



Think Family Pilot

South Eastern Trust - Down Sector

Think Family Pilot Report Card

01 April 2016 – 31 March 2017

Think Family Pilot – Setting the Context



Under the auspices of the Children and Young People’s Strategic Partnership and supported by the Safeguarding Board Northern Ireland, a ‘Think Family’ Pilot project was introduced in the Down sector of South Eastern Trust. The Pilot was rolled out across Adult Mental Health (Community and Inpatient), Addictions (Community and Inpatient) and Children’s Services (Family Intervention Team) along with three voluntary sector partners , Action for Children, CAUSE and Mindwise.

The pilot started in September 2014 and spent the first six months providing extensive awareness raising and focused training with teams in the area. Preparation was also spent on improving assessment documentation using COPMI (Children of Parents with Mental Illness - www.copmi.net.au). The improved documentation helped staff to identify needs and support using a family focused approach underpinned with COPMI information and the Think Family Model. The Pilot was undertaken in three stages and concluded in March 2017:

- **Stage One** strengthened documentation across the different service areas with information from COPMI;
- **Stage Two** focused primarily on adult mental health (AMH) staff having the family conversation. This included increasing their knowledge and skills to make family focused conversations part of their practice;
- **Stage Three** focused on the environment of the facilities, including upgrading family rooms in the addiction and acute inpatient ward to allow family visits to occur in a more stimulating environment that enhanced engagement for the parent and their dependants.

Data was collected from April 2016 – March 2017 with 109 Families participating. Out of 109 families, 3 families re-engaged twice with services during this timeframe.

Please note:

Adult Mental Health is inclusive of Mental Health and Addictions Services and covers the following:

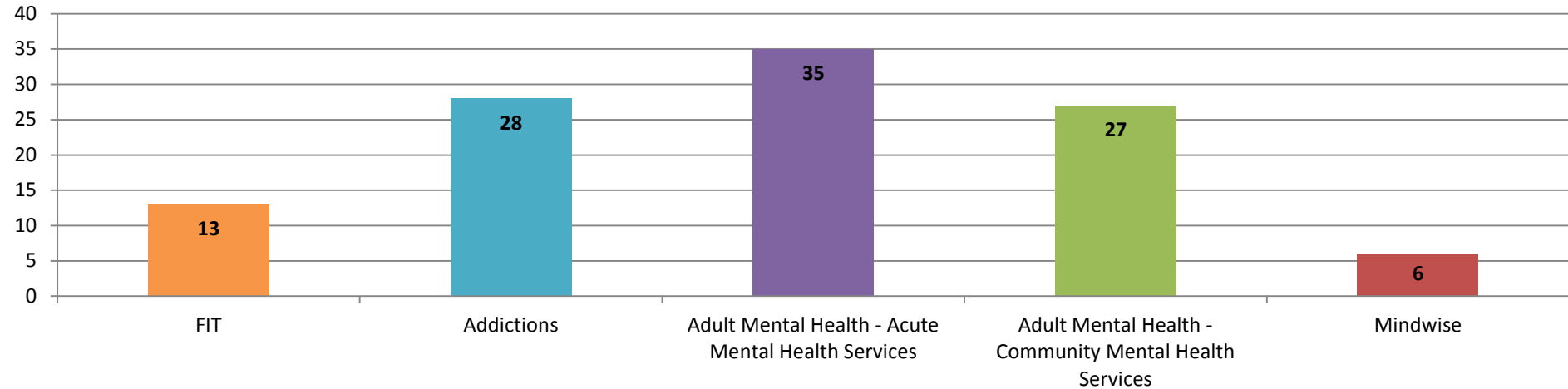
- *Acute Mental Health Services - Inpatient Home Treatment and Hospital Social Work;*
- *Community Mental Health Services - Assessment Centre and Community Mental Health Team.*

Where N/A has been identified, it indicates that a statement or question was not applicable to a particular individual or family.

How much did we do?

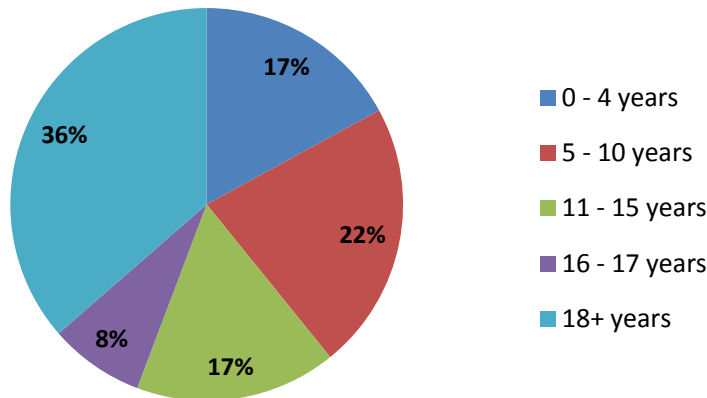
PM1: Breakdown of families participating in the pilot by Team

109 families participated in the Think Family Pilot.



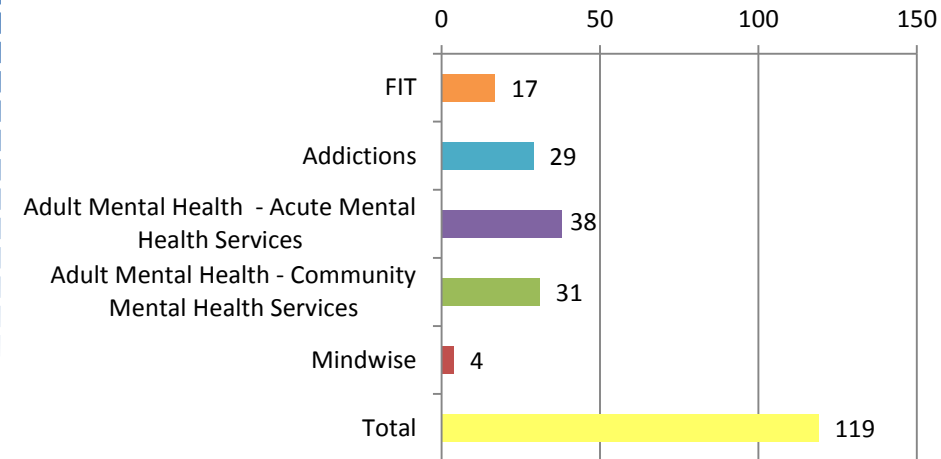
PM2: Percentage breakdown of total children by age range within participating families

There was a total of **217 children and 7 unborn babies** identified within the **109 families** participating in the pilot.



