

## THE PARTNERSHIP

The Family Options Project reflects a productive partnership between researchers and providers at the UMMS Center for Mental Health Services Research and Employment Options, Inc., Marlborough, MA.

### **THE INTERVENTION**

The Family Options Intervention is an evidence-informed psychiatric rehabilitation intervention, developed and tested within the context of a community-based agency setting.

### **Key Intervention Concepts & Processes:**

- <sup>•</sup> Family-Centered
- <sup>o</sup> Strengths-Based
- <sup>o</sup> Family-Driven & Self-Determined
- <sup>•</sup> Recovery & Resilience
- <sup>o</sup> Engagement & Relationship Building
- <sup>•</sup> Empowerment
- <sup>O</sup> Availability & Access
- <sup>O</sup> Liaison & Advocacy

# mplementing the Family Options Intervention

### Implementation & Refinement

#### The implementation process has involved:

- collaboration with community agency providers;
- integration of adult & child services; and
- 3 Family Coaches, a Family Options Director, & Clinical Consultant, who partner with 26 families, i.e., 26 parents with mental illnesses, 13 partners, & 56 children

### **Refinement of the intervention is an iterative process involving:**

- feedback from collaborating agencies;
- Continuous Quality Improvement;
- feedback of research findings; and
- program adaptation



# THE FAMILY OPTIONS PROJECT Implementing an Innovative Intervention for Parents with Mental Illnesses and Their Families

Joanne Nicholson, PhD, Kathleen Biebel, PhD, Valerie Williams, MA, MS, Elizabeth Aaker, BA, Karen Albert, MS, Bernice Gershenson, MPH, Brenda Warren, & Katherine Woolsey, BA

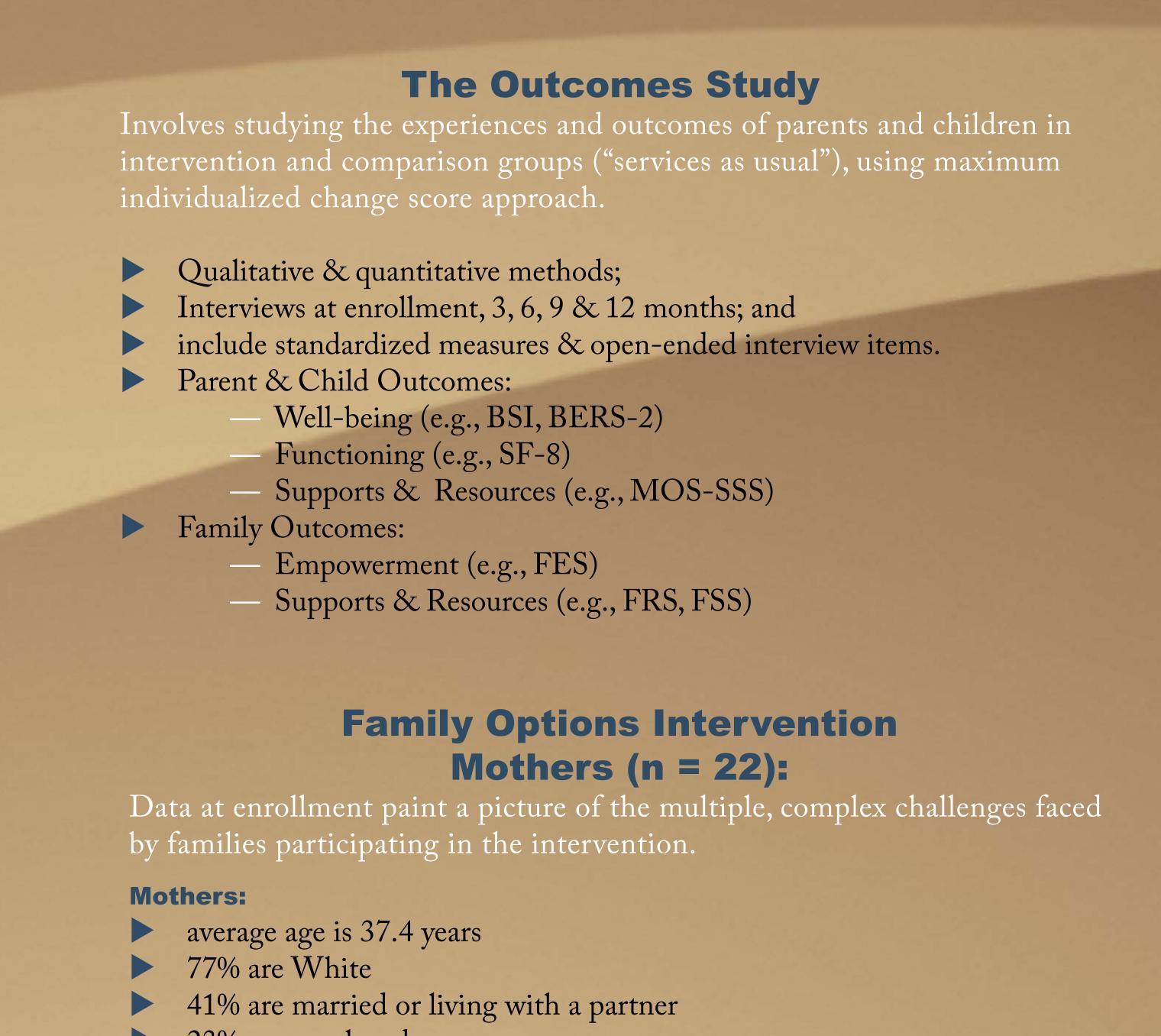


# **Creating the Organizational Capacity:**

- Coordinating Logistics & Operations
- Coordinating Communication & Meetings
- Standardizing Methods of Operation
- Attending to Staff Performance
- Allocating Internal Resources

