

### What difference does it make?

Research results of multi-family groups have been

extensive and consistent: multi-family groups help families cope more effectively and result in lower relapse and better quality-of-life.



**Who participates?** Mature family members (over 12 years old), friends and young people in recovery are all encouraged to participate. Individuals who have not participated previously can be added at any time. Although not everyone from the family has to participate, the facilitators will work with your family to encourage involvement.



**How long will we participate?** The longer and more consistently you participate, the more your family is likely to get out of the group.

We recommend that families anticipate a two-year commitment. Families or individuals may need to miss meetings or take a temporary break from the group; it is possible to do this and to return later.

**How often will we meet?** Initially the groups will meet twice per month. As the situations of group members stabilize and people are doing well, the group may decide to go to a monthly meeting.

### How do we sign up?

Talk to your EAST clinician about your interest.

### What if we can't join a group?

This process can also be effective with a single family. Talk to your EAST clinician.

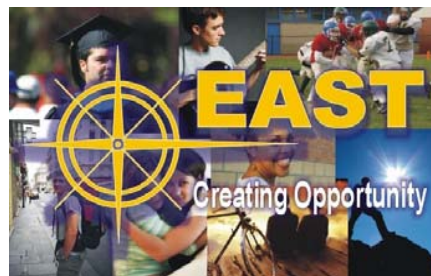
### Where do I get more information?



Visit:

<http://www.mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/family/>

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## Join together for success!



## EAST MULTI-FAMILY GROUPS

### Early Assessment and Support Team (EAST)

*An Initiative of Mid-Valley Behavioral Care Network serving Linn, Marion, Polk, Yamhill and Tillamook Counties*

**1-888-315-6822 or 503-931-0785**  
**[www.eastcommunity.org](http://www.eastcommunity.org)**

## What are multi-family groups?



The multi-family group process is a well-researched, effective way of supporting the recovery of young people who have experienced psychosis.

## What can we expect?

There are three steps:

1. A facilitator meets several times with your family and loved one to learn about how the illness has affected you, to review early warning signs and relapse factors, and to discuss the group.
2. Second, your family is strongly encouraged to participate in an educational workshop in which you will learn about psychosis, medical treatment, family impact, family guidelines, communication and coping skills. These workshops are held periodically.
3. Third, your family will join with a group of families in similar situations to engage in a shared problem solving process. The first two meetings are designed to get to know each other. After those meetings, the format will use a structured process for problem solving.

## What are meetings like?



After getting to know each other, all multi-family groups follow the same steps:

- Socializing.
- Check-in (go-round): For the individuals whose problem was addressed at the last meeting, how did it go? What has been going well since the last meeting and what challenges or problems have come up?
- Problem selection: Of all the challenges identified, the facilitators will review, prioritize and select a problem.
- Problem definition: The individuals involved will define the problem, with coaching from the facilitators. The goal is to define the problem in terms that are specific, behavioral and from the perspective of the individuals in the room.
- Brainstorming solutions: The group brainstorms a variety of different ways to address the problem.
- Evaluating solutions: The group reviews pros and cons of each of the solutions.
- Identifying a plan: The individuals whose problem it is decide which of the solutions to try, and develop a step-by-step plan for how they will implement the solution.
- Socializing.

## When and where are meetings?

### Salem groups

Location: Mid-Valley Behavioral Care Network, 1660 Oak St. SE, #203

**Late recovery group.** Facilitators: Nina Donnelly and Tamara Sale

Schedule: 2<sup>nd</sup> and 4<sup>th</sup> Thursday starting March 24, 2005, 6:30-8:30 pm (Dates: March 24, April 14, April 28, May 12, May 26, June 9, June 23, etc.).

**Early recovery group.** Facilitators: Ryan Melton and Dr. Robert Wolf

Schedule: 1<sup>st</sup> and 3<sup>rd</sup> Tuesday starting March 15, 2005, 6:00-8:00 pm (Dates: April 5, April 19, May 3, May 17, June 7, June 21, etc.)

**Salem group for Spanish speaking families.** Facilitators: Jim Silva and Delia Lemos. Talk to facilitators about times and locations

### **McMinnville group (includes individuals not in EAST)**

Facilitators: Bruce Neben and Betty Foufos. Talk to facilitators about times. Meets at: Yamhill County Mental Health, 627 N. Evans, McMinnville.

### **Albany group (primarily not EAST)**

Facilitators: Pat Shirley and Jim Whitmore. Location and schedule: talk to facilitators.