

## WHY HAVE THIS PROGRAM?

- Drug use problems and deteriorating mental health are commonly linked issues which can complicate recovery. Research indicates that treatment which addresses both conditions at the same time is likely to lead to better outcomes.
- Family involvement in treatment also increases the chances of recovery.
- Family members often experience increased stress and trauma as a result of a loved one with both conditions. Family involvement can help to increase well-being for the whole family.
- Family involvement can help repair relationships that are often ruptured as a consequence of behaviours associated with both conditions.
- Families are in a unique position to help their loved one because of the special relationship of families.
- Close family relationships can help motivate people with both conditions to get into treatment and recover.



To contact us:

**Ph: (03) 9420 7610**

& ask for a

**Family Eclipse Worker**

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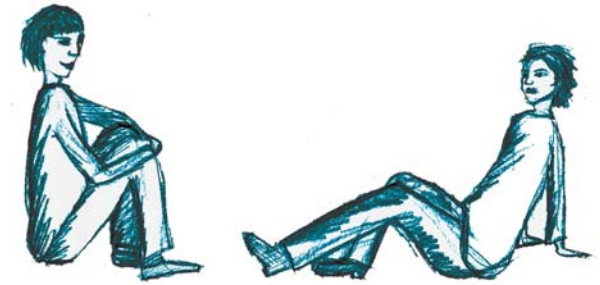


In Partnership:



The Eclipse Family Project is funded by the Australian Government under the Mental Health Community Based Program

## Affected by Drugs & Mental Health?



## Family Eclipse Program

Specialising in family therapy for young people 16-24yrs



## WHAT IS THE FAMILY ECLIPSE PROGRAM?

- A counselling program for families affected by a young adult's drug use and mental health issues.

## WHO IS IT FOR?

- All family members, including the young person (16-24 yrs) who has both a problematic drug use and mental illness.

## WHERE IS IT?

- Services will be located in Richmond, Prahran, and Moorabbin.

## HOW MUCH DOES IT COST?

- This is a free service.



## THE PROGRAM

The Family Eclipse program provides individual family sessions and multi-family group sessions. Sessions can involve any family member including the person experiencing the drug use & mental health problem.

### 1) GETTING TO KNOW YOU:

Before getting support, families must

- Attend an assessment
- Develop family goals &
- Develop Individual goals related to the family goals

### 2) GETTING SUPPORT:

The family then decides whether to participate in individual family sessions and/or multi-family therapy group.

## INDIVIDUAL FAMILY SESSIONS

These sessions are an opportunity to address the family's unique concerns and work on family & individual goals.

## MULTI-FAMILY GROUPS

These groups consist of 4 to 6 families who are all focussed on gaining information and skills in a comfortable and accepting environment. Sessions are positively orientated towards the future.

The groups are run in 12 week cycles with a different topic each week. Families can join the group at any point in the cycle & remain for the following 12 weeks.

## BENEFITS OF THE FAMILY ECLIPSE PROGRAM

The Family Eclipse program offers you the chance to:

- Learn about the interactional affects of drug use and mental illness and the principles of treatment.
- Gain greater understanding of both drug and mental health problems.
- Effectively support the treatment of your loved one.
- Understand the reasons for family stress and learn ways to reduce its effects on family life and the individual.
- Learn to enhance communication between family members and improve problem solving skills.
- Improve relations between family members.
- Work together, in a coordinated way with existing treatment services.
- Gain access to other relevant services related to the young person's mental health and drug use.
- Prevent hospitalisations and other negative events such as hospital emergency's, detoxification and incarcerations.