

Family Member Perspective Workshop



AGENDA

Introduction and Introductions	Larry DeAngelo	(10 Min)
A Partner's Perspective	Kathleen Considine	(15 min)
A Sibling's Perspective	Sheila Flaherty	(15 min)
A Mother's Perspective	Mary Harris	(15 min)
A Child's Perspective	Dominique Zarella	(15 min)
Wrap Up & Coping Skills	Larry DeAngelo	(10 Min)



WORKSHOP GUIDELINES

We have a limited amount of time SOOOOO!

I will be the time keeper and give you - the panel and participants -gentle cues when we will have to move on with the program today.

INTRODUCTION

When a family member is dealing with a serious mental health condition it effects all family members.

Family members supporting their loved-one struggle to maintain their own well-being.

Stress, anxiety, compassion fatigue, isolation, stifled emotions, guilt, worry and frustrations can overwhelm us.

I know, I have been there as a parent.

HOW DO I GO ON?

Everyone in the family asks this question.

Stigma;

An under-resourced, fractured, inaccessible mental health system makes the question difficult to answer.

In no other serious illness are family members expected to bear up with so little public sympathy, understanding or institutional support.

Yet, you courageously struggle on.

GOALS OF THE WORKSHOP

Provide a “safe” environment for family members to discuss the challenges they face and suggested coping strategies and skills.

We are asking **a partner, parent, sibling, and a child** who supports or supported a family member to answer the following questions from their perspective.

1. From your perspective what is the hardest aspect of living with serious mental health issues in a family?
2. How has it affected your life?
3. How do you cope or how did you cope?

WORKSHOP GUIDELINES

Keep in mind this is not a Confidential Group. Do not use names of people or organizations.

Keep it in the “Here and Now.” If all of us told are entire story this workshop would go on forever.

This is not the environment to criticize anyone or any organization.

We want to focus on how YOU feel or felt and how YOU coped.



We Use Humor As A Coping Skill

"Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you." - Langston Hughes



AGENDA

A Partners Perspective

Kathleen Considine (15 min)



AGENDA

A Sibling's Perspective

Sheila Flaherty

(15 min)



AGENDA

A Mother's Perspective

Mary Harris

(15 min)



AGENDA

A Child's Perspective

Dominique Zarella (15 min)



SELF CARE

Educate Yourself

Take Care of Yourself

Let Go

SELF CARE

Educate Yourself



NAMI

National Alliance on Mental Illness

Family-to-Family

SELF CARE

Take Care of Yourself



nami

National Alliance on Mental Illness

**Family
Support Group**



SELF CARE

You have to learn to let go

Understand that letting go does not mean abandonment

Accept the reality of your situation (Reality-based hope)

Reset your expectations

Know that you have done your very best

SELF CARE

You Have To Learn To Let Go

Understand that you have an obligation to yourself, your partner, and other family members.

Understand that YOU cannot fix it

Understand that YOU cannot control the behavior of others but can control YOUR behavior

Share the responsibility with others



SELF CARE

You Have To Learn To Let Go

Collaborate with your family member: Listen, Empathize, Agree, and Collaborate.

Communicate don't engage



Understand that to let go is not to care for, but to care about