PM3: Breakdown of parents with Mental Health Issues within families participating in the Pilot

There was a total of **119 parents** with Mental Health Issues identified within the **109 families** participating in the pilot.

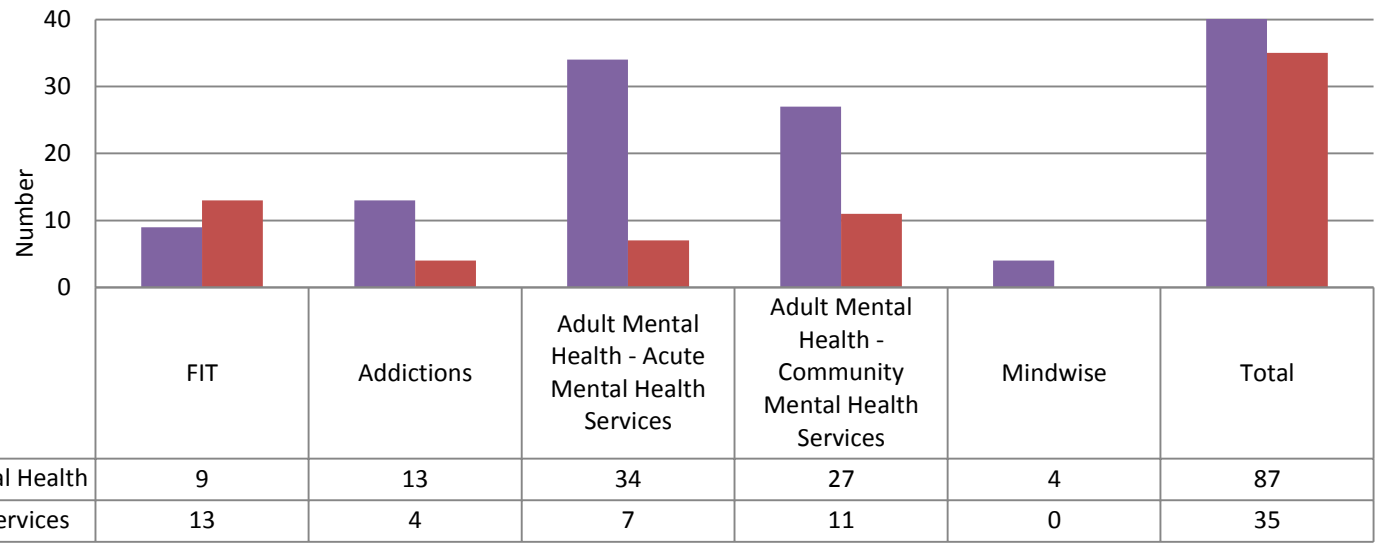


How much did we do?

PM4: Number of families currently open to Adult Mental Health / Children's Services by Team

Of the **109 families** participating in the pilot, **22 families** were not currently open to Adult Mental Health, while **56 families** were not currently open to Children's Services.

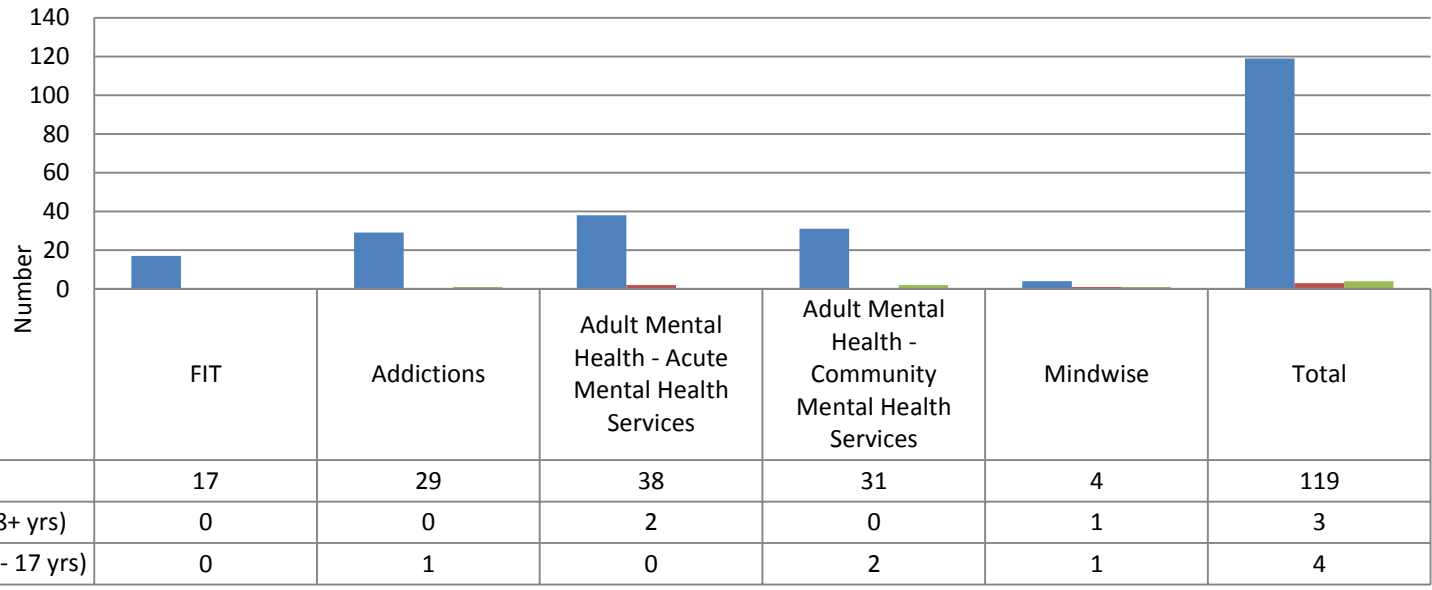
There was no children involved in **14 families**, therefore these families were not applicable to Children's Services, while 4 families did not provide a response.



