

FAMILIES OF CHRONICALLY MENTALLY ILL PEOPLE: SIBLINGS SPEAK TO SOCIAL WORKERS

JOANNE L. RIEBSCHLEGER

Twenty siblings of chronically mentally ill people discussed their emotional responses to the mental illness of their brother or sister. The findings were drawn from a study that was part of the author's practice experience as a social worker in a community mental health setting. The findings also paralleled the author's life experiences as a sibling of a chronically mentally ill person. Sibling emotional responses were categorized into grief and loss phases of denial, anger, bargaining, depression, relief/respite, and acceptance. Siblings believed that their expressions of grief and loss were impaired by characteristics of mental illness and by mixed messages from the mental health system. The siblings recommended inclusion of siblings in client treatment; support and education for siblings; clear communication between social worker and family; a social worker focus on family strengths; and, most of all, effective client intervention. The sibling perspective points out the salient need for social workers to use their ecological, person-in-environment training to facilitate healthier family support networks for chronically mentally ill people.

Family members of chronically mentally ill people often are described as key players in the essential social support network that acts as a buffer against a client's illness (Bulow, Sweeney, Shear, Friedman, & Plowe, 1987; Crotty & Kulys, 1985; O'Connell & Mayo, 1988). Social workers who are professionally trained in ecological assessment (that is, person-in-environment) have an opportunity to engage these family members in positive ways (Libassi, 1988).

Hollis and Woods (1981) described the person-situation reflection as a major social work principle in assessment and intervention processes. The psychosocial frame of reference, which is emphasized in social work education, provides a means for social workers to help chronically mentally ill people interact effectively with the external environment. An important component of that environment is the client's family system, and social workers are in a unique position to

Siblings Of The Mentally Ill

Clea Simon



Siblings Of The Mentally Ill:

Siblings of the Mentally Ill Wendy Carlisle, 1984 *Mad House* Clea Simon, 1997 When the Boston Globe first published Clea Simon's cover story on growing up with her two schizophrenic siblings the response was overwhelming Healthy siblings constitute that silent majority of people who have grown up in dysfunctional families and largely due to their age have often stood on the sidelines as the tragic consequences of a mental disorder claimed either the health or life of a brother or sister For Clea Simon the experience was shattering as first her beloved older brother Daniel the brilliant Harvard freshman started hearing voices and dropping out of school when his schizophrenia made functioning impossible And then again as the same illness claimed her sister Althea who has bounced around from one state institution to another after her parents eventually gave up on helping the daughter who refused their help The issues well siblings face run the gamut from guilt why do I deserve to be OK fear what are the chances that I have this disease or that my children may inherit it to the burden of caring for a sibling am I my brother's keeper and overcompensating in the family or its converse acting destructively to get attention In talking to hundreds of other siblings and experts in the field Simon has written a comprehensive book that combines the best of memoir writing with the kind of practical advice that should ease the pain of any brother or sister who has felt helpless in the face of a sibling's mental illness **Families in Pain** Phyllis Vine, 1982 *Siblings of the Mentally Ill* Wendy Louise Carlisle, 1982 **My Sister's Keeper** Margaret Moorman, 2002 When Margaret Moorman's older sister Sally was first hospitalized with schizophrenia in 1959 her family denied the truth to neighbors friends and even themselves Not until thirty years later when their mother's death made her Sally's sole caretaker did Margaret face the truth Now in this poignant memoir she tells the brave story of her struggle to come to grips with the legacy of her sister's devastating disease and its effect on her own life and on her entire family Margaret reveals her fears that she too would become ill and her ambivalence about having a family of her own She writes about the difficulties of assuming the responsibility for Sally's care while trying to manage her own career relationships and the birth of her first child And she tells how she and Sally finally learned to negotiate their relationship and accept each other Candid moving and ultimately healing *My Sister's Keeper* is a heartwarming story about two sisters and their love for each other Hallmark has presented *My Sister's Keeper* as a film starring Kathy Bates Elizabeth Perkins and Lynn Redgrave Book jacket **Helping Families Cope With Mental Illness** Harriet P Lefley, Mona Wasow, 2013-05-13 In this age of spiraling health care costs it is imperative that the family's role in treating patients with chronic mental illness not be overlooked by policy makers and clinicians alike The families themselves insist that the government and care providing agencies learn new ways to relate to them and patients *Helping Families Cope with Mental Illness* is a comprehensive guide to the family's experience of chronic and serious mental illness for clinicians and educators in a wide range of mental health disciplines It details all major areas of the clinician family relationship consumer perspectives cultural diversity social policy ethical issues practical coping strategies research and training issues

major service issues managed care and cost saving measures *My Brother Has Mental Illness* Orville Lucy, 2021-04-05

