

# Appendix 1: AICAFMHA

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## BACKGROUND

The proposal for a national association was made at the Inaugural Child and Adolescent Mental Health Conference held in Adelaide in February 1995. A steering committee, including professionals and consumers, was formed at the second national conference in Melbourne at the end of 1996. This steering committee has been working toward the development of a national association since then. Support for the development of the association was further confirmed at the third national conference held in Sydney in mid 1998. The association was incorporated in June 2000.

The development of the national association has included activities such as the development of a discussion paper describing the philosophical basis for the association and its primary objectives. This information, along with updates of steering committee membership, conference reports and consumer involvement, has been circulated to people who have indicated an interest in the association via newsletters, the first of which was produced in October 1997.

Membership of the organisation is open to all people concerned with the mental health of infants, children, adolescents and families. This includes professionals, consumers, carers and any others with an interest in these fields. Further information about AICAFMHA and its activities is available online at <http://www.aicafmha.net.au>.

## CHARTER

### Aim

The overall aim of the association is to actively promote the mental health and wellbeing of infants, children and adolescents, and their families or carers.

### Philosophical framework and guiding principles

- ❖ The full range of mental health issues affecting the young and their families or carers are considered from individual development, family life cycle and community perspectives.
- ❖ Collaborative partnerships throughout Australia are the keynote, between all professional groups working in the mental health field with the young and their families, and with relevant community groups, carers and consumers of mental health services, from a fully representative range of geographic, cultural, social and economic backgrounds.
- ❖ Partnerships in advocacy in the public arena are vital for effective promotion, prevention, early intervention, treatment and follow-up programs in child and adolescent mental health, and it is important that these are pursued in a context of human rights principles (for example, the International Covenant on the Rights of the Child).
- ❖ A broad approach to infant, child, adolescent and family mental health provides the basis for wide dissemination of scientific knowledge in this area and for encouraging the development of relevant qualitative and quantitative studies of the highest research standard.
- ❖ Collaboration and consultation is valued with other national, international, State-based and local organisations that promote enhancement of mental health, focusing upon the needs of the young and their families.
- ❖ A range of consultative processes with young people, families and carers is valued; processes which are inclusive and appropriate to the age level of the young people involved.
- ❖ It is appreciated that there are approaches to working with infants, children, adolescents and their families that are fundamentally and distinctly different from those relevant to AMH service provision.

### Objectives

The broad objectives of the association are:

- ❖ to represent all professions working with infants, children and adolescents and their families in the area of mental health, and all consumers and carers;
- ❖ to facilitate members and non-members sharing information and views in the area of infant, child, adolescent and family mental health;
- ❖ to formulate principles of best practice, promote research, gather data, disseminate information to agencies and professionals in contact with infants, children and adolescents and to the public, and advise government and non-government bodies in the area of infant, child, adolescent and family mental health;
- ❖ to lobby for increased funding for practice and research in the area of infant, child, adolescent and family mental health; and
- ❖ to liaise with other organisations which represent the mental health interests of infants, children, adolescents and their families, or of consumers and carers.

Specific objectives are as follows:

1. Representation and sharing

- ❖ To ensure national representation within the organisation, of all professional disciplines working with the young and their families in the broad area of mental health, and of consumers and carers.
- ❖ To provide ongoing forums in which all groups represented state their views and have open access to decision-making processes within the organisation.
- ❖ To organise information-sharing events and processes, such as conferences, workshops and newsletters, for members and non-members of the association, and to promote relevant publications.
- ❖ To encourage and support the efforts of relevant groups aiming to set up formal organisations to represent their interests.
- ❖ To develop partnerships with consumers of mental health services to better meet their needs and priorities.

2. Principles and data regarding best practice

- ❖ To promote research consistent with the organisation and which values diversity and innovation. This would include lobbying for research/funding in service provision.
- ❖ To formulate principles of best practice based on scientific knowledge and understanding, which incorporate the experiences of consumers and carers, cognisant of the relevant national standards, for example those of the Community Health Accreditation Standards Program (CHASP) and the Australian Council of Healthcare Standards (ACHS) and the National Mental Health Standards.
- ❖ To compile up-to-the-minute scientific data regarding the effectiveness of systems and interventions involved in service delivery and health promotion in this area.
- ❖ To disseminate scientific knowledge about mental health issues to all agencies and professionals who have contact with young people.
- ❖ To stand ready to develop specific briefing papers on issues concerning practice as they arise in government and non-government sectors and as they arise in the public domain.

### 3. Advocacy

- ❖ To lobby for increased funding for practice and research in this field.
- ❖ To provide advice to government and non-government bodies concerning the mental health needs and the priorities of the young and their families, for policy-making, planning, decision-making and funding purposes.
- ❖ To present to the general public relevant information and opinion as required, in order to facilitate an appreciation of a wide range of issues in young people's mental health.
- ❖ To seek representation on other relevant peak organisations concerned with mental health issues.
- ❖ To encourage and support consumers of mental health services and carers to actively participate in the planning and development of mental health services.

### 4. Collaboration with other organisations within Australia and overseas

- ❖ To liaise, on an ongoing basis, with other national organisations representing the interests of the young and their families or carers, and those representing the interests of consumers of mental health services.
- ❖ To liaise, as appropriate, with State-based and local organisations representing the interests of the young and their families or carers, and those representing the interests of consumers of mental health services.
- ❖ To liaise with international and overseas organisations representing the mental health interests of the young and their families or carers, including the International Association of Child and Adolescent Psychiatry and Allied Professions.

# Appendix 2: Questionnaire

Australian Infant, Child, Adolescent and Family Mental Health Association Limited

Children whose Parents have a Mental Illness  
Mental Health Promotion and Prevention  
Scoping Project  
Questionnaire - Return by: Wednesday 15th December 1999

Project Title: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Position: \_\_\_\_\_

Contact Details:

Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

State: \_\_\_\_\_ Post code: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

## PROJECT OVERVIEW

1. Is your organisation currently providing a program that directly or indirectly addresses the needs of children under the age of 18 years whose parents have a mental illness?

Yes  No

If Yes, proceed to question 2.

If No, please answer just the following question and return the questionnaire.

Does your organisation have any plans to meet the needs of children whose parents have a mental illness in the future?

Yes  No

If yes, please describe: \_\_\_\_\_

\_\_\_\_\_

2. Please describe the program in 150 words or less. \_\_\_\_\_

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3. Does the program address any of the following national priority mental health targets regarding families where children under the age of 18 have a parent who has a mental illness (please tick all those that apply to your program):

- Promote optimism, resilience, social and emotional wellbeing for children whose parents have mental health problems and disorders
- Engage families where one or both parents have a mental illness in mental health promotion and prevention programs
- Initiatives aimed at reducing the impact of risk factors on the mental health of all family members
- Enhance parenting skills, child development and family functioning
- Promote strong and positive attachments between parent and child
- Promote child and family participation in school and community activities
- Other (see below)

Are there any other national priority mental health targets that your program is addressing?  
 Please list: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

4. Does the program use any of the following strategies to address the needs of children under the age of 18 years whose parents have a mental illness?

- Support groups for the children whose parents have a mental illness
- Support groups for parents who have a mental illness
- Supported accommodation for families where a parent has a mental illness
- Respite care for families where a parent has a mental illness
- Education on child development for parents who have a mental illness
- Education on mental illness for children whose parent has a mental illness
- Home-based support
- Individual counselling regarding parenting issues with parents who have a mental illness
- Individual counselling regarding issues arising from having a parent with a mental illness
- Camps for children and/or their parents

5. Is your program/organisation endeavouring to address the needs of children whose parents have a mental illness through improvement in the following service-delivery strategies? (tick any that apply):

- Service initiatives to improve the identification of adults who have a mental illness who are also parents.



9. Is your program:

- Local
- Regional
- State-wide
- National

10. Which of the following mental health outcomes does the program address? (please tick all those that apply to your program):

- Improved support for children whose parents have a mental illness
- Improved mental health among children whose parents have a mental illness
- Increased knowledge and understanding by the children of their parent's mental illness and available mental health services for their parents
- Reduced feelings of stigma amongst children whose parents have a mental illness
- Other (please specify): \_\_\_\_\_

11. Please indicate the type of research evidence that underpins the design of the program? (please tick all those that apply to your program):

- A systematic review of all relevant randomised controlled trials
- Evidence obtained from at least one randomised controlled trial
- Evidence obtained from well-designed pseudo-randomised controlled trials
- Evidence obtained from comparative studies with concurrent controls and allocation not randomised (cohort studies), case-control studies, or interrupted time series with a control group
- Evidence obtained from comparative studies with historical control, two or more single-arm studies, or interrupted time series with a parallel control group
- Evidence obtained from case series, either post-test or pre-test and post test
- Other (please specify and cite references where applicable): \_\_\_\_\_

12. Has/will the program be evaluated?

- Yes  No (if No, go to question 13)

If yes, what evaluation strategies are being employed (please tick all those that apply to your program):

- Standardised or published pre and post-program measures
- Program specific pre and post-program measures
- Trend analysis of existing data (eg referral rates pre and post-intervention)
- Focus groups
- Consumer satisfaction survey
- Other (please specify): \_\_\_\_\_

13. Did/do you have a control group as part of your evaluation?

- Yes  No

14. Please describe the evidence you have on the effectiveness of your program?  
(please include the results of any evaluation):

15. The Mental Health Promotion and Prevention National Action Plan states that mental health promotion focuses on improving the environments which affect mental health and enhance the coping capacity of communities as well as

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individuals. Examples of mental health promotion strategies are skill development programs (eg parenting programs), strategies which enhance social networks (eg community-based activities) as well as activities which reduce stress levels and enhance coping skills (eg relaxation and massage). What strategies does this program utilise that contribute to the promotion of positive mental health and/or the prevention of mental health problems for children whose parents have a mental illness?