PM5: Number of individuals with Mental Health Issues (per Team) by:

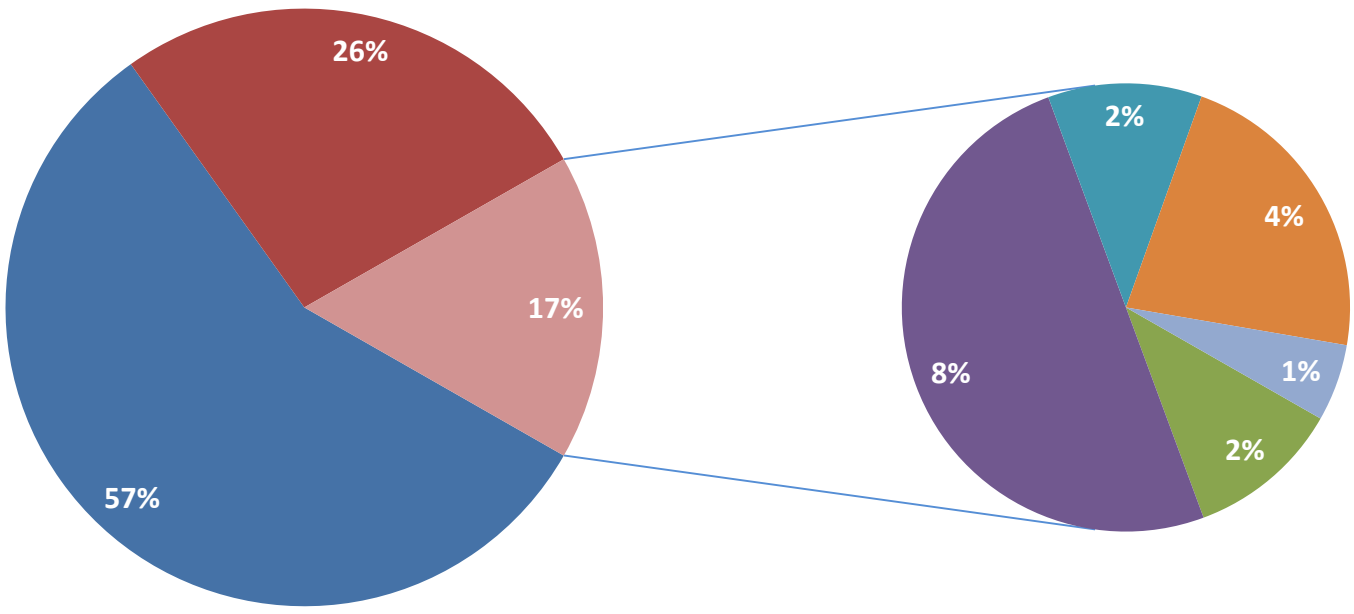
- Parents
- Children (18+ years)
- Children (0 - 17 years)

Within the **109 families** participating in the pilot, **119 Parents** (104 families) presented with Mental Health Issues. Of these 104 families, **89 families** presented with one parent with Mental Health Issues, while **15 families** presented with both parents with Mental Health Issues.



How much did we do?

