

# EIP Family Days

Emily Barber, Family Therapist  
Dr Rea Cheetham, Senior Clinical Psychologist

***Sunderland and South Tyneside EIP Service***  
***Northumberland. Tyne & Wear NHS Foundation Trust***



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# Overview

- Background to family days
- Story so far in Sunderland and South Tyneside
- Content of a typical family day
- Feedback and hopes for the future
- Video
- Questions



# Background to family days

- NICE guidelines (2014) recommends acknowledging family preference for single or multi-family group intervention.
- There is a strong evidence base for the use of McFarlane's multi-family therapy (MFT) in psychosis and schizophrenia (Gelin, Cook-Darzens & Hendrick, 2018). The content of this is predominantly around psychoeducation and shared problem solving.
- Small group of our EIP staff were trained in the Norwegian model (Ragna, Thorsen, Gronnestad & Oxenvad, 2006)
- Locally our service hit challenges with families committing long term to this intervention.



# Story so far....

- Local adaptations were made to the formal MFT process.
- We still wanted to provide an opportunity for families to meet together to share and hear stories of hope and recovery in addition to the information sharing elements.
- Based upon evaluations to date, the crucial component of these days is the opportunity for families new to EIP, to hear from those coming towards the end of their EIP journeys
- The content has similarities to MFT but the structure and delivery is more collaborative and informal.



# Content of the family day

- Introductions
- Hopes for session
- What does EIP mean to me/us?
- What does psychosis mean to me/us?
- Interactive stress vulnerability activity
- Conversations with families
- Questions and answer session
- Evaluation and plan for future



# Feedback & future hopes

- Families value sharing and listening to each others experiences around psychosis, recovery and hope
- They want to meet each other more often
- What these meetings will look like is being developed with the families
- Curious about the uptake of NICE recommended psychological therapies following family days
- Video of family day reflections which we plan to share with new families <https://youtu.be/SP7Ke9JPutk>



# Thank you

- Thanks to all the families for their participation in the development of our evolving family days.
- Questions?

