

# Adult Family Intervention

Helping families affected by  
mental health problems



**Caring, Learning  
& Growing Together**

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# Adult family intervention team

To help you think about a referral to us, we wanted to explain a little more about our service and how we may work together.

## Who we are

The team includes staff from different professions who have undertaken additional training in family intervention. They all receive supervision from a family therapist.

## What is family intervention

Family intervention uses the personal experiences and knowledge that individuals, couples and their wider family have about themselves and each other. It aims to develop shared understandings of difficulties and use family strengths to find new solutions to problems.

## Why family meetings

- The National Institute for Health and Care Excellence (NICE) recommends family intervention as an effective treatment for somebody experiencing psychosis.

- Families can make a valuable contribution towards helping one of their members because of how well they know each other.
- All families experience challenges and difficulties and if these problems are not addressed or solved over time, they can lead to an increase in stress. Stress can be a contributory factor in psychosis.

## Who should I bring to meetings

You are invited to bring anybody to your meetings who you think would be helpful to involve in discussions. These people could include relatives, such as parents, children, grandparents, partners and siblings. They may also include other people who are important in your life, such as friends or other helpers.

## **What happens in the meetings**

At your first meeting, our team will introduce themselves and give you information about the service.

Your family will be able to ask questions and decide if you wish to continue with family intervention.

The family Intervention team will help you to make sense of difficulties and challenges and find new ways to move on with your lives.

Family interventions can take place in your home, in an NHS building or online. You will be offered between 10 and 20 sessions over a 12-month period. Each session will last approximately one hour.

## **Confidentiality**

Information your family shares with the family therapy team will be treated as confidential between any professionals already involved in your care. The only exception to this is if during the discussion the possibility arises that somebody may be at risk of harm. In this situation it may be necessary for the team to involve one of the statutory agencies such as social services or the police.

## **Helpful website**

- <https://www.nice.org.uk/guidance/cg178>

# CONTACT US

If you would like any further information about family intervention, please ask you care co-ordinator to arrange for you to meet a member of our team.

## Patient Advice and Liaison Service (PALS) and Complaints

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