16. Do you believe the mental health components of the program could be expanded?

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Yes  No

If yes, please describe how you believe this could occur: \_\_\_\_\_  
\_\_\_\_\_

17. In what way are consumers involved in the planning of this program?

18. Is the program part of a larger program or agency?

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Yes  No

If yes, please describe: \_\_\_\_\_  
\_\_\_\_\_

19. Who funds the program?

  
  
  
  
  

State government

Private body

Non-government body

Commonwealth government

Local government

Other (*please specify*): \_\_\_\_\_

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Thankyou for taking the time to complete this questionnaire.

Please return to: Sue McAllister

C/- Women's and Children's Hospital, Division of Mental Health,

72 King William Road, North Adelaide SA 5006

Ph: 08 8204 7389 Fax: 08 8204 7371 email: [mcallistes@wch.sa.gov.au](mailto:mcallistes@wch.sa.gov.au)

Questionnaire return date: Wednesday 15 December 1999

## Appendix 3: Supplementary Results

The following information was also gathered on analysis of questionnaire responses, and is relevant to statements made in the discussion, or of interest to particular readers.

### FUTURE PLANS

Table A1: Future plans by State

| Future plans | NSW | Qld. | SA | Tas. | NT | Vic. | WA |
|--------------|-----|------|----|------|----|------|----|
| Yes          | 17  | 12   | 8  | 2    | 1  | 15   | 20 |
| No*          | 6   | 22   | 5  | 18   | 3  | 8    | 19 |
| No response  | 11  | 14   | 3  | 7    | 0  | 15   | 14 |

\*Note that three 'no' responses were identified in the data but not attributable to a particular State

### CLIENT STRATEGIES

It is difficult to comment on the types of strategies used in different States given the small numbers involved; however, a summary of activities in each State is included in chapter 4, Results. However, tables A2 and A3 summarise the situation for the two States (New South Wales and Victoria) that have the most programs with direct client service strategies. Of the other States, Queensland has one program that offers a support group for children with parents affected by mental illness which includes education on mental illness for the children. South Australia and Western Australia each have two programs that fit this category, which offer complimentary strategies, but neither offer supported accommodation or respite care. Tasmania, the Australian Capital Territory and the Northern Territory have no programs offering direct service to these clients.

Table A2: Client strategies used by programs by State: New South Wales

| Strategies used in New South Wales*<br>(ranked in order of frequency)                      | Yes |
|--|-----|
| Education on child development for parents who have a mental illness                       | 6   |
| Education on mental illness for children with a mentally ill parent                        | 6   |
| Home-based support   | 4   |
| Individual counselling regarding parenting issues with parents who have a mental illness   | 4   |
| Support groups for the children whose parents have a mental illness                        | 4   |
| Individual counselling regarding issues arising from having a parent with a mental illness | 3   |
| Camps for children and/or their parents  | 3   |
| Support groups for parents who have a mental illness                                       | 2   |
| Supported accommodation for families where a parent has a mental illness                   | 1   |
| Respite care for families where a parent has a mental illness                              | 0   |

\*Only eight of the 13 programs in New South Wales responded to this section of the questionnaire

Table A3: Client strategies used by programs by State: Victoria

| Strategies used in Victoria*   | Yes |
|--|-----|
| Education on mental illness for children with a mentally ill parent                        | 12  |
| Individual counselling regarding issues arising from having a parent with a mental illness | 11  |
| Individual counselling regarding parenting issues with parents who have a mental illness   | 9   |
| Support groups for parents who have a mental illness                                       | 8   |
| Education on child development for parents who have a mental illness                       | 8   |
| Support groups for the children whose parents have a mental illness                        | 7   |
| Camps for children and/or their parents  | 7   |
| Home-based support   | 5   |
| Respite care for families where a parent has a mental illness                              | 4   |
| Supported accommodation for families where a parent has a mental illness                   | 2   |

\*Only 14 of the 18 programs responded to this section

## TARGET GROUPS

Respondents were asked to indicate which age group (or groups) was the target group for their program (see table A4). A State-by-State breakdown of which age groups the various States are addressing is summarised in table A5.

Table A4: Program target age group(s)

| Program target age group(s)         | Yes<br>% (N)  | No<br>% (N)   | No response<br>% (N) |
|-------------------------------------|---------------|---------------|----------------------|
| <u>Antenatal</u>                    | 20.5%<br>(9)  | 65.9%<br>(29) | 13.6%<br>(6)         |
| Infants and toddlers aged 0–4 years | 36.4%<br>(16) | 50.0%<br>(22) | 13.6%<br>(6)         |
| Children aged 5–11 years            | 50.0%<br>(22) | 36.4%<br>(16) | 13.6%<br>(6)         |
| Young people aged 12–17 years       | 50.0%<br>(22) | 36.4%<br>(16) | 13.6%<br>(6)         |
| Young adults aged 18 years and over | 18.2%<br>(8)  | 68.2%<br>(30) | 13.6%<br>(6)         |
| Other                               | 18.2%<br>(8)  | 68.2%<br>(30) | 13.6%<br>(6)         |

Table A5: Program target age group(s) by State

| Program target age group(s)         | NSW<br>(N=13) | Qld.<br>(N=2) | SA<br>(N=4) | Tas.*<br>(N=2) | Vic.<br>(N=18) | WA<br>(N=5) |
|-------------------------------------|---------------|---------------|-------------|----------------|----------------|-------------|
| <u>Antenatal</u>                    | 2             | 0             | 2           | 0              | 5              | 0           |
| Infants and toddlers aged 0–4 years | 5             | 0             | 2           | 0              | 10             | 1           |
| Children aged 5–11 years            | 4             | 1             | 1           | 0              | 14             | 2           |
| Young people aged 12–17 years       | 6             | 1             | 2           | 0              | 11             | 2           |
| Young adults aged 18 years and over | 1             | 0             | 1           | 0              | 4              | 2           |
| Other                               | 4             | 0             | 0           | 0              | 2              | 2           |

\*The two programs in Tasmania didn't have target age groups

# Appendix 4: Program Summaries

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## BACKGROUND

The Australian Infant, Child, Adolescent and Family Mental Health Association (AICAFMHA), a recently formed consumer and professional interest group was commissioned by the PPWP in August 1999 to carry out a scoping study regarding the provision of services to children with parents affected by mental illness. The investigation aimed to identify the availability of prevention and support programs for children of people with a mental illness and to assist in developing recommendations for future action in accordance with the national strategy identified in the MHPP National Action Plan (1999, p. 33).

Wide distribution of a questionnaire was one strategy used to identify issues and locate services for these children. The following stocktake of programs consists of those programs that responded to this questionnaire, the majority of which responded in time to be included in analysis. All responses that gave a description of the program which indicated that it may offer a particular service or activity related to the specific needs of these children or their parents and families were included. This is not an exhaustive list of programs, as it is possible that some relevant programs did not receive or respond to a questionnaire. Please note, the questionnaire defined the term 'children' as children and young people aged 18 years or younger.

Please also note that a number of considerations were made when classifying programs as directed towards children with parents affected by mental illness:

- ❖ Programs were included if they indirectly supported these children, for example by ensuring that they were identified on intake forms in AMH services or running parenting programs specifically for parents who have a mental illness.
- ❖ Only the information provided by the service was available to use for identifying the target population. Therefore any program that described itself as directed at the needs of children with parents affected by mental illness was included in this listing.
- ❖ Responses that were excluded from this stocktake were any that indicated that:
  - { children or their parents, where parental mental illness was an issue, may attend the program, but that it was not specifically tailored to meet their needs, for example a general parenting program in the community;
  - { children or their parents, where parental mental illness was an issue, may form part of the client group of the service, but no specific program/service activity existed to ensure their needs were identified and met appropriately (please note that this does not mean that a service, such as a general child and adolescent mental health service, did not meet the individual's needs well, but simply that it did not address the particular needs of this group of children and parents in a health promotion or prevention framework); and
  - { programs to support mothers or parents experiencing postnatal stress or depression were also not included, as some agencies did not classify these as mental illnesses, and these programs were included under the Peri-Natal and 0-2 Scoping Study (AICAFMHA 2000) on mental health prevention and promotion activities. If the program particularly mentioned an activity directed towards parents with a mental illness, it was included in this stocktake.

Given the constraints described above, it must be emphasised that this stocktake may well be incomplete or include programs that are included because the description indicated that they may meet the criteria mentioned above, but in fact they do not. However, in the absence of a detailed mapping of services, this listing is a starting point for understanding what is being provided across Australia to support children with parents affected by mental illness.

