



Family Recovery Journey: Covid-19 Addendum Instruction Sheet

Introduction:

On March 11, 2020, the World Health Organization (WHO) declared Covid-19 a global pandemic. This new virus has had unprecedented impacts on populations globally. Provinces to varying degrees and with gradual caution have started to lift COVID-19 restrictions, however it is very possible that subsequent waves of cases could emerge, and it is uncertain at this point when the pandemic will “end.”

In a pandemic, people living with severe mental illness, such as schizophrenia and psychosis, and their family caregivers, can be faced with additional issues and problems. Because we simply don't know how long and to what degree we will be impacted by this pandemic into the future, it is important to keep family members educated, vigilant, and able to implement strategies that will keep them healthy and hopeful. To this end, information within the context of the COVID-19 pandemic has been added to each of the Family Recovery Journey sessions.

The Schizophrenia Society of Canada asks that you **please use the COVID-19 addendum whenever you are delivering the general FRJ, until otherwise notified**, (i.e. until COVID-19 is no longer present).

How To Use This Addendum:

The COVID-19 FRJ Addendum consists of four main components in addition to this instruction sheet:

- Participant notes
- Facilitator guide
- PowerPoint slides
- Facilitator reporting form



Participant Notes:

The COVID-19 participant notes are divided into 5 sections, one for each weekly session (similar to the general FRJ participant notes). Each week, these notes can be distributed to participants at the same time the general FRJ notes are distributed. It is important that the facilitators read over the participant notes prior to each weekly session so that they are fully aware of the contents, should questions arise. It will also be helpful to the facilitation process to know the detail that is included in the participant notes.

Facilitator Guide:

The COVID-19 facilitator guide is set up in a similar fashion to the general FRJ facilitator manual. It provides an overall summary of each week's session, a brief description of each slide, key points for presentation, and some question/discussion points to promote interaction. The guide also indicates what local lists/resources should be pulled together and distributed so that participants are aware of the local context of COVID-19.

PowerPoint Slides:

The COVID-19 PowerPoint slides typically have graphics, or in some cases text, that illustrate or describe the key points that will be made by you, the facilitator. Again, be sure to be able to reference your current local context to make the presentation as relevant to the moment and circumstances as possible.

Facilitator Reporting Form:

The COVID-19 Facilitator Reporting Form collects information that is required by the funder of the COVID-19 addendum (please see reporting requirements below). Facilitators are asked to take ten minutes at the end of the fifth week of the session to ask feedback questions of participants about the difference the COVID-19 information has made to them so that this can be included in the feedback form. Further direction on this is provided in the facilitator manual. Following each five-week session, facilitators are asked to please send the completed Facilitator Reporting Form to Fran Schellenberg at frschellenberg@hotmail.com.

Additional Notes:

- Because the COVID-19 materials are an addendum to the general FRJ manual, as a facilitator, you will either need to add the COVID-19 PowerPoint slides to the general slides before you deliver each weekly session, or if it is easier, you can simply use each weekly COVID-19 slide presentation as a second presentation of its own.
- The information in these COVID-19 specific sessions has been gathered from reliable sources, but the content is not intended to be a substitute for professional medical advice or treatment. Remind participants that if they have any specific questions regarding their or their family member's health issues, to always seek the advice of their health care provider.

Specific Reporting Requirements:

This COVID-19 addendum is made possible through funding from the COVID-19 Employment & Social Development Canada Emergency Community Support Fund, which is administered by the United Way Centraide Network. As part of the funding, the following reporting is required between September 1, 2020 to March 31, 2021:

- How many full (five week) COVID-19 trainings occurred?

- How many unique participants received the COVID-19 training?

- What difference did the COVID-19 sessions make to the participants? (i.e. feedback from the feedback forms)

- What organizations delivered the COVID-19 sessions? Were there any partnerships between organizations that delivered the COVID-19 sessions?

Focus Groups:

Two focus groups will be held in late October – one for participants and one for facilitators. The purpose of the focus group for participants is to confirm that the COVID-19 materials are thorough, relevant, user friendly, and helpful. The purpose of the focus group for facilitators is to confirm that the materials are easy to use, that the guide is helpful and thorough. Please encourage your participants to be part of the focus group and ask for verbal consent from those who agree to be contacted for the focus groups. A call out for participants for focus groups will be made in mid-October.

Thank you very much.

