

Supporting Parents When Parents Experience Mental Health Challenges: *Ready-to-Use Workshop for Service Providers*

The Best Start Resource Centre developed this ready-to-use workshop to meet the needs of service providers who are working with parents experiencing mental health challenges. There is no cost to the workshop. It can be downloaded from the Best Start Resource Centre website.

This workshop can be delivered in four short modules. It provides information, links to other resources, highlights resources service providers can use on a day-to-day basis, and provides support through discussion of cases and reflective questions. Service providers will benefit most when the modules are worked through in a group format. If that is not an available option, service providers can work through each module individually in a reflective manner.

This workshop was developed specifically for those working in the Healthy Babies Healthy Children program, but is useful for any service provider or professional working with pregnant women or parents of young children, who may be experiencing mental health challenges.

Goals and Objectives

The goal of this ready-to-use workshop is to increase service providers' competencies when working with parents who are experiencing mental health challenges by providing:

- 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.

General Instructions

- A facilitator can download the workshop to use as staff learning events.
- Each module takes about 1 – 1.5 hours to complete. The workshop can therefore be delivered as a full-day training or four individual sessions.
- The facilitator should download
 - The introduction in notes pages for his/her information
 - The introduction in PDF slides. These can then be shown as a slide show.
 - Notes pages and slides for each module or the module he/she wishes to deliver.
 - The PDF handout for each module

- If the modules are given as individual sessions, it is helpful to use the introduction each time to assist the facilitator in reviewing the background, goals and objectives, and contents of the workshop.
- The facilitator should print copies of the handout for each participant and distribute them ahead of time.
- Participants should look at one of the resources mentioned in the *Resources and References* section in preparation for the learning event.
- The *Questions for Reflection* section in the handout is a key part of the workshop and should be incorporated as much as possible to assist with reflective learning and translation into practice settings.

If there are any questions regarding the delivery of this workshop, contact Hiltrud Dawson at h.dawson@healthnexus.ca.