This information was up to date as of December 1999.

## PROGRAM LISTINGS

### Key

Respondents were asked to select from these NHMRC levels of evidence to categorise their initiatives:

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| NHMRC levels of evidence   |
| 1. A systematic review of all relevant randomised controlled trials (RCT)  |
| 2. Evidence obtained from at least one RCT   |
| 3. Evidence obtained from well-designed pseudo-RCTs  |
| 4. Evidence obtained from comparative studies, concurrent controls and allocation not randomised (cohort studies), case-control studies, or interrupted time series with a control group |
| 5. Evidence obtained from comparative studies, a historical control group, two or more single-arm studies, or interrupted time series with a parallel control group                      |
| 6. Evidence obtained from case series, either before the test or before and after the test   |

N/A indicates that this item was not applicable, not available or not answered.

\* next to the program title indicates program descriptions not received in time to be included in the scoping study analysis.

### New South Wales

|                      |   |
|----------------------|---|
| *Title:              | N/A   |
| Organisation:        | South East Sydney Area Health Service, Sylvania Community Health Centre   |
| Contact Name:        | Coralie Macmillan   |
| Telephone:           | 02 9522 1002  |
| Fax:                 | 02 9544 7662  |
| Email:               | macmillanc@sesahs.nsw.gov.au  |
| Program Description: | <p>The program's overall goal is to increase the resilience and wellbeing of children and adolescents in families affected by mental illness. It is seeking to do this primarily through a service development approach, which involves working with adult mental health services, child and adolescent mental health, and child protection services, and other relevant community agencies.</p> <p>Specifically, education and support is provided to adult mental health teams to increase staff awareness and knowledge. Tools and procedures are being developed in these services to identify children of adults with a mental illness and to screen for their needs. Procedures are also being developed and training undertaken with adult mental health and child and adolescent health services to enable appropriate referrals to be made for these children, both within health services and to other community agencies.</p> <p>In addition, the program is seeking to increase the availability of intervention options for these children and families, both by direct service provision in health (for example, telephone group counselling) and by working with other agencies to help address the broader needs of these children.</p> |
| Evidence:            | Yet to design specifics   |
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|----------------------|--|
| Title:               | N/A  |
| Organisation:        | Charmian Clift Cottages Inc  |
| Contact Name:        | Sue Cripps   |
| Telephone:           | 02 9622 3066   |
| Fax:                 | 02 9831 1995   |
| Email:               | charcli@ozemail.com.au   |
| Program Description: | A residential program (NGO) that provides housing and support for women with a mental illness and their dependent children. It is jointly funded by the New South Wales Department of Health and the New South Wales Department of Community Services (DoCS). Predominantly, there are identified child protection concerns at time of referral, with over 70% of families being involved with DoCS. Further, over 50% of families were homeless (1998-99) at time of referral. We support families with multiple and complex needs. |
| Evidence:            | The program was set up from the women's refuge movement-unfortunately no research underpins the service design.  |

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| Title:               | N/A  |
| Organisation:        | Mid North Coast Area Health Service  |
| Contact Name:        | Meegan Shepherd  |
| Telephone:           | 02 6551 1315   |
| Fax:                 | 02 6551 0982   |
| Email:               | N/A  |
| Program Description: | Young people's group. Eight-week group program aimed at high school-aged adolescents who have a relative living with mental illness. |
| Evidence:            | N/A  |

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|----------------------|---|
| *Title:              | N/A   |
| Organisation:        | Mid Western Area Mental Health Services   |
| Contact Name:        | Melissa Davis/Penny Trompf  |
| Telephone:           | 02 6360 7938  |
| Fax:                 | 02 6360 7939  |
| Email:               | N/A   |
| Program Description: | Focus has been on educating staff re needs of these children and families; producing an assessment for in-patients and outpatients re needs of the children; production of information sheet about mental illness aimed at children; production of manual of information for use by staff and families/carers; production of resource package for each community health facility in our region; development of a support group for kids in Orange (Leigh Underwood, 02 6360 8000); contributing to a website for staff. |
| Evidence:            | N/A   |

|                      |   |
|----------------------|---|
| Title:               | Children of Mentally Ill  |
| Organisation:        | Western Sydney Area Mental Health Service   |
| Contact Name:        | Roslyn Phillips   |
| Telephone:           | 02 9840 4159  |
| Fax:                 | 02 9840 3701  |
| Email:               | roslynp@cu.psych.wsahs.nsw.gov.au   |
| Program Description: | Promotion of changes to assessment procedures to exercise a family-centred approach.  |
|                      | Organisation of training of new and existing key staff. Support of staff in assessing parenting capacity, explaining mental illness to children, working with parents to enhance parenting capacity. Facilitation of groups for affected children. Act as resource to other staff. Facilitate parenting groups. |
| Evidence:            | Level 1 of the NHMRC levels of evidence scale and general reference to literature   |

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| Title:               | Early intervention program for children in families where the primary carer suffers from a mental illness  |
| Organisation:        | Child & Youth Mental Health Service  |
| Contact Name:        | Mr Neil Bannerman  |
| Telephone:           | 02 4924 6055   |
| Fax:                 | 02 4924 6056   |
| Email:               | N/A  |
| Program Description: | Extension of AusEinet [Australian Network for Promotion, Prevention and Early Intervention in Mental Health] project now funded through local resources, which involves collaboration between mental health services and community welfare services. Objectives are identification of children of parents with mental illness and assessment of their circumstances and needs. |
| Evidence:            | N/A  |

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| Title:               | Families Together  |
| Organisation:        | Benevolent Society   |
| Contact Name:        | Jane West  |
| Telephone:           | 02 9365 7999   |
| Fax:                 | 02 9365 7937   |
| Email:               | eip@bensoc.com.au  |
| Program Description: | Families Together works antenatally and until the child reaches school age with families where a parent has a mental illness.  |
| Evidence:            | Levels 3 and 6 of the NHMRC levels of evidence scale. Qualitative evidence, such as immunisation rates etc, is also collected. |

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| *Title:              | Family Liaison - Early Intervention Worker   |
| Organisation:        | Wentworth Area Health Service  |
| Contact Name:        | Keryl Peters   |
| Telephone:           | 02 4732 2388   |
| Fax:                 | 02 4731 4561   |
| Email:               | N/A  |
| Program Description: | Already providing support groups for parents who have a mental illness. On appointment of worker to above position, have plans to ensure early identification of the presence of children and their needs at adult assessment and establishment of support/intervention programs for the children and their parents. |
| Evidence:            | Level 1 on the NHMRC levels of evidence scale  |

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|----------------------|---|
| Title:               | Gaining Ground Project  |
| Organisation:        | South West Sydney Area Health Service   |
| Contact Name:        | Michelle Hegarty  |
| Telephone:           | 02 9601 6288  |
| Fax:                 | 02 9601 2481  |
| Email:               | michelle.webber@swsahs.nsw.gov.au   |
| Program Description: | An interagency program which aims to meet the needs of children and young people whose parents have a mental health problem. The project has established several initiatives including a supported playgroup, adolescent program, staff education and family liaison workers to work within mental health services to support case managers and other service providers to meet the needs of children and families. Ongoing advocacy and promotion of service developments are also priorities. |
| Evidence:            | Level 6 on the NHMRC levels of evidence scale   |
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| Title:               | Graduate Diploma, Child and Family Health Nursing   |
| Organisation:        | Tresillian Family Care Centres  |
| Contact Name:        | Patricia Gornall  |
| Telephone:           | 02 9787 0866  |
| Fax:                 | 02 9787 0880  |
| Email:               | cathrine@tres.cant.cs.nsw.gov.au  |
| Program Description: | A 12-month distance education program for registered nurses/midwives about child and family health (0-6 years). This program prepares nurses to work in the community as early childhood health nurses. The program includes family dynamics counselling, child health, nutrition, growth and development (0-6 years), parents' mental health promotion and problems, health promotion, parent education. |
| Evidence:            | The program draws on the current research available.  |

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| Title:               | Mental Illness Education-Australia-Hunter Area   |
| Organisation:        | MIE-A (NSW) Inc - Hunter Area  |
| Contact Name:        | Marion Lugg  |
| Telephone:           | 02 4933 1696   |
| Fax:                 | 02 4933 1696   |
| Email:               | N/A  |
| Program Description: | School education program. Talks to year 1-12 students on mental health/mental illness from the perspective of consumers and family members, covering stigma, the nature of mental illness, general and specific effects on family and positive outcomes. Currently one speaker discusses her childhood/adolescence with a father who had schizophrenia: the effects on her schooling, her relationships and emotionally. Also relates adult resolution of long-term difficulties caused by the family situation. Program runs voluntarily on request from schools. |
| Evidence:            | Ongoing evaluations by students are sent to MIE-A (NSW) Inc, PO Box 496<br>Drummoyne NSW 2047.   |

