

# Community Checklist

Is your community mental health service *family-friendly*?

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- Do staff routinely ask clients/consumers if they are a parent and/or if they are pregnant? Do genograms include children? Are relevant assessment tools in place (eg. Family Focused Assessment NSW Health)?
- Is there a safe play area with age appropriate resources in waiting areas and consultation rooms?
- Are parents supported in regularly communicating with their children (eg. email, phone)?
- Is there a baby changing facility in your service?
- 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 (eg. do they address the children directly and at their level rather than simply speaking to the accompanying adult/s)?
- Do you encourage parents to talk about their children?
- Are there family friendly appointments (eg. if the parent has school aged children can the appointment be made during school hours)?
- Is the parent encouraged to discuss with their child's school how the child could best be supported during the parent's recovery?
- Are children included in the parent's care plan or do they have their own? (see [www.copmi.net.au](http://www.copmi.net.au) for care plan examples)
- Are parents encouraged to provide the Kids Helpline number for children should they become anxious or feel frightened? (Kids Helpline:1800 55 1800)
- Where a young person is assuming care giving responsibilities for a parent, is written information provided (eg. contact numbers)?
- Are discussions held with the family and consumer about the discharge planning process and are they included in the process?
- Is a case manager/social worker specialising in COPMI available for the children and/or family?
- Are staff aware of local services to which family members may be referred for support, psychoeducation and/or counselling (e.g. carers groups, respite services, PHAMS, programs for children/young people, supported playgroups, transport services, aboriginal support services, CALD services)?