



FAMILY

Psychoeducation

what is it?

Providing educational information about mental health to those seeking or receiving mental health services to better their understanding of mental health problems and treatment options and to promote recovery.

importance

- Promotes understanding of important topics involving family and child mental health
- Increases caregiver satisfaction
- Improves family interactions
- Fosters more positive family and child outcomes¹

goals

- Improve familial knowledge of mental health
- Address issues, concerns, and expectations about treatment
- Encourage family attendance and participation
- Provide optimistic messages about child and family mental health.¹

?s to Ask

- Who is involved in this process?
- How often will we be meeting with one another?
- What does mental health care look like for my child/our family?
- How will treatment help my child/our family?
- What are your expectations for my child/us as a family?