Purpose

• Connect, process, and get your ideas and feedback!
Let’s Talk!

How are you all doing in 2021 so far?

*Please share your experiences over the past few weeks.*

- How are things at home?
- What has been going well for you and your families?
- What has been a challenge?
- What are you looking forward to, or hoping for, this year?
Family Support & Education

• Of the PERC family groups you have attended, what have you enjoyed or found the most helpful?
  • Information about psychosis, expectations, help with understanding what is going on, Q and A with Dr. Kohler, educational info
  • Commonality and talking to others in similar situations, helps not feeling alone
  • Learning about others that are further along in the program/course of recovery
  • Help in handling crises, resources that are available, help with long-term issues that may arise, understanding achievements along recovery, reminders to keep going as a caretaker, finding a point of connection for affirmation to family member
  • Specific topics that have been helpful: how to respond to crisis, understanding medication management, cognitive therapy approach, activities to share with family members/dealing with amotivation
  • Looking forward: substance group would be helpful

• Of the PERC family groups you have attended, which groups did you find were not as helpful?
  • Enjoyed them all!
• What topics would you like to learn more about or have us cover during the year?
  • Substance use
  • Medication management, how to encourage use of medication when appropriate
  • Conversations about social security registration
  • Enabling vs. supporting/coping and responding
  • Strategies for motivation and supporting loved one getting activated, engaging in activities even when stable on medication
  • Addressing negative symptoms
  • Session for siblings or other family members

• Are there certain areas of mental health you would like use to take a “deeper dive” on?
  • Social anxiety/performance anxiety
  • How to converse with one’s child in how to end endless conversation
  • Eliciting more emotions
  • Managing trauma/addressing trauma, PTSD and psychosis
  • Getting comfortable with virtual settings in times of COVID, strategies to manage challenges with computers and technology
  • When to seek own therapy as a caretaker
  • How to give insight and understanding of symptoms
  • Body dysmorphia, somatic symptoms (as part of overview of symptoms)
• Is anyone interested in more process or support sessions versus educational sessions?
  • A combination of both, helps to hear other people’s challenges and stories
  • Breaking into smaller groups for everyone to get a chance to share successes and challenges
  • Educational session with breakout groups for discussion
  • Alternating between educational and processing groups

• Regarding the group format, what works well and what is a challenge when accessing or participating in the family group?
  • In person vs. virtual
  • Combination - beneficial to get support in person
  • Virtual groups are more accessible for families with a long commute to UPenn
• What type of resources do you think would be beneficial to have access to?
  • Have you checked out the PERC website’s Educational Resources page?
    • Links to state of PA and their resources for people with mental health issues
    • Reading lists, videos, legal resources, longer term life planning and financial planning, podcasts
    • Vocational related resources (contact Bridgette if interested for session with her)
    • Facebook group for parents involved in PERC

• Would anyone be interested in a session on PERC’s clinical and research updates?
  • Yes, both clinical and research updates
Reminder About Group Services at PERC

• Monthly Groups
  • Family Support & Education Group (on a Monday evening once each month)
  • PERC Participant Group (first Monday of every month)

• Recovery Oriented Cognitive Therapy Group
  • CT-R for Families (will resume in the spring when Dr. Nelson returns)

• Cognitive Remediation Groups
  • Currently running x2 groups per week (bridging group on Tuesdays and practice group on Thursdays for PERC participants)
Thank you for your feedback!

If you have any additional questions, concerns, or thoughts, please feel free to contact me.

lyndsays@pennmedicine.upenn.edu
215-615-3292 (office)
Review of Responses

Areas of Interest:
• Overview of Psychosis
• Medication Management & Treatment Options
• Addressing Negative Symptoms
• Addressing Positive Symptoms
• Coping & Responding
• Shared Decision Making
• Motivation
• Activation & Engagement in Activities
• Maintaining Recovery & On-going Conversations (e.g., medication compliance)
• Future Planning (e.g., Living Will, SSA, SSD, Supported Living, etc.)

Deeper Dive Topics:
• PTSD & Psychosis
• Insight
• Social & Performance Anxiety
• Shifting Expectations to meet your family member where they are
• Communication Strategies & Setting Boundaries (e.g., addressing ranting, eliciting emotions, building relationships)
• Self-Care: When to seek your own support
Review of Responses

Additional Resources:
• Links to state of PA mental health resources or other like sources
• Suggestions for reading lists, videos, or podcasts
• Legal resources
• Agencies for longer term life and financial planning
• Vocational related resources
• Social network support groups for parents involved in PERC

Possible Changes for the group:
• Incorporating breakout sessions
• More process groups or mix of educational and process groups
• Offering a group session for siblings