

Inpatient Checklist

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



- Do staff routinely ask clients/consumers if they are a parent or pregnant? Do genograms include children?
- Are relevant assessment tools in place? (eg. Family Focused Assessment NSW Health)
- Do you have a separate area where families can visit together with a degree of privacy?
- Are there comfortable sofas where children can sit next to their parent and/or each other?
- Is there easy access from this room to toilets, water, tea, coffee and healthy snack making facilities?
- Is it decorated with children/young people in mind (eg. with colourful posters, curtains)?
- Do you have a secure outdoor area where parent/s and their children can spend time together?
- Does it have play equipment in it?
- Do you have play activities for different age groups (eg. coloured pencils, books, interactive toys and games, craft activities that parents and children can do together)?
- Can children easily telephone/email their parents and can the parent communicate by telephone/email with some privacy?
- Is there a baby changing facility?
- 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 consumer 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 parent if the parent is well enough?
- Are parents encouraged to provide the Kids Helpline number for children should they become anxious or feel frightened? (Kids Helpline:1800 55 1800)
- Are discussions held with the family and consumer about the discharge planning process and are they included in the process?
- Where a young person is assuming care giving responsibilities for a parent on discharge, is written information provided (eg. contact numbers)?
- Is a case manager/social worker specialising in COPMI available for the children and/or family?
- Are staff aware of local psychoeducation and/or counselling services family can be referred to (eg. carers groups, respite services, PHAMS, programs for children/young people, supported playgroups, transport services, aboriginal support services, CALD services)?