



# Psychosis REACH FAQ Sheet

1. I am not able to register for the October 2020 training. Will there be another training?

**A:** Yes! The next Psychosis REACH training will be in May of 2021. You can pre-register for that training by visiting [our website](#).

2. I've never used Whova before and am worried about being able to navigate this training. Is there guidance available on how to access the training?

**A:** Yes! We have compiled numerous resources on our website to help make navigation of this year's training as easy as possible, including a [Whova Desktop Navigation Guide](#) and [Whova Frequently Asked Questions \(FAQ\) Guide](#).

The bulk of the training will take place via Zoom. You will be able to access the zoom link on the day of the training through Whova or through the training agenda that will be emailed to you. See the [Whova Desktop Navigation Guide](#) for instructions on how to access this link.

3. Do I need to download the Whova mobile app to access the training?

**A:** Downloading the Whova mobile app is NOT necessary in order to attend the training. You will be able to attend all sessions and chat with other attendees by using the desktop version of Whova.

4. What are the benefits of downloading the Whova mobile app?

**A:** The Whova mobile app allows you to set up your own agenda and set reminders for upcoming sessions. You can also check the agenda without Wi-Fi or data service. Additionally, the Whova mobile app makes networking with other attendees easier, as you can stay in touch even when you are away from your computer. You will also receive notifications when the organizers send out a message, someone has started a new community chat room, or someone has responded to one of your messages. To learn more about the mobile app, check out the [Whova Event App User Tutorial](#) and the [Whova App Attendee Guide](#).

5. Is there evidence supporting the Psychosis REACH training program?

**A:** Outcomes related to the emotional well-being of family members who attend the training have now been conducted in two independent evaluations (Turkington et al., 2018; Kopelovich et al., Under Review). Both evaluations found reductions in attendees' perceptions of their own anxiety,



depression, and caregiver burnout up to 4 months after the training. In addition, trainees reported less criticism and tension in their relationship to their loved one. You can listen to Dr. Kopelovich's synthesis of the most recent training evaluation in her address at the NAMI 2020 Convention (<https://vimeo.com/438678093/fe9f5773>).

## 6. Are there other programs for family members and caregivers of a loved one with serious mental illness?

### LEAP Foundation

The LEAP Foundation offers regional and online training to mental health professionals, family members and caregivers, criminal justice professionals (e.g., law enforcement, judges, attorneys), and peer support specialists who wish to effectively help individuals experiencing serious mental illness.



The Learning Objectives of a 1-day LEAP training include:

- Learn to distinguish between lack of insight and “denial” of mental illness
- Learn evidence-based approaches to help build relationships with individuals with serious mental illness, to promote cooperation and feelings of trust and respect, and reduce feelings of anger and paranoia
- Learn about effective treatments to increasing insight into one’s diagnosis

### NAMI Family-to-Family

NAMI Family-to-Family is a free, 8-session evidence-based program led by family members with lived experience of caring for a loved one with a mental illness. Involvement in this program allows family members and friends caring for a loved one with mental illness to make connections with others in their area with similar experiences.



The Learning Objectives of the NAMI Family-to-Family program include:

- Teach skills to help family members better communicate and support their loved one
- Teach coping skills to help family members learn how to manage their own stress and mental wellbeing
- Direct family members to local supports and services
- Teach crisis management skills



## 7. How does Psychosis REACH differ from LEAP trainings and NAMI Family-to-Family?

**A:** Psychosis REACH is a two-day training intended specifically for family and caregivers of a loved one with psychosis. The skills taught in the training have been tailored to the needs of family and friends who interact with their loved one regularly. The training aims to teach caregivers key-caring principles and CBTp-informed skills that can be used to improve their communication and relationship with their loved one with psychosis.

Although there is some overlap amongst each of these three programs, Psychosis REACH is unique in that it provides families and caregivers with the latest research on psychosis treatment and recovery using Cognitive Behavioral Therapy (CBT)—a leading evidence-based treatment for individuals with psychosis. CBT for psychosis (CBTp) is recommended as the standard of care by our national [schizophrenia treatment guidelines](#). Families are taught CBT interpersonal skills, problem-solving skills, and coping skills for common psychotic symptoms so that they can incorporate these techniques into their interactions with their loved ones.

Because each of these programs has something unique to offer, family and friends may find it beneficial to partake in all, or a combination of these three training programs. Please visit each organization's website to learn more.