PM6: Reasons for Referral

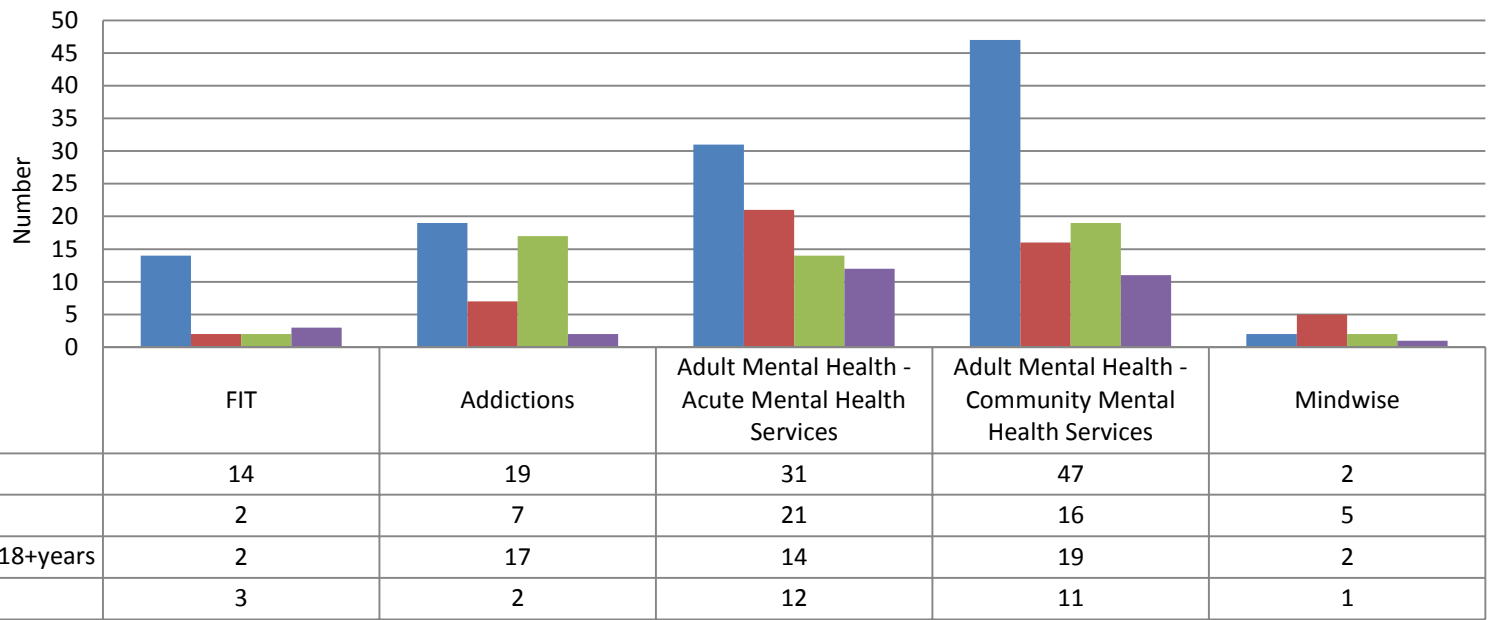


- Mental Health
- Addictions/Substance Misuse
- Combination of Reasons
 - Mental Health and Domestic Violence
 - Mental Health and Addictions/Substance Misuse
 - Mental Health, Addictions/Substance Misuse, Domestic Violence, Neglect
 - Mental Health, Addictions/Substance Misuse, Domestic Violence
 - Mental Health and Neglect

How much did we do?

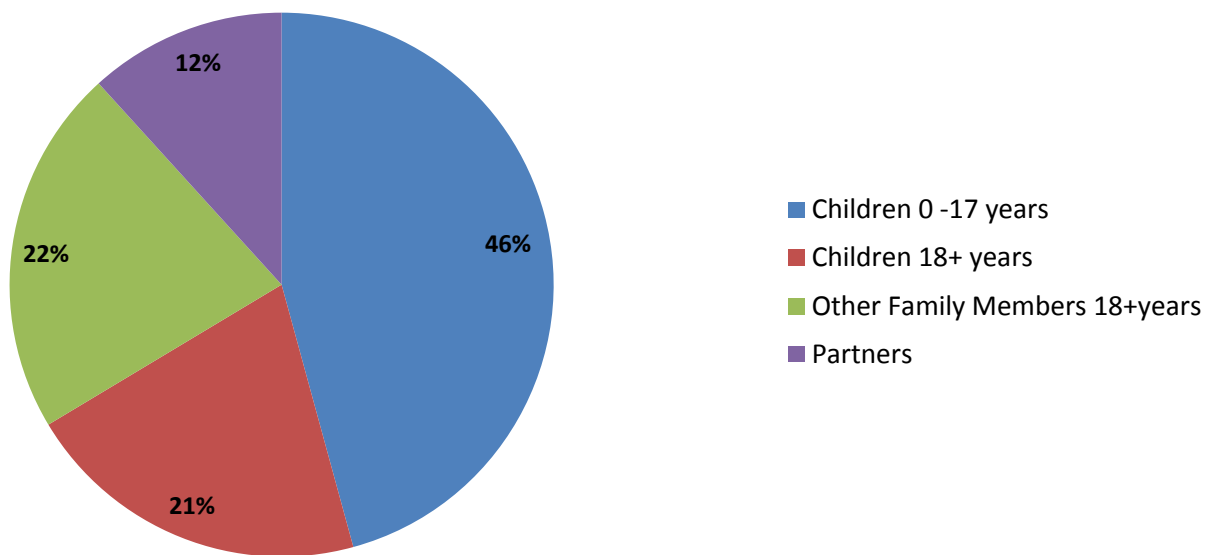
PM7: Breakdown of Children (0–17yrs), Children (18+yrs), Other Family Members (18+yrs) and Partners impacted by parental/partner’s Mental Health (by Team)

Of the **217 children** identified within the families participating in the pilot, **164 children** (113 children aged 0-17 years and 51 children aged 18+ years) have been impacted by parental mental health.



Of the **247** Family members or Partners impacted by a parent(s) or a partner’s Mental Health, **46%** were children aged under 17 years, while **21%** were Children aged 18+ years.

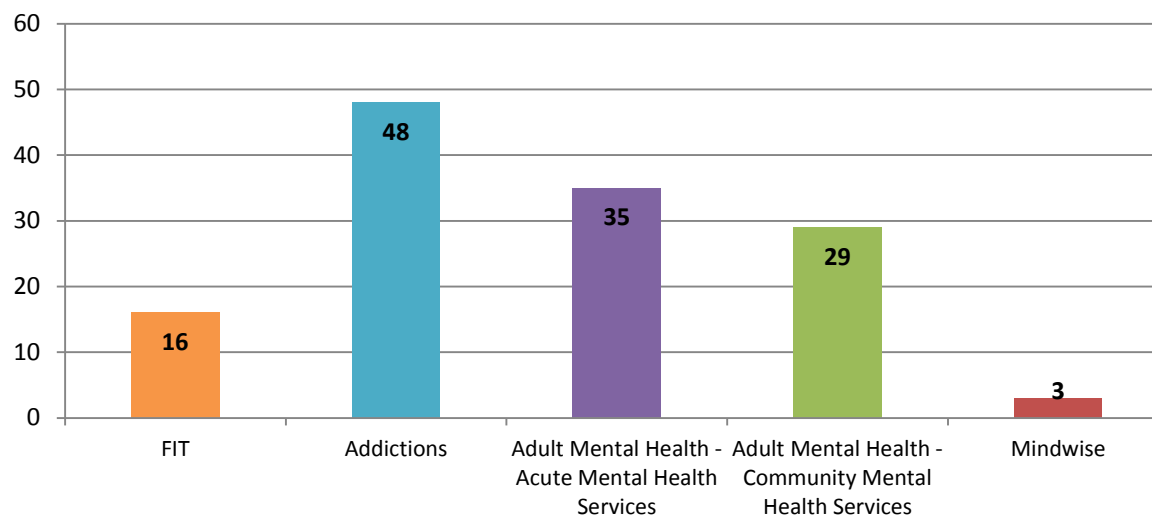
12% of those impacted were partners and a further **22%** were other family members aged 18+years.



How well did we do it?

