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**Generally about the Family association promoting mental health, association Uusimaa**

The Association's main goal is to support the families in a situation when a family member is mentally ill. The families and their members are supported either individually or in different kind of psychoeducational and support group interventions. The association is a place for the families and their members to meet and change experiences with peer. By the different interventions the association tries to help the families to cope with the challenges they meet in their everyday life and to support them to deal with their life in a protective way. The clientele and service users are of all age, from small children to adults and ageing people. In the association works about 20 professionals with a social- or health care education, often in combination with some other schooling.

**The family needs support**

When a family member gets mentally ill, it concerns the whole family. The lives of the family members change in many ways. The responsibilities for the everyday life and the daily tasks have to be reorganized. The family members face loads of difficult emotions: fear, sorrow, guilt, anguish, shame and pain together with many burden and troubles, both physiological and psychological health related, as well as social and economical distress. The families need information about the illness and a possibility to understand what is happening to their family and they need a possibility to discuss their family situation and their concerns with professionals and peers, people with similar experiences and to learn ways to cope in their demanding situation.

The association strives to

- increase knowledge and openness about psychiatric illness; de-stigmatisation
- offer social- and health organizations different kinds of means and methods to engage and support the family members in the care process
  - To recognize the family members as an important target group and resource in the rehabilitation of the ill
  - To prevent the family members to get overwhelmed and ill themselves
- develop and test new family oriented methods and approaches for use in psychiatric and social care

**The Association offer/the Associations activities**

- Support and information for families and relatives: individual as well as family interventions
- Psycho educational support and self-help groups, lectures and educational activities for the relatives and other family-oriented activities, for example café'es
- Family and recreational courses,

- Family work/relative committee's in co-operation communities in the district: to engage community workers to work with families to mentally ill
- Arranging training, educations and lectures for social- and health care workers as well as consulting professionals

The activities and actions are organized through

- permanent basic service, for instance family work/relative committee's in the communities in Uusimaa
- projects for different groups of family members/relatives for example children to mentally ill; parents to mentally ill children

The association and its work is financed by the Raha-automaattiyhdistys RAY, Finnish Slot Machine Association.

**Work in the communities and districts of Uusimaa**

The aim is to create structures for family work in the districts and to activate professionals to work with the relatives and families to mentally ill. The work process is to support and motivate both social- and health personal to family work. The Association arrange in co-operation with the local professionals support and educational groups. The Association also consult the local professionals and arrange education for them

**Projects and activities 2007→**

- The different projects aim to develop and to test new means and methods for social and health care professionals and organisations
- The theoretical reference is mainly psycho educational, the approach resource oriented and use narrative and dialogical means
- The projects and the methods developed are carried out in close co-operation with the communities and their social and health care professionals as well as other organisations for example Stakes: National Research and Development Centre for Welfare and Health, Universities, Mental health and Child welfare Organisations)
- A big part of the project work is to educate and school professionals in the social and health care. The educations consist of schooling for special methods (for example group leader education) as well as lecturing activities.

Edvertti Family Centre 2005-2009 is divided in four parts

The Support and Information project

The target group is all family members and relatives that need support in a situation when a family member is mentally ill. The families are offered a possibility to meet the professional face-to face and to map the family situation and to evaluate further need. The family members are guided through this step to other support services either in the Association, for instance groups, or in the community, for example legal help.

Vertti1 project

The target group is families in which parents, with children under 18 years, are mentally ill. The project offer both family focused interventions; Let's talk about the children- and Beardslee's family interventions, as well as different kind of psycho educational support group interventions; The Vertti-support group intervention and the Vertti family education course. The aims with the different interventions, in which always all the family members take part, are to promote health and wellbeing in the families and to prevent mental illness in the children

### Vertti2 project

The target group is families in which there is a child under the age of 18 that has mental problems. The families are offered support mainly through group interventions. The model adapted and used is developed in the United States by C. Webster-Stratton and is called The Incredible Years-intervention

### Vertti3 project

The target group is families where a family member or relative suffers from an emotional instability personality disorder. The project's objective is to develop a support group intervention for the relatives and family members of the ill person. The model is based on M. Linehan's dialectical behavior therapy.

### The case manager project 2005-2007, The Implementation Project 2008-2009

The aim is to develop case manager working methods and to implement them into social and health organisations as useful means in their work with mentally ill. A central part of the work in the project has been to offer case manager service families in the Tuikku-centre (a localisation of the Association used for work with families).

The original project has continued as an implementation evaluation project of the use of case management working methods in social and health service

### The implementation evaluation project "Home address" 2007 – 2009, prolonging of the project 2001 – 2006

In the project 2001-2006 a psychoeducational family consultation model was developed. In cooperation with the Helsinki community psychiatric clinics the project created an education program for the professionals. The model was honoured the Finnish Family Therapy prize in the 2005. The evaluation project strives to follow-up the implementation and integration processes of the method as a tool in adult psychiatry.

### profami agency

The Association owns Profami which is an education, a consultation and a publishing agency that sell services and books.