# Family-Focused Treatment: what to expect

#### Our Plan is to:

- · Decrease friction between family members
- · Improve communication skills
- · Increase acceptance of mood/thinking problems
- · Help the family solve problems better

#### We will meet:

- ·Weekly for 8 sessions
- ·Biweekly for 4 sessions
- ·4 months total

#### How we're going to do it:

- · Get to know each family member
- · Learn about mood/thought problems and the medicines used to treat them
- · Learn communication skills
- · Learn how to solve problems

#### Everyone in the family should:

- · Help each other like any team would!
- · Think about how others are feeling
- · Come prepared with your homework finished

#### The therapist will:

- · Help the family come up with ways to handle problems
- · Make sure everyone's privacy is respected
- · Give you a comfortable place to say to what's on your mind
- · Give you things to work on at home
- · Give you a chance to check in between sessions





#### Handout # 2a



Elated mood



Decreased need for sleep



Increased activity



Increased sexual thoughts

# **Symptoms** of Mania

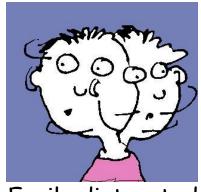


Being overconfident or unrealistic





Racing thoughts, Loss of self-control



Easily distracted

#### Handout # 2b



Low self-esteem



Low mood or sadness



Tearfulness

Trouble concentrating

# Symptoms of Depression

Some people also:

- feel really tired or low in energy
- wish they weren't alive
- feel worthless or guilty



Sleeping too much or too little



Increase or Decrease in Appetite



Loss of interest in activities/boredom

#### Handout # 2c



Flat Affect



Lack of Motivation

# Negative Symptoms

Disinterest in being social







Disinterest in personal hygiene

### Handout # 2d



Grandiosity



Confusion about what is real



Mind Reading



Suspiciousness

# Positive Symptoms



**Ideas of Reference** 





**Perceptual Disturbances** 



**Odd Beliefs** 



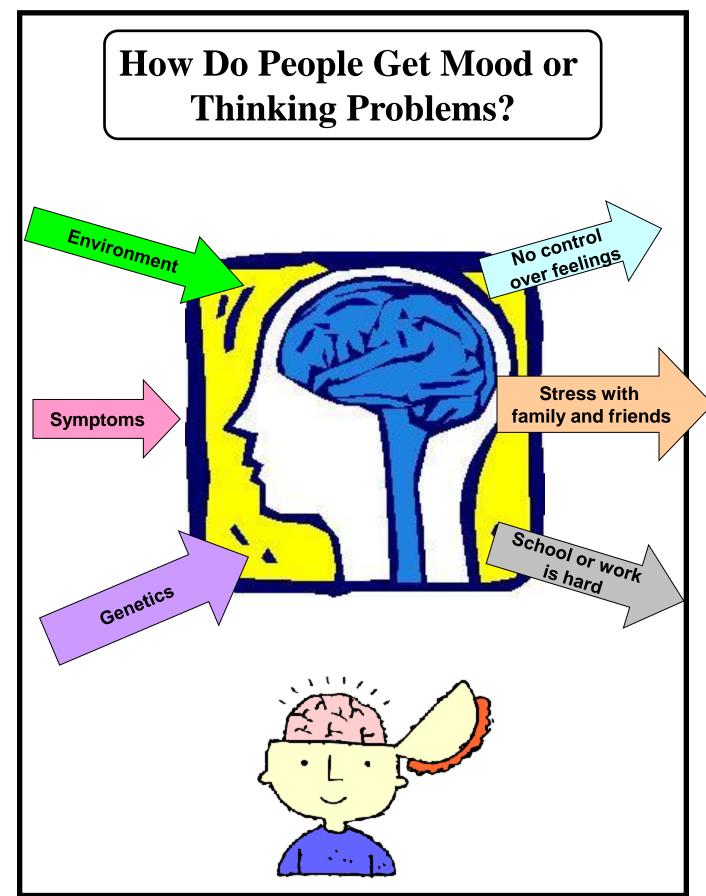
Week	of		

#### Handout 3: HOW I FEEL

Put an X on the line next to the term that describes how you felt that day. You can use an X and a Y if you want to make a separate rating for morning and night. Feel free to use different terms than the ones provided.