PM8: Number of Adults signposted to other services by Team

Of the 109 Families participating in the pilot **131 adults** (88 families) were signposted to the range of services listed below

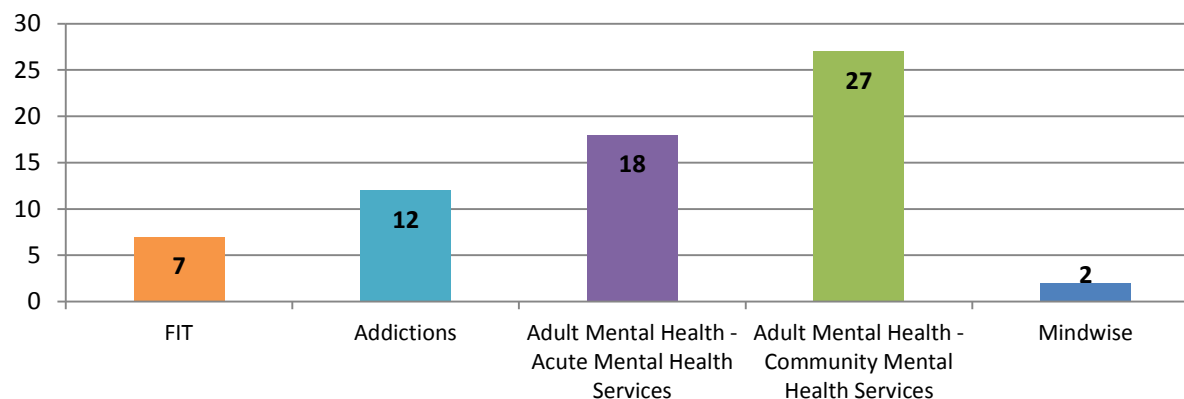


Services to which adults were signposted:

- Lifeline
- Support Groups (AA, Al Anon, Relatives Group)
- Men's Shed
- Helplines NI Network
- Mindwise
- Kairos Centre
- New Horizons
- Women's Aid
- Home-Start
- Citizens Advice Bureau
- Christians Against Poverty
- Counselling (including Dunlewey)
- Bryson House Family Support
- Self-help literature
- Sure Start

PM9: Number of Children signposted to other services by Team

Of the 109 Families participating in the pilot **66 children** (38 families) were signposted to the range of services listed below



Services to which children were signposted:

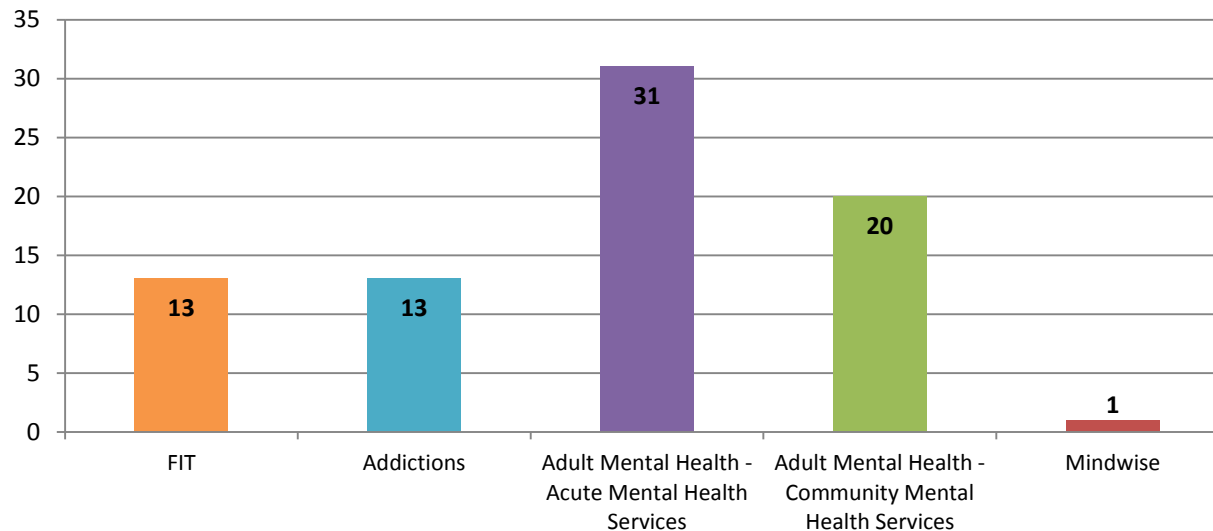
- Action for Children
- Support Groups (Relatives Group, Al Anon)
- Autism NI
- Young Carers
- Mindwise
- Think Family Pack
- Community NI

PM8 & PM9: 16 families had no family member signposted to other services

How well did we do it?

PM10: Total number of adults referred to other services by Team

Of the 109 Families participating in the pilot **78 adults** (63 families) were referred to the range of services listed below

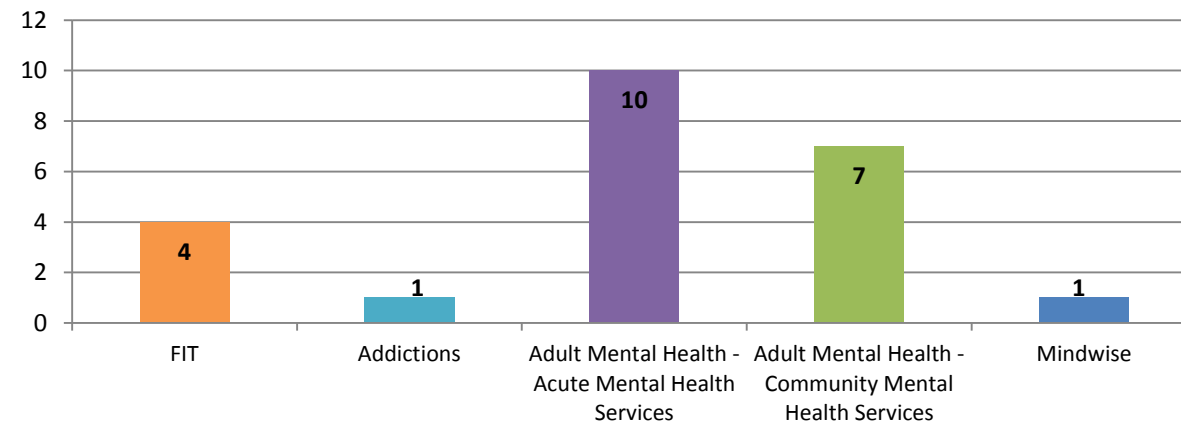


Services to which adults were referred :

