

About Us

CARE is a non-profit organisation that has been supporting people with a mental illness for 22 years.

CARE understands that it is often families, carers and friends who provide the bulk of support and assistance to people with a mental illness.

This is why the **CARE for Families** program was developed. The goals of this program are:

- To provide support, education and counselling to assist families in their support role,
- Enhance family relationships, coping strategies and communication,
- Improve the wellbeing and functioning of the entire family,
- To assist the family in working together with mental health service providers to achieve recovery goals, and
- To support children, adults and people from Culturally and Linguistically diverse backgrounds.

CARE for Families is a Free Program for people with serious mental illness, their families, carers and support people.

CARE for Families is provided by C.A.R.E. Employment from their offices in Enfield and Rockdale.



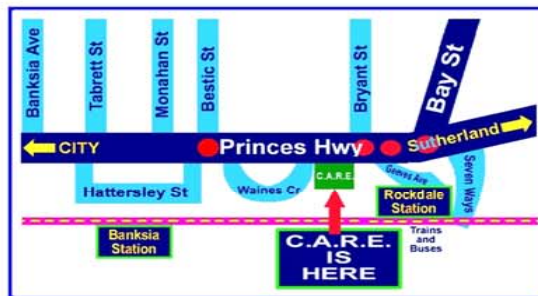
LOCATIONS

Inner-West Sydney



196 Liverpool Rd, Enfield NSW 2136
Phone: (02) 9745 1529 fax: (02) 9744 7291

South Sydney



429 Princes Hwy, Rockdale NSW 2216
Phone: (02) 9599 0222 Fax: (02) 9599 0049



**Helping people with
 mental illness and their
 families work together**

Funded by the Australian Government under the Mental Health Community Based Program

CARE for Families is a FREE long-term education, support and counselling program.

CARE for Families has been developed for people with a mental illness, and anyone who supports them in their recovery process.

Program Overview

Setting Goals

- Goals are developed with your personal Family Case Manager and a program is tailored to support you in achieving these goals.

Family Psychoeducation

- Education is interactive and is tailored to your situation and goals.
- Education provided may include the latest information on the psychobiological of the mental illness, the family's role in recovery, and psychosis.

Skills Training

- Learn communication, coping and problem-solving skills that help you to deal with difficult situations and which will increase your confidence and well-being.
- These skills help you to develop strategies that you can use to improve your current situation.

Support and Counselling

- Your Family Case Manager provides you with ongoing support throughout the program

Referral, advocacy and liaison

- You will be linked with relevant mental health service providers and existing services in the community.

Support Group

- An optional fortnightly support group is available for families, friends and supporters
- A friendly place to meet others in a similar situation and share experiences and strategies.

The American Psychiatric Association cite family psychoeducation as one of the most effective ways to manage schizophrenia. Positive results have also been shown for bipolar disorder, major depression, OCD, mood disorders, borderline personality disorder and other severe psychiatric disorders.

Evidence Based Practice

CARE for Families uses the evidence-based practice of Family Psychoeducation, which research studies have shown to:

- Reduce rates of relapse and lowers rates of hospitalisation
- Increase consumer participation in vocational rehabilitation and employment
- Decrease costs of care
- Improve well-being of family members.

Family Case Managers

Family Case Managers have qualifications in Psychology and Social Work. Our Bilingual Family Case Manager also delivers the program in Mandarin.

Eligibility Criteria

- A family member is diagnosed with a mental illness
- They have regular contact with mental health service provider
- At least one family member or support person is willing and committed to attend the program along with the person with a mental illness.

Referrals

CARE for Families accepts referrals from:

- All Professionals and community organisations
- People with a mental illness, family members and other supporters.

Contact

For more information or to register contact:

Ph: 9745 1529 Fax: 9744 7291

Visit: www.careemployment.org.au

