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Inspiring Minds – Showcasing Western’s Graduate Research, Scholarship and Creative Activity

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Support and Aid to Families Electronically

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The Support and Aid to Families Electronically (SAFE) pilot program provides low barrier mental health support to parents while providing a remote practicum for social work students. SAFE began as a partnership with the School of Social Work at King's University College and the Thames Valley District School Board (TVDSB) to respond to the disproportionate strain of Covid-19 on families. Caregivers, especially women, are facing extra caregiving and virtual schooling demands with limited support. Six Master of Social Work students and one Bachelor of Social Work student engaged in program development and direct service provision. We are engaging in participatory action research focused on the feasibility and impact of SAFE and have co-authored a manuscript about the pilot program. Beyond SAFE as a clinical practicum opportunity, we are contributing to the knowledge base related to services to parents and families, the provision of mental health services virtually, and remote education.