

## APPENDIX 11: **FAMILY CLINICIAN PREPARATION LIST**

*Goal of the Family Preparation List: For new Family Clinicians to learn as much as possible about NAVIGATE and the role of the Family Clinician when in-person training is not available.*

### Recommendations:

- Complete each activity on the checklist.
- Initial each activity as it is completed.
- Write at least one comment about something you learned from each activity
- Write at least one question that you had as you completed each activity.
- Meet with the NAVIGATE director to discuss what you have learned and get your questions answered.

### **A. NAVIGATE MATERIALS TO READ FIRST AND A VIDEO TO WATCH ABOUT FIRST EPISODE PSYCHOSIS**

1. Familiarize yourself with NAVIGATE website and locate manuals:

[www.navigateconsultants.org](http://www.navigateconsultants.org)

2. Read all of the Team Members' Guide from NAVIGATE website:

[www.navigateconsultants.org](http://www.navigateconsultants.org)

\_\_\_ Completed

\_\_\_ Comments:

\_\_\_ Questions:

3. Watch "Sometimes I'm Schizoaffective; All of the time I'm Human." Johnny Benjamin. 3 minute video on YouTube.

[https://www.youtube.com/watch?v=M3\\_hny4GFIY](https://www.youtube.com/watch?v=M3_hny4GFIY)

\_\_\_ Completed

\_\_\_ Comments:

\_\_\_ Questions:

**B. READING AND VIDEO ACTIVITIES FOCUSED ON FAMILY CLINICIAN ROLE**

1. NASHPD webinar on the experience of families: **(about 1 hour 15 minutes)**

<https://www.nasmhpd.org/content/demystifying-psychosis-family-members-0>

Completed

Comments:

Questions:

2. Watch First Episode Psychosis: A Primer. NASMHPD. Total of 6 webinars of 20 minutes each. See links below.

<https://www.nasmhpd.org/content/early-intervention-psychosis-primer-0>

<https://www.nasmhpd.org/content/demystifying-psychosis-family-members-0>

Completed

Comments:

Questions:

4. Read Introduction chapter from the Family manual (p. 1-35)

Completed

Comments:

Questions:

5. Read Clinical Guidelines for the Family Engagement, Orientation and Assessment Phase (p 36 to 45).

Completed

Comments:

Questions:

6. Read Family Engagement, Orientation and Assessment Worksheets

- Completed
- Comments:
- Questions:

7. Read Clinical Guidelines for “Just the Facts” Handouts (p. 46-65)

- Completed
- Comments:
- Questions:

8. Read “Just the Facts” Participant Educational handouts (p. 86-180).

- Completed
- Comments:
- Questions:

9. Watch videos of family experiences from OnTrack Website, each video is about 4 minutes.

- <https://vimeopro.com/user23094934/voices-of-recovery/video/85834900>
- <https://vimeopro.com/user23094934/voices-of-recovery/video/85835336>
- <https://vimeopro.com/user23094934/voices-of-recovery/video/85846092>
- <https://vimeopro.com/user23094934/voices-of-recovery/video/85846322>

- Completed
- Comments:
- Questions:

**C. VIDEO ACTIVITIES TO HELP FAMILY CLINICIANS BECOME FAMILIAR WITH FIRST EPISODE PSYCHOSIS CLIENTS**

4. Recovery Stories on OnTrack website with examples of people who are working

- <https://vimeopro.com/user23094934/voices-of-recovery/video/85828609>
- <https://vimeopro.com/user23094934/voices-of-recovery/video/85834373>
- <https://vimeopro.com/user23094934/voices-of-recovery/video/85834646>

Completed  
 Comments:  
 Questions:

5. Recovery stories on OnTrack website with experiences of individuals who have completed their education. Each about 4 minutes.

<https://vimeopro.com/user23094934/voices-of-recovery/video/85740602>

<https://vimeopro.com/user23094934/voices-of-recovery/video/85739637>

<https://vimeopro.com/user23094934/voices-of-recovery/video/85741132>

Completed  
 Comments:  
 Questions:

6. Examples of young people with first episode psychosis who are going to school or have completed school. Partners4StrongMinds. About 15 minutes total.

<https://www.youtube.com/channel/UCrM8Kxbl3OQaGVILepFOtUg>

Completed  
 Comments:  
 Questions: