

Quick Guide

Family Involvement

Best practices for treatment of psychotic disorders include family involvement.

- Families often experience significant distress at the onset of psychosis, which can affect their ability to support the individual.
- Family involvement provides critical collateral information and enhances engagement and treatment planning for psychotic disorder treatment.
- Clinicians can help families manage their own distress and develop effective communication strategies to reduce overstimulation.
- Psychoeducation about the course of psychosis and pacing of recovery helps families set realistic expectations and support gradual functional reengagement.
- Counseling, psychoeducation, and support groups strengthen families' coping skills and help them balance caregiving with their own wellbeing.

Resources for family members to consider:

- [NAMI OC](#) – our Orange County chapter of NAMI, the National Alliance on Mental Illness
 - Family-to-Family, an educational program taught by NAMI-trained family members with lived experience.
 - Support Groups to help family members connect to each other
 - Additional resources are available.
 - [OCNavigator](#) – local resources on health, wellness and many others.
 - [OCLINKS](#) – behavioral health information, referrals, crisis response and more.
 - [211 OC](#) – health and human service resources, provided by OC United Way.
 - [988 Lifeline](#) – call, text, or chat for suicide and crisis support. Supports deaf and hard of hearing as well.
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