



Working with the Whole Family

POLICY

The Mental Illness Fellowship of Australia believes that families, friends and carers are key partners in recovery.

PRINCIPLES

- Families, friends and carers make a major contribution to the recovery of people with a mental illness.
- We recognise that consideration of the whole family and their individual needs is essential in delivering recovery based support.
- Lived experience and expertise is important to sustain recovery oriented support to people affected by mental illness.
- Mental illness has broader impacts that affect the physical and psychological well being of families, friends and carers in their own right.

ACTIONS

- Our workplaces and practices are shaped by respect for the intimate knowledge and lived experience that families, friends and carers bring as part of a support community.
- We work with the family, friends and carers of a person with mental illness, offering them information about services, education about mental illness as well as personal and practical support.
- We ensure access to individual and group learning and mutual support opportunities, backed by freely available on-line and printed materials.
- We work within a family sensitive practice framework, developing opportunities to engage, listen to and support families, friends and carers of people with a mental illness.
- MIFA members have well developed policies and practices that ensure the protection of vulnerable family members, including children.
- We give appropriate consideration in any service development to whole of family approaches to recovery.

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