Resource List for Psychosis REACH Trainees

In collaboration with our University of Washington (UW) Family and Caregiver Advisory Board and the Psychosis REACH Family Ambassadors, the UW SPIRIT Center has compiled resources for Psychosis REACH Trainees.

Podcasts & Apps

- **Chad Chats Podcast:** Discussion on Mental Health: On episode two of this podcast, guest speaker Elyn Saks (from the Saks Institute out of USC) talks about involuntary treatment and the Mental Health Advance Directive.
  - https://www.chadslegacy.org/chad-chats-the-podcast
- **Conversations about Mental Illness Podcast:** Featuring conversations about Mental Illness from WOUB-AM's weekly community talk program. Monthly topics include interviews with specialists on Schizophrenia, PTSD, and other mental illness topics. Some of these specialists are doctors, researchers and writers, often the greatest insight comes from those who suffer from mental illnesses.
  - https://namiathensohio.org/support-and-education/mental-health-education/radio-program/
- **COVID Coach App:** The COVID Coach app was created to support self-care and overall mental health during the coronavirus (COVID-19) pandemic. COVID Coach is available in English and Spanish. To switch the language, go to the Menu > Personalize, and then select the language using the picker at the bottom of the screen.
  - https://mobile.va.gov/app/covid-coach
- **Finding Joy Podcast** provides a first-hand experience of what it is like being a single African American woman who was diagnosed with schizophrenia at the age of 21 .She shares first-hand experience of what it is like living with schizophrenia, how to cope and how to find joy through it all. https://anchor.fm/findingjoy

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- **Healing Minds NOLA:** Website of an advocacy agency in New Orleans, LA, that sponsored a webcast series on topics related to SMI in 2020. The archived videos and biographies of speakers are available through the website, which also includes articles of interest to SMI advocates.
  - https://healingmindsnola.org/zoom-cast-2020-focus-on-serious-mental-illness/
- **Hope on the Other Side of the Door podcast** is a passion project by Dr. Ken Campos MD, DFAPA. Dr. Campos is on a quest to help caregivers of mental illness family members, specifically schizophrenia. After 25 years of helping patients, he became compassionate about helping the caregivers and family members that cope daily and wanted to provide a community to get them support.
  - https://hopeontheotherside.libsyn.com/
- **Inside Schizophrenia** is a podcast by people with mental illness for people with mental illness. Each episode looks at life through the unique lens of people living schizophrenia and psychosis. The podcast is hosted by Rachel Star Withers with Gabe Howard. Check out the episode on Psychosis REACH!
  - https://www.pbs.org/video/stories-mind-inside-schizophrenia/
- **My Mental Health Crisis Plan:** The app provides an easy, step-by-step process for individuals to create and share a psychiatric advance directive (PAD). A PAD is a legal document that includes a list of instructions and preferences that the individual wishes to be followed in case of a mental health crisis, should they not be able to make their own decisions.
  - https://www.samhsa.gov/newsroom/press-announcements/20201001050 5

- Additional free smartphone apps for a range of challenges can be found on the Veterans Administration app store:
  - VA App Store | VA Mobile

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- "**Schizophrenia: Three Moms in the Trenches**": This podcast features three mothers, Randye Kaye, Mindy Greiling, and Miriam Feldman, who each have adult sons with schizophrenia. They share their personal experiences, insights, and struggles while discussing how families can cope with and support loved ones with serious mental illness. The podcast includes conversations with various guests and professionals, aiming to educate, reduce stigma, and offer support to others facing similar challenges.
  - You can listen to the podcast here: https://schizophrenia3momsinthetrenches.buzzsprout.com/.

Books

- ***Loving Someone with a Mental Illness or History of Trauma*** provides actionable strategies for these family members and friends who give so much but whose needs and sacrifices are often unappreciated. Written by clinical psychologist Dr. Michelle Sherman and her mother, DeAnne Sherman, an advocate and educator, the book provides research-based recommendations, practical skills, up-to-date resources, inspiration from families with lived experience, and interactive activities to encourage personal reflection.
  - Loving Someone with a Mental Illness or History of Trauma: Skills, Hope, and Strength for Your Journey: Sherman, Michelle D., Sherman, DeAnne M.: 9781421450506: Amazon.com: Books
- ***I'm Not Alone: A Teen's Guide to Living With a Parent Who Has a Mental Illness or History of Trauma*** is a compassionate, interactive guide for the millions of teens whose parents manage mental health problems including post-traumatic stress disorder (PTSD). Provides practical skills for dealing with common challenges, information and coping tools grounded in science, encouragement for the oftentimes lonely and confusing journey, and empowering messages from teens

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who have been there. It also offers specific strategies teens can take to strengthen their own mental health and resilience.

