

Community Treatment Teams

Family Inclusion Testimonials

Two cases: J.C. & Allen

**Testimonials are from the staff,
participant, and family member in each
case.**

8-09

Benjamin Johnson
Intensive Case Manager
Family Inclusion Testimony

August 6, 2009

J.C.

J.C. is a 24 year old African America male who suffers from schizoaffective disorder. During most of our interactions we have discussed his family involvement especially his grandmother whom he respects and admires because she has parented him since he was a young child. She thinks highly of him, so I have enlisted her in providing encouragement to be more active in his recovery and not allow himself to be limited by his condition. She writes letters and sends cards to him frequently. We have also discussed his feelings about his mother, with whom he appeared to have a strained relationship. J.C. has a twin brother, T.C., who was raised by his mother, and he did not have much of a relationship with T.C. either, rarely mentioning any interaction. I have encouraged him to call his brother regularly. At this point, grandmother, mother and T.C. have now begun to visit J.C., who has become very open to having communication with family, and no longer seems to be anxious about it. He willingly signs necessary release forms to permit an open dialogue in discussing his recovery with his family. It's made a significant difference in his life.

Family Inclusion Testimonial
Jantra Morris, Team Leader, Team 1
August 6, 2009

J.C.

J.C. began receiving intensive case management services at CTT on 6/29/04 and currently resides in an LTSR. The ICM and other team members discuss the Recovery Process, Recovery Management Planning, Family Involvement and other aspects of skills development with J.C. The team worked closely with J.C to help him understand the purpose and importance of gaining his consent to involve his family in his life and treatment, explaining that he would select the type of information to be disclosed to family and friends who wished to participate in his recovery process. While by history J.C. had a positive and healthy relationship with his grandmother that was not the case with other members of his immediate family. He was not always willing to include those relatives in his recovery process, although they would call CTT to inquire about his welfare. Initially when approached about a family visit, J.C. refused, but gradually with frequent visits from his grandparent, mother, and twin brother, he was willing to let them into his life. J.C appears to now recognize the benefits associated with maintaining a positive relationship with his immediate family and is willing to allow their participation in his recovery process, including signing documents to permit it.

Family Member Family Inclusion Testimonial: M.C., Mother of J.C.

August 6, 2009

I am pleased with the role CTT Team 1 has played in helping me to build a relationship with my son, J.C. At first my son refused to allow me to be involved or to visit him at the LTSR, but the team helped him to understand the value of family. I appreciate that the team has worked to educate him about the importance of family in everyone's life, and that they have shown me how to be visible and an advocate for my son when he is hospitalized or having some other kind of problem. The team keeps me informed about the things that affect my son. I plan to attend some of the Family Inclusion events and lectures that are offered, and I'm thinking about joining a support group for relatives of people with mental health problems.

ICM Family Inclusion Testimonial:

Kia Thomas, ICM Team #8

August 6, 2009

Allen has been a member of CTT since 2007. He had experienced a period of feeling overwhelmed by his multiple medical issues and conflicts in his relationship with his sister, which led to hospitalizations. In February 2009, I arranged a meeting between Allen and his sister to discuss the issues that were causing problems in their relationship but first I met with his sister to explore her longstanding role of parenting Allen since they were in their early teenage years; there had been a strong family history of mental illness that she had been exposed to, and Allen was very demanding. When she had not permitted him to live with her following the death of their mother, he became angry about placement and she felt guilty. Initially she visited Allen weekly regardless of feeling this was too much. She appeared to need permission to reduce her visitation to once a month which seemed more manageable for her. I helped Allen to realize that his sister loved and supported him but needed more time for herself; he agreed that temporary monthly visits would be a good plan. His relationship with his sister has improved as a result, and she appears more actively involved in his recovery process. They have resumed their weekly visits, going out on trips and having lunch together. Allen's mental status has improved dramatically, and he is more appreciative of his sister, who also has a better understanding of his mental illness

Family Member Family Inclusion Testimonial
S.R., Sister of Allen
8/07/09

Things are going great with Allen now. I was suppose to see him the other day but he stated that he was having a panic attack so I will see him next week.

I feel that everyone has worked hard to keep me informed about what is going on with Allen. Initially Allen was too dependent on me. He called several times a day. I sometimes visited with him several times a week. I felt a lot of guilt because of the promise I made to my mother to take care of Allen. Allen is very bright. He was working on his PHD. I felt that he needed to be more independent. We were able to work on goals together and come up with a visiting schedule.

Allen has learned to keep himself occupied and interacts more with others. Now he does not stay in his room like he used to. He does not call me as often and that is good. I visit with him twice a month and sometimes I go with him to medical appointments. I don't worry about him like I used to. He is attending trips and activities. I feel confident in the decisions made by the team. Allen is much improved. He even looks better and our relationship has gotten a lot better.

I would be interested in joining a support group if it is held at a time that is convenient for me. I will attend linkage meetings with CTT and residential staff whenever I can. I want to be a part of my brother's treatment.

Participant Family Inclusion Testimonial:

Allen, Member Team #8

8/7/09

I appreciate how supportive my sister has been. I realize that I can be overwhelming at times, especially when I am sick. We agreed to give each other space when needed and I feel that we made a good decision. I may not tell my sister that I love her, but I really do. I understand how important it is for her wellbeing that she has time to herself. This means that I can no longer expect for her to visit me every week. I am grateful to have such a supportive sister and I believe that my recovery may not have been as hopeful without the support of my sister. I feel that my team helped me improve my relationship with my sister.