

## Family Support and Wellness Program Staff

**John P. Foley, PhD, MT-BC**

**304-263-0811 ext. 3119**

*E-mail: [John.foley@va.gov](mailto:John.foley@va.gov)*

*PhD in Family Studies, Clinical practice as a Board Certified Music Therapist working with adults with mental illness. Trained in Multifamily Group Work and Behavioral Family Therapy*

**Teresa J. Bowers, LCSW**

**304-263-0811 ext. 3351**

*E-mail: [Teresa.bowers@va.gov](mailto:Teresa.bowers@va.gov)*

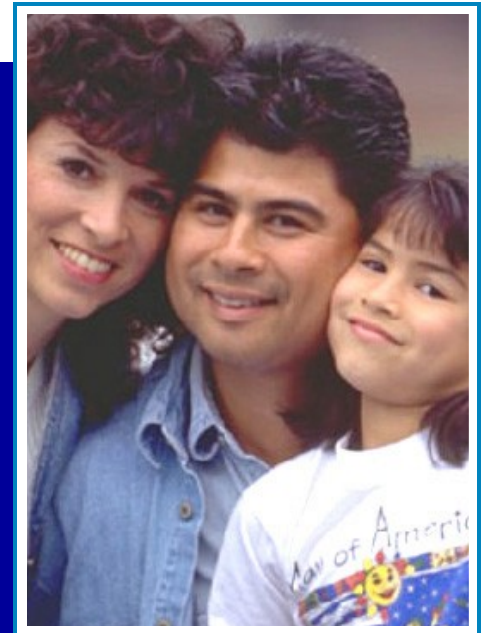
*Clinical practice with children, adolescents, adults, and crisis intervention. Trained in Multifamily Group Work*



**Mental Health Clinic  
Family Support and Wellness Program**  
510 Butler Ave  
Martinsburg, WV 25405

# Family Support and Wellness Program

**A program of  
Mental Health Services**



# Family Support and Wellness Program



The *Family Support and Wellness Program* offers services to Veterans and family members who wish to improve their health and well-being. We help families learn about mental health issues. The goals of the program are to reduce the Veteran's symptoms and hospitalizations, reduce family stress, and link the Veteran and family to appropriate resources.

## What exactly do we do?

### Services:

- Family education sessions (individual and/or group sessions)
- Family support programs
- Couples and family counseling
- Connecting to community resources

## How do I get connected to the Family Support and Wellness Program?

People in the *Family Support and Wellness Program* come to us in many ways. Patients of the Medical Center may talk to us about the program. A staff member might suggest to a Veteran that the program may be helpful. Ask your health care provider to submit a consult to the *Family Support and Wellness Program*.

## What's next?

One of the program staff will contact the Veteran to discuss the program and to answer questions. This interview will determine the family services that may be needed. When the Veteran agrees, we will contact a family member to invite him/her to talk about our program. We focus on helping families improve:

- Communication skills
- Problem-solving skills
- Skills to help or support Veterans recovering from a mental illness



## How does it work?

"Family Psycho-education" is the professional term for the types of education and support activities that help families better understand mental illness. For example, learning about the signs of mental illness, how mental illness can be treated, or overcoming stigma [negative feelings] related to mental illness.

Groups of 5-8 families will meet together. Families will be able to share their experiences with mental illness and treatment. The family sessions meet either bi-weekly or monthly depending on the families needs. Families usually come to about 26 sessions which last one and a half hours. The family groups are also being used at other VAMC's.

Research has shown this approach to working with families is helpful.

Families may take part in family/couples counseling sessions. These sessions will be planned with the

Veteran and family members to work on specific goals for improving family life. Some of the issues that might be addressed are managing conflict, parenting skills, or domestic abuse.

Family workshops and events are being planned to provide support to those unable to participate in the more intensive Family Education sessions. The staff of the *Family Support and Wellness Program* also assist Veterans and families connect with community resources to support recovery.

