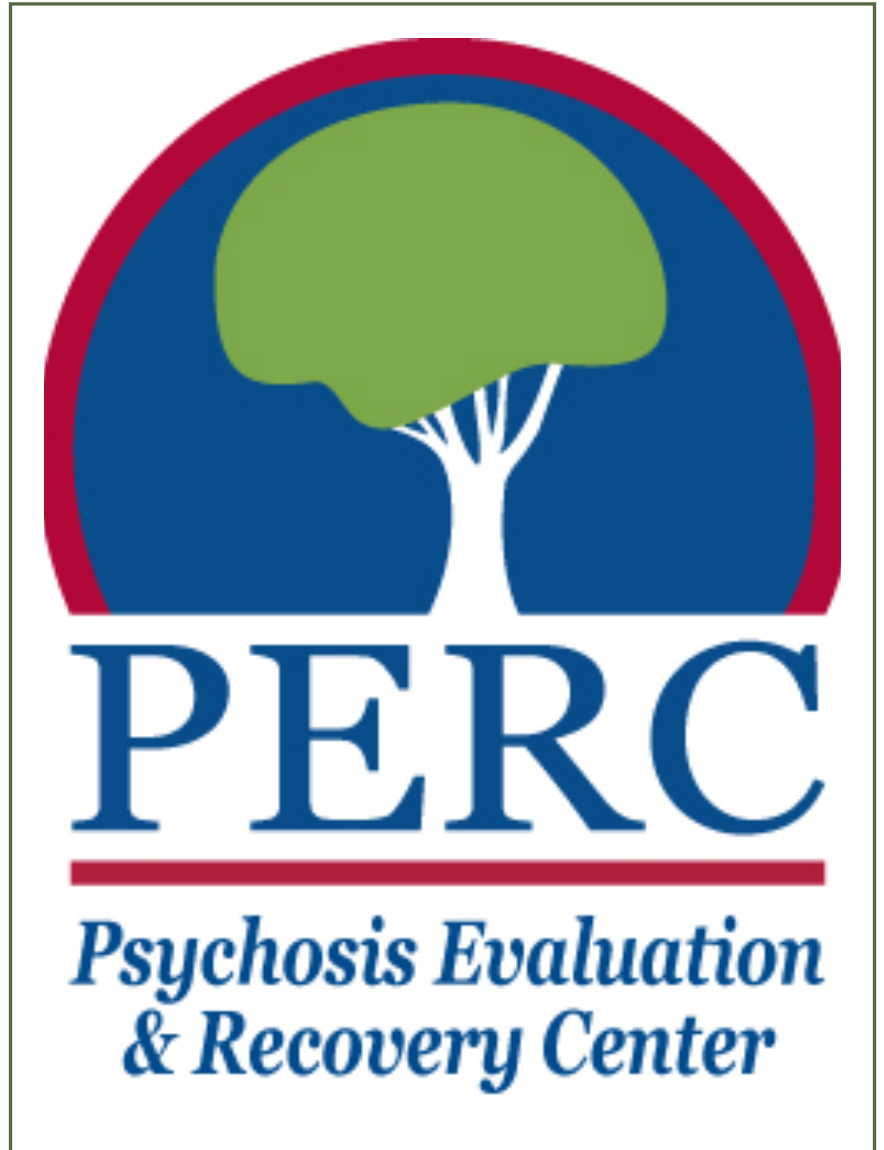


Setting Our Focus for Family Support in 2021

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PERC Family Support & Education Group

January 25th, 2021



Purpose

- Connect, process, and get your ideas and feedback!



Let's Talk!

How are you all doing in 2021 so far?

Please share your experiences over the past few weeks.

- How are things at home?
- What has been going well for you and your families?
- What has been a challenge?
- What are you looking forward to, or hoping for, this year?