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|----------------------|---|
| Title:               | Mental Illness Prevention Team  |
| Organisation:        | Central Coast Mental Health Service   |
| Contact Name:        | A Norman  |
| Telephone:           | 02 4320 2752  |
| Fax:                 | 02 4323 6228  |
| Email:               | anorman@doh.health.nsw.gov.au   |
| Program Description: | Setting up a child-friendly space in the in-patient psychiatric unit. Coordinating an interagency forum for service providers who work with children who have mentally ill parents. Raising awareness among staff of adult mental health services of the needs of children. Providing education for children's services and schools about mental health issues. |
| Evidence:            | Level 6 of the NHMRC levels of evidence scale   |

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|----------------------|--|
| Title:               | Northern Area: Families Affected by Mental Illness or Substance Abuse - Interest Group   |
| Organisation:        | Northern Area Health Service   |
| Contact Name:        | Brad Freeman   |
| Telephone:           | 02 9477 9190   |
| Fax:                 | 02 9477 9575   |
| Email:               | N/A  |
| Program Description: | The interest group meets every three months to share ideas, projects and sustain motivation to implement targeted programs in the North Shore area of Sydney. All welcome. |
| Evidence:            | N/A?   |

|                      |   |
|----------------------|---|
| *Title:              | Parents at Risk of Psychosis  |
| Organisation:        | John Hunter Hospital  |
| Contact Name:        | Dr E McKensey   |
| Telephone:           | 02 4921 3660  |
| Fax:                 | 02 4921 3652  |
| Email:               | N/A   |
| Program Description: | Identification of women with a history of psychotic mental illness early in pregnancy. Aim of the program is to identify and assess mental wellbeing, monitor medication, and identify other vulnerabilities with a view to providing adequate services for the postnatal period. |
| Evidence:            | Level 4 of the NHMRC levels of evidence scale   |

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|----------------------|--|
| Title:               | Psychological and Specialist Programs  |
| Organisation:        | New South Wales Department of Juvenile Justice   |
| Contact Name:        | Tim Keogh  |
| Telephone:           | 02 9289 3471   |
| Fax:                 | 02 9289 3464   |
| Email:               | Tim.keogh@djj.nsw.gov.au   |
| Program Description: | The department currently provides a series of specialist clinical programs across New South Wales for young offenders (10-18 years old) whose mental health needs are thought to contribute to their propensity to reoffend. It is known that a number of these young people are themselves parents and that, in turn, some young offenders' parents also have mental health problems. The programs are tailored to address the offending issues for the young people, and the contribution of mental health problems to this offending. Programs include Violent Offender Program, Sex Offender Program, Alcohol and Other Drug Program. Other programs are more generic and based in the Detention Centre. All programs are multisystemic, include group work, individual counselling and family work where there is a family to be worked with, and incorporate a lifeskills program which addresses, among other issues, parenting for the young men and women who have children. The programs include adaptations for age, gender disability and ethnicity. |
| Evidence:            | The programs are monitored through the collaborative research unit (CRU) which is on site for staff induction and ongoing professional development and program evaluation. The work of the CRU is carried out in collaboration with senior academics from 13 universities and research institutions in New South Wales, who also assist in researching the area of juvenile offending and mental health. The results of this research are then used to adapt programs further to meet the needs of this young population.  |

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| Title:               | Training in Infant Mental Health, Child and Adolescent Mental Health  |
| Organisation:        | New South Wales Institute of Psychiatry   |
| Contact Name:        | Dr Louise Newman  |
| Telephone:           | 02 9840 3833  |
| Fax:                 | 02 9840 3838  |
| Email:               | N/A   |
| Program Description: | Educational body training child and adolescent mental health workers. Programs include needs of children, and of parents with mental disorders. Provide clinical supervision. |
| Evidence:            | N/A   |
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|----------------------|--|
| Title:               | Young people of NESB living with a parent with a mental health problem   |
| Organisation:        | Transcultural Mental Health Centre   |
| Contact Name:        | Andrew Sozomenou/Maria Cassaniti   |
| Telephone:           | 02 9840 3800   |
| Fax:                 | 02 9840 3755   |
| Email:               | andrews@cu.psych.wsahs.nsw.gov.au.   |
| Program Description: | <p>This project is based in the South Western Sydney Area Health Service and involves promoting the mental health and wellbeing of children and adolescents from Cambodian, Vietnamese and Spanish-speaking backgrounds living with parents with mental health problems. The first stage of the project involved in-depth interviews with: 22 young people between the ages of 12 and 24 years, from Cambodian, Vietnamese and Spanish-speaking backgrounds living with a parent with a mental health problem; 33 parents from Cambodian, Vietnamese and Spanish-speaking backgrounds with mental health problems; and 65 mental health/general health/community workers, youth workers and bilingual counsellors.</p> <p>The second stage of the project will involve utilising the result of the consultations to develop appropriate material to promote the mental health of young people of Cambodian, Vietnamese and Spanish-speaking backgrounds living with a parent with mental health problems. This will involve the addition of culturally appropriate material into the Gaining Ground Adolescent Peer Support Program and the development of a parenting program.</p> <p>The third stage of the project will involve the implementation and evaluation of the interventions.</p> |
| Evidence:            | Programs yet to be designed in detail.   |
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## Queensland

\*Title: Children and Adolescents Support Program Access Service (CASPAS) program

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|----------------------|---------------------------|
| Organisation:        | Lifeline North Queensland |
| Contact Name:        | Jeanette Cole             |
| Telephone:           | 07 4721 3580              |
| Fax:                 | N/A                       |
| Email:               | N/A                       |
| Program Description: | No details to hand        |
| Evidence             | N/A                       |
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| Title:               | Kidz Club - a group for school-aged children who have a parent/relative living with a mental illness  |
| Organisation:        | Child and Youth Mental Health Service, Mater Children's Hospital  |
| Contact Name:        | Sue O'Rourke and Kelly Lamb   |
| Telephone:           | 07 3840 8188  |
| Fax:                 | 07 3840 8333  |
| Email:               | N/A   |
| Program Description: | A supportive and educative group for children and young people who have parents/relatives living with a mental illness. The young people may be living with their parents or being cared for by other adults. The group is activity based and runs either one hour a week for eight weeks or two half days during school holidays. Topics covered include: what is mental illness, treatment, symptoms, coping with stress, families, support and stigma. |
| Evidence:            | Levels 4 and 6 on the NHMRC levels of evidence scale  |
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| Title:               | Parent's Project   |
| Organisation:        | Queensland Centre for Schizophrenia Research                     |
| Contact Name:        | Linda Byrne  |
| Telephone:           | 07 3271 8592   |
| Fax:                 | 07 3271 8567   |
| Email:               | N/A  |
| Program Description: | Ten-year research program on parents with serious mental illness |
| Evidence:            | N/A  |

## South Australia

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|----------------------|---|
| Title:               | Children and Young People Policy and Planning Framework   |
| Organisation:        | Population Strategies and Research  |
| Contact Name:        | Julia Cranney   |
| Telephone:           | 08 8226 6135  |
| Fax:                 | 08 8226 6600  |
| Email:               | julia.cranney@dus.sa.gov.au   |
| Program Description: | A policy and planning framework for all children and young people across the state government Department of Human Services [DHS] (encompassing health, housing and child welfare).      |
| Evidence:            | Available data from within DHS and other sources, such as the Australian Institute of Family Studies and the Australian Institute of Health and Welfare. Current research in this area. |

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|----------------------|--|
| Title:               | Children and young relatives of those with a mental illness  |
| Organisation:        | Mental Health Unit, Department of Human Services   |
| Contact Name:        | Trish Loader   |
| Telephone:           | 08 8226 0777   |
| Fax:                 | 08 8226 6235   |
| Email:               | Trish.Loader@dhs.sa.gov.au.  |
| Program Description: | Currently the DHS Mental Health Unit and consumers/carers are developing a policy confirming strategic priorities in relation to this group. This will lead to a range of initiatives in current services. The main collaborators on this project are DHS, the Consumers and Carers Association and the Schizophrenia Fellowship. We are concerned that we promote all children's needs for information about mental health. |
| Evidence:            | N/A  |

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| Title:               | Helen Mayo House  |
| Organisation:        | Women's and Children's Hospital   |
| Contact Name:        | Dr Anne Sved-Williams   |
| Telephone:           | 08 8303 1451  |
| Fax:                 | 08 8357 9717  |
| Email:               | sandras@sams.health.sa.gov.au   |
| Program Description: | In-patient population: assessment is made at admission of parent infant attachment, and this is reviewed on a weekly basis. Where problems are identified in maternal care, or problems identified in child (less than age five years) specific mother/infant therapy and/or developmental guidance is provided as appropriate.<br><br>Day-patient program: there is specific teaching about mother/infant relationship.<br><br>Mother/Infant Therapy Community Group will commence aiming to provide specific input around the issues of mothers with mental illness and effects on children.<br><br>Community teaching: books have been written (Jake's Dinosaurs [Williams 1996] and Robby Rose and Monkey [Wilkinson 1996]) whose target audience is children less than |

