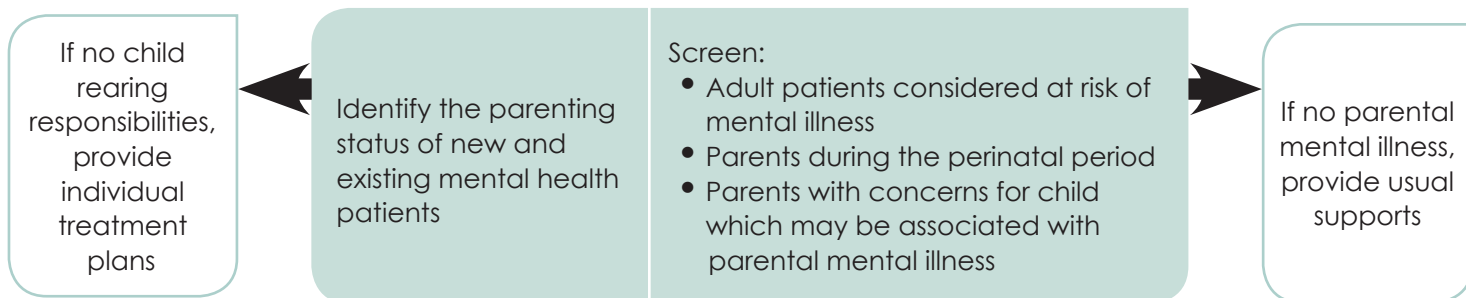


### 1 RECOGNISE PARENTAL MENTAL ILLNESS



### 2 ASSIST PARENTS TO ACCESS INDIVIDUAL TREATMENTS & SUPPORT

- Work with parents to complete a Mental Health Care Plan and refer to specialised mental health services as required
- Support parents to identify other supports that can contribute to their recovery.

### 3 PROMOTE PARENT UNDERSTANDING OF THE MENTAL ILLNESS

- Provide education on mental illness or refer to other professionals for psychoeducation
- Encourage parents to access reliable information on mental illness eg. SANE or beyondblue
- Explore the impact of mental illness on parenting responsibilities and the impact of parenting responsibilities on mental health

### 4 ASSESS CHILD STRENGTHS, CONCERNS & DEVELOPMENTAL NEEDS

#### Assess parent's perceptions of the child:

Strengths & difficulties • Concerns • Resilience • Developmental progress/needs • Stress and coping • Connectedness • Behaviour • Parent-child relationship • Safety • Information needs about parental mental illness

#### Assess the child if present, considering:

Development • Important life changes and transitions • Mental health risk and protective factors • Understanding of their parent's mental illness • Concerns and questions about their parent • Carer responsibilities • Safety

### 5 PROVIDE PARENTAL GUIDANCE

Based on assessment, provide guidance for parents to promote child and family resilience, eg.

- Highlight parent, children and family strengths and opportunities for resilience promotion
- Promote family communication and understanding of mental illness.
- Support parents to develop strategies for promoting child resilience
- Encourage parents to complete Care Plans for when they may not be able to care for their children
- Identify child, parenting and family support options
- Support access to evidence based preventive interventions
- Refer children experiencing difficulties to appropriate services

### 6 FOLLOW-UP & REVIEW

- Review the parents mental health, treatments, support needs and outcomes
- Follow up to discuss existing and emerging parent concerns regarding their children
- Monitor child health and development
- Encourage and review family communication about parental mental illness
- Reinforce child, parent and family strengths
- Review family functioning