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# Implementation Challenges in Wrapping Interventions Around Families Living with Parental Mental Illness

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Et al.

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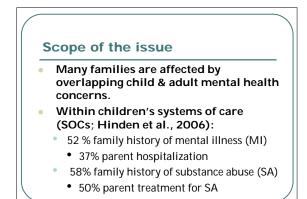
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#### 20th Annual RTC Conference Presented in Tampa, March 2007

Implementation Challenges in Wrapping Interventions Around Families With Parental Mental Illness

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> > Tampa, Florida - March 6, 2007



#### Vulnerable families/Special needs

- At high risk for out-of-home placement & custody loss (30% - 70%; Nicholson et al., 2001):
- Within SOCs (Hinden et al., 2005):
  - Greater number of risk factors (e.g., h/o trauma, delinquency), poorer functioning (e.g., strengths, symptoms, impairment), and greater caregiver strain at intake
  - Show poorer functioning and greater caregiver strain over time

#### Service Barriers

- Families with overlapping child & parent mental health concerns may enter services through the child or adult systems.
- Regardless of point of entry, there are significant organizational & practice barriers that make adequate support & effective intervention for families difficult (e.g., categorical services, stigma; Nicholson et al., 2001).

# What do families with overlapping concerns need?

Family-centered, strengths-based SOCs:

- address stigma, i.e., see parenting as an important role for adults with mental illness
- reflect a much greater degree of integration <u>across</u> child & adult systems

#### What do families with overlapping concerns need?

Family-centered, strengths-based programs that provide *family care management:* 

- focus on recovery & rehabilitation for parents
  & resilience for children
- provide access to & advocacy within both child and adult systems
- promote self-determination & family driven goal plans or plans of care.

Family Options at Employment Options, Inc.

#### Mission

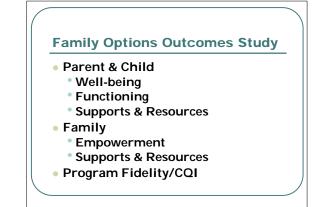
To build resources and relationships to promote recovery and resilience in parents with mental illness and their children.

#### **Family Options**

- Key Concepts & Processes:
  - family-centered, strengths-based, familydriven & self-determined, recovery & resilience, engagement & relationship building, empowerment, availability & access, liaison & advocacy
- Primary service:
  - family care management

## Family Options Intervention Innovation

- Involves entire family, including children <18, who may or may not have "problems"
- Draws from what we know about EBPs for adults with mental illness & parenting
- Builds on what we have learned works best in a clubhouse setting
- Requires shifting the agency's focus



#### Family Options Implementation Study

- Focus groups with agency stakeholders
  - 3 groups, 3 stages: program installation,
  - initial implementation, full operationManagement team, agency staff &
  - members, Board of Directors
- Qualitative interviews over time
  - Family Options staff & Clinical Consultant
    Agency staff, clubhouse members, board of directors

#### What have we learned: Community engagement is important.

- Build relationships with community organizations & provider agencies
- Develop mechanisms for communication & collaboration with partner agencies across child & adult sectors at the local, regional & state level
- Define & develop Respite resources

#### What have we learned: Workforce issues are important.

- **Program Supervisor is a critical role** (challenges in translating model into practice, building interagency relationships, providing staff supervision & training).
- On-going training and support are necessary to insure delivery of family care management (challenges in navigating paradigm shift, building resources & relationships, creating a family team that supports achievement of family's goals).

#### What can children's SOCs do?

- Provide education & training on the prevalence of & potential concerns related to parental mental illness for families in SOCs.
- Include adult providers on Child & Family Teams.
- Support recovery & resilience for parents & children.
- Develop connections with parenting & other adult resources and providers.

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www.parentingwell.org