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| Evidence:            | seven years. These are actively marketed through available sources.<br>Levels 4 and 6 of the NHMRC levels of evidence scale   |
| Title:               | Offspring   |
| Organisation:        | Southern Child and Adolescent Mental Health Service (CAMHS)   |
| Contact Name:        | Tony Colhoun/Helen Hoskin   |
| Telephone:           | 08 8326 1234  |
| Fax:                 | 08 8326 3340  |
| Email:               | N/A   |
| Program Description: | Offspring is a support group for young adolescents 12-18 years who have a parent with a mental illness. Members meet on a fortnightly basis for support, friendship, education and social activities. Offspring also succeeded in obtaining funding for a carers' retreat to enable these young people to have a respite from their role in caring for their parents. Three Offspring youth consultants have worked in partnership with CAMHS staff in a community education program with the objective of informing the wider community about the issues impacting on the lives of these young people and their families. Members of Offspring have also been available to provide information, education and knowledge of issues for children and adolescents who have a parent with a mental illness to health and welfare agencies and recently presented a paper at the CAMHS conference in Adelaide. Offspring members also coedited an article titled 'The uninvited guest: the impact of mental illness on adolescents and their families'. |
| Evidence:            | Levels 1 and 6 on the NHMRC levels of evidence scale  |
| Tasmania             |   |
| *Title               | N/A   |
| Organisation:        | Royal Derwent Hospital  |
| Contact Name:        | Shirley Hancock   |
| Telephone:           | 03 6261 9255  |
| Fax:                 | 03 6261 9235  |
| Email:               | N/A   |
| Program Description: | Within a secure public psychiatric in-patient ward (for both acute and chronic disorders) of adult clients of mental health services, we strive to ensure children of our patients are also cared for from a mental health support/promotion point of view. We provide information; strive to maintain attachment between parent and child; and develop strategies to enable children to cope with anxiety, effects of parent's hospitalisation and stigma. We refer to appropriate sources for concerns related to schooling, welfare, child protection or treatment issues.   |
| Evidence:            | Recommendations from The Tasmanian Children's Project Report [Farrell et al. 1999]  |
| Title:               | Tasmanian Children's Project (TCP)  |
| Organisation:        | Mental Health, St. Johns Park, St. Johns Park Avenue, New Town Tas. 7008  |
| Contact Name:        | Christine Handley (Project Co-ordinator)  |
| Telephone:           | 03 62307555   |
| Fax:                 | 03 62307550   |
| Email:               | christine.handley@dchs.tas.gov.au   |
| Program Description: | The TCP was a research study to investigate the needs of children with a parent with a mental illness. It had an epidemiological as well as needs analysis focus. The TCP is now completed and a number of key initiatives have been proposed (see chapter 7, Recommendations, and chapter 8 of Farrell et al. 1999).   |
| Evidence:            | N/A   |

## Victoria

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|----------------------|---|
| Title:               | N/A   |
| Organisation:        | Mid West Area Mental Health Service   |
| Contact Name:        | Trish Saunders  |
| Telephone:           | 03 9300 8600  |
| Fax:                 | 03 9300 8699  |
| Email:               | N/A   |
| Program Description: | Currently engaged in a project with Protective Services, family support agencies, Child and Adolescent Mental Health, maternal and child welfare nurses, GPs, etc to promote collaboration and good practice. |
| Evidence:            | N/A   |

|                      |   |
|----------------------|---|
| Title:               | N/A   |
| Organisation:        | Moreland Continuing Care  |
| Contact Name:        | S Tizzard/A Muddit  |
| Telephone:           | 03 9387 4955  |
| Fax:                 | N/A   |
| Email:               | N/A   |
| Program Description: | A group is run at present for mothers who have a mental illness and dependent children. There is childcare for the children. The group looks at various issues from: support for parents, parenting issues, child developmental milestones, 'how to tell children about mental illness', and self-esteem issues for parents. Group is run by a worker at our clinic, and a worker at the family support program. Also, at the clinic, individual staff see families for family meetings and family therapy. |
| Evidence:            | Based on previous groups run at the clinic and in other mental health settings  |

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| Title:               | N/A   |
| Organisation:        | Gippsland Psychiatric Services  |
| Contact Name:        | Christina Laming and Denise Stranger  |
| Telephone:           | 03 5171 1255  |
| Fax:                 | 03 5174 5284  |
| Email:               | N/A   |
| Program Description: | Two facets.<br>1. Identify referral of adult clients who have dependent children. Assist adult practitioners to see that the needs of these children are addressed, either through their program, client's extended supports or external agencies.<br>2. Providing workshops to agencies working with families where the parent may have a mental illness, for example, schools, non-government organisations and occupational health and safety organisations. |
| Evidence:            | We have tried limited research unsuccessfully and so have based interventions upon the research done by many others, for example, through the CHAMPS program. Our knowledge is based upon the experience of workers and consumers over many years.  |

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| Title:               | N/A   |
| Organisation:        | Child and Adolescent Health   |
| Contact Name:        | Richard Dowdy   |
| Telephone:           | 03 5022 3500  |
| Fax:                 | N/A   |
| Email:               | N/A   |
| Program Description: | We offer a two-part program. We offer some one-off education sessions to children whose parents are part of the in-patient unit about mental illness. We have also developed a six-week program for adolescents around mental illness, looking at the myths, the truth, risk factors, etc. Hopefully running in the New Year. |
| Evidence:            | N/A   |

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|----------------------|---|
| Title:               | N/A   |
| Organisation:        | Community Occupational Therapy Service                                  |
| Contact Name:        | Carol Rea   |
| Telephone:           | 03 6228 8234  |
| Fax:                 | 03 6228 8335  |
| Email:               | N/A   |
| Program Description: | Psychoeducation groups for family and friends of people with psychosis. |
| Evidence:            | N/A   |

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| Title:               | Banksia House Mother Baby Unit   |
| Organisation:        | Austin Repatriation Medical Centre, Repatriation Campus  |
| Contact Name:        | Anne Buist   |
| Telephone:           | 03 9496 2940   |
| Fax:                 | 03 9496 2360   |
| Email:               | a.buist@medicine.unimelb.edu.au  |
| Program Description: | In-patient facility for mothers and infants of less than 12 months whose mothers have mental illness. The program focuses on the mother-infant relationship as well as practical care and mothers' own issues. |
| Evidence:            | Levels 1 and 6 of the NHMRC levels of evidence scale   |

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| *Title:              | BEST for Kids   |
| Organisation:        | Beleura Private Hospital  |
| Contact Name:        | Verena Ross or Neil Shaw  |
| Telephone:           | 03 9256 8333 or 03 9784 9800  |
| Fax:                 | 03 9784 9801  |
| Email:               | N/A   |
| Program Description: | An early intervention and peer-support group program for kids whose mum or dad has a mental illness or alcoholism. It provides a safe place where kids can talk about their experiences with others who know what it's like. Each week group facilitators work with kids on a particular issue such as 'what to do in a crisis', embarrassment, shame and self-concept, self-protection, friendships, grief and loss, blaming, mental illness/alcoholism - 'can I catch it' and 'our families'. We include role-plays, filmmaking, discussion groups, and art therapy to facilitate learning. |
| Evidence:            | N/A   |

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| Title:               | Darebin CHAMPS   |
| Organisation:        | Darebin Community Mental Health Centre   |
| Contact Name:        | Matt O'Brien   |
| Telephone:           | 03 9416 9111   |
| Fax:                 | 03 9480 4176   |
| Email:               | mobrien@papyrus.mhri.edu.au  |
| Program Description: | The core purpose of the project will be to promote mental health and improve children's emotional, psychological and social wellbeing, thus minimising the impact of parental mental illness on them. Through the promotion and provision of education, information, support and specialised assistance, prevention and early identification of both adult and childhood changes in mental health and associated risks will be achieved. The programs will be run over a school term, concluding with a weekend camp and will be offered to a maximum of eight children at a time. |
| Evidence:            | Level 3 on the NHMRC levels of evidence scale  |
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| Title:               | Get Together: FaST (Family Sensitive Training and Bouverie Clinical Program)   |
| Organisation:        | Bouverie Family Centre   |
| Contact Name:        | Jeff Young   |
| Telephone:           | 03 9376 9844   |
| Fax:                 | 03 9376 9890   |
| Email:               | Bouverie.centre@latrobe.edu.au<br>website: <a href="http://www.latrobe.edu.au/www/bouverie">http://www.latrobe.edu.au/www/bouverie</a>   |
| Program Description: | Clinical program - family counselling with core focus on mental illness. Training and consultation services to all mental health services in Victoria, aiming to help services be family sensitive, including to the needs of siblings and children of parents with severe mental illness. |
| Evidence:            | Clinical research  |

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|----------------------|---|
| Title:               | Group Program for Children whose Parents have a Mental Illness  |
| Organisation:        | Grampians Psychiatric Services  |
| Contact Name:        | Joy Nichols and Sonya Boadle  |
| Telephone:           | 03 5320 4100  |
| Fax:                 | N/A   |
| Email:               | N/A   |
| Program Description: | Six-week group program addressing the needs of children whose parents have a mental illness. The group allows children to express feelings, gain support from each other and has educative components delivered in an experiential fashion. |
| Evidence:            | N/A   |

