



Fairmount F.O.C.U.S on Families

Family Focus Group is psycho-educational multifamily groups designed for child/adolescent patients and the families/support systems to build healthier relationships through discussions, activities, and art and movement therapy. The goal for the FOCUS group is to provide disease and medication specific knowledge; facilitate effective parent child/teen interaction styles; provide resources, services and support systems in the community; and emphasizes the importance of finding time for self, parents and partners. Parents are encouraged to support one another and to take a more active role in their child's mental health care. Children and adolescents are encouraged to maintain age appropriate responsibility for managing the effects of their disease on thoughts, behaviors and feelings.

Groups are held every Sunday (2-3p), Tuesdays (5-6p) and Thursdays (6-7p).
Note: times and dates may be cancelled due to weather or holidays.

The group topics vary from themes that occur in child/adolescent groups, family sessions, from other family focus groups as well as what the families suggested by families.

Example Topics from pervious group sessions were:

- Talk about Treatment: Time to Ask Questions and Share Thoughts & Concerns
- Parent Child Communication
- Coping Skills to Ease the Transition to Home
- What Pushes Your Buttons?
- The Essential Ingredients for Creating Trust
- New Beginning: Life after Discharge
- FAMILY FUN DAY!!!!
- Recognizing and coping with different feelings
- Families Working Together
- Life after Discharge: What Factors are Associated with Long Term Success?

- The Family Tune Up
- Choices and Consequences: Fundamentals of Anger Management
- Progress, Not Perfection
- Family Goals: Becoming the Family You Wanted
- Developmentally Appropriate Behavioral Consequences
- Discharge Planning: What does it take to Begin Rebuilding Relationships?
- Medication Education: Come ask questions about your child medications, doses, schedule, side effects, changes, therapeutic effects, interactions
- Self Expression through Movement
- Change and the Rest of the Family
- Strategies for Diffusing Conflict
- Reflecting on Family Strengths
- Focusing on the Positive: Problem Solving
- Family Mission Statement
- Role Playing: Parent & Child Communication Styles
- Parent and Child Relationships Beyond the Hospital
- The Art of Anger Management
- Planning Activities/responsibilities for Your Child's Developmental and treatment Needs
- Parent *Child Communication: Beyond the Yes & No Questions...
- Information Fair: hear about our clinical programs and information on the services that are available at Fairmount as well as services and support systems in your communities.