

The Importance of Family Involvement

“For three months, I lived in horror, exhausted from searching. My son’s phone and the group home’s phone were unanswered. I learned the facility closed. I had not been contacted.

He was missing. In encampments and family groups, I shared my son’s photo. Another mother, visiting her son in jail, saw my son. My son had tears when he saw me. He told me they said he had to leave. With his few dollars he bought food, then he couldn’t find his phone or his medication. My number was on speed dial. A clinician helped us, and we’re both recovering. I will make sure future facilities have this information” -- Jeanne, Mother

- **“When families take an active part in treatment decisions, consumer outcomes are better.”** NAMI.¹
- **“Clinical psychiatric care of any person in acute or rehabilitation situations should be done in collaboration among the user, the family or carer, and the clinicians.”**² The World Psychiatric Association (WPA).
- **“Family intervention reduced relapse and hospital admission rates.”**³ Cambridge University Press
- **“It...is necessary to acknowledge the personal experiences of patients and their families during the planning and organizing of psychiatric care.”**⁴ National Institutes of Health
- **“Family intervention reduced relapse and hospital admission rates.”**⁵ National Center for Biotechnology Information.
- **We must have a “Greater collaboration with families in the delivery of mental health services.** The World Health Organization’s Mental Health Action Plan (2013–2020)
- **“Families are the greatest undeveloped and unused treatment and recovery option.”**⁶ Dr. Doug Turkington, Professor of Psychosocial Psychiatry at University of Newcastle
- **“Families are crucial.”** Dr. Robert Insel, Author of *Healing, Our Path from Mental Illness to Mental Health*
- **“We can overcome learned helplessness and hopelessness by engaging both patients and family members as critical allies.”** Doctor Robert Laitman, author of *Meaningful Recovery: Hope & Help*.

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¹ Family Involvement in Treatment. (n.d.). NAMI California. Retrieved October 25, 2024, from <https://namica.org/family-involvement-intreatment/>

² Wallcraft, J., Amering, M., Freidin, J., Davar, B., Froggatt, D., Jafri, H., Javed, A., Katontoka, S., Raja, S., Ratamane, S., Steffen, S., Tyano, S., Underhill, C., Wahlberg, H., Warner, R., & Herrman, H. (2011). Partnerships for better mental health worldwide: WPA recommendations on best practices in working with service users and family carers. *World Psychiatry*, 10(3), 229. <https://doi.org/10.1002/j.2051-5545.2011.tb00062.x>

³ <https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry/article/early-intervention-services-cognitive-behavioural-therapy-and-family-intervention-in-early-psychosis-systematic-review/27B4BBAFFD9D8E29458290B843EB0E10>

⁴ Ong, H. S., Fernandez, P. A., & Lim, H. K. (2021a). Family engagement as part of managing patients with mental illness in primary care. *Singapore Medical Journal*, 62(5), 213. <https://doi.org/10.11622/smedj.2021057>

⁵ <https://pmc.ncbi.nlm.nih.gov/articles/PMC2966501/#:~:text=Used%20alone%2C%20family%20intervention%20reduced,on%20relapse%20or%20hospital%20admission.&text=For%20people%20with%20early%20psychosis%2C%20early%20intervention%20services%20appear%20to,important%20benefits%20over%20standard%20care.>

⁶ Cognitive Behavioral Therapy (CBT) Informed Caring for Families Workshops—NAMI Marin County. (2024a, October 25). <https://namimarin.org/support-and-education/presentations/cognitive-behavioral-therapy-informed-caring-workshops-2/>