Family Support & Education

- Of the PERC family groups you have attended, what have you enjoyed or found the most helpful?
 - Information about psychosis, expectations, help with understanding what is going on, Q and A with Dr. Kohler, educational info
 - Commonality and talking to others in similar situations, helps not feeling alone
 - Learning about others that are further along in the program/course of recovery
 - Help in handling crises, resources that are available, help with long-term issues that may arise, understanding achievements along recovery, reminders to keep going as a caretaker, finding a point of connection for affirmation to family member
 - Specific topics that have been helpful: how to respond to crisis, understanding medication management, cognitive therapy approach, activities to share with family members/dealing with amotivation
 - Looking forward: substance group would be helpful
- Of the PERC family groups you have attended, which groups did you find were not as helpful?
 - Enjoyed them all!

- What topics would you like to learn more about or have us cover during the year?
 - Substance use
 - Medication management, how to encourage use of medication when appropriate
 - Conversations about social security registration
 - Enabling vs. supporting/coping and responding
 - Strategies for motivation and supporting loved one getting activated, engaging in activities even when stable on medication
 - Addressing negative symptoms
 - Session for siblings or other family members
- Are there certain areas of mental health you would like use to take a "deeper dive" on?
 - Social anxiety/performance anxiety
 - How to converse with one's child in how to end endless conversation
 - Eliciting more emotions
 - Managing trauma/addressing trauma, PTSD and psychosis
 - Getting comfortable with virtual settings in times of COVID, strategies to manage challenges with computers and technology
 - When to seek own therapy as a caretaker
 - How to give insight and understanding of symptoms
 - Body dysmorphia, somatic symptoms (as part of overview of symptoms)

- Is anyone interested in more process or support sessions versus educational sessions?
 - A combination of both, helps to hear other people's challenges and stories
 - Breaking into smaller groups for everyone to get a chance to share successes and challenges
 - Educational session with breakout groups for discussion
 - Alternating between educational and processing groups
- Regarding the group format, what works well and what is a challenge when accessing or participating in the family group?
 - In person vs. virtual
 - Combination - beneficial to get support in person
 - Virtual groups are more accessible for families with a long commute to UPenn

- What type of resources do you think would be beneficial to have access to?
 - Have you checked out the PERC website's Educational Resources page?
 - Links to state of PA and their resources for people with mental health issues
 - Reading lists, videos, legal resources, longer term life planning and financial planning, podcasts
 - Vocational related resources (contact Bridgette if interested for session with her)
 - Facebook group for parents involved in PERC
- Would anyone be interested in a session on PERC's clinical and research updates?
 - Yes, both clinical and research updates

Reminder About Group Services at PERC

- Monthly Groups
 - Family Support & Education Group (*on a Monday evening once each month*)
 - PERC Participant Group (*first Monday of every month*)
- Recovery Oriented Cognitive Therapy Group
 - CT-R for Families (*will resume in the spring when Dr. Nelson returns*)
- Cognitive Remediation Groups
 - Currently running x2 groups per week (*bridging group on Tuesdays and practice group on Thursdays for PERC participants*)

Thank you for your feedback!

If you have any additional questions, concerns, or thoughts,
please feel free to contact me.

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Review of Responses

Areas of Interest:

- Overview of Psychosis
- Medication Management & Treatment Options
- Addressing Negative Symptoms
- Addressing Positive Symptoms
- Coping & Responding
- Shared Decision Making
- Motivation
- Activation & Engagement in Activities
- Maintaining Recovery & On-going Conversations (e.g., medication compliance)
- Future Planning (e.g., Living Will, SSA, SSD, Supported Living, etc.)

Deeper Dive Topics:

- PTSD & Psychosis
- Insight
- Social & Performance Anxiety
- Shifting Expectations to meet your family member where they are
- Communication Strategies & Setting Boundaries (e.g., addressing ranting, eliciting emotions, building relationships)
- Self-Care: When to seek your own support

Review of Responses

Additional Resources:

- Links to state of PA mental health resources or other like sources
- Suggestions for reading lists, videos, or podcasts
- Legal resources
- Agencies for longer term life and financial planning
- Vocational related resources
- Social network support groups for parents involved in PERC

Possible Changes for the group:

- Incorporating breakout sessions
- More process groups or mix of educational and process groups
- Offering a group session for siblings