



A FAMILY RECOVERY RESOURCES GUIDE

**Coproduced content for services and organisations
supporting families living with mental health challenges**

A partnership between Mental Health Engagement and Recovery (HSE) Mental Health Ireland, and REFOCUS (Irish College of Psychiatrists of Ireland)

ONLINE RESOURCE FOR FAMILY RECOVERY

Introduction

It is well known that families living with mental health challenges require supports that are unique to each family and to each member of the family. When all members of the family are supported and empowered, alongside the person who is experiencing the mental health challenge, then there are better opportunities for whole family recovery.

Family recovery is about re-establishing our roles, goals, ambitions, and lives, it's about learning to maintain our wellbeing and resilience so that we can continue to support our family members / friend's recovery.

There are many different supports for families in their recovery process. An online resource can bring together in one place, some key elements that encourage family recovery under the headings of;

- Information & education,
- Supports & services,
- And resources & evidence.

The suggested headings for content for an online resource were coproduced in a partnership between members of the REFOCUS group with the Irish College of Psychiatrists of Ireland, members of the Mental Health Engagement and Recovery (HSE) team and the national Family Recovery Advisory Group and also Mental Health Ireland in 2020. This guide brings together the knowledge, insights and recommendations of those with lived experience, family members, service providers and community partners so that services, organisations and groups can design their own online resource for families living with mental health challenges.

Information for Family Recovery

When families are experiencing the impact of a mental health challenge it is important that we have access to get the right information at the right time. Knowing where to go and how to access information on supports for ourselves and our family or friends is the first step to recovery. Families need to know;

- Who do I talk to and how do I get help?
- When should I seek support?
- What do I need and how should I find it?
- What is a diagnosis and what supports can I access?
- How does the mental health service work?
- Who is on the MDT (Multi-Disciplinary Team)?
- What are the different roles on the team and how do they help us?

A starting point can be a phone call or visit to your family GP, or contacting the 'Your Mental Health' information line on 1800 111 888. If you need emotional support Samaritans are available on 116123 and in an emergency, you should dial 999 or 112.

There is a wealth of information available on www.yourmentalhealth.ie for families and individuals who would like more information on mental health issues, coping with difficult

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situations, getting urgent help, looking after our mental health and information and advice for family and friends on specific issues such as diagnosis or sleeping issues for example.

- [Worried about someone else's mental health](#)
- [What to say to someone who is going through a tough time](#)
- [Improving mental health - practical help you can offer someone](#)
- [Mental Health - tips on being a good listener](#)
- [Accompanying someone to mental health support services](#)

The Family Carer Supporter Guide was developed in coproduction by the national Office for Mental Health Engagement and Recovery and contains much helpful information.

<https://www.healthpromotion.ie/hp-files/docs/HMT01164.pdf>

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Education for Family Recovery

Individuals and families may want to learn more about what we need for ourselves and how to increase our knowledge on mental health wellbeing and recovery. There are a range of education services available across the country both within the HSE Mental Health services and community sector that delivery family recovery education and courses. Recovery Colleges, CBT programmes, Family Resource Centres, Involvement Centres, and also across a

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range of organisations such as SHINE, Mental Health Ireland, GROW, AWARE, Family Carers Ireland, and more. Take a look on www.yourmentalhealth.ie to find the details for all the various organisations supporting mental health.

Recovery Education

Recovery Education offers a way of working where the expertise of service users, family members, supporters and service providers are accepted, valued and utilised to ensure better recovery outcomes for all. Through co-production, the process of designing, delivering and participating in recovery education is strengthened. (Mental Health Ireland)

Recovery Colleges and Recovery Education Services listed below deliver recovery education workshops and create opportunities for people with lived experience family members and service providers to share and learn together.

