

# Care For Families is offered at the following Break Thru locations:

- |           |            |          |
|-----------|------------|----------|
| Bankstown | Liverpool  | Penrith  |
| Blacktown | Maroubra   | Rockdale |
| Enfield   | Mt. Druitt | St Marys |
| Fairfield | Parramatta |          |

Ph: (02) 9505 8400

Care for Families is funded by FAHCSIA



Australian Government  
Department of Families,  
Housing, Community Services  
and Indigenous Affairs

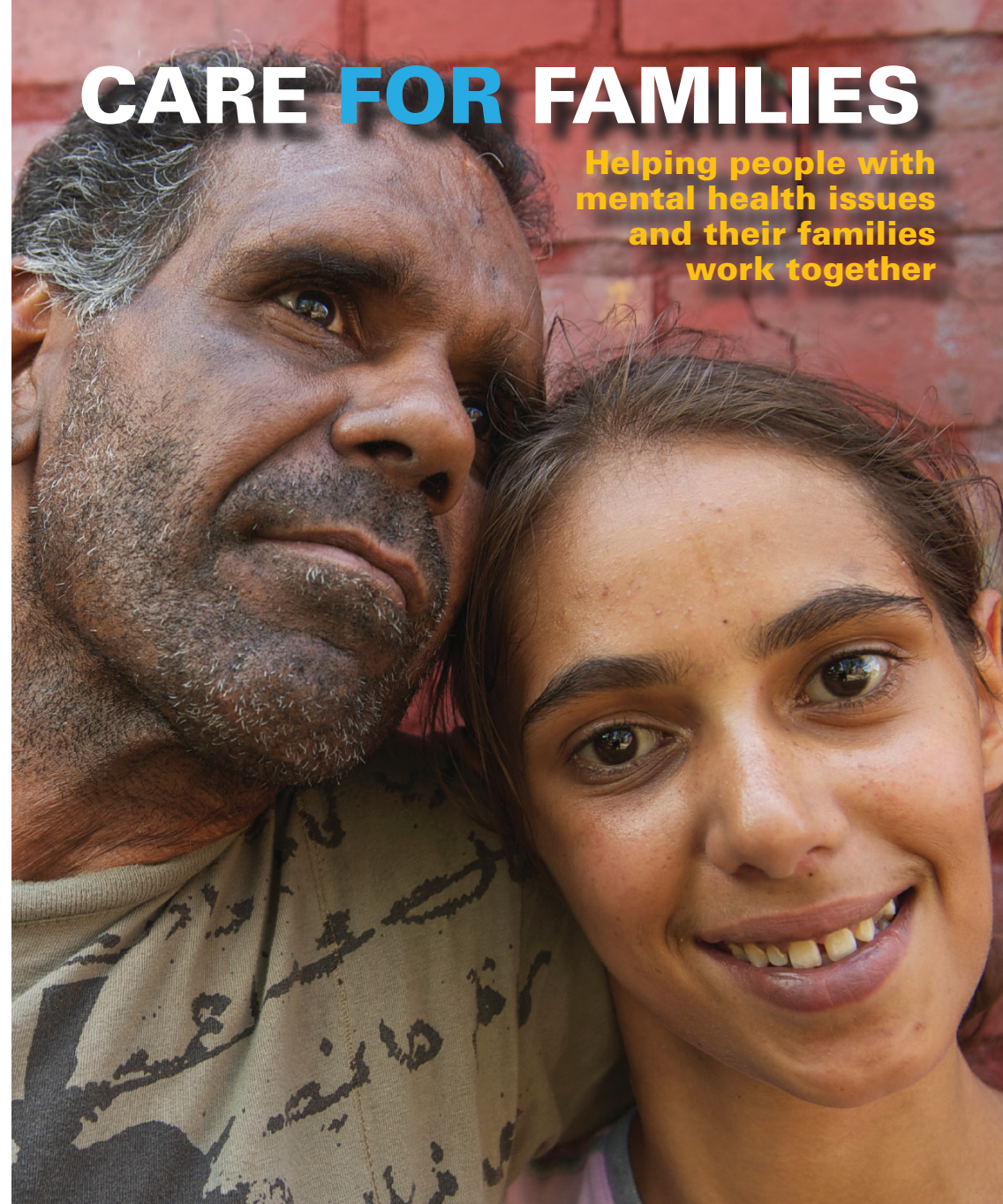
[breakthru.org.au](http://breakthru.org.au)

Breaking thru barriers, creating futures.



# CARE FOR FAMILIES

Helping people with  
mental health issues  
and their families  
work together



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Care For Families is a long-term education, support and counselling program developed for people with mental health issues and their families, friends and Kinship carers who support them in their recovery process.

Care For Families is a free program facilitated by Break Thru People Solutions, a non-profit organisation that has been supporting people with disabilities and other barriers to employment for over 15 years.

Break Thru understands that it is often families, carers and friends who provide the bulk of support and assistance to people with a mental illness. The goals of this program are:

- > To provide support, education and counselling to assist families, friends & carers in their role
- > To enhance relationships, coping strategies and communication
- > To 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
- > To support children, adults and people from ATSI backgrounds

## 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 EDUCATION

- > Education is interactive and is tailored to your situation and goals
- > Education provided may include the latest information on mental health issues and the family's role in recovery
- > 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
- > Receive solution focused counselling that improves self esteem and produces outcomes

### REFERRAL, ADVOCACY AND LIAISON

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

### MULTI FAMILY WORKSHOPS

- > An optional fortnightly workshop is available for families, friends and supporters as well as the person with the mental health issues
- > A friendly place to meet others in a similar situation and share experiences and strategies

### FAMILY CASE MANAGERS

Family Case Managers have qualifications in Psychology, Social Work and Social Sciences.

### ELIGIBILITY CRITERIA

- > Family member(s) or Carer(s), aged 12 years and over, of an individual with a suspected or diagnosed mental health issue
- > The individual with the mental health issue is encouraged to attend and must be aged 16 years and over
- > They have regular contact with a health professional, local GP, counsellor, etc

### REFERRALS

Care for Families accepts referrals from:

- > All professionals and community organisations
- > People with a mental health issue, family members and other supporters

The American Psychiatric Association cites 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.