



Oxford Health
NHS Foundation Trust



Early Intervention Service

Family interventions

Family interventions

Family interventions are beneficial to all families, carers and supporters for whom an understanding of the nature of the illness - together with improved communication, goal achievement and problem solving - may lead to reduced client relapse and promote overall functioning.

Circumstances in which family interventions are appropriate:

- ✓ The client has a diagnosis of schizophrenia, psychosis or bipolar disorder.
- ✓ The client lives with the family or has close family involvement.
- ✓ The family offers regular and substantive care.

The goals of family interventions are:

- to improve understanding of the illness
- to reduce the risk of relapse and promote overall mental health
- to assist all family members in achieving their personal goals
- to improve family stress management, problem solving, coping strategies and communication skills

Psychosocial approaches to family interventions

Education

The provision of information about the illness is essential if families are to gain an understanding of its nature, course and management.

Information offered to families can cover a number of areas including symptoms, treatment, relapse prevention and coping strategies.

Early sign monitoring and relapse prevention

These are designed to give relatives the opportunity to learn about and improve the prediction of relapse. Early signs monitoring involves a discussion that seeks to establish the pattern of changes that occur for an individual leading up to relapse. This is called the Relapse Signature.

The individual and their families are then encouraged to monitor changes in the thoughts, feelings and behaviours of the individual and to use a timeline to indicate how soon these occur before relapse.

The detection of a possible impending relapse alerts the individual, the family and healthcare professionals, enabling actions to be implemented ideally to avoid relapse.

Medication management

Medication is often offered to treat the symptoms of mental illness and to prevent further relapse. A clear understanding of the practical implications of medication use and of possible side effects can be beneficial to families and may help to reduce stress when an individual does not take their medication.

Communication skills

Families are often concerned about what they should discuss with their relative and are anxious that they may cause distress by saying the wrong thing.

Family interventions aim to reduce the burden of these concerns.

Coping skills and problem solving

Families often have limited experience of helping someone who has a mental health problem and yet must deal with situations as they arise. This may cause increased stress and distress within the family.

Family interventions are of a practical nature and are adapted to the needs of each family, enabling them to identify their specific areas of concern and to develop their own action plans for dealing with difficult issues.

For further information about family interventions please contact your relative's named nurse or care co-ordinator.

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the PALS and complaints team on freephone 0800 328 7971.

Notes

Oxfordshire Early Intervention Service

Telephone: 01865 902 724

Email

oeis@oxfordhealth.nhs.uk

Buckinghamshire Early Intervention Service

Telephone: 01865 901 517

Email:

buckseisadmin@oxfordhealth.nhs.uk

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at: EqualityandInclusion@oxfordhealth.nhs.uk

Arabic يُرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسويق مختلف.

Bengali আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
Urdu اگر آپ یہ معلومات دیگر زبان یا مختلف فارمیٹ میں چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کریں۔

Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innym formacie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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