

What is Consumer Centered Family Consultation (CCRF)

CCFC is a brief consultation strategy that:

- Promotes the recovery process and staying well plan for consumers of mental health services.
- Promotes collaboration between consumers, their family members, their social support system, and their clinicians.
- Provides information about mental health diagnosis, treatments and services.
- Provides family guidelines for how to support consumers and family, and solve problems.
- Facilitates referrals to community, program, and agency resources that can support the recovery process and staying well plan of consumers.

What is the Purpose of a consultation?

The purpose of a consultation is to support the recovery efforts and the staying well plan of consumers who are receiving services from a mental health agency.

Family members and other interested parties often want to know how they can help. A CCFC can answer that question in 1-3 meetings.

How can family members and other supports contribute to a CCFC?

For a person recovering from a mental health situation, family members offer the most valuable support that no one else can provide: love, hope, shared history, and shared memories.

When a consumer enrolls in a mental health program, gathering the person's history is critical to developing a comprehensive treatment plan. Consumers and family members together can describe the details of healthy times and also troubling times in a consumer's life.

This information helps the clinician identify strengths as well as problem areas, and pinpoint a diagnosis. This information helps develop the treatment plan. (A treatment plan is the written document that outlines areas of concern in the consumer's life, and identifies ways to make improvements.)

Time and time again, family involvement has been found to be crucial to the recovery process of consumers. Their shared histories, memories, and love, and their working as partners with the clinician, can help improve the quality of life for consumers.

How long does the CCFC take?

The initial commitment is 1 meeting for 1 hour. Up to 3 meetings can take place. If more support or education is desired, the clinician can make referrals for these services.

Who participates in a Consumer Centered Family Consultation?

Anyone can take part in the CCFC so long as the consumer gives consent. Ideally, the person or persons involved will have an interest in the consumer's well-being, and are able to support the consumer's recovery process and staying well plan.

Participants in a CCFC may include:

- The consumer
- Family members
- Other supportive people agreed upon by the consumer
- A clinician who is familiar with your loved one.

How can I become involved in a Consumer Centered Family Consultation?

Typically, the process begins with the consumer. If the person is unsure about taking part in a CCFC, he/she may complete a decision guide. The guide is completed with a clinician from the treatment team. The guide is a tool to help consumers make an informed decision about taking part in a CCFC and who to invite.

If you desire to be part of a consultation, and haven't heard from your loved one about CCFC, first discuss your interest with him/her. Together, you can arrange to meet with the clinician, and learn ways to support your loved one's recovery process and staying well plan.

Contact Information

SPECTRUM HUMAN SERVICES

CLINICIAN:

PROGRAM:

TELEPHONE # OF CLINICIAN:

OTHER:

Consumer Centered Family Consultation

A brief service for consumers of mental health

Services, their chosen support system and
their clinician- all working together to support
the consumers recovery process.

Spectrum Human Services

Primary Business Address

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Your Address Line 2

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Your Address Line 3

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