



What are Multifamily Groups?

Multifamily groups are groups comprised of five to eight families that meet with each other to recognize how mental illness affects the lives of family members and how families can be very important to individuals in their recovery. Multifamily groups offer support, education, feedback, and assistance with family communication to all individuals in a family.

Goals of Multifamily Groups:

- ☆ Promote family acceptance of mental health and addiction concerns
- ☆ Recognize the limits mental illness and/or addictions may impose on family members
- ☆ Develop realistic expectations of family members
- ☆ Lower guilt, anxiety, anger, depression, and isolation
- ☆ Let relatives and individuals know they are not alone
- ☆ Foster a collaborative spirit in coping with mental health concerns
- ☆ Explain pharmacological and psychological interventions
- ☆ Review components of individual's comprehensive treatment
- ☆ Help relatives reinforce a individual's continued involvement with treatment providers
- ☆ Assist family with recognizing warning signs of relapse and changes in persistent symptoms
- ☆ Facilitate family's ability with knowing how to respond to impending relapses by contacting the treatment team
- ☆ Assist family with understanding the importance of treatment compliance and recognizing medication side-effects

Multifamily Groups

The Multifamily groups meet the 2nd and 4th Tuesdays of every month at WCMHN's, Waterbury Area Office, 95 Thomaston Ave. Waterbury, CT.

Afternoon group-

3:00pm - 4:30pm In the Hope Room

Evening group-

5:30pm - 7:00pm In the Drop-In Center

Also on the 1st and 3rd Thursday of every month the:

Spanish speaking group-

10:00am-11:30am In the Drop-In Center

Every three months, the Multifamily Committee holds a "Family Night" where individuals and their families can come together for a free dinner, hear guest speakers knowledgeable in new trends in mental health and addiction services, and share thoughts, experiences, and give feedback.



The Western Connecticut Mental Health Network's mission is to provide a comprehensive and effective recovery oriented system of mental health and addiction services that promotes self sufficiency, dignity, cultural sensitivity, and respect.

Western Connecticut Mental Health Network is committed to the following values:

- Choice
- Hope
- Access
- New Opportunities
- Growth
- Empowerment

The Mission of the Family Committee is to recognize the value of family support to individuals served in the DMHAS system, and provide opportunities for inclusion of these supports in the day-to-day recovery efforts of individuals struggling with mental illness and/or addiction. The Family Committee seeks to provide education and support towards understanding the important function family members have in fostering increased success towards the treatment of their loved ones illness. We will make connections with DMHAS staff, and embrace and establish a working alliance with families in order to engage and assist in the development of coping skills towards being active supports for their loved ones.

Multifamily Committee Members

- Simie Whalen (Co-Chair)
- Thomas Sommerfield (Co-Chair)
- Dennis Aptaker
- Joan Bianchi
- Bill Crotti
- Erik Derouin
- Brian Gibbons
- Victor Pagan
- Glendally Valle-Izquierdo
- Margie Wilson

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Mental Health Network**

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