

*"I feel honoured to have been a participant and sincerely hope the course continues so that many other carers will benefit in the way I have"*

~

*"It is terrific that the opportunity is there to run a course such as this one.*

*The personnel running the course did so in a very professional manner.*

*There is no doubt that this course gave much-needed encouragement to those caring for relatives with mental health disorders".*

~

*"I feel a cloud has lifted from me. The professionals involved were so helpful and informative on all aspects of mental illness. Taking each individuals' problems and giving possible solutions and suggestions on*

*coping strategies were particularly useful. All involved were extremely caring, approachable and a pleasure to have spent time with"*



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# CAUSE

Registered Charity Number NI 29469

## PREP Course Information Booklet

*'While compassionate care is important, compassionate but ill informed care may be harmful'*

*(Royal College of Nursing)*

## What is PREP?

- Programme for **R**elatives' **E**ducation & **P**artnership
- Education programme for carers of individuals with serious mental illness
- Ten week programme, two-hour weekly sessions
- Course led by qualified trainers
- Relevant to National Service Framework Standard 6

## PREP Programme Features

- Developed by **CAUSE** Founder Dr Carole Castles
- Designed and led by carers (Carer Advocates)
- Free of charge to carers
- Outcome evaluation process

## PREP Provides

- Education about serious mental illness
- Skills training in:
  - Coping strategies
  - Problem solving
  - Communication
  - Medication management
  - Symptom management
- Links with community resources
- Ongoing carer support

## Information

- On the bio-psychosocial model which includes:
  - Individual work
  - Relapse prevention
  - Family work
  - Early intervention
  - Social skills development
- On roles of professionals involved in care
- On mental health services and how to access them
- On medication and other treatments

## Awareness

- Of mental health service user and carer experiences
- Of different stages of the carer's journey
- Of service user and carer needs
- Of service user and carer coping styles and strategies



## Skills

- Improving communication in the family, and between families and professionals
- Working in collaboration with professionals, e.g. on early signs
- Coping with symptoms and their impact on the service user and family
- Problems and problem-solving
- Identifying crisis situations and accessing help
- Identifying own self-care needs and accessing help when needed
- Motivational skills

## Attitudes

- Importance of low stress environment
- Working towards good relations between service user, carer and professionals to promote recovery and independence
- Working on issues of dependence and independence