

A sailboat with two sails is silhouetted against a vibrant sunset sky. The sun is low on the horizon, creating a bright orange glow that reflects on the water. The sky is filled with scattered, golden clouds, and the overall atmosphere is serene and contemplative.

# **NAVIGATING THE SHOALS CHARTING THE POSSIBILITIES**

**EXPLORING FAMILY LIFE AND  
THE FORENSIC PATIENT**

# **PRESENTERS**

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**BARRY BANKS  
REG. SPIRITUAL CARE  
SPECIALIST**

**East Coast Forensic Hospital**

# LEARNING OBJECTIVES

1. Forensic patients and their family
2. The evolution of the *Family Education and Support (ECFH)*
3. Discuss the group content
4. Examine the outcome
5. Explore future possibilities

# East Coast Forensic Hospital

- **Psychiatric Psychosocial Rehab**
- **Interdisciplinary/client centered teams**
- **Length of stay in hospital**
- **Length of time connected to the forensic service**
- **Disciplines represented**
- **Forensic process**
- **Groups**



# THE PATIENT AND THE FAMILY

1. Guilt by association
2. Stigma



3. Stress related to media coverage
4. Community supports

# The patient and the family, con't

5. Ambivalence

6. Relapse/Refusing treatment

7. Divided views within the family

- Secrets
- Division, lack of support, blaming
- Isolation
- Confusion around involvement



# THE EVOLUTION OF THE FAMILY EDUCATION AND SUPPORT GROUP

1. Needs Survey

2. Personal experiences with family and patients

3. Process

- Letter
- Funding
- Time frame



# GROUP CONTENT

## 1. Format

A. 45 minutes  
education

- Topics
- Clinical collaboration

B. 90 minutes  
process/support





# **GROUP CONTENT, con't**

## **2. Group Sessions**

**Week 1: Orientation to group process**

**Week 2: My family member is a forensic patient, now what?**

**Week 3: Living with mental illness**

**Week 4: Living with memory, looking towards the future**

# **GROUP CONTENT, con't**

**Group sessions con't**

**Week 5: The re-remembering of the family**

**Week 6: Suicide risk & resiliency**

**Week 7: Resiliency con't & Hope**

**Week 8: Hope con't & group evaluation**

# EXAMINING THE OUTCOME

## 1. Participants

- 16 calls
- 9 agreed to attend
- 5 completed the group



# **EXAMINING THE OUTCOME, con't**

## **2. EVALUATION: Four methods**

### **A. Herth Hope Index**

- **Re-visited from session one**

### **A. Client Satisfaction Questionnaire**

- **ECFH group rating tool**

# **EXAMINING THE OUTCOME, con't**

## **EVALUATION, con't**

### **C. Verbal Group Evaluation**

- **Successes**

- **Challenges**

- **Suggestions for the future**

**EXAMINING THE OUTCOME,  
con't**

**EVALUATION, con't**

## **D. Group Leaders Evaluation**

- **Successes that were identified**
- **Challenges that were identified**
- **Suggestions for the future**

# CHARTING THE FUTURE



# The Group Evolves

- 1. Monthly vs. Weekly**
- 2. Master family list**
- 3. Letters and follow up calls**
- 4. Attendees**



# Group experience, con't

1. Stories
2. Systems
3. Feelings
4. It works!!



# QUESTIONS & COMMENTS

