

## Who can refer to the service?

Individuals who experience a psychotic illness will need to have a care co-ordinator, who may be a nurse, social worker, occupational therapist or doctor.

The care co-ordinator can then refer the individual to the Family Work Service. The service currently accepts referrals from In-patient Services, Community Mental Health Teams, Rehabilitation Services, Assertive Outreach Service, Early Intervention Service and Older Persons' Mental Health Services.

## How do I contact the Family Work Service?

The Family Work Service is based at St Ann's Hospital and can be contacted on 01202 492073.

For more information on the service contact us on the above number or visit the Dorset Healthcare NHS Trust website on [www.dorsethealthcare.nhs.uk](http://www.dorsethealthcare.nhs.uk)

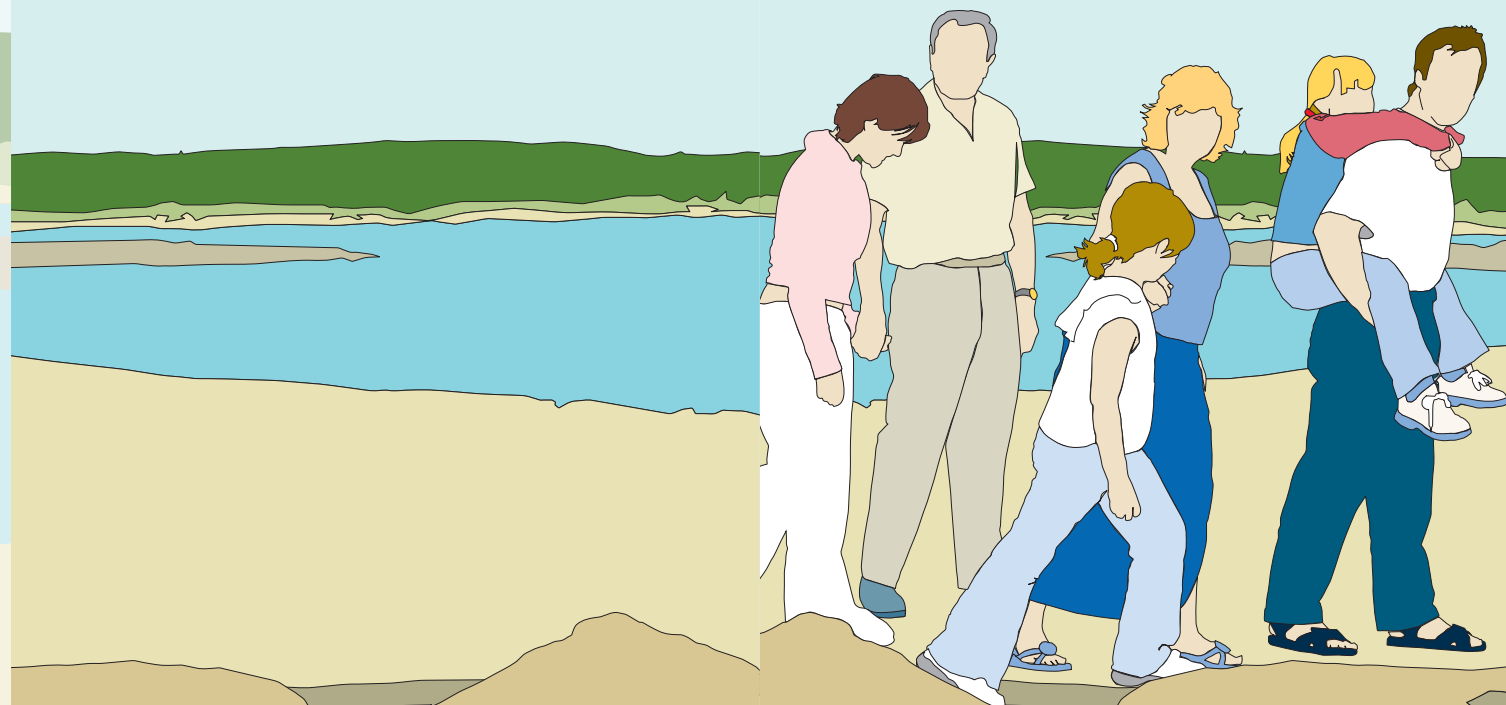
## DORSET HEALTHCARE NHS TRUST

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69 Haven Road  
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# Family Work Service

Family Work is an approach that involves mental health professionals working alongside a family to address practical issues that may arise as a result of one or more family members experiencing a psychotic illness.



## What does the service aim to do?

The Family Work Service acknowledges that all families are unique. Although the aims of Family Work are highly specific to each individual family's needs, the general aims of the service include:

- sharing information about an individual's illness;
- building on existing families' strengths;
- helping to improve communication between family members;
- seeking practical solutions to difficulties that arise;
- encouraging families to be positive in outlook;
- helping the family member with the illness to become more independent;
- designing an individualised 'Staying Well' plan;
- reducing the risk of a further relapse;
- offering choice about treatment.

## Who is the service for?

The Family Work Service is for any family who has a relative who experiences a psychotic illness such as schizophrenia, bipolar disorder (manic depression), psychotic depression or who may be experiencing symptoms of psychosis for the first time.

Although it is called 'Family Work', this service can be offered to relatives, carers or friends who have regular contact with someone who experiences a psychotic illness.

## How long does Family Work last?

The length of Family Work is determined by the needs of the family. Family Work can last from a minimum of three months to over two years. The work is guided by the aims agreed on the information gathered from the family at the beginning.

Family Work will take place in the patient's home for approximately an hour every fortnight. The service runs on Tuesdays.

## Will the same health care workers come each time?

Once Family Work starts, then it will be the same two mental health professionals who come each time.

These two workers may be different from the worker who came to gather the information. This is because the Service tries to respond to families' needs and commence family work as soon as possible.

## What happens if a relative with psychosis is referred for Family Work and declines the service?

If Family Work is declined by the relative with the illness, the family will be referred on to the Carer Education and Support Programme (CESP) and offered an opportunity to attend. The CESP programme is a ten week information and support programme for carers with skills to help tackle difficulties associated with psychosis.