- Amazon.com: I'm Not Alone: A Teen's Guide to Living With a Parent Who Has a Mental Illness or History of Trauma: 9798991036207: Sherman, Michelle D, Sherman, DeAnne M: Books

Care Concerns

- **A Guide to Obtaining Insurance for Mental Health Care:** This guide provides information on how to obtain insurance plans to access affordable mental health care. It includes information on common insurance terms, how to understand your insurance policy, as well as things to keep in mind when selecting a mental health care professional.
  - https://www.moneygeek.com/insurance/health/navigating-mental-health-care/
- **Health Insurance Case Management:** Public and private insurance companies provide case managers when an individual's care becomes complicated and/or expensive. An agency might initiate case management, or individuals and families can request case management if accessing appropriate and medically necessary services becomes difficult. Each insurance company or managed care agency will have its own protocol for requesting case management--contact provider.
- **US Federal regulations regarding information about HIPAA compliance and behavioral health considerations:** A place to seek information about what information sharing is allowable under federal privacy laws when an individual is incapacitated due to SMI or substance use disorder. Includes a section with information for families of youth.

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- https://www.hhs.gov/hipaa/for-professionals/special-topics/mental-health/index.html

- **US Schizophrenia Practice Guidelines:** Families should be familiar with the standards established within the field for optimal care of individuals with a diagnosis of schizophrenia in their respective countries. A most recent update to the American Psychiatric Association Practice Guideline for the Treatment of Patients with Schizophrenia in the US can be accessed here:
  - https://psychiatryonline.org/doi/book/10.1176/appi.books.9780890424841
- **Cognitive Behavioral Therapy for psychosis Fact Sheet:** CBTp handout created by the Mental Health Technology Transfer Center to describe what CBTp is, who can benefit from its use, and how it is often implemented.
  - https://docs.google.com/document/d/10JWaw5ze-T6dEQ93-xP916-p87SOkISA/edit?usp=sharing&ouid=102982350873674642401&rtpof=true&sd=true

Connecting with Care

- **Clubhouse International Directory:** Interactive map and listings for locations of clubhouse facilities that provide vocational rehabilitation and job support, meals, community activities and more. HERO House NW is a Seattle-based option.
  - http://clubhouse-intl.org/what-we-do/international-directory/
- **Cognitive Behavioral Therapy for Psychosis Trainers and Resources:** The North America CBT for Psychosis Network is a professional non-profit organization that seeks to promote greater access to CBT for psychosis throughout North America. The website provides resources that seek to empower individuals with psychosis, their families, and clinicians to learn more about what CBTp has to offer.

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- **Early Psychosis Care:** The Psychosis-Risk and Early Psychosis Program Network (PEPPNET) collaborated on a Program Directory of early Psychosis Intervention Programs throughout the United States.
  - https://med.stanford.edu/peppnet/interactivedirectory.html
- **Assertive Community Treatment (ACT) :** ACT is an evidence-based treatment for individuals with serious mental illness that interferes with their ability to live independently. ACT is an individualized, person-centered treatment model that is used to treat individuals in a community setting rather than more restrictive settings. ACT teams exist across the United States and other countries, including Canada, Australia, and the United Kingdom. Learn more about ACT by visiting:
  - https://www.verywellmind.com/assertive-community-treatment-4587610
- **SAMHSA's National Helpline** is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.
  - https://www.samhsa.gov/find-help/national-helpline
- **Strong365.org** is a national platform with information on early treatment options for psychosis and other resources to access quality mental health care. Strong365 can help you learn more about various mental health challenges and where to seek specialized peer/treatment support at various locations near you. Learn more by visiting:
  - https://strong365.org/find-help/
- **The NAMI HelpLine** is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public. HelpLine staff and volunteers are experienced, well-trained and able to provide guidance.
  - https://www.nami.org/help

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Connect with Others

- **National Alliance on Mental Illness (NAMI)** is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental health conditions. Find family support groups:
  - https://www.nami.org/home
    - Information and resources for families and caregivers
      - https://www.nami.org/Your-Journey/Family-Members-and-Caregivers
    - Support groups for persons with mental health conditions and their families:
      - https://www.nami.org/Support-Education/Support-Groups
- **SMI Adviser** is a major federally funded initiative that provides education, resources, and training to clinicians on topics related to serious mental illness. Visit their page dedicated to serving individuals and families navigating a serious mental illness.
  - https://smiadviser.org/individuals-families
- **Substance Abuse and Mental Health Services Administration (SAMHSA)** is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. SAMHSA also has resources for families coping with mental substance use disorders.
  - https://www.samhsa.gov/families
- **A Mother's Rest** is a 501c3 Non Profit providing low-cost health & respite retreats exclusively for special needs moms, adoptive moms, and other full-time caregivers.
  - https://www.amothersrest.org/

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Mental Health Resources for Black, Indigenous, and People of Color

