

SAMHSA's Family Psychoeducation Evidence-Based Practices (EBP) KIT CPG

Updated Guideline for 2021

SOURCE	SAMSHA
PUBLISH DATE	2010
WEBSITE	https://store.samhsa.gov/sites/default/files/d7/priv/buildingyourprogram-fp_0.pdf

GUIDELINE OVERVIEW

General Considerations	Family Psychoeducation (FPE), an evidence-based practice, gives consumers and families information about mental illnesses, helps them build social supports, and enhances problem-solving, communication, and coping skills. Family Psychoeducation supports consumers and their families in the recovery process. Research shows that consumer outcomes improve if families receive information and support.
Treatment Model	Research shows that the critical ingredients of effective FPE include the following: <ul style="list-style-type: none"> • Education about serious mental illnesses. • Information resources, especially during periods of crises. • Skills training and ongoing guidance about managing mental illnesses. • Problem solving. • Social and emotional support.
Practice Principles	Basic Practice Principles are as follows: <ul style="list-style-type: none"> • Consumers define who family is. • The practitioner-consumer-family alliance is essential. • Education and resources help families support consumers' personal recovery goals. • Consumers and families who receive ongoing guidance and skills training are better able to manage mental illnesses. • Problem solving helps consumers and families define and address current issues. • Social and emotional support validates experiences and facilitates problem solving.
Diagnosis Treated	FEP has been proven to effectively treat multiple disorders including: <ul style="list-style-type: none"> • Schizophrenia • Bi-Polar Disorder • Major Depression • Obsessive Compulsive Disorder • Borderline Personality Disorder
Treatment Settings	FEP was originally designed for use in Partial Hospitalization programs but it's use has been expanded to include multiple outpatient settings.