Super-Hyper	_	-	Wednesday	Thursday	Friday	Saturday	Sunday
or:							
Energized							
or:							
Balanced							
Down							
Angry							
I woke up at: I went to bed a	t:	_	_	_	_	_	_





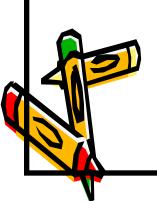
## Risk and Protective Factors

#### Risk Factors

- Drug / alcohol abuse
- Poor sleeping habits
- Not following daily routines
- · Stressful life events
- Family conflict or distress

#### Protective Factors

- · Taking appropriate medicine
- Social / family / community supports
- Communication & problem-solving skills
- Using treatment resources like talking to your doctor or counselor





#### Handout # 6 Sources of Stress

#### **Major Life Events**



## **Routine Changes**



#### Boredom





### **Daily Hassles**







## **Conflicts with Others**





### Handout # 7a

## **Recent Life Events**

Things that have stressed	STRESS Thermometer	Things you did to help you feel
you out lately:	RAGE	better:
	ANGRY	
	CALM	
	RELAX	x
	HAPPY  HAPPY  THINK ADDUT  THINK ADDUT  SOMETHING	
	VERY HAPPY	
	$\forall$	

#### Handout #7b

### STRESS Thermometer

Things that Rage, feeling out of control have stressed you out lately: Red Zone: 9 **Angry** 8. should talk to someone 6 Irritable 5 Normal: 2.

1.

**AWESOME** 

Things you did to help you feel better:

## Examples of Coping Strategies

- 1. Exercise
- 2. Keeping regular sleep habits
- 3. Talking to your doctor/therapist
- 4. Getting your medications changed
- 5. Enjoying art and music
- 6. Talking openly with people you're close with
- 7. Relaxation or meditation
- 8. Spirituality
- 9. Helping someone else with their problems
- 10. Positive self-talk
- 11. Do something new and different







#### Handout 9: Good Sleep Habits

- •Establish a regular bedtime and wake time, even on weekends
- Avoid caffeine, alcohol, illicit drugs, and other stimulants,
   especially at night
- •Exercise early in the day, not right before bed
- Avoid emailing or texting in the bedroom
- •Have an hour-long "wind-down" time before bed
- Avoid highly stimulating activities right before bedtime
- Anticipate events that could de-stabilize daily routines



## Medications Commonly Used In Outpatient Settings

Generic Name Brand Name

Mood-Stabilizers: To regulate

ups and downs

Lithium Carbonate Eskalith/Lithonate

Carbamazepine Tegretol
Divalproex Sodium Depakote
Lamotrigine Lamictal
Oxcarbazepine Trileptal
Topiramate Topamax

<u>Antidepressants</u>: To improve

mood

Serotonin-Reuptake Inhibitors:

Fluoxetine Prozac
Sertraline Zoloft
Paroxetine Paxil
Fluvoxamine Luvox
Citalopram Celexa
Escitalopram Lexapro

Monoamine Oxidase Inhibitors:

Phenelzine Nardil Tranylcypromine Parnate

vovel Acents:

enteroxine Effexor
Wellbutrin
Lazodone Desyrel
Serzone
Artazapine Remeron

Generic Name Brand Name

Antipsychotics: To control

agitation, hallucinations or distorted thinking; to

help with sleep

Olanzapine Zyprexa Risperidone Risperdal Quetiapine Seroquel

Ziprasidone Geodon, Zeldox

Aripiprizole Abilify Lurasidone Latuda Paliperidone Invega

Benzodiazepines: To control

anxiety, improve sleep

and induce calm

Lorazepam Ativan
Clonazepam Klonopin
Diazepam Valium
Alprazolam Xanax

<u>Medications to improve</u> attention and concentration

Methylphenidate Ritalin, Concerta

Dextroamphetamine Adderal

Vyvanse Focalin

Guanfacine Tenex

# How Can The Family Help?

- ·Support your use of medication
- ·Learn about your symptoms so they can respond helpfully
- Maintain tolerant and low-key home atmosphere
- ·Help you have regular daily routines and sleep
- Reduce performance expectations when you are having a tough time with symptoms
- · Encourage your participation in treatment
- ·Get help for other family members if needed

