



Supporting Parents When Parents Experience Mental Health Challenges:

Ready-to-Use Workshop for Service Providers

**best start
meilleur départ**

by/par health **nexus** santé

Background

- 2010 survey
- Best Start Resource Centre
- Healthy Babies Healthy Children (HBHC) staff
- All 81 respondents reported that their clients experienced mental health challenges:
 - 92% often or very often
 - 8% seldom or very seldom

Service providers desire greater ability to:

- Understand mental health challenges and their impact on parents.
- Support parents' attachment and bonding skills.
- Support parents' positive parenting skills.
- Support parents' behavioural change and goal setting abilities.

Audience

- Public health nurses involved in home visiting
- Family home visitors
- Lay home visitors
- Parent resource support workers
- Primary care physicians
- Family practice nurses
- Service providers working in community programs for parents
- Anyone working with parents who are experiencing mental health challenges

Mental Health Challenges

- Postpartum depression or anxiety
- Prenatal depression or anxiety
- Other mental health disorders or symptoms occurring during the perinatal period or while parenting young children
- Chronic or acute mental illness
- Symptoms of a mental health challenge while experiencing a concurrent mental illness

Goal

- Increase service providers' competencies when working with parents who are experiencing mental health challenges.

Objectives

- Information on mental health challenges and their impact on parenting.
- Strategies to assist clients experiencing a crisis
- Strategies to engage and support clients to assist them to develop and/or maintain positive parenting skills despite their mental health challenges.
- Strategies to assist clients with behavioural change and goal setting.
- Links to additional resources for education and support.

Four Modules

- Overview: experiencing mental health challenges while parenting young children.
- Assessing risk and managing crises.
- Supporting parenting skills while experiencing mental health challenges.
- Supporting behavioural change using motivational interviewing.

Each Module

1. Module content
2. Handouts containing
 - a) Case Example
 - b) Worksheet with Questions for Reflection
 - c) Additional handouts
 - d) Resources and References

Best Start: Ontario's Maternal, Newborn and Early Child Development Resource Centre Health Nexus

www.beststart.org and www.healthnexus.ca

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