When a Brother or Sister Develops Psychosis: What Siblings Need

√ Information
   1 What’s happening? How can I help? What can I expect?
   2 The amount and type of information desired will vary by person

√ Someone to talk to who will listen and not make things worse
   3 Usually resist talking openly with parents

√ Minimization of trauma
   1 Need to have a place to process this soon after it happens

√ Honesty and reassurance

√ Normal family activities and special occasions

√ Support for normal developmental needs
   2 Safety
   3 Individuation
   4 Educational/vocational
   5 Extracurricular/fun
   6 Spiritual, emotional
      o Special attention to grief, trauma
   7 Physical
   8 Family time

√ Parents to take care of themselves and be OK

√ Support for setting limits or figuring out how to relate

√ Impact is affected by:
   1 Birth order, age of siblings
   2 Personalities and prior relationship with ill sibling
   3 Nature of sibling’s symptoms
   4 Whether and how long they live in the home
   5 Course of sibling’s illness

√ Common reactions
   1 Becoming the “well” child; being there for everyone else
   2 Withdrawal
   3 Anger/ getting into trouble
   4 Fearfulness about developing illness themselves

√ Long-Term Effects: Can affect spirituality, relationship choices, role in family, career choices; without assistance, extended grief process is common.