#### **Prevention Action Plan**

	Stressors or Triggers	Early Warning Signs	Coping Skills	Overcoming Obstacles
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				



## The Five Basic Communication Skill

- Expressing Positive Feelings
- Active Listening
- Making Positive Requests for Change
- Communication Clarity
- Expressing Negative Feelings about Specific Behaviors





## Expressing Positive Feelings

- Look at the person
- Say exactly what s/he did that pleased you
- Tell him/her how you felt when s/he did that





## **Catch a Person Pleasing You**

Day	Person Who Pleased You	Exactly What Did They Do That Pleased You?	What Did You Say to Him or Her?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Looking Good Bring as Tipe All ling at Home Coulding Meals Votating in Yard Leing Pleasant

#### **Examples:**

Having a chat
Making a suggestion
Going to Work
Offering to Help
Tidying up
Making Bed

Being considerate Going Out Showing Interest Taking Medicines Attending Treatment Making Phone Call Compliments

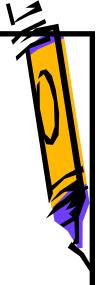


## Active Listening

- Look at the Speaker
- · Attend to What is Said
- · Nod Head, Say "Uh-Huh"
- Ask Clarifying Questions
- Check Out What You Heard







## Communication Skills Assignment

	Person			What Active	What Comm.	What Positiv
	You		What Positive	Listening	Clarity Skills	Requests for
	Talked	What You	Feedback Did	Skills Did	Did You Use?	Change Did
Day	To	Talked About		You Use?		You Make?
Mon						3
Tue						
Wed						
Thu						
I II U						
Fri						
Cat						
Sat						
Sun						
Jun						

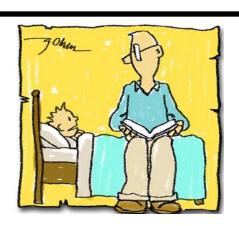




## Making a Positive Request

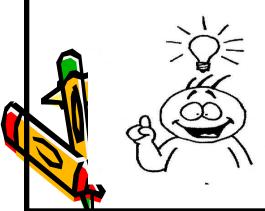
- Look at the person
- Say exactly what you would like him or her to do
- Tell him or her how you would feel if s/he did that
- Use phrases like:
  - "I would like you to ."
  - "I would really appreciate it if you would ...
  - "It's very important to me that you help me with \_\_\_\_\_."





## Communication Clarity

- · Figure out what you want to say
- Use short sentences to highlight the main points
- · Be specific rather than abstract
- · Bring up one topic at a time
- Stop and make sure other person understood you





# Expressing Negative Feelings about Specific Behaviors

- Look at the person; speak firmly
- Say exactly what he or she did that you did not like
- Tell him or her how you felt when s/he did that
- Suggest how the person might prevent this from happening in the future





# **Expressing Negative Feelings about Specific Behaviors Assignment**

Day Mon	Person Who Displeased You	What Exactly Did He or She Do That Displeased You?	How Did You Feel (angry, sad, etc.)?	What Did You Ask Him or Her to Do in the Future?
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

## **Solving Problems**

- Identify and agree on the problem
- Suggest many possible solutions
- Discuss pros and cons
- Agree on best solutions
- Plan and carry out best solution(s)
- Praise efforts; check out if it worked!