- General Practitioner
- Mental Health Services
- Think Family Support Worker
- Community Addictions Team
- Sure Start
- Occupational Therapist
- Adult Psychiatry
- PSNI
- Northern Ireland Housing Executive
- Alcohol Care Pathway
- FCC UNOCINI
- Knocknashinna Family Centre
- Crossroads Care

PM11: Total number of children referred to other services by Team

Of the 109 Families participating in the pilot **23 children** (15 families) were referred to the range of services listed below



Services to which children were referred:

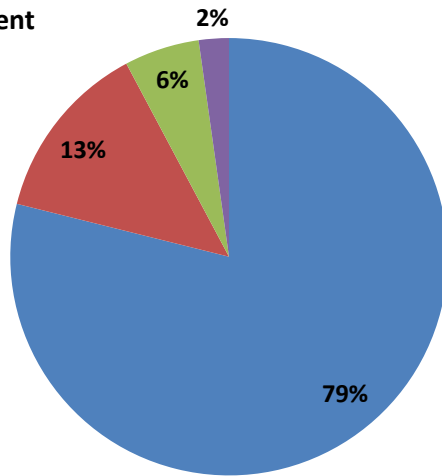
- Knocknashinna Family Centre
- Sure Start
- Family Trauma Centre
- Family Intervention Team
- Think Family Support Worker
- OT (MHIU)
- CBT Self Help
- Social Worker
- Action for Children (Young Carers)

PM10 & PM11: 37 families had no family member referred to other services

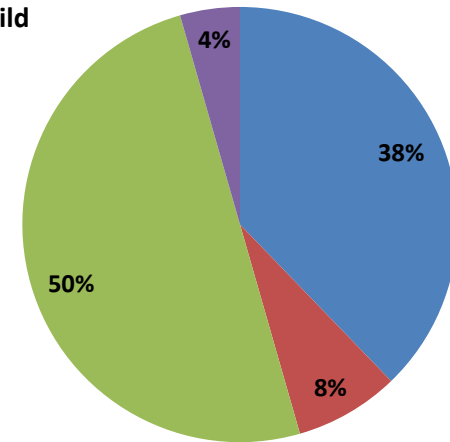
Of the **109 Families** participating in the pilot, **90 families** completed the Family Conversations questions identified under the Six Domains within the Family Model. *Where N/A has been identified, a parent has indicated that the Question was not applicable to the family.*

PM12: Percentage of parents/adult child with an insight of their mental health upon others (**Domain 1 of the Family Model**) (n=90)

Parent



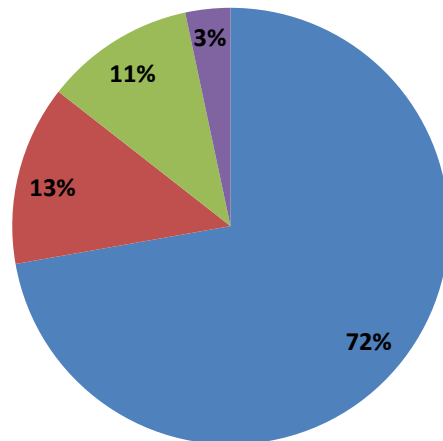
Adult Child



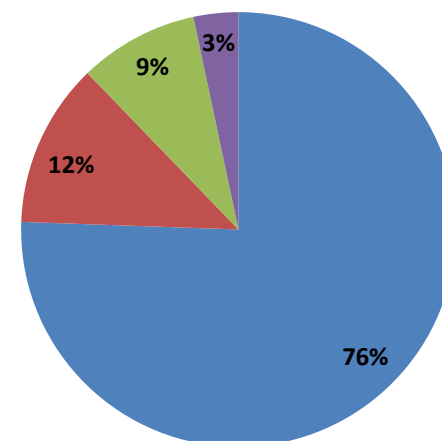
- Yes
- No
- N/A
- No response

PM13: Percentage of parents with an understanding of the impact of their mental health on children/partner/other family member (**Domain 1 of the Family Model**) (n=90)