# **Creating the Work Force Capacity:**

- Finding & Hiring Staff
- Educating, Training, & Coaching Staff
- Considering Background & Experiences of Staff
- Identifying Staff Characteristics & Skill Sets
- Identifying Supervisor Characteristics & Skill Sets



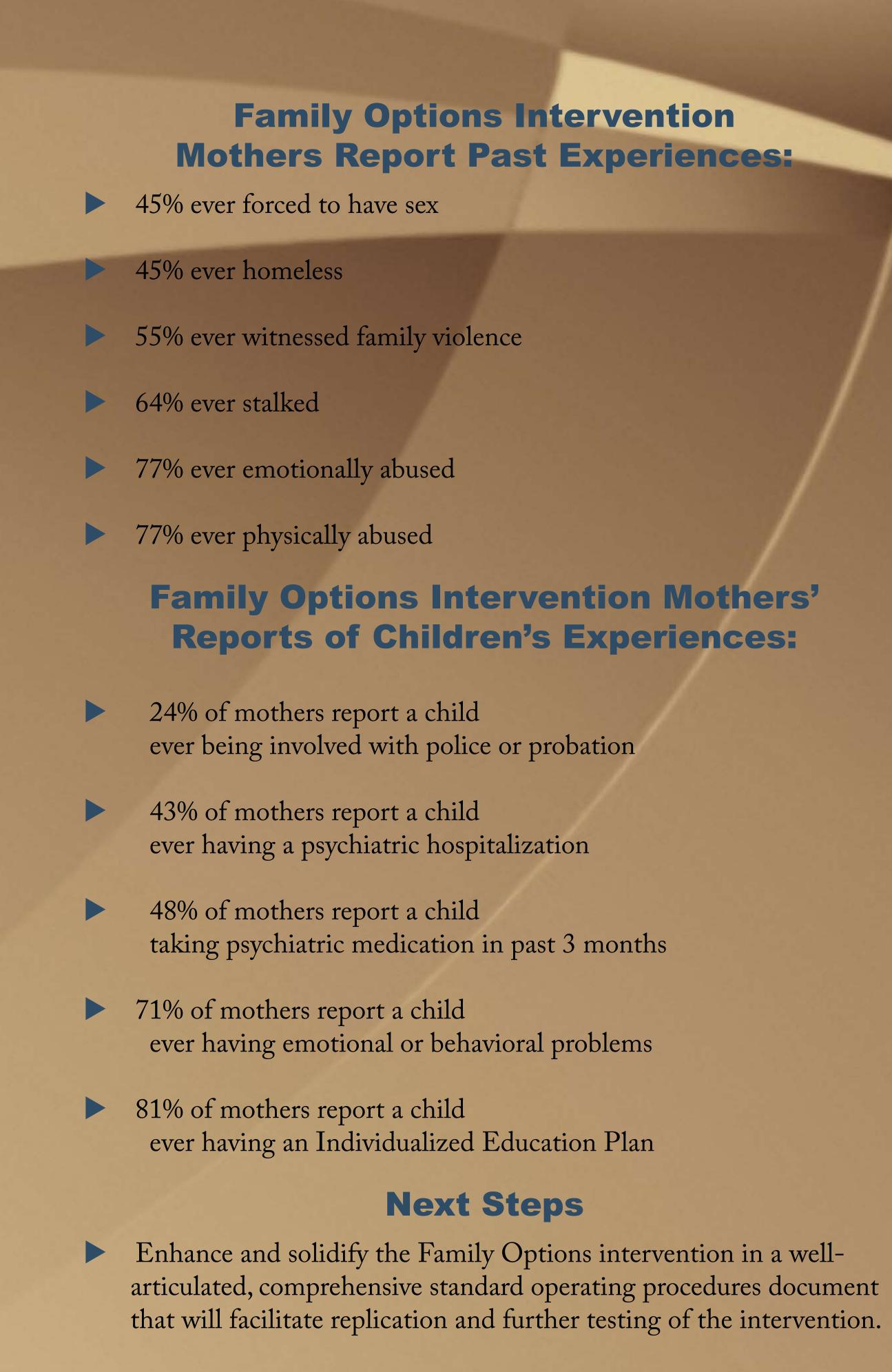
- 23% are employed
- average education completed is 13 years
- report an average of 2.6 children living in the home

## **Family Options Intervention Mothers Report:**

- first mental health problems at an average age of 17.5 years
- their primary diagnosis:
  - 46% Major Affective Disorder
  - 41% Posttraumatic Stress Disorder
  - 9% Generalized Anxiety Disorder
  - 4% Psychotic Disorder
- ▶ 76% ever had a psychiatric hospitalization

# **Creating the Community Capacity:**

- Identifying Community Resources
- Identifying & Pursuing Opportunities for Sustainab with Community Partners
- Engaging & Collaborating with Community Partne
- Strengthening Relationships with Community Partn
- Recruiting Families in the Community



- Continue to collect and analyze data through 2007 and, potentially, into 2008.
- Disseminate research findings.

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## slating Science to Service:

- derstanding what the Family Options Intervention oks like on a daily basis
- tifying Families' Needs, principles of working with
- iting Providers & Consumers to FO Intervention
- ing Paradigm from Working with Adults to orking with Families
- eveloping, Clarifying, & Modifying the Family Options Intervention by Integrating Feedback