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...

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