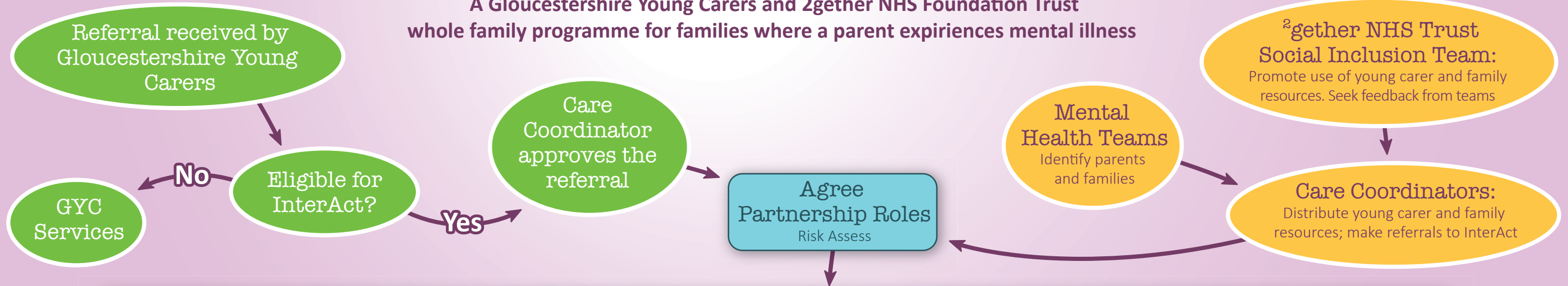


InterAct

A Gloucestershire Young Carers and 2gether NHS Foundation Trust whole family programme for families where a parent experiences mental illness

Young Carers
91% of young carers felt more able to cope -
'The support has been life changing'

Parents
75% of parents reported feeling more able to carry out their parenting role- *'Little things the family worker has said have stuck & enabled me to interact better with my child'*



Specialist Family Worker: programme of intervention

ASSESSMENT

- Introduction to the whole family

PARENTS

- Understanding the impact that the mental illness has on all family members
- Strategies to minimise the impact

CHILDREN

- Encourage children to ask questions
- Reduce guilt / self blame / fear
- Coping strategies
- Share information and resources e.g. Minds, Myths and Me

WHOLE FAMILY

- Support family to talk together about mental illness
- Complete young carer crisis plan 'Safe Sorted and Supported'
- Recognise strengths and achievements
- Acknowledge child's role
- Access to positive activity for parent & child together

PARENT/CHILD

- Stress / protective factors e.g. finance, housing, bullying, parent-school communication, social network, adult & peer relationships

PLANNING AHEAD

- Final session attended by family, care coordinator and specialist family worker
- Recognition of achievements
- Develop plan to meet identified need
- Set a date for review

Care Coordinators

'It opened a dialogue between the family and myself as care coordinator, which has been very helpful'

'It helped services to be able to feel assured that one of the risk issues identified, the impact of Mum's mental health on the child, was being systematically and sensitively addressed'

Web resource for young carers who help to look after a family member with mental illness

Designed by young people (GYC)

Refer on as appropriate to need

Parent/Child evaluation

Review

Mental Health Trust: Young Carer Link Workers

Sustainable systems for briefing mental health workers on young carers issues