Parent has an understanding of impact on Children

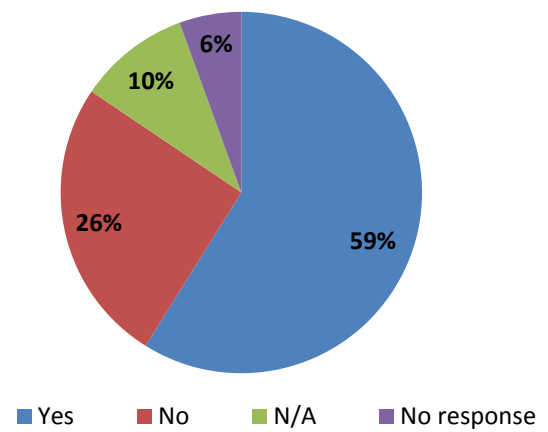


Parent has an understanding of impact on Partner/other family member

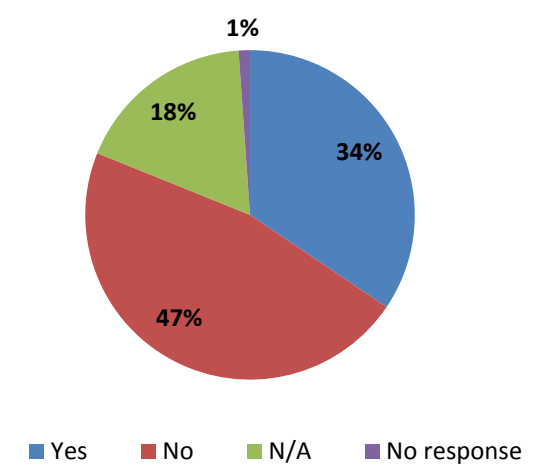


- Yes
- No
- N/A
- No response

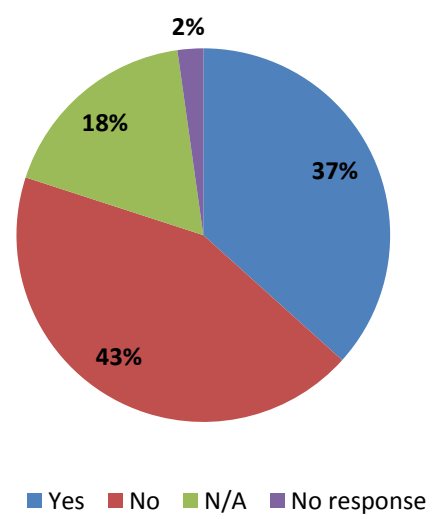
PM14: Has the parenting role had an impact on the parent's mental health? (*Domain 1 of the Family Model*) (n=90)



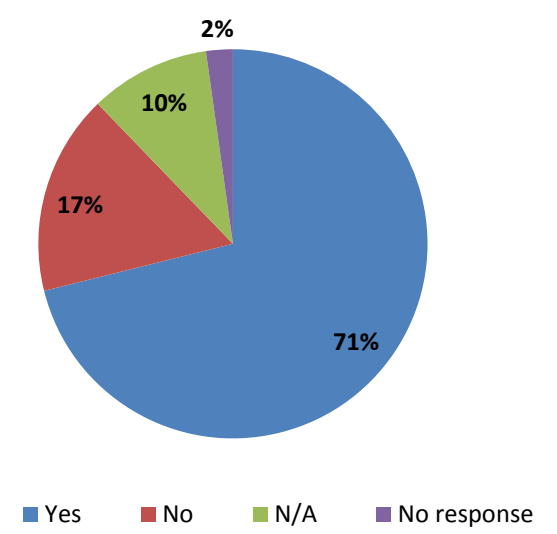
PM15: Have further needs been identified for Children (*Domain 2 of the Family Model*) (n=90)



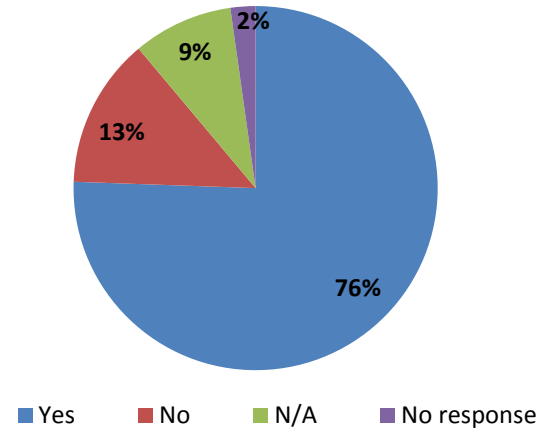
PM16: Have further needs been identified for other family members 18+ yrs? (Grandparent/Sibling) (*Domain 2 of the Family Model*) (n=90)



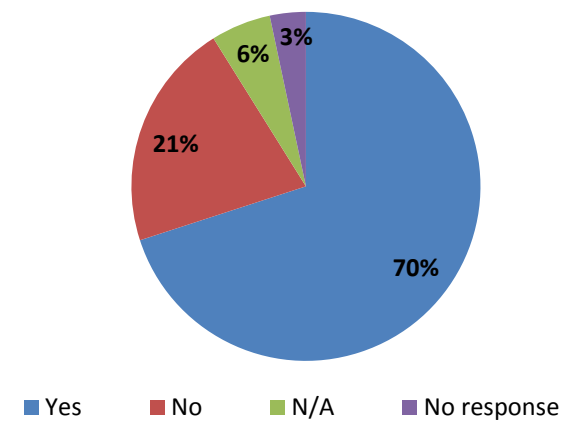
PM17: Has the family focus approach improved relationships with Parent, Child, other Family Member 18+yrs? (*Domain 3 of the Family Model*) (n=90)



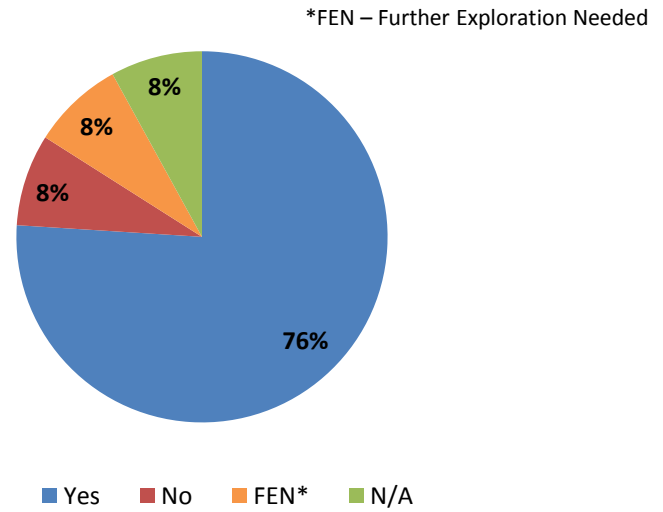
PM18: Has the care planning demonstrated further conversation regarding families strengths and protective factors?
(Domain 4 of the Family Model) (n=90)



