

## IS FPE THE SAME AS FAMILY THERAPY?

No! They are family training sessions that focus on how to problem solve in a supportive environment.

Problem solving topics include things like:

- How to navigate the mental health system
- Understanding medications
- How to get a job
- How to get into school
- Where to find housing
- How to make friends
- How to increase meaningful activity

**How do I find out more information or get started with Family Psychoeducation Groups?**

**Contact your caseholder to get started.**

Customer Service 1.800.317.0708 or  
989.772.5938  
Michigan Relay 7-1-1  
24-hour Crisis Telephone  
Convenient Office Locations and Hours

### **Clare County**

789 North Clare Avenue  
Harrison, MI 48625  
989.539.2141

### **Isabella County**

301 South Crapo Street  
Mt. Pleasant, MI 48858  
989.772.5938

### **Gladwin County**

655 East Cedar Street  
Gladwin, MI 48624  
989.426.9295

### **Mecosta County**

500 South Third Avenue  
Big Rapids, MI 49307  
231.796.5825

### **Midland County**

218 Fast Ice Drive  
Midland, MI 48642  
989.631.2320

### **Osceola County**

4473 220th Avenue  
Reed City, MI 49677  
231.832.2247

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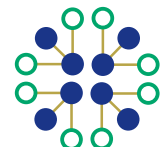
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## FAMILY PSYCHOEDUCATION

During family psychoeducation (FPE), family members have an opportunity to learn what schizophrenia and schizoaffective disorders are and how it affects their loved ones. Family members can also gain a better understanding of what symptoms to look for so that they can help a loved one access the appropriate services.

During family psychoeducation sessions, participants learn techniques for fostering hope and recovery. This can include reducing stress, improving communication, and strengthening relationships.



**Community  
Mental Health**  
FOR CENTRAL MICHIGAN

## WHO IS FPE DESIGNED FOR?

The groups offer education and problem solving skills to consumers and their families. Groups learn what schizophrenia is, how to cope with symptoms, and how to better communicate with loved ones to reduce stress that could trigger setbacks to recovery.

The groups help staff members, consumers, and their families form a team that works toward recovery together.



## RESULTS/BENEFITS



You and your family will learn ways of supporting each other and work together to solve problems that interfere with recovery. The goal of the group is to help you achieve participation in the community and a full and lasting recovery from mental illness. Individuals and families who are educated about mental illnesses can more effectively support one another. Educated families are better able to identify symptoms, recognize warning signs of relapse, support treatment goals, and promote recovery.

- Individuals who participate in FPE experience fewer relapses and less time in the hospital.
- Families who participate report greater knowledge of serious mental illnesses and less stress, confusion, and isolation.
- Families will better understand the person's symptoms, learn how to help the person, get a better understanding of what the person needs, and have a better relationship with the person.

## RECOVERY

### Understanding and Communication

- Families gain insight into the nature of schizoaffective diagnosis
- Less blame and stigma within the family system.
- Healthier communication patterns emerge — less criticism or emotional overinvolvement, more problem-solving and support.

### Greater Emotional Stability

- Individuals may experience fewer relapses or hospitalizations.
- Improved mood or symptom control due to better medication adherence and less stress at home.
- More predictable routines and support systems, which help regulate emotions and behaviors.

### Enhanced Problem-Solving Skills

- Families learn to manage crises, stressors, and daily life more effectively. Skills like setting boundaries, managing conflict, and negotiating roles become stronger.
- Coping strategies are shared and reinforced within the group.