

Psychosis: Understanding Your Treatment Options = Including Families =

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Overview

- Introduction – This family's story
- Finding a provider
- Psychoeducation
- The benefits of family involvement
- Peers and peer advocacy
- Recap and questions



This Family's Story



Finding a Provider

Available options depend on your insurance...

➤ **Private**

Through employer or health exchange

➤ **Public**

Medi-Cal

Medicare

➤ **Combination**

Private + Medicare

Private + Medi-Cal

Medicare + Medi-Cal (aka Medi-Medi)



Finding a Provider

...and also depends on your needs...

- Medication management with a psychiatrist
- Therapy
- Psychosocial supports
 - Psychoeducation
 - Support groups
 - Case management
 - Supported education
 - Supported employment
- Coordinated specialty care



Finding a Provider

.. and the age of your loved one...

- Child (under 18)
- Transitional Age Youth (16-25)
- Adult (18+)



Psychoeducation

Families have many questions...

- What is psychosis? Did I cause it?
- What is a diagnosis? How is it determined?
Can it change?
- What's the difference between a positive symptom and a negative symptom? Are there other types as well?
- What should I expect of my loved one? How should I be responding to his/her symptoms?
- How do I explain this to our family and friends?



Benefits of Family Involvement

➤ For Providers



➤ For Clients and Families



Benefits of Family Involvement = For Providers =

Treatment Feedback and Support

- ✓ Encourage medication adherence
- ✓ Watch for side effects
- ✓ Provide feedback on symptoms
- ✓ Notice changes in functioning
- ✓ Support clinical interventions at home



Benefits of Family Involvement

= For Providers =

Increased Engagement

- ✓ Informed decision-making
- ✓ Fewer no-shows
- ✓ Fewer cancellations
- ✓ Better use of appointment time
- ✓ Group participation



Benefits of Family Involvement = For Clients and Families =

Broadened Support System for Recovery

- ✓ Strengthen natural supports
- ✓ Participate in relapse prevention
- ✓ Help meet basic needs
- ✓ Assist with benefits acquisition
- ✓ Smooth transitions between providers



Benefits of Family Involvement

= For Clients and Families =

Reduced “Secondary Impacts”

- ✓ Preserve caregiver employment
- ✓ Retain social connections
- ✓ Maintain family balance
- ✓ Reduce caregiver compassion fatigue and burn out



Benefits of Family Involvement = For Clients and Families =

In our own words...

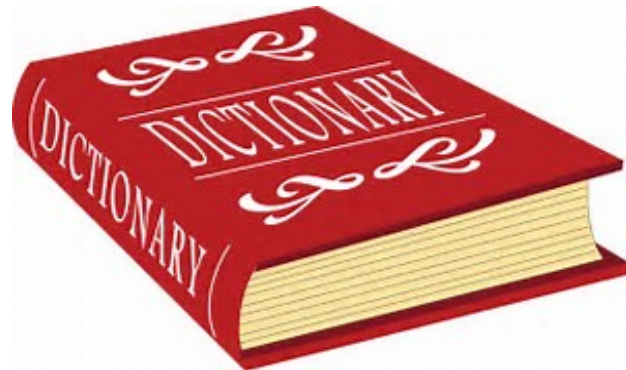
<https://vimeopro.com/user23094934/consumer-and-family-portal/video/85834900>



Peer Advocacy

What is a “Peer?”

- A person living with a diagnosis
- A person caring for someone with a diagnosis
- Also known as someone with “lived experience”



The Power of Peers

- Encourage engagement
- Represent the client and family perspective in the treatment setting
- Facilitate access to benefits and resources
- Provide psychoeducation
- Increase natural supports
- Reduce stigma and isolation
- Inspire hope



Putting Peer Principles into Practice

- Build rapport and trust
- View each family in context , i.e. “see the big picture”
- Match needs to available services
- Support treatment goals
- Collaborate with the treatment team



Including Families - Recap



All of Us!

- Clients
- Family
- Providers
- Community

Questions

