

How long will we participate?



The longer and more consistently you participate, the more your family is likely to get out of the group.

We recommend that families anticipate a two-year commitment. Families or individuals may need to miss meetings or take a temporary break from the group; it is possible to do this and to return later.

How often will we meet?

Groups meet twice per month.

How do we sign up? Talk to the EASA clinical team members. All families are encouraged to join a group.

What if we can't join a group?

This process can also be effective with a single family.

Talk to your EASA clinician.



For more information about multi-family groups, talk to your EASA counselor.

503-988-3272

Join together for success!

EARLY ASSESSMENT AND SUPPORT ALLIANCE

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MULTI-FAMILY GROUPS



Early Assessment and
Support Alliance
(EASA)

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The multi-family group process is a well-researched, effective way of supporting the recovery of young people who have experienced symptoms of psychosis.

Multi-family groups make a big difference. Research results have been extensive and consistent: families who attend multi-family groups regularly cope more effectively and experience lower relapse and better quality-of-life.



Other benefits for participants:

- Resolving conflicts and improving communication
- Coming up with new coping strategies for acute stages of the illness
- Becoming educated about your loved one's illness
- Practicing problem solving skills
- Strengthening your support network and self-care skills
- Learning how to be part of the treatment team

What can we expect?

There are three steps:

1. A facilitator meets several times with your family to learn about how the illness has affected you, to review early warning signs and relapse factors, and to discuss the group.
2. Second, your family participates in a one-day educational workshop in which you will learn about psychosis, medical treatment, family impact, family guidelines, communication and coping skills. These workshops are held periodically.
3. Third, your family joins with a group of families in similar situations to engage in a shared problem solving process. The first two meetings are designed to get to know each other. After those meetings, the format will use a structured process for problem solving.



What are meetings like?

The first two meetings are focused on getting to know each other. After the first two sessions, the meetings always follow the same format:

- Socializing.
- Check-in about what's happened since the last time (positives and challenges).
- Selecting and defining the problem to be discussed.
- Brainstorming solutions.
- Evaluating solutions.
- Identifying a plan.

Who participates? Mature family members (12 years and older), friends and young people in recovery are all encouraged to participate.

**Early Assessment
and Support Alliance**

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