

Psychosocial treatments include different types of psychotherapy and social and vocational training that aim to provide support, education and guidance to people with mental health conditions and their families. They are an effective way to improve quality of life and can lead to fewer hospitalizations and less difficulties at home, at school and at work.

Types of Psychosocial Treatments

Psychotherapy

Often called talk therapy, psychotherapy is when a person, family, couple or group sits down and talks with a therapist or other mental health provider about their moods, thoughts, behaviors and learn how they influence their lives. Psychotherapy also provides ways to help restructure thinking and respond to stress and other conditions.

Psychoeducation

Psychoeducation teaches people about their condition and treatment options. It also includes education for family and friends on topics like coping strategies, problem-solving skills and how to recognize the signs of relapse. Family psychoeducation can often help ease tensions at home, which can help the person experiencing the mental illness to recover. NAMI Peer-to-Peer, NAMI Family-to-Family and NAMI Basics are examples of psychoeducation programs.

Self-help and Support Groups

Self-help and support groups can help address feelings of isolation and help people gain insight into their mental health condition. Members of support groups may share frustrations, successes, referrals for specialists, where to find the best community resources and tips on what works best when trying to recover. They also form friendships with other members of the group and help each other on the road to recovery. As with psychoeducation, families and friends may also benefit from support groups of their own. NAMI Connection and NAMI Family Support Group are examples.

Psychosocial Rehabilitation

Psychosocial rehabilitation helps people develop the social, emotional and intellectual skills they need in order to live happily with the smallest amount of professional assistance they can manage. Psychosocial rehabilitation uses two strategies for intervention: learning coping skills to help handle stressful situations and environments and developing resources that reduce future stressors.

Assertive Community Treatment

Assertive Community Treatment (ACT) is a team-based treatment model that provides multidisciplinary, flexible treatment and support to people with mental health conditions 24/7. ACT is based on the idea that people receive better care when their mental health care providers work together. ACT team members help the person address every aspect of their life including medication, therapy, social support, employment or housing.

Supported Employment

Work can be an essential step on the path to wellbeing and recovery, but challenges that come with mental health conditions can make it more difficult. There are programs, however, designed specifically to help with work readiness, searching for jobs and providing support in the workplace.

Vocational Rehabilitation (VR)

VR provides career counseling and job search assistance for people with disabilities, including mental illness. VR programs vary from state to state.

Individual Placement and Support (IPS) Supported Employment

IPS programs are evidence-based programs that help people with mental illness locate jobs that match their individual strengths and interests. Once a person locates a job, IPS programs provide continuous support to help them succeed in the workplace. IPS Supported Employment teams include employment specialists, health care providers and the individual with mental illness. If the person agrees, family members or a significant other may be part of the team.

Clubhouses

Clubhouses are community-based centers open to anyone with a mental health condition. Clubhouse members have the opportunity to gain skills, locate a job, find housing and pursue continuing education. Members work side-by-side with staff to make sure the program operates smoothly. Members also have the opportunity to take part in social events, classes and weekend activities.

Case Management

Case managers have knowledge of local medical facilities, housing opportunities, employment programs and social support networks. They are also familiar with many payment options; including local, state and federal assistance programs and can serve an important role in helping a person get the best treatment possible.

A case manager will assess a person's needs and explain available resources. He or she will explain the process of applying for services and help with the necessary documents to prove eligibility. Case managers also help with questions about—how to fill out official forms, how to get transportation to appointments, etc. A case manager stays in touch to ensure that a person's treatment needs met.

See more at: <http://www.nami.org/Learn-More/Treatment/Psychosocial-Treatments>

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