

# RESOURCE E-BLAST

VA VISN 5 MIRECC

Putting Recovery Into Practice

## November is National Family Caregivers Month!

It's the time of year where we give thanks. It's a perfect opportunity to reflect, with gratitude, on the important contributions *family caregivers* make in supporting loved ones with medical and mental health conditions every day! Over 65 million adults in the United States spend an average of 20 hours a week providing care for a family member or friend with a chronic illness or disability.

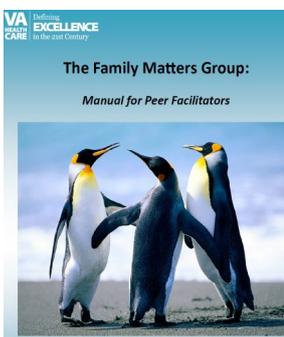
Please visit the VISN 5 MIRECC's website for clinical and educational resources regarding the role of family – whether biological or chosen family – in mental health recovery.



### Family Support for Mental Health Recovery Resource Brochure

[Get Brochure Here at our Recovery Sharepoint](#)

Did you know that the VA provides support for family members of Veterans with mental illness? This brochure provides key information for family members who care about a Veteran with a mental health concern, including tips for supporting a loved one's mental health recovery, and resources for education and support. Feel free to distribute to all the Veterans and family members you know! Contact Tracy Robertson at [tracy.robertson@va.gov](mailto:tracy.robertson@va.gov) to discuss obtaining printed copies.

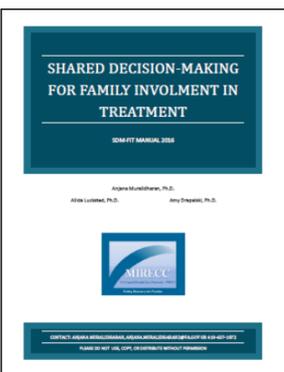


### The Family Matters Group: Manual for Peer Facilitators

[Get Family Matters Manual Here at our Recovery Sharepoint](#)

The Family Matters Group, created by Certified Peer Specialist Shirley D. Maniece, is a fun, interactive group that provides a safe, non-judgmental space for individuals with mental health conditions to discuss the potential role of family in the mental health recovery process. Feel free to download the manual and give it a try! Contact Anjana Muralidharan at [anjana.muralidharan2@va.gov](mailto:anjana.muralidharan2@va.gov) for more information.

## Shared Decision-Making Guide for Family Involvement in Treatment



[Get SDMFIT Manual here](#)

Involvement of family in a Veteran's mental health treatment can improve family functioning and effectively mobilize the family's social and emotional resources in support of the Veteran. The SDM-FIT protocol is a tool for VA mental health providers to facilitate collaborative discussion with Veterans regarding family involvement in treatment. Topics discussed include benefits of, concerns about, and preferences for family involvement. The protocol is designed to facilitate a 30-minute conversation between any mental health provider and Veteran receiving mental health treatment.

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