



Checklist*: Is your mental health inpatient service family-friendly?

- ◆ Do staff routinely ask clients/patients if they are a parent and/or if they are pregnant?
- ◆ Do you have a separate area where families can visit together with a degree of privacy?
 - ◇ Does it have furniture in it such as comfortable sofas where children can sit next to their parent and/or each other?
 - ◇ Is there easy access from this room to toilets and water, tea, coffee and snack making facilities?
 - ◇ Is it decorated with children/young people in mind (e.g. with colourful posters, curtains?)
- ◆ Do you have a secure outdoor area where parent/s and their children can spend time together?
- ◆ Do you have play activities for different age groups of children (e.g. coloured pencils, books, interactive toys and games, craft activities that parents and children can do together?)
- ◆ Can children easily telephone their parents and can the parent speak to them by telephone with some privacy?
- ◆ Is there a baby changing facility?
- ◆ Is there a secure children's play area/playground?
 - ◇ Does it have play equipment in it?
- ◆ Do you have age appropriate information/booklets/videos about mental illness available for parents to share with their children?
- ◆ Do you provide opportunities for children/young people to talk with staff/have their questions answered (given parental permission to do so?)
- ◆ Do staff make children feel welcome when they visit the facility? (e.g. do they address the children directly rather than simply speaking to the accompanying adult/s?)
- ◆ Do you encourage parents to talk about their children?
- ◆ Do you encourage parents to have their children's photos by their beds?
- ◆ Can babies and/or toddlers 'room-in' with their mothers if their mothers are well enough?
- ◆ Are families included in the discharge planning process?
- ◆ Are staff aware of local services to which family members may be referred for support (e.g. carers groups, respite services?)

**Developed from information provided by parents with a mental illness, their partners, support people and children during COPMI consultations in 2002 and with input from service providers.*

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Children of Parents with a Mental Illness

COPMI

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