

A parent's perspective on supporting a child with a mental health problem Tips & Practical strategies

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Things You Can Do Right Now to Make a Difference

One-Minute Mindfulness

Someone out there **will never forget** the words you've given them.

Generated about your child's mental health?

YOUNG MINDS
Parents Say...

COASTER ROLLER PARENT/CARER SUPPORT GROUP

•HOW IT ALL STARTED•

- 2 parents
- Camhs staff & support
- A free room
- Unlimited tea and coffee
- Publicity leaflet
- January 2015 the group began...

So why bother supporting parents/carers?

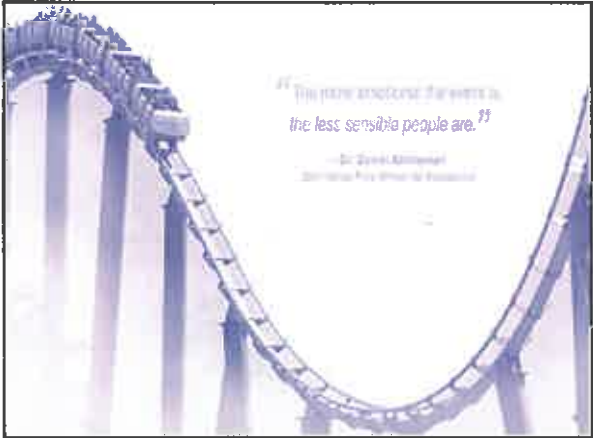
Parenting a child with emotional or mental health issues can be difficult...

We just have to ride that emotional roller-coaster as well as we can. There's a lot of ups and downs and we have to handle it.

The feelings parents experience can be intense



"Panic" "Helplessness" *I'm scared something bad will happen*
 "fearful"
 "Responsible" "isolated, lonely"
 "Constant worry" "guilt" "Upset"
 "alone" "Shame - embarrassed"
 "confusion" "Anger" "Sad and even sadder than that"
 "Despair" "frustrated"
 "what will my friends think?"



NOT KNOWING
 WHAT TO DO
 IS THE WORST
 KIND OF
 SUFFERING

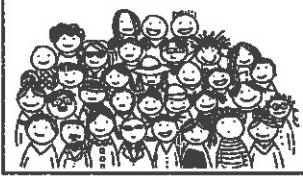
But Knowing that...



Can help

PEER SUPPORT IS A
 NATURAL WAY OF SUPPORTING
 OUR PEERS THROUGH DIFFICULT
 TIMES BY SHARING EXPERIENCE AND
 BEING ABLE TO SAY...

"I'VE BEEN THERE"



DISCUSSION TOPICS

Suicidal thoughts
Anorexia
Eating problems
Anxiety

Gender issues
Anger
Self-harm
Control issues

Family relationships
sleep
ASD
School refusal

WHAT PARENTS FIND HARD

Mixed views and advice from different professionals
Repeating their story over and over again
Being left to deal with things alone
Professionals not doing what they said they would do
Impact on wider family members/siblings
When treatments or support is not explained

WHAT PARENTS WANT:

Consistent advice
Inclusion in child's care and care plans
Help to understand mental health and treatment options
Whole family support
Increased support after diagnosis and inpatient service
Support in crisis
Practical strategies, tips and hand outs


**SUPPORT
ADVICE
GUIDANCE**

"Found out about local services and was able to speak about my child and not feel like an alien"

"I am so glad I came and returned home feeling a little stronger knowing I wasn't alone"

YOU ARE NOT ALONE
THERE IS ALWAYS help.
THERE IS ALWAYS hope.

"No matter what part of the rollercoaster I am on I always leave with the benefit and advice on how to improve things"



“The advice we have been given has helped- we are now happy about the future for our grandson-a big thank you to everyone”



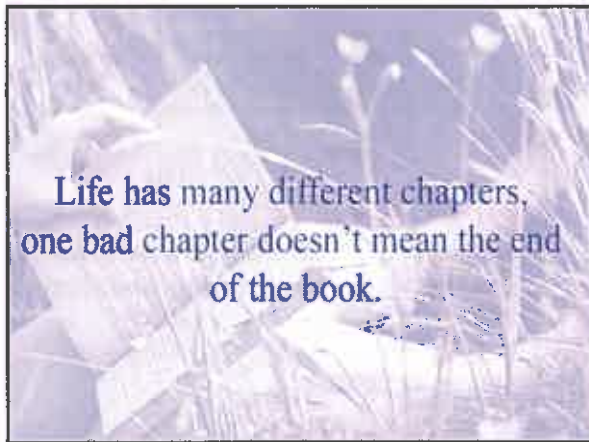
Parents come along to:

TELL THEIR STORY

Share experiences and sometimes,



Change the story



Life has many different chapters, one bad chapter doesn't mean the end of the book.



THERE IS ALWAYS HOPE



ROLLER COASTER
PARENT/CARER SUPPORT

- Support Groups
- E-Network & Social Media
- Parent Peer Support Training
- Parent Advisory Group

Why it works

Parent Led, Professionally supported

- Its Parent led and developed
- CAMHS Partnership & support
- Structure and Ethos-allows flexibility but also provides boundaries enabling a safe space to share
- Provide tips, strategies, ideas for family's to try
- Keeps a fun element-helps to lighten the mood
- We do what we say we will do-builds trust



Someone Listened
Having to repeat yourself when you see different people.

Too few appointments available after work
Person Centred/ Family crisis care plan

Practical strategies, advice and information
Intensive support around high risk/suicide attempts/serious self-harm
Poor communication between inpatients/community CAMHS

Parent Training

- Self Harm
- Overwhelming Emotions
- Coping in a crisis

The Children's Welfare Amendment Bill
camhs.org.uk

Top Tips Parents

- First and foremost accept and try to understand your child's difficulties-educate yourself
- Ask for and accept help from professionals and family members
- You don't have to do this alone
- Have a good plan-know what to do, who to contact, when to contact and how
- Separate the mental health from the child-it helps you manage better
- Find and use some simple little things to help you cope
- Fake it till you make it!
- Trust your instinct
- Hang on to hope no matter how difficult things may seem
- Never, ever, ever give up-there's always a way

Top Tips Professionals

- Listen, believe & try to understand
- Be the bridge, help or get help
- If you are the one parents talk to-do something
- Takes time to build relationships-people are still scared to talk about mental health
- Written plan/practical tips-(Sen Support Plan)
- Explain why if you cant help or implement something-help parents see your point of view
- If parents wont engage-don't give up-there's always a way

By working together we can make a difference

Questions & Contacts

Rollercoaster parent support group (like page and closed group)
 @RollercoasterPS

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camhs.org.uk

