

FPE Check yourself

1. Are the people you are serving for the group
 - a. Adults and up to three of their natural supports?
 - b. People with symptoms related to Schizophrenia, Schizoaffective Disorder, Bipolar Disorder, or Mood Disorder with psychotic features?
 - c. People with similar level of functioning, similar symptoms or some kind of “glue” that allows them to be connected?
 - d. No more than 25% entering group without natural support identified?
2. Did each “family” receive at least 3 joining sessions?
3. Did each “family” receive at least basic workshop content?
4. Did each “family” receive the Family Guidelines?
5. In each group after the first 2 getting to know you groups, do you run a problem solving session that includes the following:
 - a. Problem solve for ONE person from the group
 - b. Choose a problem that can be worked on in a 2 week period
 - c. Can the outcome be measured?
 - d. Is the problem solve based on SYMPTOM management or be traced back to a symptom?
6. When you add a new family do you:
 - a. Notify the rest of the group ahead of time that a new family is being added?
 - b. Start with a group that combines the goals of the initial getting to know you group and how mental illness has affected my family?
 - c. Try to add 2 families or more at a time to reduce the chance of that family feeling alone in joining the group (coupled joining)?
7. Do you check at the one year and 18 month point to be sure that all families in the group still need to be in the FPE model (medical necessity)?
8. Do you have a formalized “graduation” process that families are aware of that would indicate when they are ready to move on from the group?