

**Comments family members have made  
about the education sessions:**

- *“The informality was great, talking about our individual problems that are not so individual, but all the same!”*
- *“The sessions I found very helpful and let me know there is hope.”*
- *“It helped me realized I’m not on my own”*
- *“A very good starting point, offers help, understanding, and hope.”*
- *“Learned a lot about psychosis (different kinds, medications) would recommend to any family member because it would help them understand more about psychosis.”*
- *“Great- motivational- uplifting and thought provoking.”*
- *“This is a must for supporters of loved ones. Knowledge is power.”*
- *“I really have found this session to be very helpful. It has given me a new perspective on psychosis.”*

Nova Scotia Early Psychosis Program  
Capital District Mental Health Program  
Nova Scotia Early Psychosis Program  
Room 3045 Abbie J Lane Bldg  
Halifax, NS B3H 3E2

Nova Scotia Early Psychosis Program (NSEPP)  
Education Programs

# Early Psychosis Family Education

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*For Recovery*

## What is the Family Education Program?

Recovery from psychosis is collaboration between the individual, their family and the treating team. Research shows that involving the family in the recovery process is extremely beneficial to the individual experiencing psychosis. The NSEPP provides family members and friends of persons experiencing first episode psychosis with information about the causes, symptoms, and treatment of psychosis; as well as the impact of psychosis on the family, and the role of the family in supporting recovery.

## What are my options for Family Education?

NSEPP offers two different programs. Both programs are delivered by NSEPP staff, family members and individuals recovering from psychosis.

1. **Multi-session 9 week format** – This program is the most comprehensive and the one we strongly recommend if you are able to fit it into your schedule. There are 9 sessions of 2 hours duration weekly for 9 consecutive weeks. Sessions are held Wednesday evenings (6:30-8:30 pm). The program includes presentations, videotaped cases and facilitated small group discussion. Each week a particular topic is covered and time is available for discussion and questions. We accept 10-14 participants in this program.
2. **Condensed one day format**- A one day program developed to address the needs of family members, who for various reasons are unable to attend the nine week program. 6 hours long and contains the key topics from the multi-session program. There can be 10-40 participants in this program.

## Who can attend?

Family members or caregivers (parents, siblings, spouse, friend or significant other) of persons being treated by the Nova Scotia Early Psychosis Program can attend.

## Where is the program usually held?

The program is usually held in the NSEPP clinic meeting room , 3<sup>rd</sup> Floor Abbie J Lane Building.

## How can I register?

Ask your clinician to send a referral for the program that you are interested in taking. If you require further information contact the Education Coordinator at 473-4022.

## What education programs are available for my family member in recovery?

We have a separate program, Learn about Psychosis (LAPS), designed for individuals who are recovering from psychosis. The LAPS brochure provides more information about this program.