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|----------------------|---|
| Title:               | Keeping Kidz in Mind (ongoing portfolio)  |
| Organisation:        | South West Area Mental Health Service   |
| Contact Name:        | Wendy Fromhold  |
| Telephone:           | 03 9928 7444  |
| Fax:                 | 03 9928 7440  |
| Email:               | Wfromhold@mercy.com.au  |
| Program Description: | Keeping Kidz in Mind program developed from a 12-month funded project which formed a model of recommended practice for adult mental health services. The ongoing program implements and monitors a number of strategies which aim to increase the awareness and skills of adult mental health workers in addressing the needs of parents and children, where a parent has a mental illness. A number of activities have also been developed for families in the Vietnamese community. |
| Evidence:            | Level 6 on the NHMRC levels of evidence scale   |

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| Title:               | Kids Putting the Pieces Together  |
| Organisation:        | Mental Health Promotion Officer, CAMHS  |
| Contact Name:        | Roz Devilee   |
| Telephone:           | 03 5022 3500  |
| Fax:                 | 03 5022 3354  |
| Email:               | projteam@mildgase.vic.gov.au  |
| Program Description: | Kids Putting the Pieces Together: a peer-support group for children up to age 12 who have a parent with a mental illness. The group runs for eight weeks. Currently developing a localised manual which can be used for workers in the field. |
| Evidence:            | Level 6 on the NHMRC levels of evidence scale. Literature search, especially the effectiveness of peer-support groups   |

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| Title:               | Kids with Confidence Project  |
| Organisation:        | Bendigo Health Care Group   |
| Contact Name:        | Michelle Rowell   |
| Telephone:           | 03 5440 6500  |
| Fax:                 | 03 5440 6502  |
| Email:               | N/A   |
| Program Description: | <p>Kids with Confidence (KwC) is a program designed to help support and educate children who have a family member with a mental illness. KwC provides programs for:</p> <ul style="list-style-type: none"> <li>• 6 to 8 year olds,</li> <li>• 9 to 13 year olds, and</li> <li>• 14 to 18 year olds.</li> </ul> <p>The groups are run after school, for two hours, generally running a structured six to eight-week program. There is also a Kids with Confidence Club, which meets monthly for children who have been through a program and require ongoing support.</p>                      |
| Evidence:            | <p>The program is founded in principles of evidence-based programs of this type in Australia, as well as a pilot study conducted by Bendigo Health Care Group (see also Cowling 1999).</p>  |
| Title:               | Let's Talk about Parenting  |
| Organisation:        | Windermere Child and Family Services  |
| Contact Name:        | Heather Vaughan   |
| Telephone:           | 03 9705 2144  |
| Fax:                 | 03 9796 7650  |
| Email:               | winderme@netlink.com.au   |
| Program Description: | <p>For the past three years, Windermere has facilitated a support/educative group for parents who have a mental illness. The aim of the group is to improve parents' skills in relating to their children. This is achieved by discussion, role plays, written information and videos. The sessions are child focused, looking at the emotional needs of children and how their parent's illness impacts on their behaviour. Children come to sessions, usually outdoor activities, during school holidays. There are plans to have sessions just for the children/adolescents in term 2.</p> |
| Evidence:            | N/A   |
| Title:               | Mothers Support Program   |
| Organisation:        | Prahran Mission   |
| Contact Name:        | Lynne Yeomans   |
| Telephone:           | 03 9827 0684  |
| Fax:                 | 03 9827 9038  |
| Email:               | N/A   |
| Program Description: | <p>The Mothers Support Program provides home-based support to women who have a psychiatric disability and who have children in their care who live in inner and middle southern region of Melbourne. The program is a psychosocial rehabilitation program, working with women on achieving their identified goals. Program assumes case-management responsibilities, offers peer and personal development groups and has a 24-hour on-call facility.</p>  |
| Evidence:            | N/A   |

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| Title:               | Mums and Dads Project  |
| Organisation:        | Mid West Adult Mental Health Service   |
| Contact Name:        | Carmel Alakus  |
| Telephone:           | 03 9365 1260   |
| Fax:                 | 03 9365 1261   |
| Email:               | carmel.alakus@nwhcn.org.au   |
| Program Description: | The Mums and Dads Project is a pilot parent education program for consumers of mid-west area adult mental health service who have children between the ages of 0-17 years. There were five sessions of approximately two hours' duration. Topics included: styles of parenting, ages and stages of development, information for children about mental illness, bringing up resilient kids and community support for parents and children generally and where there are special needs. The sessions were facilitated by Carmel Alakus, Senior Social Worker Clinician, and Ross Findlay, Staff-Consumer consultant. They ran for five consecutive weeks in August-September. An average of seven parents attended each session. The participants responded favourably to the project through the written feedback forms, verbal evaluation and part of the discussion being recorded with participants' permission. |
| Evidence:            | Research through practice, for example, Wadsworth (1997), Patton (1987) and Repucci et al. (1997). Invited participants to complete a simple feedback questionnaire and verbal feedback to a third person. Part of group discussion also recorded. Aims and objectives re participant satisfaction achieved.   |

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| Title:               | Parenting Together  |
| Organisation:        | Mornington Peninsula Community Mental Health Services   |
| Contact Name:        | Ingrid Baarsma  |
| Telephone:           | 03 9784 6999  |
| Fax:                 | 03 9784 6000  |
| Email:               | N/A   |
| Program Description: | Parenting Together, a parenting group specifically targeted towards parents with a psychiatric illness. Ongoing program. Lunch provided, childcare provided in same venue. Co-run with Frankston council family support worker. Working through empowering the parents to care for their children better and receive more pleasure from them. |
| Evidence:            | N/A   |

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|----------------------|---|
| *Title:              | Paying Attention to Self (PATs)   |
| Organisation:        | Centre for Adolescent Health, 2 Gatehouse St, Parkville Victoria 3052   |
| Contact Name:        | Danielle Forer  |
| Telephone:           | (03) 9345 7950  |
| Fax:                 | (03) 9345 6534  |
| Email:               | forerd@cryptic.rch.unimelb.edu.au   |
| Program Description: | PATs is a peer-support group for young people who have a parent with mental or emotional health problems. The group provides young people with the opportunity to share their experiences and be supported by other young people in a situation similar to their own. The aim is to normalise their situation, reduce the isolation that is often experienced and to develop skills to increase their resilience. Groups are made of six to eight young people aged 13-18 years who meet weekly for six weeks. The groups are facilitated by a peer leader (a young person whose parent has a mental health problem) and a health professional. Topics covered in the group include: <ul style="list-style-type: none"> <li>• understanding their parent's illness,</li> <li>• improving their relationship with their parent,</li> <li>• dealing with friends,</li> <li>• strategies for staying mentally healthy themselves,</li> <li>• dealing with stigma and stereotypes, and</li> <li>• understanding and expressing their feelings.</li> </ul> |

|                      |   |
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| Evidence:            | <p>The focus is on healthy thinking and healthy coping strategies. Group activities include discussion, games, role plays, art and craft, guest speakers and social outings.</p> <p>PATS Rural Pack: A rural pack has been developed. The purpose of the pack is to provide information and support to young people with parents with mental health problems who are unable to attend the PATS program. This pack is a great resource for workers to use with young people in this situation. By sending the pack to workers we hope to establish connections between the young person and a support worker. The pack may act as a catalyst for discussion with the young person to address issues pertaining to their parent's illness. The pack contains:</p> <ul style="list-style-type: none"> <li>• an audio tape of people their age talking about their feelings,</li> <li>• a recorded positive visualisation/relaxation exercise for young people to listen to,</li> <li>• personal accounts from PATS participants about their lives and how they've coped with their parent's illness,</li> <li>• a booklet with stories from the parents' perspective,</li> <li>• a collection of practical suggestions in a small book for dealing with feelings and coping at home, and</li> <li>• a list of useful phone numbers for families living with mental health issues and some helpful brochures.</li> </ul> <p>The peer-support model which is used in our program has been evaluated at level 4 for a different target group.</p> <p>The program for this target group has been evaluated at level 6.</p> |
| Title:               | Special Parents   |
| Organisation:        | Peninsula Community Psychiatry Service (PCPS)   |
| Contact Name:        | Judi Bakewell   |
| Telephone:           | 03 9784 6999  |
| Fax:                 | 03 9784 6900  |
| Email:               | N/A   |
| Program Description: | Special Parents was a pilot program jointly facilitated by (PCPS) and Anglicare focusing on parents with a mental illness. This group consisted of seven sessions over the same number of weeks conducted in the community. The focus was on the parent managing the mental illness and becoming more aware of factors impinging on their parenting capacities (for example, symptomatology, onset of an acute episode, and recovery). The group also raised awareness of the experience for children and of strategies that can assist to minimise distress for children and provide for their support. Resources in the community for parents and children also explored.   |
| Evidence:            | Literature review and experiences of case managers. Facilitators were experienced group facilitators 1. Family therapist 2. Occupational therapist  |
| Title:               | The Parents' Project  |
| Organisation:        | Maroondah Hospital Area Mental Health Service   |
| Contact Name:        | Rose Cuff   |
| Telephone:           | 03 9871 3983  |
| Fax:                 | 03 9871 3977  |
| Email:               | N/A   |
| Program Description: | The Parents' Project provides two weekly support groups for parents in two separate locations, with free childcare provided. The project worker provides primary and secondary consultation throughout the region to mental health services and welfare agencies; a separately funded peer-support program, CHAMPS, has been operating for children aged eight to 16; and the project worker provides information and a referral service for children and other family members.   |
| Evidence:            | Levels 4 and 6 on the NHMRC levels of evidence scale and consultation with consumers using a standard interview format  |

