

Family Recovery Journey: Adaptations for Online Delivery

**Prior to all sessions, open up YouTube and let videos load.*

Session 1

Preload videos:

- What is Psychosis?
- Schizophrenia Symptoms, Causes and Treatment
- Avatar Therapy
- Genetic clinic at CAMH

Introduction:

Instead of slides 1 & 2, keep screen on group view so everyone can see everyone else.

- Welcome & Land acknowledgement
- Introduce facilitators.
- Brief overview of what to expect
 - > Review Zoom – how to unmute, raise hand, use chat.
 - > Time frame – breaks as needed individually.
 - > Facilitators' roles: who will present, and who will be on chat.
 - > Notes will be sent after the session
 - > Guidelines for discussions – raise hand or use chat; respectful communication please.
 - > OK to share feelings but remember this is an education group, not therapy. Please keep comments and questions brief to respect everyone's time.
- Agreements: if not signed, please indicate agreement now, and send in asap.
 - > Security of online conferencing
 - > No recording of session
 - > Confidential location – please no additional people
 - > If technological issues, may have to reschedule.
 - > Confidentiality – please keep everyone's confidence. Facilitators may only breach confidentiality in case of risk of harm.
- Introductions of group members:
 - > Name, **briefly** what is your connection (e.g. how long has family lived with psychosis?)



Slides 3. What is Psychosis? & 5. What is Recovery?

- Instead of index cards, share whiteboard screen and write words as people say them.
- Discuss themes & key points (see facilitator manual)
- Do not show slide 4 – instead, switch to YouTube to show video.
- Alternatively, have people write their words in the chat.

Continue following facilitator's manual for the rest of the presentation, switching between sharing slides and video. Pause at intervals for discussion, questions and answers. When doing discussion, go to group view.

Suggested Pauses:

- After each video segment
- After slide 6, 10, 16, 19.

Session 2: Living with Psychosis

Preload videos:

- Dr. Amador's TEDx talk
- Schizophrenia with Substance Abuse
- (option) It's Not Terrible if You Call It Self-Care

Follow slides and manual as they are – refer to participant notes for details where needed. Remember participants will not have the notes until after the session.

Sessions 3-5

Preload videos and follow directions in facilitator's manual.

