

# Family Interventions for Psychosis

## Adult Mental Health Services

Available in other languages, please ask for a translation

به زبانهای دیگر نیز چاپ شده است. در صورت لزوم لطفاً نسخه ترجمه شده آن را بخواهید

अन्य भाषाओं में भी मिल सकता है। कृपया इसका अनुवाद माँग लें।

Dostępne w innych językach, poproś o tłumaczenie.

ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦਾ ਹੈ। ਕਿਰਪਾ ਕੇ ਇਹਦਾ ਤਰਜਮਾ ਮੰਗ ਲਓ।

Başka dillere de çevrilmiştir. İstekte bulunursanız Türkçesini size elden verebiliriz veya postayla yollayabiliriz.

دیگر زبانوں میں دستیاب ہے، براہ کرم ترجمے کے لئے درخواست کیجئے



Nottinghamshire Healthcare  
NHS Trust



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## Why do we work with families?

When someone in the family experiences psychosis it is extremely stressful for the person concerned and for the people around them.

There is now good evidence that shows the family can strengthen the person's ability to cope and aid recovery – to get well and stay well.

The Family Service aims to help families find useful ways through this difficult time to help and support each other. As a combined team we will all work together towards recovery, acknowledging that families are the experts.

## What do we mean by psychosis?

Common symptoms of psychosis may include:

- Hearing voices
- Jumbled thoughts
- Feeling watched and controlled
- Believing that people are against you
- Believing that you have special powers
- Loss of emotional feeling

## For further information about Family Intervention you can contact the people listed below:

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## What happens?

- Usually two workers co-work each session. This helps with planning, discussion and moving forward.
- Sessions can take place in the family home or at a venue mutually convenient to all, if that is preferred.
- There is an initial meeting to meet each other.
- This is followed by an assessment process which helps determine the family's needs. Each member of the family is seen separately for this.
- The frequency of sessions is decided upon following assessment, in negotiation with the family members. Many families like to meet fortnightly.
- Sessions usually last for between an hour and an hour and a half.
- **The service offered is confidential, though Family Intervention is intended to complement existing support services and liaison with the care team may be necessary.**

When people experience psychosis their behaviour often changes. They might stay in bed or talk back to the voices. They may neglect their health and appearance and isolate themselves from family and friends. The person may feel angry and afraid.

This is very hard for the family to cope with.

## What can we achieve together?

- Build on strengths and resources
- Identify helpful ways of dealing with specific problems
- Provide information about psychosis and stress and advise on practical coping skills
- Help families reduce stress
- Help maintain and improve relationships through better communication
- Support family members and encourage them to maintain hope and belief that recovery will take place
- Help families access other services
- Maintain clear communication between the family, family members and mental health services
- Reduce frequency and/or length of stay in hospital
- Point you in the direction of help that you might need