



Psychosis REACH Family Ambassador Info-Guide

What is a Family Ambassador?

- A Family Ambassador **is** a family member of a loved one with psychosis who has undergone training to provide support to other families and caregivers using the Psychosis REACH (p-REACH) model. A p-REACH Family Ambassador provides three things:
 - Emotional Support
 - Skills Coaching
 - Review/Practice of CBTp-informed FIRST Skills
- A Family Ambassador is **not**:
 - expected to act as a case manager, therapist, or family navigator.
 - expected to counsel a family in de-escalation techniques or address other safety issues.
 - expected to always make themselves available. On-demand access is NOT an expectation for this role.

How do Family Ambassadors work with other caregivers?

Family Ambassadors may choose to connect with other caregivers in several ways, including:

- Leading Psychosis REACH groups that meet regularly on an ongoing basis
- Working one-on-one with another family member/caregiver
- Leading a small group training focusing on FIRST skills with or without follow-up

How do I connect with a Family Ambassador?

- Participate in the Psychosis REACH Core training!
 - Following completion of the online training course and live workshop, you will receive access to the Family Ambassador Contact Sheet, which includes a brief biography about each current family



ambassador and their contact information. You may choose to contact multiple Family Ambassadors on this sheet to find the best fit for you.

How do I become a UW SPIRIT Center Family Ambassador?

There are several steps involved in becoming a p-REACH Family Ambassador with the UW SPIRIT Center:

1. Complete Psychosis REACH Core training.
2. Complete a [brief online application](#).
 - If the above link does not work, copy and paste this link into your browser:
<https://app.smartsheet.com/b/form/d866cf1334db49baaef209ecff3994ef>
3. Connect with a current Family Ambassador to begin implementing p-REACH principles and the FIRST skills with your loved one.
 - You may choose to either work one-on-one with a Family Ambassador or join a group.
4. Attend monthly pRFA training sessions for 1 year
5. Attend a second Psychosis REACH Core live workshop to consolidate learning.
 - Prerequisites: Currently, we require some previous experience working with families in a group or one-one-one format.

We will contact you with the next steps once we receive and process your application. If you have any additional questions about the Family Ambassador program, please email Akansha Vaswani-Bye, PhD (avb9@uw.edu) and psychosisREACH@uw.edu