

The Family Model:

Managing the impact of parental mental health on children

Date: Friday 13 September 2013

Venue: Lion Court Conference Centre, London

Speakers

Dr Adrian Falkov Senior Staff Specialist - Child & Adolescent Psychiatry; Director, Redbank House; Author, *The Family Model*

Professor Jo Aldridge Professor of Social Policy and Criminology; Director of the Young Carers Research Group, Loughborough University

Heide Lloyd Contributor, *The Family Model Handbook*

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Programme

9.30am Coffee and registration

10.00am Chair's welcome and introduction

10.10am The Development of The Family Model

Dr Adrian Falkov Senior Staff Specialist - Child & Adolescent Psychiatry; Director, Redbank House; Author, *The Family Model*

10.25am Young carers in the UK: Parental Mental Health and Child Welfare

Professor Jo Aldridge Professor of Social Policy and Criminology; Director of the Young Carers Research Group, Loughborough University

This presentation will focus on research in the UK with children who care for parents who have serious mental health problems, including new research developments that include and promote the voices of child carers and whole family approaches.

10.45am Theory into Practice – How The Family Model relates to my lived experience

Heide Lloyd Contributor, *The Family Model* and **Dr Adrian Falkov** Senior Staff Specialist - Child & Adolescent Psychiatry; Director, Redbank House; Author, *The Family Model*

11.35am Panel discussion / Q&A

11.50am Chair's summary

12.00pm Lecture ends

12.05pm Book launch of the training resource; *The Family Model: Managing the impact of parental mental health on children* by Adrian Falkov, published by Pavilion in 2013.

The Family Model was a core component of the Department of Health's Crossing Bridges training programme, and its aim was to aid a greater understanding of the complex interplay between mental ill health in parents, the development and mental health of their children, and the relationships within family units affected by mental ill health.

The model has proved extremely durable, and in this handbook, the Family Model has been extensively revised and refined in the light of developments in the field over the last 10 years. Many features have been retained whilst enhancements have been added to ensure contemporary relevance in an ever-growing field. This enhanced Family Model provides the conceptual framework to support clinical approaches to family focused practice.

Additional principles have been added, including a service dimension to ensure that service provision is explicitly incorporated into thinking and practice, and a culture and community component to ensure that broader factors influencing individuals and impacting on family life are also addressed.

The handbook comes with a fully interactive CD-ROM to aid a greater understanding of the Family Model and to explain in a visually engaging way the principles of this approach to working with families affected by mental ill health.

Vital information for: Clinicians; voluntary sector workers; policy makers and managers and trainers in mental health and children's services.

SAVE £10 Order on the day or with your delegate booking for only £25. RRP £35.

1.00pm Events closes

About the conference

This half-day symposium will provide theoretical and practical information relevant to family focussed practice for staff working with parents experiencing mental ill health and their children.

The panel includes speakers with diverse expertise including lived experience, young carers, child protection and collaborative, evidence informed practice in UK, Europe & Australia.

The Family Model, originally developed as part of the Crossing Bridges training materials & further elaborated in The Family Model Handbook is used as the conceptual anchor to inform practical approaches to supporting people with mental ill health and their family for practitioners working in different services, sectors and agencies.

Speakers:

Dr Adrian Falkov

Adrian is a senior staff specialist at Westmead Hospital in Sydney and Director of Redbank House, a tertiary child, adolescent & family MH service, where he is based. After completing undergraduate training in South Africa, he trained and worked in London (Guys, St Thomas' & Maudsley Hospitals) before moving to Sydney 10 years ago. He has worked at Children's Hospital Westmead, NSW Ministry of Health and Westmead Hospital.

He is a full time clinician with interests in service development (especially links between adult & children's services), the interface between policy & practice and the impact of parental mental illness on children.

He is a member of the National COPMI (Children of Parents with Mental Illness) Reference Group in Australia & chairs the Western Sydney COPMI Implementation Committee.

Dr Adrian Falkov is the author of the training resource; The Family Model Handbook: An integrated approach to supporting mentally ill parents & their children published by Pavilion.

Professor Jo Aldridge

Jo is Professor of Social Policy and Criminology and Director of the Young Carers Research Group, at Loughborough University. She is a Fellow of the Royal Society of Arts, a member of Childwatch International, the European Federation of Associations of Families with Mental Illness (EUFAMI), and is currently working with UNICEF and the United Nations Committee on the Rights of the Child on research ethics and young carers' issues. Jo has contributed evidence on the needs of vulnerable children and their families to government committees (including a Parliamentary Select Committee), think tanks and policy makers, and also conducts service evaluations and training for health and social care service providers, including GPs, social workers and mental health professionals.

Heide Lloyd

Heide worked as a Secretary, PA, Legal Secretary and a Paralegal prior to becoming a full-time mother of two daughters. She became a single parent following separation from her husband when 4 months pregnant with her 2nd child – which culminated in divorce. After a long period of illness

Heide was diagnosed with severe clinical depression (her daughters were aged 3 & 5). This led to voluntary hospitalisation for nearly 4 months. As a result of this experience, and because of the following years of relapses in mental health with shorter hospital admissions together with outpatient treatment, Heide was very concerned about the impact of her mental ill health upon her children.

Despite asking for help in respect of how to support her children deal with the separations/enduring nature of her MHPs. Heide was offered no information at all. Indeed, no one in the adult mental health arena showed interest in her children's mental welfare.

As a result Heide studied counselling with The British School of Counselling & Therapies and qualified as a counsellor in order to assist her own children in coping with the difficulties they were experiencing within the family unit. Around this time she also wrote her first booklet Children Have Feelings, with the full input of her 2 daughters. This booklet was closely followed by Coping At Home for Parents. Both of these booklets were published in the Department of Health's 'Crossing Bridges' Reader & Trainer Pack in 1999, which was edited by Dr Adrian Falkov. Subsequently, following her personal experiences and on-going self-directed research, Heide went on to compile an interactive booklet 'Children Can Understand' (widely used by professionals with children in families where a parent/main carer has MHPs), Children and Bullying and Unicorns and Magic Rainbows.

Tragically in July 2005 Heide lost her elder daughter in a very sad & traumatic incident. Her daughter, Hannah, was only 16 years old. Throughout the following years Heide has not been closely involved in work of this kind suffering from PTSD & erratic MHPs, which have now been helped towards a more positive outlook through her GPs, their continuing support & the diagnosis of Cyclothymia in late 2012 (the result of which, for Heide, has led to appropriate & on-going treatment). In 2012 she was very pleased to be given the opportunity to contribute to The Family Model written and edited by Dr Adrian Falkov. Heide always has felt, and still does feel very strongly, that if passing on any messages based upon her 'lived experiences' to others is helpful, she is more than happy to do so.

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Date: Friday 13 September 2013 Venue: Lion Court Conference Centre, London

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Date Friday 13 September 2013

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