Mental illness affects the entire family but we rarely hear the story from the perspective of the siblings This book explores the unique experience of siblings who have a brother or sister with a serious mental illness The book provides insight and guidance in how to move the sibling bond forward even if the relationship has been marred by turmoil and separation Some siblings just don't know what to do and often it's easier for them to do nothing Others are exhausted from balancing the needs of their aging parents their ill sibling and raising their own families Through all of their efforts no one bothers to ask them how they are doing No one recognizes the trauma they have experienced each time their sibling was hospitalized or each time their mother or father fell apart These siblings hold in their emotions **Mental Illness in the Family** Beverley Abosh, April Collins, 1996-01-01

Mental Illness in the Family traces the development of treatment approaches with families of the mentally ill over the past three decades The essays in this book reflect the work of clinicians currently dealing with families in a variety of settings and from a number of perspectives Topics covered include patients' views on programs for the mentally ill the needs of families coming to terms with the mental illness of a family member the forgotten sibling the concept of grief the confusion that a family member can experience when dealing simultaneously with the mental health and the criminal justice systems and the effect of parental mental illness on young children This volume will be of particular interest to social workers clinical psychiatrists psychologists and other mental health professionals who work primarily with individuals and families who have been affected by major mental illness **The Forgotten Survivors** Shannon Jaccard, 2019-03-21

The Forgotten Survivors explores the unique experience of siblings who have a brother or sister with a serious mental illness The book provides insight and guidance in how to move the sibling bond forward even if the relationship has been marred by turmoil and separation Some siblings just don't know what to do and often it's easier for them to do nothing Others are exhausted from balancing the needs of their aging parents their ill sibling and raising their own families Through all of their efforts no one bothers to ask them how they are doing No one recognizes the trauma they have experienced each time their sibling was hospitalized or each time their mother or father fell apart These siblings hold in their emotions *The Forgotten Survivors* will challenge you to forgive to love and to unify Shannon Jaccard is an advocate entrepreneur coach and professional speaker Shannon Jaccard was the CEO of the National Alliance on Mental Illness NAMI San Diego and Founder of Compeer San Diego Shannon serves on several boards including RI International and the Meeting Place Clubhouse Shannon has received numerous awards such as the Rona and Ken Purdy Award to End Discrimination and the Channel 10 News Leadership Award She was named one of San Diego's 50 People to Watch by San Diego Magazine Shannon has published several articles bringing to light the experiences siblings share when a loved one has a mental illness and is an international speaker on stigma labels and mental illness Shannon earned her bachelor's degree in political science from the University of California San Diego UCSD and her Master's of Business Administration from California State

University San Marcos Shannon is an Aspen Institute Fellow of the inaugural class of the Health Innovators Program and a member of the Aspen Global Leadership Network Through her professional work advocacy and speaking engagements Shannon has worked with hundreds of family members around the globe to provide support education and hope You can find more information about Shannon plus tips and support at her website www.shannonjaccard.com or on Instagram ShannonJaccard

Surviving Mental Illness Agnes B. Hatfield, Harriet P. Lefley, 1993-05-22 In this era of revolutionary progress in the areas of science and medicine it comes as no surprise that knowledge of the biology of mental illness and psychopharmacologic treatments has increased greatly within the past few decades During this same time frame however the experiential side of mental illness has been almost completely neglected by researchers and educators Fortunately the trend is being reversed Leading authorities are becoming increasingly aware that the personal experiences of people with severe and persistent mental illness can reveal the most authentic and perhaps most helpful information on behaviors that have long puzzled professionals in the field This has contributed to a renewed and growing interest in learning more about the ways people experience mental illness and the process of recovery Leading the way in redressing the imbalance this book examines the subjective experiences of patients with multiple diagnoses including schizophrenia bipolar illness major endogenous depression and other disorders with psychotic features and long term disabling consequences Numerous personal accounts are drawn from research reports newsletters journals spoken reports and observed behavior to shed light on the inner worlds of people afflicted with severe and persistent mental illness The volume covers a wide range of topics starting with disturbances in the sense of self in emotions relationships and behaviors and in the ways reality is experienced by the mentally ill In the process some common patterns of lifetime experience are revealed even among patients with great differences in levels of functional capability and in their emotional and rational assessment of their experience The final section of the book is directed toward understanding the process of acceptance growth toward recovery and the development of an acceptable identity and new purpose in life Material is presented within the conceptual framework of coping and adaptation and self theory in addition considerable attention is given to the patient's perception of which types of personal and professional relationships have been helpful or not helpful As a result the book yields important lessons from the patients themselves on how service providers caregivers and the community at large can be most helpful to those afflicted with major mental illness Professionals who wish to increase their capacity for empathy develop more effective rehabilitation strategies and advance research linking brain anomalies and patient experience will find this book illuminating Because it illustrates in moving and powerful ways how people truly experience psychiatric disability in a society that demeans their condition and in a helping environment that only dimly understands their agony the book will be extremely useful for psychiatrists psychologists social workers psychiatric nurses educators and graduate students in psychopathology and clinical skills training

