

FAMILY PEER SUPPORT

**Integrated Forensic Program
The Royal**

We define “family” as trusted others whom our loved ones can count on for help and support: parents, spouse or partner, siblings, other relatives, or even friends. Ultimately, a family member is someone who supports recovery.

Family peer support recognizes the struggle that the members in a person's circle of support experience in relation to the mental health challenges of a loved one. For the integrated forensic program, families may experience a dual stigma that results when the mental health system and the criminal justice system intersect.

ACCESSING FAMILY PEER SUPPORT SERVICES

Integrated Forensic Program at The Royal

Family peer support offered by The Royal's Integrated Forensic Program is for family members who are supporting loved ones who are, have been, or are in transition to the Integrated Forensic Program at The Royal, in both Ottawa and Brockville.

More information can be found at:

theroyal.ca/integrated-forensic-program-family-peer-support.

Family peer support for the Integrated Forensic Program is available on a one-on-one basis, either in person, by Zoom, or by phone.

An online family peer support group for the Integrated Forensic Program takes place on **Monday evenings, 7:00 – 9:00 PM, EST.**

Please call **613.805.5013** or email familypeersupport1-forensic@theroyal.ca.



BENEFITS OF PEER SUPPORT

- Peer support empowers people to voice what they feel is best for their own health.
- The person seeking support has someone in their corner, outside of the clinical part of the journey.
- Peer support helps counter stigma, discrimination and isolation, as the person knows they are not alone in their journey.
- A key emphasis on hope is necessary for recovery as the journey moves from an illness to a wellness focus.

ADDED VALUE OF FAMILY PEER SUPPORT

Family members strive to recover from the emotional turmoil, grief and/or fatigue that may result from supporting someone with mental health challenges. The family member's path to their own wellness is likely to be enhanced by a better understanding of their loved one's illness and through the development of more effective coping skills. Greater confidence and acceptance of the situation, and having hope for their loved one, will help family members to be more effective caregivers and supporters while also helping them sustain their own wellbeing.