



"Never doubt that a small group of thoughtful committed citizens can change the world. Indeed it is the only thing that ever has."

MARGARET MEAD

Reduction in Relapses

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www.facesva.org/pdf/articles/reduction_in_relapses_march2008.pdf

International research has shown that family support (or a mentor who fills the family role) is the prime factor in promoting wellness and recovery from brain disorders. Families who are educated about the illness and know what to expect and how to communicate with their family members derive the most benefit for the entire family. Some of the benefits shown in this research are:

- Reduction in relapses
- Reduction in hospitalization rates
- Increase in well-being of family members
- Increase in consumer participation in vocational rehabilitation
- Decrease in the cost of care
- Increased consumer involvement in family life and social activities
- Better health and fewer medical problems for all family members
- Reduced psychiatric symptoms
- Reduced need for medication
- Reduced consumer depression, more energy, and motivation