

FAMILY GUIDELINES

1. **GO SLOW.** Recovery takes time. Rest is important. Things will get better in their own time.
2. **KEEP IT COOL.** Enthusiasm is normal. Tone it down. Disagreement is normal. Tone it down, too.
3. **GIVE EACH OTHER SPACE.** Time out is important for everyone. It's OK to reach out. It's OK to say "no."
4. **SET LIMITS.** Everyone needs to know what the rules are. A few good rules keeps things clear.
5. **IGNORE WHAT YOU CAN'T CHANGE.** Let some things slide. Don't ignore violence.
6. **KEEP IT SIMPLE.** Say what you have to say clearly, calmly, and positively.
7. **FOLLOW THE DOCTOR'S ORDERS.** Take medications as they are prescribed. Take only medications that are prescribed.
8. **CARRY ON BUSINESS AS USUAL.** Reestablish family routines as quickly as possible. Stay in touch with family and friends.
9. **NO STREET DRUGS OR ALCOHOL.** They make symptoms worse, can cause relapse, and prevent recovery.
10. **PICK UP ON EARLY SIGNS.** Note changes. Consult with your family clinician.
11. **SOLVE PROBLEMS STEP-BY-STEP.** Make changes gradually. Work on one thing at a time.
12. **LOWER EXPECTATIONS, TEMPORARILY.** Use a personal yardstick. Compare this month to last month rather than last year or next year.

Sources: Carol Anderson, Schizophrenia and the Family (Guilford Press, 1986); Dr. William McFarlane, Multi-Family Groups in the Treatment of Severe Psychiatric Disorders (Guilford Press, September 2004).