|                      |   |
|----------------------|---|
| *Title:              | Women's Mental Health and Listen to the Children  |
| Organisation:        | La Trobe Regional Hospital  |
| Contact Name:        | Barbara Keeble-Devlin   |
| Telephone:           | 03 5623 0874  |
| Fax:                 | 03 5623 2281  |
| Email:               | N/A   |
| Program Description: | Multi-level interventions aimed at increasing staff awareness of the needs of children/families when affected by a mental illness. Educational programs targeted at staff.  |
|                      | <ul style="list-style-type: none"> <li>• Support groups for parents and children</li> </ul>   |
| Evidence:            | <ul style="list-style-type: none"> <li>• Accessing Lions camps for children</li> <li>• Liaising with other agencies</li> <li>• Collaborative practice and shared case management between adult and child and adolescent mental health services</li> <li>• Mental health promotion in the community</li> </ul> <p>Our response has been really driven by client needs and consumer feedback. We are yet to review and further develop in line with research outcomes.</p>              |
| Title:               | Working Group for Children whose Parents have a Mental Illness  |
| Organisation:        | Dandenong Area Mental Health Service  |
| Contact Name:        | Pauline Turner  |
| Telephone:           | 03 9844 2927  |
| Fax:                 | 03 9554 1899  |
| Email:               | p.turner@shcn.com.au  |
| Program Description: | Will include but not be limited to:   |
|                      | 1. Direct services to children of mentally ill parents, for example, groups run with external agencies and similar groups for parents   |
|                      | 2. Advocacy   |
| Evidence:            | <p>3. Network identification, development, and participation</p> <p>4. Working with school children (secondary) on issues of understanding and stigma</p> <p>Level 6 on the NHMRC levels of evidence scale</p>  |
| Western Australia    |   |
| Title:               | N/A   |
| Organisation:        | Mental Health Division, Health Department of Western Australia  |
| Contact Name:        | Karen Milligan  |
| Telephone:           | 08 9222 4186  |
| Fax:                 | 08 9222 2351  |
| Email:               | Karen.Milligan@health.wa.gov.au   |
| Program Description: | The division funds the Association of Relatives and Friends of the Mentally Ill (ARAFMI) youth program to provide information and emotional support to the family and friends of people with mental health problems. The services provide specialist counselling, telephone support, information and referrals, workshops, training and publications. Beyond this you should get information directly from ARAFMI: 1st floor, 275 Stirling Street, Perth, 6000, WA, tel 08 9228 0577. |
| Evidence:            | N/A   |
|                      |   |

|                      |   |
|----------------------|---|
| Title:               | N/A   |
| Organisation:        | Marg Fay (BA, BSW), Counsellor  |
| Contact Name:        | Margaret Fay  |
| Telephone:           | 08 9335 3201  |
| Fax:                 | N/A   |
| Email:               | N/A   |
| Program Description: | Presently involved in in-service work with agencies providing alternative care or therapeutic daycare for children of parents with mental health problems. Continue on interagency support committee group. Planning localised parent-support groups based on the listening skills required to listen to young children's feelings. |
| Evidence:            | Parents Leadership Institute, Palo Alto, California, USA Patty Wipfler, Director  |

|                      |  |
|----------------------|--|
| Title:               | Community Depression Awareness Project   |
| Organisation:        | Central Great Southern Health Service  |
| Contact Name:        | Cynthia Warburton  |
| Telephone:           | 08 9821 2815   |
| Fax:                 | 08 9821 4232   |
| Email:               | cynthia.warburton@health.wa.gov.au   |
| Program Description: | Community Depression Awareness Project provides education, support and training for professional people working with depressed clients, for people experiencing depression and for the community in general. Some community members have undergone training to act as support people for women experiencing postnatal depression. A depression support group is operating in another town. Involvement in the AusEinet. Project offers information and support for teachers and parents. |
| Evidence:            | Levels 2 and 6 on the NHMRC levels of evidence scale   |

|                      |  |
|----------------------|--|
| Title:               | Family Mental Healthcare   |
| Organisation:        | Goldfields Centrecare  |
| Contact Name:        | Susan Ridley   |
| Telephone:           | 08 9091 1833   |
| Fax:                 | 08 9021 8673   |
| Email:               | centcare@emerge.net.au   |
| Program Description: | Support for families where a member has diagnosed mental illness               |
| Evidence:            | Level 6 on the NHMRC levels of evidence scale, community needs and development |
| Title:               | Young ARAFMI   |

|                      |   |
|----------------------|---|
| Organisation:        | ARAFMI (Association of Relatives and Friends of the Mentally Ill)   |
| Contact Name:        | Angela Hislop or Rachel Meddin  |
| Telephone:           | 08 9450 7611 or 9402 7022   |
| Fax:                 | 08 9228 0440  |
| Email:               | angela@arafmi.asn.au  |
|                      | rachel@arafmi.asn.au  |
| Program Description: | The Youth Services Project at ARAFMI provides age-appropriate services and resource material to improve the coping ability of eight to 18 year olds who have a family member with a mental illness. The project provides counselling, support, education, written material and training programs for specific and generic service providers to support and educate young people in this situation. Workshops for eight to 12 years and adolescents held twice yearly. |
| Evidence:            | N/A   |

# Appendix 5: Annotated Bibliography and Resources

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As this scoping study was conducted a number of other reports and resources were referred to, forwarded or discovered. Many of these references, documents and resource materials would be very useful for those involved at all levels of service provision for children with parents affected by mental illness. These materials are summarised in the following sections:

- ❖ References—which are those cited in the body of the report (see chapter 8);
- ❖ Policy documents—which are documents forwarded to the project officer to assist in developing a picture of the policy and planning frameworks in place at the federal and State levels with regard to services for these children and their families;
- ❖ Resources—an annotated listing of resources that may be useful for informing the planning and design of services for these children. They are grouped as follows:
  - { general child and adolescent mental health or mental health prevention/promotion issues;
  - { program descriptions and/or evaluations;
  - { programming resources; and
  - { Australian research.

PLEASE NOTE: this is not an exhaustive list, as many of these reports were received opportunistically as the project officer developed contacts with practitioners in the field, rather than via an organised research strategy. It can be expected that other relevant reports do exist.

## POLICY DOCUMENTS

### Commonwealth

Provided by:

Promotion and Prevention Section  
Mental Health Branch  
MDP 37  
Commonwealth Department of Health and Aged Care  
GPO Box 9848  
Canberra ACT 2601

Documents provided:

Mental Health Promotion and Prevention National Action Plan: Under the Second National Mental Health Care Plan, 1998–2003 January 1999, Department of Health and Aged Care, Canberra.  
Second National Mental Health Plan: 1998–2003 1999, Australian Health Ministers, AGPS, Canberra.

### New South Wales

Provided by:

Centre for Mental Health  
NSW Health Department  
73 Miller Street  
North Sydney NSW 2060  
Locked Mail Bag 961  
North Sydney NSW 2059  
Tel: 02 9391 9000  
Fax: 02 9391 9101  
Email: [nswhealth@doh.health.nsw.gov.au](mailto:nswhealth@doh.health.nsw.gov.au)  
Website: <http://www.health.nsw.gov.au>.

Documents provided:

Framework for Child and Adolescent Mental Health Services in NSW (December 1999), Centre for Mental Health, NSW Health Department, Sydney.

Getting in Early: A Framework for Progressing Early Intervention and Prevention in Mental Health for Young people in New South Wales, Draft Discussion Paper (May 1999), Centre for Mental Health, NSW Health Department, Sydney.

NSW Strategy: Making Mental Health Better for Children and Adolescents (February 1999), Better Health Centre, NSW Health Department, Sydney.

Young People's Health, Our Future (December 1998), State Health Publication No: (HPA) 980199, NSW Health Department, Sydney.

Prevention Initiatives for Child and Adolescent Mental Health: NSW Resource Document (final draft, December 1999), Centre for Mental Health, NSW Health Department, Sydney.

## Tasmania

Provided by:

Mental Health Services, Community and Rural Health  
Department of Health and Human Services  
Level 2, 34 Davey Street  
Hobart TAS 7000

GPO Box 125B  
Hobart TAS 7001

Tel: 03 6233 3764  
Fax: 03 6233 3023.

Documents provided:

Mental Health Services in Tasmania: A Plan for Now and the Future. Strategic Plan for 1999-2002. (1999), Tasmanian Department of Health and Human Services, Tasmania.

The Tasmanian Children's Project Report: The Needs of Children and Adolescents with a Parent/Carer with a Mental Illness (1999), Farrell, G, Handley, C, Hanke, A, Hazelton, M & Josephs, A, University of Tasmania, Launceston.

