

Psychosis REACH Family Ambassador Info-Guide

What is a Family Ambassador?

What a Family Ambassador is:

A Family Ambassador is a family member of a loved one with psychosis who has undergone training to provide support to other families and caregivers using the Psychosis REACH (p-REACH) model. A p-REACH Family Ambassador provides three things:

- Emotional support,
- Skills coaching, and
- Reviewing/practicing of CBTp-informed FIRST skills.

What a Family Ambassador is not:

A p-REACH Family Ambassador is NOT expected to act as a case manager, therapist, or family navigator.

A p-REACH Family Ambassador is NOT expected to counsel a family in de-escalation techniques or address other safety issues.

A p-REACH Family Ambassador makes themselves available, within limits. On-demand access is NOT an expectation for this role.



How do Family Ambassadors work with other caregivers?

Family Ambassadors may choose to connect with other caregivers in a number of ways, including:

- Leading Psychosis REACH groups that meet regularly on an ongoing basis
- Working one-on-one with another family member/caregiver
- Leading a small group training focusing on FIRST skills with or without follow-up

How do I connect with a Family Ambassador?

Attend a Psychosis REACH training!

Following completion of the online training course, you will receive access to a Family Ambassador contact sheet on Kajabi, which will include a brief biography and contact information for each current Family Ambassador. You may choose to contact multiple Family Ambassadors on this sheet to find the best fit for you.

How do I become a Family Ambassador?

There are several steps involved in becoming a p-REACH Family Ambassador:

1. Attend a [Psychosis REACH](#) training.
2. [Complete a brief online application.](#)
 - If the above link does not work, copy and paste this link into your browser:
<https://app.smartsheet.com/b/form/d866cf1334db49baaef209ecff3994ef>
3. Connect with a current Family Ambassador to begin implementing p-REACH principles and the FIRST skills with your loved one.
 - You may choose to either work one-on-one with a Family Ambassador or join a group.
4. Attend monthly consultation calls for 1 year
5. Attend a second live Psychosis REACH event to consolidate learning.

Prerequisites: Currently, we are requiring some previous experience working with families in a group or one-one-one format.

We will contact you with next steps once we receive and process your application.

If you have any additional questions about the Family Ambassador program, please email Akansha Vaswani-Bye, PhD (avb9@uw.edu) and psychosisREACH@uw.edu