

DOUGLAS HOSPITAL CENTRE

MEMORANDUM

August 20, 1986

TO: Attending Psychiatrists, STRP
 Social Workers, STRP
 Head Nurses, STRP

FROM: Johanne Girouard, PSW
 Susan Hopkins, PSW
 Henry Olders, M.D.
 Maryse Ranger, PSW
 Dorita Shemie, PSW

SUBJECT: Psychoeducational Groups for Families
 of STRP Patients

On October 1, 1986, a series of six evening meetings will begin, intended for the families of STRP patients, both in and out-patients. They will be held every two weeks, on Wednesday evenings, between 7:30 and 9:30 pm, in the Bowerman Room of Dobell Pavilion. Each session will consist of approximately 50 minutes devoted to a presentation by a physician or other clinician, a short question period, a coffee break during which refreshments will be available, and finally, a support group lead by a social worker assisted by another clinician. The topics to be covered in the didactic presentations will include:

1. The major psychotic illnesses and their treatments;
2. Community resources;
3. How families can deal with problem behaviors.

We are asking for your help in locating families who would benefit from these sessions, and who might be prepared to commit themselves to coming for all six meetings. One of us will be contacting your unit or outpatient team in the first week of September to obtain the names of families, who we will then contact. We would ask that between now and the first of September, you and your team go through your patients to discuss which families might be candidates, and to contact those families to determine their interest and to let them know that they will also be contacted by one of us. At the end of the six sessions, you will receive written reports on the families who participated.

We feel that this project will be helpful to the families and to your patients, and therefore to you. Thank you for your participation.

H.O.

DOUGLAS HOSPITAL

Minutes of Meeting

date: August 14, 1986

place: Dobell Pavilion, Room B-1109

present: Johanne Girouard
Susan Hopkins
Dorita Shemie
Dr. Najib Asaid
Dr. Henry Olders

The meeting was called to discuss the formation of a series of psychoeducational sessions directed towards the families of chronic mental patients. The following points were decided upon:

Format:

The group decided that the "psychoeducational approach for families of chronic mental patients" sessions would be held in the evenings, from 7:30 to 9:30 pm, every two weeks for a total of six sessions in each six month period. The best evening would be Wednesday.

Responsibilities:

The responsibility for arranging a room, refreshments, and leading the discussion groups, would belong to the social workers. The residents and Dr. Olders will provide speakers for the didactic portions of each session, arrange for audio-visual support, and provide co-leaders for the discussion groups.

With respect to contacting individual units and treating teams, the responsibilities were divided as follows:

Dorita	Perry 2A, 2C, 4C
Johanne	Burgess I, Perry 4A
Susan	CTS, Perry 4B
Henry	Perry 3B, 3C; Durost Residence
Maryse	OPD

Topics:

It was decided that there would be one session each on manic-depressive illness and lithium, on schizophrenia and antipsychotics, on personality disorders, on behavioral approaches, and on community resources, with the topic and speaker for the final session to be decided by the family group itself. The speakers for the first three groups will be the residents and Dr. Olders; for the fourth session on behavioral approaches, one of the residents will work together with one of the hospital psychologists (eg Drs. Harris or Gutbrodt) if this can be arranged. Dr. Boillat will be asked to take the session on community resources. Alternatives for this session could be Hilary Day or Chris McFadden.

schedule:

The schedule which was worked out has the following milestones:

1. 22 Aug 86: A memo will be sent out to attending psychiatrists, social workers, and head nurses on each unit and in the OPD to request them to come up with names of families;
2. First week of September: members of this group (and also Maryse Ranger) will contact individual units and their treatment teams to obtain the names of families being referred;
3. 12 Sep 86: Meeting at 11 AM (location to be announced) to decide who will contact which families;
4. Last two weeks of September: contacting and contracting with families;
5. 1 Oct 86 to 10 Dec 86: psychoeducational sessions every two weeks, for six sessions.

Henry Elders