Handbook of the Sociology of Mental Health Carol S. Aneshensel, Jo C. Phelan, Alex Bierman, 2012-07-16 This

second edition of the Handbook of the Sociology of Mental Health features theory driven reviews of recent research with a comprehensive approach to the investigation of the ways in which society shapes the mental health of its members and the lives of those who have been diagnosed as having a mental illness The award winning Handbook is distinctive in its focus on how the organization and functioning of society influences the occurrence of mental disorder and its consequences A core issue that runs throughout the text concerns the differential distribution of mental illness across various social strata defined by status characteristics such as gender race ethnicity socioeconomic status and age The contributions to this volume shed light on the social cultural and economic factors that explain why some social groups have an elevated risk of disorder They also address the social repercussions of mental disorder for individuals including stigmatization within the larger society and for their families and social networks The second edition of this seminal volume includes substantial updates to previous chapters as well as seven new chapters on The Individual's Experience of Mental Illness The Medicalization of Mental Illness Age Aging and Mental Health Religion and Mental Health Neighborhoods and Mental Health Mental Health and the Law and Public Beliefs about Mental Illness Families Coping with Mental Illness Yuko Kawanishi, 2007-12-11 When someone develops a mental illness the impact on the family is often profound The most common treatment processes however focus on the patient while the loved ones are relegated to subordinate roles and sometimes even viewed as barriers to effective recovery Families Coping with Mental Illness approaches these issues from the family's perspective studying how they react to initial diagnosis adjust to new circumstances and cope with the situation Through her own original research in the United States and Japan Kawanishi presents a cross cultural experience of mental illness that examine both psychological and sociological issues making this book suitable to all international fields engaging with diversity and mental health Including first hand accounts along with analysis and discussion Kawanishi gives voice to family members and adeptly identifies universal themes of resilience adaptability and strength of the family unit This innovative text offers a unique viewpoint that will appeal to a wide audience of professionals and non professionals from a variety of backgrounds *Contemporary Issues of Care* Roberta R. Greene, 2012-11-12 Make sure your clients get the best possible care throughout their lives Contemporary Issues of Care presents the latest research findings on human behavior and the social environment for social workers practicing at the individual family and community levels This timely book applies the functional age model on intergenerational therapy FAM to examine the interaction between the care recipient's biopsychosocial and spiritual functioning and the capacity of the family caregiver to adapt The book's contributors examine the functions of various social systems in caregiving as well as the social worker's role in processing and integrating information to help develop family centered and community based interventions Contemporary Issues of Care focuses on caregiving situations across the life span using research findings to shape social work curriculum and to improve social work practice and services With the family still the primary caregiving institution in the United States the book examines the mutual interdependence among

family members and the dynamic development of family structure and organization An exemplary textbook for students in social work the book also includes a workbook and CD Topics addressed in Contemporary Issues of Care include shifts in human behavior paradigms family systems interventions case management sibling caregiving the impact of culture on mental illness and mental health the importance of self care elder abuse substance abuse children with cancer HIV AIDS diabetes posttraumatic stress inner city challenges caregiving for gay men and lesbians caregiving for persons with dementia community caregiving and much more Contemporary Issues of Care is filled with charts tables diagrams and sample interviews that supplement articles from the leading practitioners and academics in the field This book is an essential resource for anyone involved in social work practice for individuals families and communities

Stigma and Mental Illness Paul Jay Fink,1992 This book is a collection of writings on how society has stigmatized mentally ill persons their families and their caregivers First hand accounts poignantly portray what it is like to be the victim of stigma and mental illness Stigma and Mental Illness also presents historical societal and institutional viewpoints that underscore the devastating effects of stigma

