



Supporting YOUR Own Path and Recovery While Supporting Family Members in Theirs

A Webinar Presented by The CAFÉ TA Center

Facilitated by Kirsten Drybrough and Charlotte Armstrong

This presentation was developed under grant number SM082668 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).

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Introductions

CAFÉ TAC Hosts

- Jeremy Countryman, Program Director
- John Ferrone, Training Coordinator



Your Facilitators:
Kirsten Drybrough
and
Charlotte Armstrong





“Family Peer Support is the instrumental, social and informational support provided from one parent to another in an effort to reduce isolation, shame and blame, to assist parents in navigating [...] systems and provide other relevant life experiences.”

~ The benefits of family peer support services: let's examine the evidence, SAMHSA

Family Definition

- Family of Origin versus Family of Choice
- Family is to US, what Family is to YOU

The Parallel Process



Objectives



Understand the mental health continuum and the family mental health story

Explore the family's mental health journey as individuals and the impact of personal influences within the recovery story

Identify actionable strategies to support and understand all family members' recovery journey through the stages of change while supporting the individual at any stage

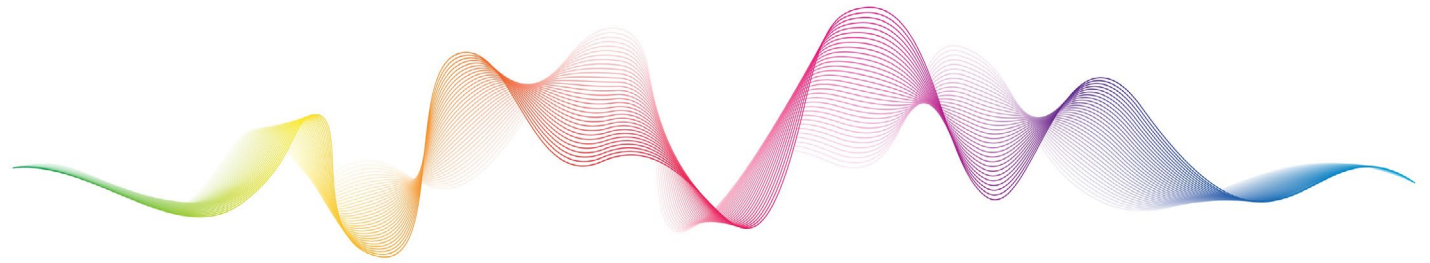
“The idea of recovery is approached from a slightly different perspective. The family member strives to recover from the emotional turmoil, grief and/or fatigue that may result from caring for someone with a mental health challenge or illness. The family member’s path to their own mental wellness or recovery is likely to be enhanced by a better understanding of their loved one’s illness and through the development of more effective coping skills. Greater confidence, accepting the situation, and having hope for their loved one will help them to be more effective caregivers and supporters, while also helping them to sustain their own wellbeing. We refer to this as having achieved a level of readiness.”

MHCC Guidelines for the Practice and Training of Peer Support



What do we mean
when we say:

Mental health
and physical
health are on a
continuum?

