

Please consider the following when having a family conversation. This will support you in your assessment, care and treatment planning with a parent who has a mental health issue.

- Parent's insight into the impact, their Mental Health issues may have on carrying out parenting duties.
- Potential impact of Mental Health on family life and routines.
- Risks to parent and to others, including children and young people.
- Family insight into Mental Health issue.
- Communication with family members, including children and young people to make sure they are involved.
- Other services available, including those from voluntary organisations that may provide support to the family.
- Keep communicating with relevant staff to support the parents and family recovery.
- Joint care planning is important when other services are involved.

Visit - <http://www.cypsp.org/regional-subgroups/think-family>
or www.familysupportni.gov.uk

Think Family

The Family Model Conversation - The 6 questions

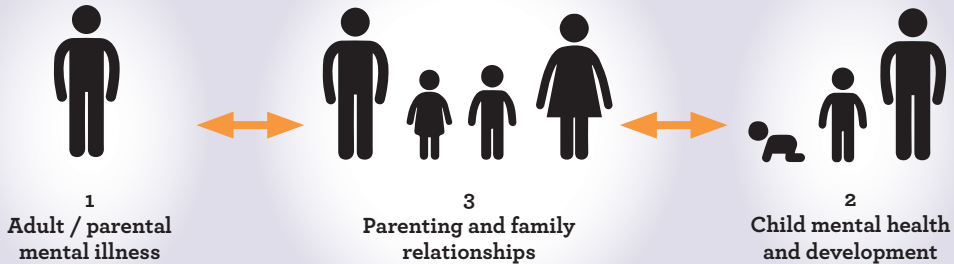
- D1 - How are you doing?
How's the family doing?
- D2 - What's the matter with Mum/Dad?
- D3 - How can children understand what parents can't explain?
- D4 - What's going well? What gets you through?
- D5 - How can I support you?
(How does the illness affect parenting?
How has the illness affected the children)?
- D6 - Have you / your family experienced stigma or discrimination?

6. Culture & Community

4. Protective factors, resilience and resources

5. Children's services

5. Adult services



1
Adult / parental
mental illness

3
Parenting and family
relationships

2
Child mental health
and development

4. Risk factors and stressors

6. Culture & Community