

Decision Guide

Consumer Centered Family Consultation

This guide helps adults with mental health concerns and their providers. It's a tool for making decisions about whether to involve your family members or friends to help your recovery goals and treatment.

Step 1 Thinking about Involving People

Let's talk about people who care about you and people you trust. Let's talk about how they might help support your recovery. This is important because studies show treatment is more effective and recovery is better when we have support from people important to us. When families feel supported, they are better able to assist their loved ones. Involving others is **your choice**, and **you decide** what kind of help, if any, you prefer. Family or friends may help you by:

- Providing information that helps develop a quality service plan
- Providing information about warning signs and triggers for relapse
- Being part of a staying well plan, and agreeing to help in difficult times
- Encouraging and supporting your recovery efforts
- Learning about your mental health needs, and how to respond in ways helpful to you
- Learning about your goals, and how to support your efforts to achieve them

Step 2 Discussing Concerns

People may have concerns about including family or friends in their treatment. If so, we can discuss these so you can make the best decision for you.

Here are some common concerns:

- ☐ In the past, when my family members met with a clinician, it was uncomfortable or upsetting
- ☐ I'm concerned that you, my clinician, will listen more to them and take their side instead of mine
- ☐ I'm worried you might change your opinion of me.
- ☐ I don't want to burden others.
- ☐ I want to protect my privacy.
- ☐ The people I want to include don't want to be involved.
- ☐ If I ask and they refuse, I'll feel hurt or rejected.
- ☐ I want to manage my mental health concerns on my own.
- ☐ Involving others would be too stressful.
- ☐ Other concerns

Let's talk about any other concerns you may have...

Step 3	Possible Support People
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Let's think about people in your life, either family members or friends, who support you in difficult times, or those who help you to achieve your personal goals.

- ☐ Who do you spend holidays or birthdays with?
- ☐ Who do you turn to for support or help when you need it?
- ☐ Whose praise or encouragement makes you feel good?
- ☐ Who phones, emails or sends you letters or cards?

List who you might consider involving in your treatment and recovery:

Name: _____ Relationship: _____

Step 4	1st Meeting & Beyond (Describe CCFC or other type of involvement)
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Consumer Centered Family Consultation involves one to three meetings between you, your supports and your clinician. It's an opportunity for your supports to learn important information about your treatment and how to support your recovery. *You* are at the center of all decisions – who to invite and what topics to discuss. At the first meeting, we usually connect with one another, and later typically will review important information that *you* want discussed, such as:

- General guidelines about how family members or friends may support you
- Your treatment program, team and services and who to contact with concerns
- Mental health diagnoses, treatments and services
- Additional resources from the treatment program, agency, and community that may help you and your loved ones

Step 5	Pros & Cons of Family/Supports Involvement
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Is the Consumer Centered Family Consultation right for you? Together let's come up with a list of your pros and cons...

Pros _____ Cons _____

Step 6	Next Steps
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Involving others is an important decision. Make it carefully. Before you choose, here are steps you may wish to take:

- If **YOUR** decision is to move forward with CCFC... the most immediate next step... is to have a pre-planning meeting (between the consumer and practitioner)
- Give a copy of the Consumer Centered Family Consultation brochure to your family member or friend to read
- If you're unsure, agree to talk about it later
- If you're not comfortable with this, we'll put it aside