

VA NORTHERN

WHAT IS THE FAMILY PROGRAM?

IF YOU ARE A VETERAN WITH A DIAGNOSIS OF SCHIZOPHRENIA, SCHIZOAFFECTIVE DISORDER OR BIPOLAR DISORDER, YOU CAN CHOOSE FROM TWO FAMILY PROGRAMS.

1. The intensive family program, ***Family-Focused Treatment***, involves weekly, biweekly, then monthly family meetings with a counselor. You and your family will receive education about your illness, learn communication skills, and practice problem solving strategies.
2. The less intensive family program, ***Brief Psycho-education***, consists of three sessions of education with family members about your illness and ongoing availability of a counselor for crisis intervention.



INDIANA HEALTH

HOW CAN THE FAMILY PROGRAM HELP ME AND MY FAMILY?

Both family programs are designed to help the veteran and his or her family members to...

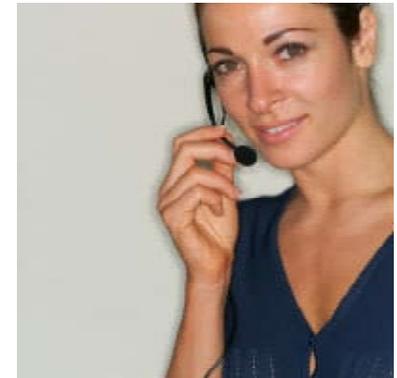
- . Understand and manage their illness
- . Decrease and /or minimize stress through family communications and problem-solving
- . Give and receive the support of family members and others coping with similar issues

WHICH FAMILY MEMBERS ARE INCLUDED IN THESE FAMILY SESSIONS?

- . Anyone who you, the veteran, consider a family member and who is a regular part of your support system. For example, partner, children, parents, aunts, uncles, cousins, friends are all welcome to participate.

CARE SYSTEM

WHO DO I CONTACT TO FIND MORE ABOUT THE FAMILY PLAN?



For questions or a more complete description of this program, Please call:

(765) 674-3321
Gayla Gift, RN Ext: 73596
Vincent D. Kelley, PH.D. Ext: 73359
Chris Russ Ext: 73070

NORTHERN INDIANA HEALTHCARE SYSTEM
MARION, FORT WAYNE, MUNCIE, SOUTH BEND.



This program may be for you if you have a diagnosis of mental illness, and you and your family would like to:

- Understand your mental illness
- Receive support and guidance through the ups and downs of your mental illness.
- Cope with stressful life events.
- Enhance your relationships through better communication and problem-solving.

For Information on

The Family Psychoeducation Program

Contact:

Chris Russ
1-800-360-8387
Ext: 73070

VA NORTHERN INDIANA HEALTHCARE SYSTEM



MENTAL HEALTH EDUCATION FOR FAMILIES

FOR VETERANS WITH A DIAGNOSIS OF MENTAL ILLNESS AND THEIR FAMILIES

JULY
2007

