

## Mental Health (parent/carer)

### Description

To build the capacity of vulnerable families to support their children in achieving positive outcomes.

To provide information on support available to families dealing with mental health issues to increase their knowledge and confidence this, will lead to a positive family outcome.

### Different approaches/programmes/interventions

#### **MIND**

National mental health charity who offer support via web based information and national helpline.

#### **Rethink Mental Illness**

Provide expert, accredited advice and information to everyone affected by mental health problems. On line support & information and telephone help line available.

#### **Community Mental Health Team (via GP)**

Services available across a wide range of mental health issues.

#### **Isle of Wight Parenting Support Service**

Service accessed via a CAF. Barnardo's currently offer this service and help families who are having difficulties in their parent-child relationships or are finding parenting difficult. Small group sessions or 1:1 support if appropriate. New Forest Parenting Programme available for children with ADHD /ASD.

Programmes/Therapies used:

#### **Solihull Approach**

Understanding your child's behaviour courses can be undertaken in face-to-face groups and are for all parents and carers: mothers, fathers, partners, and grandparents. They are for everyone who wants to know more about parenting, to understand their children and understand their children's behaviour.

The Solihull Approach promotes emotional health and well being in children and families. The model supports practitioners to work with children and families and supports parents and foster carers to understand their child.

The Solihull Approach team provides training and resource packs for the children's workforce, from midwives and health visitors to teachers. The Solihull Approach also provides a parenting course 'Understanding your child's behaviour', an antenatal parenting course 'Understanding pregnancy, labour, birth and your baby' and a foster carer's course 'Understanding your foster child'.

The Solihull Approach is an evidence based model with a strong theoretical foundation. Thousands of practitioners have been trained across England, Wales, Scotland and Northern Ireland.

Practitioners have also been trained in several other countries.

#### **Triple P (Positive Parenting Programme)**

The Triple P – Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 30 years of ongoing research. Triple P gives parents simple and practical strategies to help them confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships.

### **The Incredible Years Parenting Programme**

The Incredible Years Parenting Programme was developed by Carolyn Webster-Stratton within the University of Washington Parenting Clinic. The programme, aimed at children aged 4 to 12 years, is founded on social learning theory and consists of at least 12 weekly, two-hour group sessions delivered by skilled practitioners. Overall, the Incredible Years Programme aims to:

- promote positive parenting
- improve parent-child relationships
- reduce critical and physical discipline and increase the use of positive strategies
- help parents to identify social learning theory principles for managing behaviour
- improve home-school relationships

### **The New Forest Parenting Programme (for Parents raising Children living with ADHD)**

The New Forest Programme has been specifically developed to help the parents and carers of children with ADHD. The Barnardo's Parenting & Family Support service has adapted this programme to be delivered as a group. There are two versions of the course: one for parents/carers of primary aged children and one for parents/carers of children aged 11+. The programme is delivered over 6 sessions. Each session is 2 hours long. Parents will gain the most if they can commit to attend all 6 sessions.

The New Forest Programme covers:

Session 1: Understanding ADHD and what this means for you and your child.

Session 2: Managing boundaries and avoiding confrontations.

Session 3: Specific parenting strategies to help children & young people with ADHD.

Session 4: Recognising and responding to your child's emotional needs.

Session 5: Anticipating difficult situations and the use of rewards and consequences in managing behaviour.

Session 6: Looking after yourself and coping in difficult times.

All parents/carers will also get a self help manual to take away with them to remind them of the new strategies they have learnt on the course.

**Referral is via the Paediatric Department at St Mary's Hospital only.**

### **Triple P Online parenting course**

Triple P online is for parents whose children's behaviour may be causing concern in school, and outside. Children may be behaving in an aggressive, confrontational, argumentative or an uncooperative manner or may be unusually withdrawn.

Triple P online is also for parents who may themselves be seeking support in managing difficult behaviour, or who would benefit from opportunities to build confidence and to consider additional strategies to deal with difficult situations.

Triple P online is ideally suited to parents who have access to broadband internet and are able to use a computer confidently

### **Children's Centres**

The core purpose of children's centres is to improve outcomes for young children and their families, with a particular focus on those in greatest need. They work to make sure all children are properly prepared for school, regardless of background or family circumstances. They also offer support to parents. There are nine centres across the Island, Ryde, East Cowes, Cowes, West Newport, East Newport, The Bays (Sandown & Shanklin), Ventnor & West Wight. For further details contact FIZ.

### **Family Information Zone**

The Isle of Wight Family Information Service offering a free information and signposting service for families. FIZ can provide information on a wide range of services, activities and support both local and national.

**Family Lives**

A national organisation who can offer support and advice, you can talk to one of the Family Support Workers through Live Chat, email. Family Lives is available 24 hours a day, seven days a week. You can contact about any family issue, big or small.

Listening, supportive and non-judgemental. The web site has a wide range of information available on all subjects and all ages.

**Southern Advocacy Services**

Southern Advocacy Services is an independent charity which supports a diverse range of vulnerable people, including people with mental health needs, people with learning disabilities, physical and sensory impairments, carers and older people.

The service provides a combination of one-to-one specialist support, group work, support within residential care homes and also within community settings.

**YMCA Young Carers Isle of Wight**

The YMCA Young Carers is about: Giving young carers the option for meeting others in a similar situation. Someone to listen. Advice and support. A break from caring responsibilities. 1:1 support and befriending. Training & activity opportunities.

**Services available**

Isle of Wight

**Community Mental Health Team (via GP)**

List of services at : <http://www.iow.nhs.uk/our-services/mental-health-services/mental-health-services.htm>

**Isle of Wight Parenting Support Service**

Contact: Tel 01983 616607

Email: [iowpfs@barnardos.org.uk](mailto:iowpfs@barnardos.org.uk)

**Children's Centres**

Tel: 01983 821999

Email: [familyinfozone@iow.gov.uk](mailto:familyinfozone@iow.gov.uk)

**Family Information Zone**

Tel 01983 821999

Email: [familyinfozone@iow.gov.uk](mailto:familyinfozone@iow.gov.uk)

Web site: [www.wightchyps.org.uk](http://www.wightchyps.org.uk)

**Southern Advocacy Services**

Contact: Tel: 01983 559299

Email: [info@southernadvocacyservices.co.uk](mailto:info@southernadvocacyservices.co.uk)

Web site: [www.southernadvocacyservices.co.uk](http://www.southernadvocacyservices.co.uk)

**YMCA Young Carers Isle of Wight** Contact: Tel: 01983 861071 Email: [iowyoungcarers@ymca-fg.org](mailto:iowyoungcarers@ymca-fg.org)

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**MIND**

Contact: Helpline: 0300 123 3393

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

website: [www.mind.org.uk](http://www.mind.org.uk)

**Rethink Mental Illness**

Contact: Helpline 0300 5000 927

Website: [www.rethink.org](http://www.rethink.org)

**Family Lives**

Contact: Tel: 0808 800 2222

Email: <http://familylives.org.uk/how-we-can-help/email-support/>

Web Site: <http://familylives.org.uk/>