

Family Work and Home Treatment

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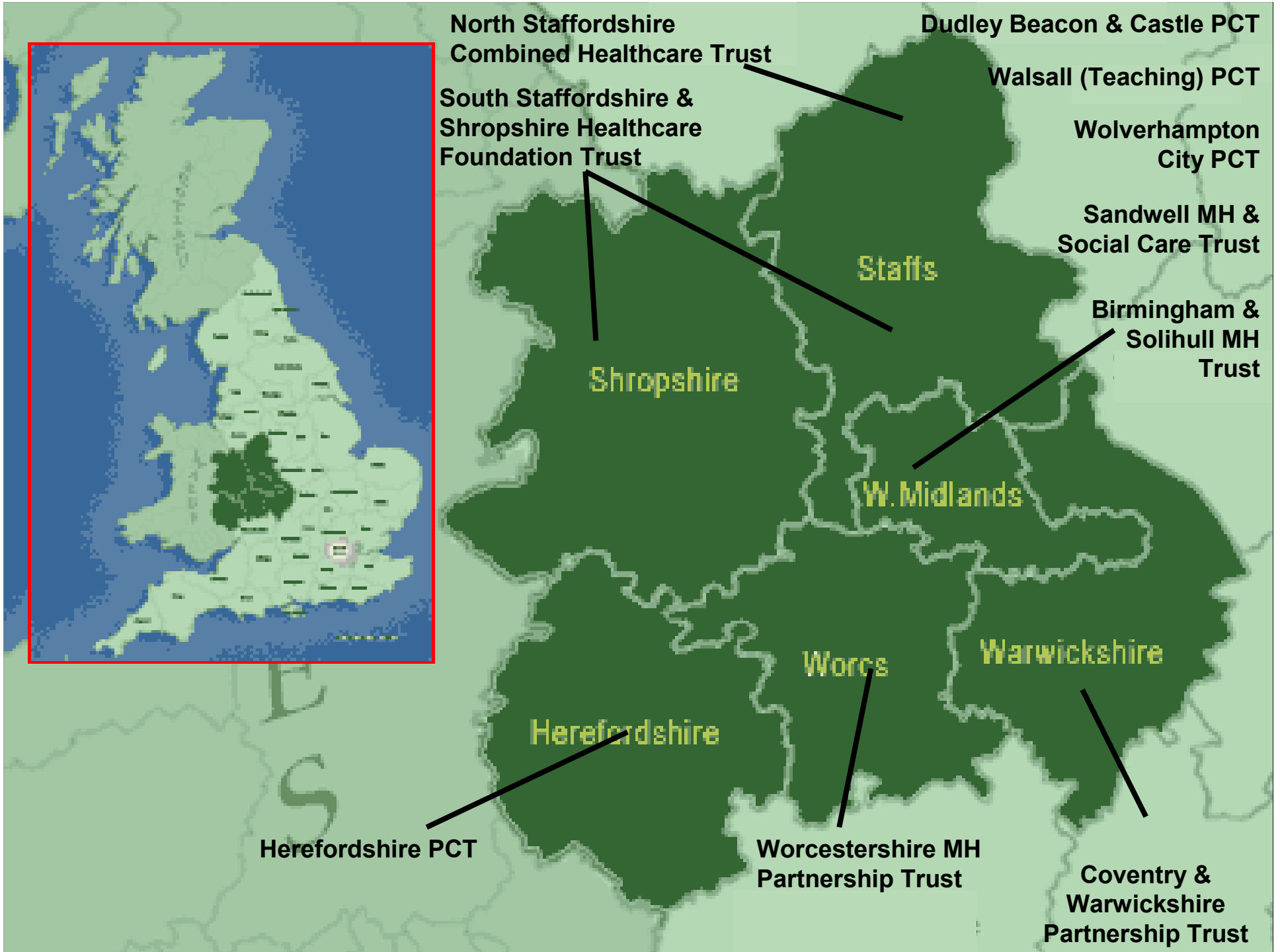
Meriden Programme

www.meridenfamilyprogramme.com



The Meriden Programme

- Formed in 1998
- Programme covers whole of West Midlands
- Population of 5.5 million – urban and rural, cultural diversity
- Works with 10 different mental health service providers
- On-going work with all levels of management and clinicians in all the organisations involved
- 133 trainers, 2300 people trained



Aims of the Meriden Family Programme

- Support services to develop a 'family-sensitive' culture
- Provide training on evidence-based family interventions
- Support the implementation of government policy
- Ensure that staff have the skills necessary for carrying out this work

The Meriden Programme Model

- Cascade training programme
- Family work trainers in all areas
- Supervision provided for trainers
- Special interest groups
- Regular meetings with managers and representatives from Trusts

Family Work

Behavioural Family Therapy – 5 Day Course

- Engagement
- Assessment and goal planning
- Information sharing
- Relapse planning
- Communication skills
- Problem solving
- Disengagement

Specialist Interest Groups

- Family Work in Older Peoples Services
- Parental Mental Health
- Transcultural family Work
- Family Work in Inpatient Services

Family Work Training in BSMHT

- HT staff have attended BFT ‘general’ courses
- BFT course as part of team’s induction
 - Feb 2004
 - April 2005 (4 day course)
- Course specifically for HT clinicians. Staff from 4 teams attended
 - May 2004

Feedback Induction

- Training as part of induction effective in forming team's attitudes and values around families
- Debates around practical issues
 - Paperwork
 - Information sharing between teams
 - Carers assessments
 - Applying components of BFT
 - Engaging families

Feedback General Courses

- Time and workload major factors
- Unpredictability of work compounds this
- Different clinicians seeing family with different views
- HT clinicians in existing teams focus on these issues during training

Feedback – General Courses

- Opportunities to do something more structured with families
 - Communication skills
 - Problem solving
- Can model the skills with family
- HT can get understanding of family life

Family Awareness Training

Home Treatment

- Worcestershire Partnership Mental Health NHS Trust
- 2 or 3 day course (5 day course not relevant)
- Part of induction for 'Intensive Recovery Service' (linked with HT)
- HT clinicians now accessing course

Family Awareness Training Content

- Components of BFT
- Confidentiality
- Young Carers
- Relating BFT to HT situations
- Action planning

Family Awareness Training

- 4 courses in Worcestershire
- Positive feedback
- Follow up day indicated more proactive work with families taking place
- Closer links with BFT clinicians

HT Role in Engaging Families

- Advantages
 - Accessible
 - Flexible
 - Focused (short term)
 - Family in crisis
 - HT ethos
- Disadvantages
 - Short term
 - Less knowledge of family
 - Lack of continuity
 - May raise family's hopes

Positive Practice

- Family work done by HT clinician co-working with CMHT clinician
- HT generates referrals for family work
- Proactive engagement of carers
- Links with CMHT clinicians to ensure family work delivered

Issues

- Maintaining families on agenda of team
- Families in crisis and under stress seen as 'High Expressed Emotion'
- HT sees family as helpful in monitoring mental health of service user. HT doesn't have any further role with family