



PROVIDER

Psychoeducation

what is it?

Psychoeducation can simply be defined as "a therapeutic practice used to present factual information about target problems and treatments" ¹. At the family level, psychoeducation is a strategy that provides individuals (and their family members) with mental health problems with information about prevention, treatment, and recovery strategies for that disorder. ²

importance

- Acts as a foundation for other engagement practices.
- Increases caregiver involvement in services.¹
- Reduces non-adherence, relapses, and hospitalization.
- Improves social and global functioning, consumer satisfaction, and quality of life².
- Increases participant help seeking attitudes, help seeking intentions, and literacy⁵.

goals

- Facilitate families' comprehension of complex information.
- Provide families with optimistic messages to encourage engagement.

steps to take

1. Address any concerns that were brought up.
2. Address any cultural barriers (e.g., stigma, shame).
3. Identify future potential barriers by asking, "what might get in the way of coming back?"
4. Help problem-solve to address the barriers.