

Working Together With Families: Improving Outcomes For People With Severe Mental Health Needs

The effectiveness of family intervention services has been recognised, as an important factor in the promotion of recovery for people with severe and enduring mental health needs (NICE 2009, and NSF, 2004). 'The Behavioural Family Therapy (BFT) Model' (The Meriden Family Programme West Midlands) of family support has been implemented into CTUHB, and has been evaluated as being effective by patients/their families and staff.

Results from Patient & Family Findings

- Increased understanding of illness
- Families feeling 'more equipped' in supporting relative

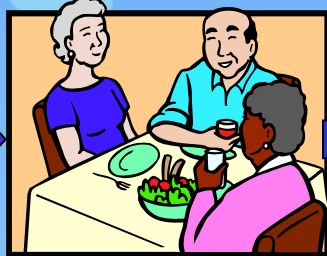
Staff group Finding

- > Staff more confident in working with families
- > Increased skills in working collaboratively



How BFT helps?

- Working together
- Individual & Family Assessment
- Family meetings
- Family Goal Setting
- Information/Education Sharing
- Communication Skills Training
- Problem Solving



Developments of BFT

- BFT offered to all families
- Introduced in First Episode/early onset
- Family members co-facilitate staff training
- Family members working for support groups (Bi-Polar UK)
- BFT provided as 6 week educational programme & development of family support groups

Recovery in Mental Health



- SUPPORT NETWORKS
- FINANCIAL SECURITY
- DEVELOPING RESILIENCE



- MEANINGFUL OCCUPATION
- PERSONAL GROWTH



- GOOD LIVING ENVIRONMENT
- FEELING OF BELONGING

Action