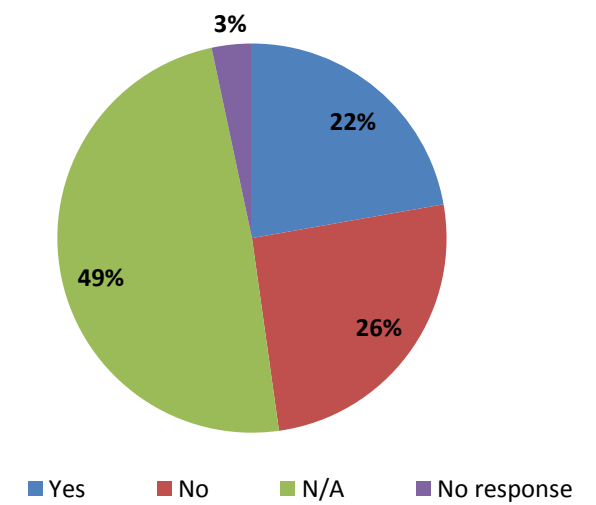
PM19: Has the care planning demonstrated further conversation regarding families risk factors and stressors?
(Domain 4 of the Family Model) (n=90)



PM20: Has collaborative working been established to support family focused practice where both adult mental health and children's services have been involved with this family?
(Domain 5 of the Family Model) (n=24)



PM21: Has the care planning demonstrated further conversation regarding families cultural and community influences?
(Domain 6 of the Family Model) (n=90)



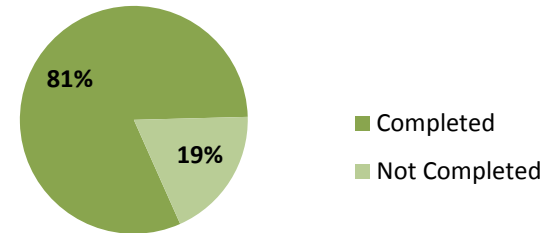
Service User Feedback

Of the 16 Service User Feedback forms returned, 13 were completed.

- All 16 Service User Feedback forms were issued to adults.

- Of the **13 respondents**:

- 100% felt that the staff member told them enough information about the service.
- 100% stated that the staff were both helpful and reliable.
- 100% claimed that they have more understanding into their own mental health/addictions.
- 77% stated that they have a better understanding of the impact their mental health/addictions has on their children and other family members (23% of respondents stated that this was not applicable to them).
- 84% acknowledged that further needs have been identified for their children and other family members (8% of respondents stated that this was not applicable to them, while 8% of respondents did not answer this question).
- 54% of respondents stated that the family focus approach had improved relationships with their children and other family members, while 8% disagreed (38% of respondents stated that this was not applicable).
- 77% stated that they understand their care plan and have been involved in talking about Family Strengths, Protective, Risk Factors and Family Stresses (23% of respondents stated that this was not applicable to them).
- 31% agreed that they were being supported by both mental health services and children's services, while 23% disagreed (46% of respondents stated that this was not applicable to them).
- 84% were either very satisfied or satisfied with the service. 8% stated that they were not satisfied with the service (8% of respondents stated that this was not applicable to them).
- 77% agreed that their care planning has helped them understand their families cultural and community influences (15% of respondents stated that this was not applicable to them, while 8% did not answer this question).



Service User and Service Provider Feedback

“If it was not for you and your experience, I don’t think I would be here today. I’ve always had difficulties being a parent, a wife and just me. You have taught me through your work that I am a good parent and a strong woman. I now know that I have strengths and weakness, but now recognise the telling signs and who to call... when services became involved it was always about my mental health. Now I can communicate with my children about my journey and they can also get support...”. **Service User**

“I found that the Think Family Project has been beneficial to patients, carers and staff. It has increased staff’s awareness about the importance of looking at the family as a whole and not an individual. The courses provided were educational and informative. I also found that the Think Family practitioner was an asset to the team and provided a lot of support and reassurance to client’s and their families. Overall I feel that this was a very worthwhile project and staff continue to recognise the importance of Think Family”.
Service Provider

“Overall I found the Think Family Project to be beneficial. It provided a more focussed approach to our initial assessment to include the family as a whole. Our assessment documentation was updated to include the main components of the project including useful reminders and triggers in bullet point form at the side of each page referring to the impact on the children. I had numerous conversations with the two Think Family Practitioners which was reassuring to myself in relation to my own practice. This proved useful in me being able to signpost individuals in the right direction. The small glossy guide was also useful and became part of our assessment documentation. I found benefit from the seminar provided by Dr Falkov which was also a good opportunity to meet and network with other professionals within the trust. Overall I found the Project a worthwhile venture.” **Service Provider**

How much did we do?

- Acute Mental Health Services had the highest number of families participating in the pilot (35 families), whilst FIT had the lowest (13 families) – page 3.
- 217 Children and 7 unborn were identified within the 109 families, showing the importance of mental health recovery and impact upon children – page 3.
- Of the 109 families involved, 89 presented with one parent, showing the potential impact upon others caring for a parent with a mental health issue – page 4.
- Of the 109 families involved in the Pilot, 17% showed a combination of reasons at point of referral, with Domestic Violence being the most common combination. However, it could be suggested that the combination of reasons could increase as staff progress assessments – page 5.
- Of the 247 family members impacted by a parent(s) mental health – 46% of them were children aged under 17 years – page 6.

How well did we do?

- 66 children were signposted and 23 children were referred to services, showing that more needs to be done regarding the identification of children's needs compared to the same table for adults (131 signposted, 78 referred) - page 7 and 8.

Is anyone better off?

- 79% of Parents who completed a Family Focused Conversation had insight of their mental health upon others, while 72% had an understanding of the impact upon their children. This showed positive results which indicated that family focused conversations and practice occurred during the pilot (page 9) and that it improved relationships (71%) – page 10.
- 59% of the families indicated their mental health has had an impact upon their parenting role which suggested that family conversations are important to understand and support them in their parenting role - page 11.
- Of the 24 families known to both Mental Health and Children's Services 76% (n=17) worked collaboratively to support family focus practice – page 11.

Service User Feedback?

- 100% (n=13) have more understanding into their own mental health and/or addictions – page 12.
- 84% (n=13) acknowledged further needs being identified for their children and family members – page 12.