accurate diagnosis, up to date treatments
- Family members, as much as possible, are seen as partners of the treatment team.