- Asian Counseling and Referral Service provides community-based and multicultural services to underserved communities, including Asian Americans and Pacific Islanders in Washington State. They offer both behavioral health & wellness and other services.
  - https://acrs.org/services/behavioral-health-and-wellness/
- **Asian Mental Health Collective** aspires to make mental health easily available, approachable, and accessible to Asian communities worldwide. Includes a list of international and crisis hotlines as well as an APISAA therapist directory.
  - https://www.asianmhc.org/
- **Compilation of 55 Mental Health Resources for People of Color:**
  - https://www.onlinemswprograms.com/resources/social-issues/mental-health-resources-racial-ethnic-groups/
- **Mental Health America Mental Health Toolkit:** Available for free download from
  - https://mhanational.org/BIPOC-mental-health-month
- **NAMI Identity and Cultural Dimensions:** NAMI has culled an extensive list of resources for BIPOC and LGBTQI communities as well as for persons with disabilities.
  - https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions
- **NAMI Seattle** has also amassed a repository of resources for BIPOC communities, both national and local
  - https://namiseattle.org/bipoc-mental-health-resources/
- **Washington Counselors of Color Network** consists of diverse licensed therapists and counselors from a variety of backgrounds. They have

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created a tool to help individuals find specific mental health service providers to serve the needs of people of color and various cultures, as well as identify services by language.

- https://www.multiculturalcounselors.org/

Additional Family Training

- **Forefront Suicide Prevention** is a Center of Excellence at the University of Washington focused on reducing suicide by empowering individuals and communities to take sustainable action, championing systemic change, and restoring hope. Forefront compiled resources about things families and schools can do to support mental well-being in our youth, and prevent suicide in their communities.
  - https://intheforefront.org/resources-for-families-and-schools/
- **The LEAP Foundation for Research to Practice** is a nonprofit 501(c)(3) dedicated to serving family caregivers of persons with serious mental illness and addiction, mental healthcare professionals, criminal justice professionals, and others involved in the care, recovery, and safety of persons suffering from these disorders.
  - https://lfrp.org/
- **Mental Health First Aid** is a skills-based training course that teaches participants about mental health and substance-use issues. In Washington State, training is available through Crisis Connections.
  - https://www.crisisconnections.org/get-training/community-training/
- **NAMI** offers trainings in NAMI Signature programs which allow local affiliates to bring NAMI programs to their communities. All trainings are offered at no cost to participants.
  - https://www.nami.org/Support-Education/Mental-Health-Education

- **Understanding the Intersection of Mental Health and Criminal Justice**
  - **Mental Health America:** In order to reduce involvement, support those who need services, and promote fairness throughout the

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criminal justice system, leaders in the mental health system, law enforcement officers, public defenders, prosecutors, court personnel, advocates, legislators, and others in the criminal justice system must come together to create a system that will improve outcomes for all.
    - https://www.mhanational.org/issues/mental-health-and-criminal-justice-issues
- **Policy Research Associates:** a national leader in behavioral health and research that is a trusted source of high-quality research, training, and programming. While not exclusively focused on the intersection of the behavioral health and criminal justice systems, PRA does a lot of work in this space and includes resources for consumers and family members.
    - https://www.prainc.com/
- **Treatment Advocacy Center:** a national nonprofit organization dedicated to eliminating barriers to the timely and effective treatment of severe mental illness. The Center culls information about mental health policy and the criminal justice system.
    - www.treatmentadvocacycenter.org
- **The VINE system** allows family and caregivers to search for information regarding the custody status of their loved one and to register to receive telephone and email notification when their custody status changes.
    - https://www.vinelink.com/
- **Understanding HIPAA: What Parents Need to Know About Privacy & Their Adult Child's Health Information** is a handout that helps families gain a better understanding of privacy rules under HIPAA and how to better support their loved ones with these rules in place.
    - https://drive.google.com/file/d/14jA51XR55ubgYtWqknieZuvJJ8gjPz0M/view?usp=sharing

Self-Care Resources

- **Self-help Apps:**

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- Headspace
- Calm
- WoeBot

- **Self-Care Breathing and Distraction Techniques:**
  - Box breathing
  - Candle and Flower Breathing
  - 60 Coping Strategies for Hallucinations
  - 5,4,3,2,1 Grounding Method
  - Vagus Nerve Stimulation
- **Books and Poems:**
  - "Difficult: Mothering Challenging Adult Children through Conflict and Change" By Judith R. Smith
  - "Far from the Tree: Parents, Children, and the Search for Identity" By Andrew Solomon
  - "The Journey" By Mary Oliver
- **Self-Care Booklets:**
  - Nikki Hamilton's "Growing Resourceful Caregivers" Self-care Booklet

Want to see another resource listed? Please email us at psychosisREACH@uw.edu

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