- Aries <https://www.hse.ie/eng/services/list/4/mental-health-services/advancingrecoveryireland/recoverycolleges/mwaries/mwaries.html>
- Dublin North North East Recovery College <http://recoverycollege.ie/>
- Cooperation and Working Together Recovery Service <http://www.cawt.com/>
- Galway Recovery College https://www.facebook.com/GalwayRecoveryCollege/?ref=br_rs
- Mayo Recovery College <http://www.recoverycollegewest.ie/>
- Recovery College South East <https://www.recoverycollegesoutheast.com/>
- Roscommon East Galway Recovery College <http://www.recoverycollegewest.ie/regions/roscommon-east-galway-recovery-college>
- Transformative College <https://transfomativecollegewestmeath.wordpress.com/about-us-4/>

You can see a live timetable here of all the recovery education workshops being delivered <https://www.mentalhealthireland.ie/get-support/recovery-education/#timetable>

Services and Supports for Family Recovery

Families need to know how to access the right services and supports for us, both in the mental health services and in the wider community to support recovery. Knowing how services work, what to expect when accessing services and being able to access the supports we need will give individuals in the family the strength to move forwards. These are all important aspects of family recovery.

Statutory Services

The HSE Mental Health, Addiction, Disability and Older People Services are all statutory services run by the state. The Mental Health services are delivered according to age; General Adult, Child and Adolescent, Later Life and also Rehab and Recovery services.

Within these services are various disciplines, or roles, delivering more specialist services and types of supports, sometimes also called interventions, such as Talking Therapies, CBT (Cognitive Behavioural

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Therapy), Family Therapy, DBT (Didactic Behavioural Therapy), Art Therapy, Occupational Therapy, Social Work, Nursing, Peer Support, Psychiatry, Psychology, etc.

Other services connected with our mental health services are Recovery Colleges (see education section), Involvement Centres, employment support and housing support.

Community/NGO (Non-Governmental Organisation)

Community and NGO services provide many services that do not require a referral from a GP or to the Mental Health Services. Most are free also as they are funded to provide the service through local or national HSE services. Examples range between practical and emotional and include counselling, information, advocacy, training, education, support groups, peer support and events that promote learning and development. Take a look on www.yourmentalhealth.ie to find the details for all the various organisations supporting mental health.

Resources and an Evidence Base for Family Recovery

When all members of the family are supported alongside the person who is experiencing the mental health challenge, there are better opportunities for whole family recovery. Below are some resources to support further exploration of family recovery and to strengthen knowledge of the benefits it has to offer to everyone. These resources come from both an Irish and international perspective, and also include a selection of the evidence available to support a whole family approach to recovery in mental health.

Research and Evidence

<https://www.lenus.ie/handle/10147/47896>)

Relational recovery: beyond individualism in the recovery approach
<http://dx.doi.org/10.1080/18387357.2016.1243014>

Mental health and family <https://www.lenus.ie/discover>)

Mental health and family reports

https://www.lenus.ie/handle/10147/47896/discover?query=family&filtertype=type&filter_relationa_l_operator>equals&filter=Report)

Mental health and family articles

https://www.lenus.ie/handle/10147/47896/discover?query=family&filtertype=type&filter_relationa_l_operator>equals&filter=Article)

Mental health and family guidelines

https://www.lenus.ie/handle/10147/47896/discover?query=family&filtertype=type&filter_relationa_l_operator>equals&filter=Guideline)

Resources

<https://www.hse.ie/eng/services/list/4/mental-health-services/advancingrecoveryireland/national-framework-for-recovery-in-mental-health/>

<https://www.meridenfamilyprogramme.com/recovery/what-carers-families-and-friends-can-do-to-help-themselves/tools-for-recovery>

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<https://www.shine.ie/services/self-guided-tutorials/>

<https://www.shine.ie/wp-content/uploads/2015/10/FRIENDS-Family-Recovery-Booklet-PDF-1.pdf>

<https://10000morevoices.hscni.net/>

<https://www.scie.org.uk/publications/guides/guide30/introduction/policynorthernireland.asp>

<https://www.mindspacemayo.ie/WITH/index.html>

<https://www.healthpromotion.ie/hp-files/docs/HMT01164.pdf>