### Handout # 22a

# **Problem Solving Worksheet**

Step 1: Define "What is the problem questions. Get everybody's opinion	
——————————————————————————————————————	•
Step 2: List all possible solutions: "Be even "bad" ones. Have everyone co	
solution. DO NOT EVALUATE ANY S	SOLUTION AT THIS POINT.
(1) (2)	
(3)	
(4)	
(5) (6)	
Step 3: Discuss and list the advantag possible solution.	es and disadvantages of each
Advantages (Pros)	Disadvantages (Cons)
<del></del>	
<del></del>	

Step 4: Choose the best possible solution OR solutions and list.  (May be a combination of possible solutions.)
Step 5: Plan how to carry out the chosen solutions AND set a date to carry it out. Date:
A. Specifically decide who will do what. List.
B. Decide what resources will be needed; list and get them.
C. Think about what can go wrong when you try it, and figure out how to overcome the problems.
D. Practice carrying out the solution.
E. DO IT! (ON TIME)
Step 6: Review the solution and give positive feedback to all family members about their participation.
Step 7: If the plan didn't work, go back to Step 1 and try again. Do not become discouraged.

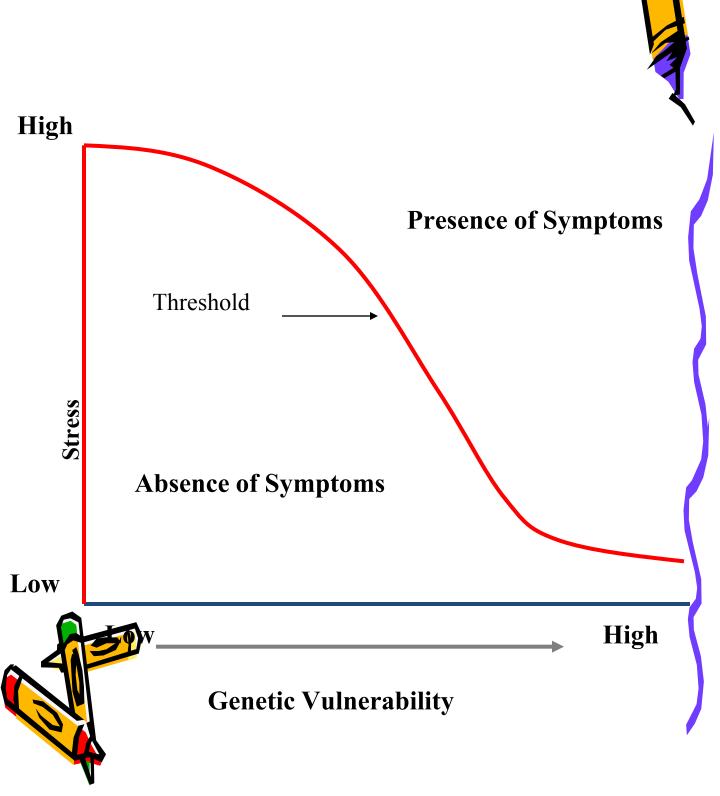
## Handout for Siblings

Feelings that kids may have in response to their sibling's mood disorder (bipolar, depression)

- Trying to be the "good" kid
- Avoiding your brother/sister
- Avoiding the family/ Isolating yourself
- Anger
- Embarrassment
- Denying your own needs
- Taking on the role of holding the family together
- Being very quiet



# Handout Vulnerability-Stress Mode



#### **Handout**

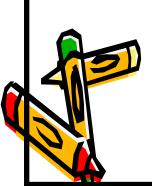
# How Do People Get Mood or Thinking Disorders?

Some people are born with a risk to develop mood or thought disorders.

- → their brain can get overactive under stress
- → their life can get stressful
- → their brain and life can both get stressed at the same time
- → the ways to deal with stress (like communicating well with others) may not be working well

#### Some things that can make symptoms worse:

- → Using street drugs (including marijuana)
- → Not getting enough sleep
- → Changing typical daily schedules





#### **Handout**

#### **Pleasant Events**



- Go to a museum
- 3. Play cards
- 4. Talk on the phone
- 5. Learn a new hobby
- 6. Do an art project
- **7**. Go out to eat
- 8. Take a bath
- 9. Read a book or a magazine
- 10. Cook/Bake something new
- 11. Do a puzzle
- 12. Go for a drive
- 13. Take a fun class
- 14. Go see a music show
- 15. Go to a movie
- 16. Go to the local dog park
- 17. Shoot some pool
- 18. Go to a coffee shop
- 19. Go on a day trip