## Victoria

Provided by:

Marilyn Kraner  
Senior Project Officer  
Mental Health Branch  
Department of Human Services  
11/555 Collins Street  
Melbourne VIC 3000

Tel: 03 9616 7613  
Fax: 03 9616 8726  
Email: [marilyn.kraner@dhs.vic.gov.au](mailto:marilyn.kraner@dhs.vic.gov.au)  
Website: <http://www.dhs.vic.gov.au>.

Documents provided:

Psychiatric Crisis Assessment and Treatment Services: Guidelines for Service Provision (November 1994), Psychiatric Services Division, Victorian Government Department of Health and Community Services, Melbourne.

Mobile Support and Treatment Services: Guidelines for Service Provision (September 1995), Psychiatric Services Division, Victorian Government Department of Health and Community Services, Melbourne.

General Adult Community Mental Health Services: Guidelines for Service Provision (July 1996), Psychiatric

Services Division, Victorian Government Department of Health and Community Services, Melbourne.  
Victoria's Mental Health Services: Improving Services for People from a Non-English-Speaking Background (July 1996), Psychiatric Services Division, Victorian Government Department of Health and Community Services, Melbourne.

Victoria's Mental Health Services: Tailoring Services to Meet the Needs of Women (April 1997), Aged, Community and Mental Health Division, Victorian Government Department of Human Services, Melbourne.

Victoria's Mental Health Services: The Framework for Service Delivery, Child and Adolescent Services (May 1998), Mental Health Branch, Victorian Government Department of Human Services, Melbourne.

Victoria's Mental Health Service: The Framework for Service Delivery—Better Outcomes through Area Mental Health Services (July 1998), Victorian Government Department of Human Services, Melbourne.

Mental Health Promotion Plan 1999–2002 (December 1999), VicHealth, Victorian Health Promotion Foundation, Melbourne.

## Queensland

Provided by:

Queensland Health  
Corporate Office  
147–163 Charlotte St  
Brisbane QLD 4000  
Tel: 07 3234 0111

Documents provided:

Future Directions for Child and Youth Mental Health Services: Queensland Mental Health Policy Statement (1996), Queensland Health, Brisbane.

## RESOURCES

### General child and adolescent mental health or mental health promotion/prevention issues

Family Help Kit: published by NSW Health, available from Health Better Health Centre, Locked Mail Bag, 5003, Gladesville NSW 2111, Tel: 02 9816 0452, Fax: 02 9816 0492. Set of handouts for parents on child and adolescent mental health problems, for example challenging behaviours, grief and loss, suicide prevention, and fears and anxiety. Includes information on the various topics and where to get help if required.

Children in Mind: Child and Adolescent Mental Health Services (CAMHS): Audit Commission Briefing, United Kingdom, September 1999 (available on Audit Commission website: <http://www.audit-commission.gov.uk/ac2/TRfirst.htm>). Briefing to the UK government providing background to and recommendations on improving the effectiveness and efficiency of CAMH services.

Prevention Initiatives for Child and Adolescent Mental Health: NSW Resource Document (final draft, December 1999), Centre for Mental Health, NSW Health Department, Sydney. A manual designed to provide information and resources to guide development and implementation of effective prevention programs and initiatives in mental health for children, adolescents and their families. Provides detailed background information on prevention of mental health problems, appropriate strategies, and practical guidelines for developing and implementing successful intervention programs. Developmental life stages of children and adolescents are reviewed, as are risk and protective factors, relevant research and descriptions of effective programs. Small section specifically related to children whose parents have a mental illness.

### Program descriptions and/or evaluations

Cowling, V (Ed) (1999) Children of Parents with Mental Illness, Australian Council for Educational Research, Melbourne. Practical and detailed handbook (221 pages) including articles by children, adult children, parents and professionals. Major topics covered: clinical issues, research perspectives, legislative frameworks, programs and other approaches and effective interagency collaboration.

Cuff, R & Mildred, H (1998) Parents in Partnerships: Developing Services to Better Meet the Needs of Parents Who

Have a Mental Illness—Project Report and Resource Guide, Maroondah Hospital Area Mental Health Service, Melbourne. Describes the structure, content and evaluation of the two components of this program: support groups for parents with mental illness and professional development for workers. Recommendations for future action are included as well as listings of resources and further reading and Victorian support services.

Cuff, R & Pietsch, J (1997a) Final Report: What Are the Best Forms of Intervention for Children Who Have a Parent with a Mental Illness? Mental Health Research Institute, Parkville. Overall summary of all components of the CHAMPS (CHildren And their Mentally Ill ParentS) pilot project in Victoria. Provides brief background, findings, evaluation and recommendations arising from the Working Together project on service provision and interagency collaboration, a staff training package and peer-support intervention programs.

Cuff, R & Pietsch, J (1997b) Program Design and Evaluation: A Peer Support Program for Children of Parents with a Mental Illness, Mental Health Research Institute, Melbourne. Very detailed outline of the development, implementation and evaluation of the peer-support component of the CHAMPS project.

Edwards, J & Mitchell, R (1999) Families Together: The First Four Years, A Service of the Benevolent Society of NSW, Benevolent Society of NSW, Sydney. Report by the Benevolent Society on the first four years of this program, a comprehensive home-based service for parents with a chronic mental illness who are pregnant or have a young child. Includes detailed program description and evaluation report.

Kowalenko, N, Barnett, B, Fowler, C & Matthey, S (1999) Early Intervention: Better Practice Guidelines for Perinatal Mental Health Problems. AusEinet, <http://www.auseinet.flinders.edu.au>. Literature review and explanatory summary regarding maternal perinatal mental health problems and their effect on infants, and practical guidelines and case studies on identification and clinical management of maternal perinatal mental health problems.

Kraner, M (1998a) Families where a Parent has a Mental Illness: Summary of Activities and Program Provided by Mental Health Services across Victoria, Mental Health Branch, Department of Human Services, Melbourne.

Kraner, M (1998b) Families where a Parent has a Mental Illness: Summary of Activities and Program Provided Nationwide, Mental Health Branch, Department of Human Services, Melbourne. Detailed summaries of programs, resources, networks and contacts to July 1998.

McEnroe, M (1998) Mental Illness Affects the Whole Family: Children of Parents Affected by Mental Illness, Northern Sydney Area Health Service, Sydney. Summary of the findings of a part-time, six-month project to examine the existing needs and service delivery for children of parents with mental illness within the Northern Sydney Area Health Service (NSAHAS). The activities of this project are described, including a literature review, a survey of a mental health worker's knowledge and concerns, and current services in the NSAHAS area. A detailed set of frameworks is described for best practice services for three different age groups (infant/toddler, latency and adolescent).

Shipp, Y (1996) Options for Mothers Affected by a Mental Health Disorder with Dependent Children: The Report of a Churchill Fellowship Study Tour NSW, Winston Churchill Memorial Trust of Australia, Sydney. Descriptions of programs visited in the United Kingdom, Canada and the United States that provide support/intervention for mothers who have a mental illness. Includes recommendations arising from these observations that apply to the Australian context.

The National Network of Adult and Adolescent Children Who Have a Mentally Ill Parent/s. An Australian interest and lobbying group, see website: <http://home.vicnet.net.au/~nnaami>.

## Programming resources

In addition to resources included in the program descriptions and evaluations described above, the following may be useful:

ARAFMI WA Inc (1994) A Booklet for Young People about Mental Illness. Perth: ARAFMI (Association of Relatives and Friends of the Mentally Ill).

ARAFMI WA Inc (1997) *Handle with Care: A Workbook about Mental Illness for 8-12 Year Olds*. Perth: ARAFMI (Association of Relatives and Friends of the Mentally Ill).

Wilkinson, L (1996) *Robby Rose and Monkey*, Helen Mayo House, Women's and Children's Hospital, Adelaide. A picture book written for children aged three to six, about a boy whose mother develops postnatal depression after the birth of her second child.

Williams, A (1996) *Jake's Dinosaurs*, Helen Mayo House, Women's and Children's Hospital, Adelaide. A picture book written for children aged three to six, who have a mother with serious mental illness.

## Websites

When Your Parent Has a Mental Illness, University of Illinois at Urbana-Champaign, Counselling Center:  
<http://www.couns.uiuc.edu/parents.htm>.

Things To Know If Someone in Your Family Has a Mental Illness ..., South Carolina Department of Mental Health: <http://www.state.sc.us/dmh/schoolbased/thingstoknow.htm>.

Children of Parents with Mental Illness, American Academy of Child & Adolescent Psychiatry:  
<http://www.aacap.org/factsfam/parentmi.htm>.

National Network of Adult and Adolescent Children who have a Mentally Ill Parent/s Inc website, including case stories and links: <http://home.vicnet.net.au/~nnaami>.

## Australian research

Farrell, G, Handley, C, Hanke, A, Hazelton, M & Josephs, A 1999, *The Tasmanian Children's Project Report: The Needs of Children and Adolescents with a Parent/Carer with a Mental Illness*, University of Tasmania, Launceston.

McGrath, J & Hearle, J 1998, *Promoting Positive Outcomes for Parents with Serious Mental Illness*, Queensland Centre for Schizophrenia Research, Brisbane.

Kalucy, R & Thomas, L 1999, *The impact of parental mental illness on families: the consumers' view*, unpublished study, Flinders Medical Centre, Department of Psychiatry.