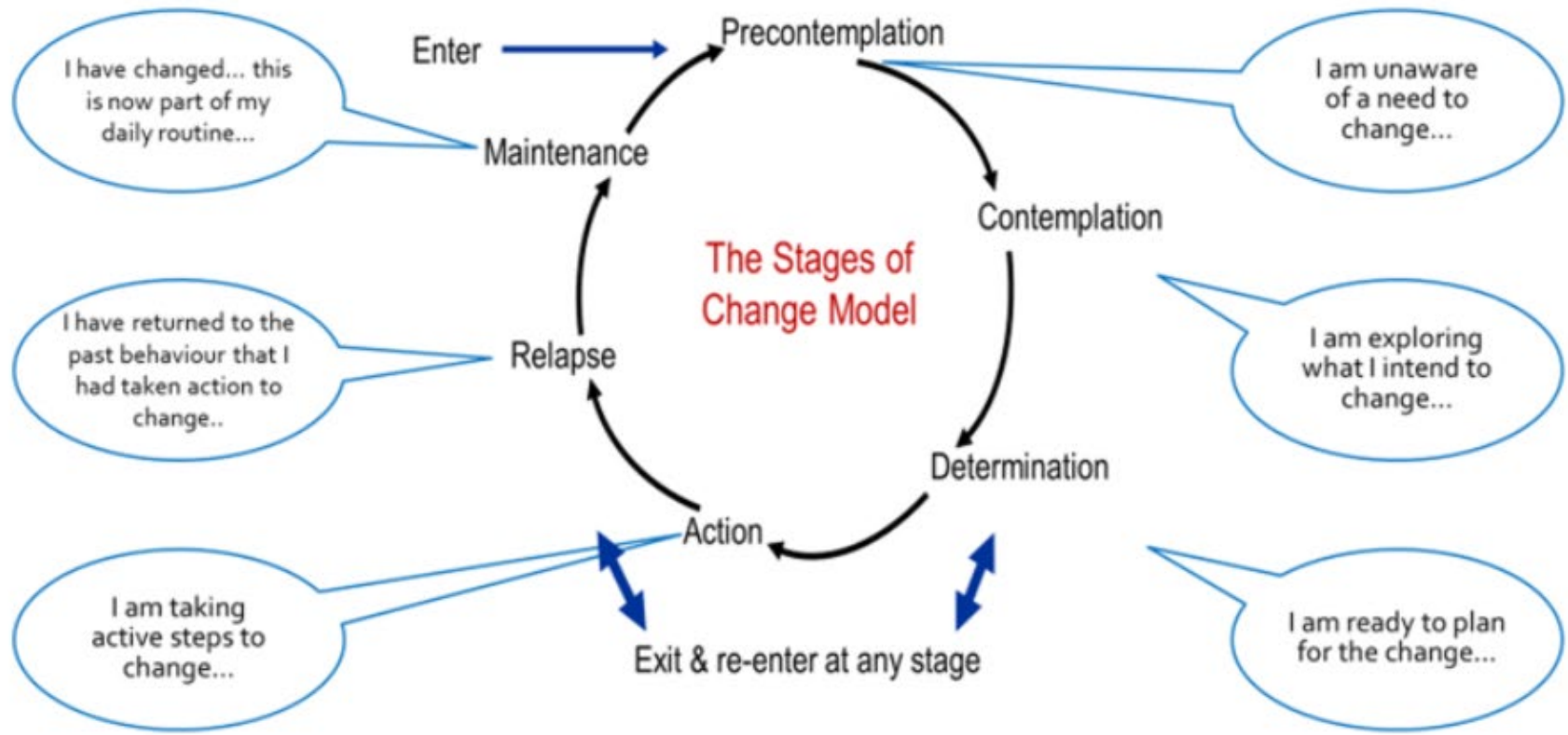


The Family's Mental Health Story





Understanding the Individual Journey and the Part we Play



Adapted: Prochaska and DiClemente (1983)



FAMILY & MENTAL HEALTH



NOT EVERYONE'S PROCESS, SOME MAY END UP IN PROCESS FROM LAST SLIDE





- What is your idea of recovery for the person you are supporting ?
- Does your idea of your person's recovery align with theirs? Have you ever had this conversation?
- Can YOU be in a place of recovery even if the person you are supporting is not?

Our Lives Matter

We have our own recovery and our own path

We have the right to feel safe in our own home

We have the right to say no

We have right to our own boundaries

We have the right to our own support system

We have the right to not fix, save, and solve, instead supporting their empowerment and their recovery story (however that looks for them)



Give Ourselves Grace



Our self-care is not selfish

Our self-care is a gift we give ourselves and our entire family

We do the best we can with the tools we have

When we know better, we do better

We matter too




Please Check Out our Online Workshops!

Supports for Families


Welcome to CAFE TAC's Supports for Families Workshop Series!

This interactive workshop series has been designed to help family members and caregivers of people with serious mental health conditions support their family member by promoting recovery and taking a strengths-based approach to encouraging resiliency and self-direction.

Check out this video for an introduction to the series, and an overview of how it works.



Supports for Families
Video Series

Watch on  YouTube

The workshop series includes both a series of videos and a corresponding workbook.

There are five modules in the series, with each one having its own video and a section in the workbook that goes with it. Each module is hosted on its own webpage where you can view both the relevant workbook section and its related video:

1. [Making Sense of Things That Don't Make Sense](#)
2. [Just for Caregivers – Yes, Just for You!](#)
3. [True Connections Through Communication](#)
4. [Mental Health Recovery and the Role of Families in the Recovery Process](#)
5. [Building Your Parenting/Caregiving Confidence](#)

Feel free to view all of the modules in order, or skip directly to one that speaks to you!

The entire workbook can be viewed on this page below. You can also download the full *Supports for Families Workshop Series* workbook by [clicking here](#).

In addition to sections that correspond to the workshop modules, the full workbook also includes information on how this series was created, peer support, definitions and resources, and more!

Part 3 of the workbook includes five sections, one for each of the five modules in the series.

Thank you for being here, and taking this family mental health recovery journey along with us!



The CAFÉ TA
Center
Presents

Supports for Families
Workshop Series

www.cafetacenter.net

Find all five
modules in the
*Supports for
Families* series
and the full
workbook at
[cafetacenter.net/
supports-for-
families-
workshop-series/](http://cafetacenter.net/supports-for-families-workshop-series/)



Individual Support Available

Want to talk one-on-one about your own situation?

Kirsten and Charlotte are available to speak with you!



- Kirsten Drybrough:
kirsten@allinfamily.ca
- Charlotte Armstrong:
charlotte@robynpriest.com

**Looking at the part YOU
play in the family mental
health journey and how
YOU can rewrite the
family mental health
story.**

*Open
for
Questions
and
Comments*



Stay in touch with us – we always like to hear what else we can offer for families



**CAFÉ TA
CENTER**
A Program of The Family Café





Thank You for Attending!!!!



- ❑ Please feel free to contact us with any follow-up questions or comments you may have!
 - Kirsten Drybrough: kirsten@allinfamily.ca
 - Charlotte Armstrong: charlotte@robypriest.com
 - CAFÉ TAC: cafetacenter@gmail.com

- ❑ This presentation will be available on CAFÉ TAC's website: www.CAFETACenter.net