<b>ZU.</b>			
<b>1</b>			









#### Handout # 4d: Pleasant Events

- listening to music/radio
- starting a new hobby (collecting something?)
- drawing, doodling, and painting.
- taking a walk.
- 5. going to the beach
- bicycline along the strand.
- cutting pictures from magazines and making a collage
- 8. reading a book, magazine, or newspaper
- going to the library and reading the newspaper in another language
- looking through travel books in the library or a bookstore
- 11. cooking a nice meal
- 12. learning how to play an instrument
- beginning a new physical fitness program.
- exercise (running, hiking, swimming, soccer?).
- cleaning (room, kitchen, car?).
- taking care of a pet (fish, dog, cat?).
- 17. gardening
- going shopping for food and trying some new items
- 19. writing (a letter to someone, a poem or story?
- 20. journaling
- 21. going out to eat
- 22. going for a drive
- 23. taking photographs
- 24. looking at pictures.
- 25. making a gift for someone
- 26. doing a puzzle
- 27. playing cards
- 28. talking on the phone.
- 29. going to a museum
- 30. going to the science center and/or the imax
- 31. soaking in the bathtub or hot tub
- 32. planning a family vacation
- 33. planning a fun and inexpensive outing with
- friends and then figuring out how to make it happen
- 35. going apple picking in the Fall
- 36. going surfing, boogle boarding, body surfing
- 37. saving money for a special trip or new gadget
- 38. assembling a model car or airplane
- 39. organizing a game night with friends
- 40. joining a gym
- 41. going swimming at the Y or another local pool
- 42. taking a karate, judo, or yoga class

- thinking about some of the people in your life who really care about you
- making a list of things you would like to do during your life time or places you would like to go
- 45. flying a kite
- 46. going on a picnic with a friend
- 47. having an interesting discussion with a friend
- 48. singing around the house
- 49. going camping
- making a list of all the things you like about yourself
- 5.1. ice skating.
- 52. sailing
- surprising your parent(s) by making them breakfast
- 54. doing something kind for someone.
- 55. playing tennis.
- going to a play or concert.
- 57. going to a sporting event
- 58. playing with animals
- 59. Dancing
- 60. doing crossword puzzles or sudoku
- 61. Roast marshmallows over a fire
- 62. Go bowling
- 63. Doing woodworking
- 64. Read a joke book with friends
- Starting a folder in which you save your best paper, tests, and teacher's comments
- 66. Thinking, "I did pretty well" after doing something
- Drinking an ice cold glass of water
- Reflecting on how I have improved and ways I would like to continue to improve
- Working to develop a new skill of persona quality, such as patience, perseverance, organization, flexibility, good humor, etc
- At the end of each day, ask your family members to talk about the funniest thing that happened at school or work
- 71. \_\_\_\_\_
- 72. \_\_\_\_\_







#### Handout #4c

#### How Can the School Help?

What can be expected from the school:

- Under the Individuals with Disabilities Act (IDEA; 1975), schools are responsible for identifying and evaluating students with disabilities who require special education and services and following through and providing them with an Individualized Education Program (IEP).
- These services are to be provided in the least restrictive environment appropriate to the child's needs and that children should be integrated with other children with and without disabilities, and still receive special services (inclusion).

Ways in which the school is helping thus far:

- ٠
- •
- .
- .

Ways in which the school could be more helpful:

- ٠
- ٠
- ٠
- •



#### Handout #2d





Sudden experiences of panic



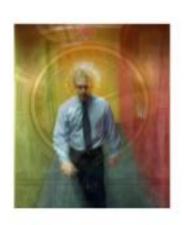
Repetitive behaviors

Excessive worry

#### Symptoms of Anxiety



Fear of being embarrassed in social situations



Repetitive thoughts



Specific fears



#### Handout