Schizophrenia Bulletin ,2004

Parents and Young Mentally Handicapped Children Helen McConachie,2016-01-08 First published in 1986 this book reviews research on the role parents play in fostering the early development of children with mental handicaps Professionals and parents must work together to give such children the chance of living as ordinary lives as possible and here the author develops a broadly based conceptual framework for the involvement of parents as teachers of their young handicapped children McConachie identifies characteristics of parents which seem of particular relevance to the design and success of intervention programmes Although written in the 1980s this book discusses topics that are still important today

Sisters and Brothers for Life Suzanne Degges-White,2017-06-21 Sibling relationships are special in many ways not least because often siblings are the family members who go through their whole lives together But those relationships can be fraught with strife or tension bouts of happiness or strain and stress They can predict and affect other relationships in our lives and they can offer solace or sadness over the years Here Suzanne Degges White looks at the variety of sibling relationships with an eye to improving both the good and the bad Using real stories throughout the author illustrates the broad spectrum of problems and rewards that can come from having a sibling Examining such factors as the early family constellation birth order cultural diversity and family communication patterns Degges White illustrates how these relationships can affect so many other areas of our lives and considers how adult sibling conflict rivalry abuse and loss influence our lives She offers suggestions for effective responses to adult sibling conflict as well as enhancing family communication and deepening the sibling connection in adulthood No matter what the sibling relationship is or has become this work will help readers consider how situations might be improved or addressed even if it means letting go of unhealthy sibling relationships

Sibling Relationships Robert Sanders,2017-03-14 The impact of sibling relationships on how people develop has been dramatically under emphasised in

the literature on child development Drawing together new and established research this accessible text shows that these relationships are crucial to professionals understanding of the children and the families they work with Sibling Relationships offers a theoretically grounded and culturally sensitive account of the many complexities of sibling relationships emphasising the significance of these for practice and the ways in which the effectiveness of work with children and families can be enhanced by promoting positive connections between brothers and sisters It examines a range of adverse circumstances for children and families substance abuse domestic violence loss disability and mental illness considering how sibling relationships are affected by these circumstances and how relationships with siblings might help to promote resilience in children Practice notes provide examples of how sibling relationships can become an important focus in the work of professionals This is the first book to link knowledge of sibling relationships to the practice of working with families It will be important reading for anyone interested in children and families including students and professionals in the areas of social work counselling applied social studies and childhood studies

When Someone You Love Has a Mental Illness

Rebecca Woolis, 1992-09-18 This indispensable book about love and mental health addresses the short term daily problems of living with a person with mental illness as well as long term planning and care Of special note are the forty three Quick Reference Guides about such topics as responding to hallucinations delusions violence and anger helping your loved one comply with treatment plans and medication deciding if the person should live at home or in a facility choosing a doctor and dealing with mental health professionals handling the holidays and family activities managing stress helping siblings and adult children with their special concerns Ms Woolis produced a handbook which is both practical and accessible eminently useful for all of us who have a family member with a serious mental illness E Fuller Torrey M D author of Surviving Schizophrenia Rebecca Woolis presents easy to follow practical guidelines for coping with the multitude of problems that regularly confront families In minutes the reader can find helpful suggestions for dealing with any problem that might arise Christopher S Amenson Ph D Director Pacific Clinics East

Family Psychoeducation for Serious Mental Illness Harriet P.

Lefley, 2009-07-17 Research shows that many adults with serious mental illness live with or maintain contact with their families But families are rarely given information about their relative's illness and their own needs for support are ignored To be optimally beneficial family members and other caregivers need education about the disorder some knowledge of illness management techniques and personal support Family psychoeducation FPE is a powerful evidence based psychosocial intervention that serves consumers and their families FPE has proven efficacious in reducing relapse and hospitalization reducing symptoms increasing employability of persons with severe and persistent mental illness and in many cases enhancing their families well being Its success rests with a state of the art education model for improving caregivers understanding of their loved one's illness through learning what is known and not known about it and how to assess and cope with its manifestations Here in the first book of its kind Harriet P Lefley traces the history of FPE including the developments

in mental health services and systems and theoretical approaches that inform it and the robust empirical evidence it now claims after a quarter century of development and evaluation at major research centers around the world Presenting first the approach's generic components training models and required competencies Lefley then discusses the available variations such as Family Education FE a brief manualized form of FPE offered by professionally trained family members that has some empirical support for knowledge gains and easing family distress The result is a comprehensive practical introduction to family psychoeducation that critically appraises the evidence and examines the model's place in contemporary mental health systems This groundbreaking volume is an ideal training tool for graduate students of social work psychology and psychiatry and a valuable addition to the clinician's armamentarium of evidence-based practices for clients with serious mental illness

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