

Family Involvement in Mental Health Care

Training for Mental Health Professionals

Mental Health in Pre-Registration Nursing Courses

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Vic Mental Health Carers Network

- Peak body
- Awareness raising
- Info, education, training
- Ensure fed & state govt recognise carers
- Facilitation communication carers & key stakeholders
- Systemic advocacy for carers
- Encourage best practice research in carer support
- Support carer involvement
- Support carer participation



MHNET 2008 Report Recommendations

- ... mental health academics, clinicians, consumers, **carers & managers are included in the accreditation process**
- ... enhance the capacity of mental health consumers and **carers to participate in appropriate mental health curriculum development, delivery and evaluation**
- ...**monitoring the implementation of the recommendations** by MHWorforce Advisory Com; a subcommittee established with representatives from Council Deans Nursing & Midwifery, mental health clinicians, consumers and **carers**.





Family Involvement in Mental Health Project

- Aim:
 - to enable students in mental health disciplines to understand the importance of family involvement.
 - to train students in basic skills required to work with families

Working Together



The **C**onsumer, **C**linician & **C**arer Partnership

- Combines the knowledge and experience of consumers and carers with the knowledge and skills of professional workers
- Works with the group, as well as the individual



Working together will help to

- Achieve the best possible outcome for the consumer by co-ordinating treatment, rehabilitation and care
- Involve families and friends as valuable resources for the consumer and the mental health service
- Improve work satisfaction for clinicians & other mental health professionals



Family members & consumers need to

- Have information, education, training and support to manage the illness and its effects
- Understand the difficulties that mental health professionals face working in a mental health system



Mental health professionals need to be trained in

- How to involve and help families
- How to use the lived experiences of consumers and their family to achieve the best possible outcomes

Training modules designed to motivate mental health professionals to adopt & implement family work as a part of core, comprehensive, integrated mental health care



The Modules

1. The Case for Family Involvement
2. Communication Skills
3. Management of Challenging Behaviours
4. Medico-Legal Aspects
5. Role of Medication and Psychotherapeutic Treatments
6. (Carers and their Lived Experience)



1. The Case for Family Involvement

- Historical Context
- Impact of mental illness on families
- Evidence based research for working with families
- Difficulties in engaging with the family
- Identifying the carer
- Family work – underlying principles



Stages in Family Involvement

Stage 1



Stage 2



Stage 3





2. Communication Skills

- What is effective communication?
- How to help family members communicate when mental illness is diagnosed in a family member
- Negotiating issues of privacy & confidentiality
- Effective communication skills appropriate for various stages of recovery:
 - Stage 1 - Entry level
 - Stage 2 - Care planning and management, discharge planning
 - Stage 3 - Continuing care
- Referral skills and follow up (community supports)



3. Managing Challenging Behaviours

- Structured problem-solving
 - managing challenging behaviours
- Goal achievement
 - meaningful activity (employment, voluntary work, study)
 - social relationships
- Meeting carer needs
 - respite
 - support groups
 - other assistance available
- Strategies for Dealing with Specific Problems
- Crisis management



4. Medico-Legal Aspects

- Dealing with the issue of confidentiality & Privacy openly and sensitively
- Mental Health Acts
- Duty of care
- Advance statements
- Chief Psychiatrists' Guidelines



5. Role of Medication & Psychotherapeutic Treatments

- Role of medication
 - Imparting to families/carers information concerning medication & its effects
 - Role of carer in assisting with compliance
- Working with families/carers to develop understanding of appropriate psychosocial rehabilitation interventions
 - Cognitive Behavioural Therapy
 - Managing Voices (Hearing Voices Groups, other consumer groups)
 - Building Family Skills Together
 - Multiple family groups
 - Housing (supported, independent)



6. Carers & their Lived Experience

- Training module for carers to become presenters at undergraduate courses to share their experience of being a carer of a person with mental health issues
- Work with consumers (VMIAC) to ensure collaboration on a parallel development of a module for consumer presenters



Project Organisation

- Reference Group –
VMHCN, Dr Carol Harvey - Psychosocial Research Centre, Melbourne Uni, Carer Academic - Bouverie Centre/Latrobe Uni, Social Work Dept - Latrobe Uni, Victorian Transcultural Psychiatric Unit, Carers Vic, VMIAC, VICSERV
- Advise on relevant source material, contacts, review of modules