

## **Workshop #3 – The Healing Power of the Home Visit and Helping Families Cope**

**Speaker:** Shawn Christopher Shea, M.D. ([www.suicideassessment.com](http://www.suicideassessment.com))

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**Length:** 1.5 hours

**Intended Audience:** Appropriate for case managers, social workers, counselors, psychiatric nurses, psychiatrists, and psychologists

**Description:** This workshop focuses upon concrete methods for optimizing home visits and family work with consumers suffering from severe and chronic mental illnesses. A myriad of practical techniques, strategies, and interventions are discussed and then illustrated by specific anecdotes culled from over five years of home visit experiences. Dr. Shea pulls from his work as the Director of a Continuous Treatment Team, a specialized outreach team for helping people suffering with schizophrenia or bipolar disorder, who also have alcohol and/or drug problems. In addition Dr. Shea discusses in detail interviewing techniques for helping family members to understand the mental disorders of their loved ones and to more effectively cope with the pain, frustration, and difficulties of seeing a loved one struggling with a severe mental illness.

**Objectives:**

- 1) Be able to describe the goals, tasks, challenges, and unique opportunities of providing home visits.
- 2) Be able to describe and utilize specific interviewing techniques for engaging both consumers and family members during home visits.
- 3) Be able to describe specific strategies for maintaining sound boundaries with consumers during home visits as well as ensuring safety for clinicians and case managers during such visits.
- 4) Be able to use a set of specific strategies for helping family members including: specific statements for decreasing their fears, increasing their ability to communicate with mental health professionals, and handle specific problems such as agitation or potential violence from their loved ones.