

2024 International IPS Learning Community Annual Meeting

Breakout Group: Family Members and Peers

Facilitators: Warren Taylor and Sarah Swanson

How to spread the word about IPS:

- Social Media
- NAMI conventions
- Equity, diversity and inclusion presentations
- Educate NAMI about IPS
- Educate IPS specialists about including family members in their work
- Recruit people who have lived experience of mental illnesses

What IPS specialists should know about meetings with families:

- Know about the traditions and background of the family home
- Be respectful.
- Show that you want to learn—you don't need to have all of the answers. LISTEN.
- Families can look different for different people—host families, foster families, good friends, etc.
- When meeting with families and your client, help your client express their reasons for wanting to do things.
- You don't need to resolve differences of issues in one meeting. Be patient and keep listening.
- Hold meetings where families and clients are comfortable.
- Focus on getting to know families. Relationships first! Don't rush in with an agenda.
- Don't ask about family history of mental illness or intellectual/developmental disorders. That can be off putting.
- Eat the food and drink that is offered to you, even if you don't think you will like it. Don't say, "I already ate."
- Be honest (the point above being an exception).

Parents may feel hurt or exhausted. May not be ready to be involved. (Family peer programs can be helpful).