Supporting Parents with Psychiatric Disabilities and Promoting Recovery: An International Challenge

Peter van der Ende
Hanze University of Applied Sciences

Let us know how access to this document benefits you.
Follow this and additional works at: https://escholarship.umassmed.edu/psych_cmhsr

Part of the Health Services Research Commons, Psychiatric and Mental Health Commons, Psychiatry Commons, and the Psychiatry and Psychology Commons

Repository Citation

This material is brought to you by eScholarship@UMMS. It has been accepted for inclusion in Implementation Science and Practice Advances Research Center Publications by an authorized administrator of eScholarship@UMMS. For more information, please contact Lisa.Palmer@umassmed.edu.
Supporting Parents with Psychiatric Disabilities and Promoting Recovery: An International Challenge

Peter van der Ende, M.Sc., Senior Researcher/Psychologist, Hanze University of Applied Sciences & Joanne Nicholson, Ph.D. Professor of Psychiatry, University of Massachusetts Medical School

Introduction
Parenting is a significant life role for adults with psychiatric disabilities. Not only is success in this role associated with better mental health, but parenting as well as possible as parents would seem to be an intimately related to the recovery process and as such as possible as parents would seem to be a normal life goal for many, but functioning as parents in meeting their children’s needs as well as managing their own.

Generic Parenting Challenges
- Housing
- Employment
- Money management
- Child care
- Transportation management
- Health care

Challenges Specific to Parents with Mental Illness
- Stigma & stigmatization in mental illness
- Medications
- Hospitalization
- Relationships with health professionals
- Advocacy for self & children
- Child’s perception of parent’s illness
- Child’s role in illness management
- Consequences with child-related mental illness (Nicholson et al., 1999)

What “works” for families living with parental mental illnesses?

Interventions that are:
- Family-centered
- Strengths-based
- Trauma-informed

Program Development & Piloting

U.S. National Comorbidity Survey: Prevalence of Parented

U.S. - 200 million inhabitants
 Netherlands - 15 million inhabitants

What are the needs of parents with psychiatric disabilities?

Identified Needs
- All have contact with mental health institutions
- With are satisfied with the quality of care
- Half are efficient help around parenting
- Support in the relationship with the child
- Sharing a conversation about one’s problems
- Educational & legal support
- Needs related to disabilities
- Handling documentation & stigma for self & child
- Support with accessing two of possibilities

Background Characteristics of Parents Surveyed (n = 47)
- Living in community
- Often single parents
- Low income: struggle to meet day-to-day needs
- High bar in life stress

Recommendations
- Provide programs for parents in all kinds of settings
- Improve communication about own problems with children
- Make a plan for the support of children when psychiatric problems increase
- Organize small meeting groups for parents

What is required of the parent?
- Self-control
- Choosing for solutions
- Reaching out to support
- babysitting
-3. Support for the child
- Self-confidence & expectations

Appropriate next steps

I. Current functioning in the parent role
- Who am I who is my child
- What is the role of the child, who am I the mother?
- Conflict between roles to spend & attention

II. Strengthen the parent role
- What is needed to strengthen the parent role?
- What is required of the parent
- Choosing the solutions
- Training in the environment
- Future self-esteem & success

III. “Take back the parent role”
- Parents’ needs
- Focus on activities
- Who has demands & what kind
- Improvement
- Who supports?
- Next steps

Producers partner with parents to:
- Increase self-awareness
- Increase knowledge & awareness of children as unique individuals
- Change thoughts & attitudes
- Develop skills, communications, coping, relationships, parenting
- Develop resources & support
- Resilience success

Goal:
To create opportunities for people to have successes, to be successful, to develop the positive assets of self necessary to change the conditions of their lives.

Needs Assessment & Descriptive Research

Needs of Parents Surveyed (n = 47)
- High barriers to service use
- Low income/struggle to meet day-to-day needs
- Limitations of service
- Low satisfaction with the quantity of care

Research & Program Development in The Netherlands

A research based program for parents with psychiatric disabilities

Elke Nooterkamp & Peter van der Ende

Program Characteristics
- Based on Psychiatric Rehabilitation (Boston Approach)
- The “Choose-Get” Keep model
- Consumer & provider in individual meetings or parent in groups
- Some components are self-help
- Self-control

Challenges & Solutions
- Children’s role in illness management
- Consequences with child-related mental illness
- High barriers to service use
- Low income/struggle to meet day-to-day needs
- Limitations of service
- Low satisfaction with the quantity of care

Success & Satisfaction?
In terms of success, satisfaction, improvements, quality of life, Parenting scales of the intensity of support, the contact between carer & parent will be included.

The design is a non-equivalent control group design, in which the outcomes for 40 parents participating in the program will be compared with outcomes for 40 parents receiving care as usual in other locations.

The Research Question:
What are the effects of “Parenting with Success & Satisfactory”? In terms of success, satisfaction, improvements, quality of life, Parenting scales of the intensity of support, the contact between carer & parent will be included.

In creating opportunities for people to have successes, to be successful, to develop the positive assets of self necessary to change the conditions of their lives.

Proven successful?

Proven successful?

Evaluation Research: Testing Interventions

A Global Community of Practice

Contact Information
Joanne Nicholson, Ph.D.
Professor of Psychiatry
University of Massachusetts Medical School
Worcester, Massachusetts, USA
Email & Websites:
joanne.nicholson@umassmed.edu
www.parentinnovell.org

Joanne Nicholson, Ph.D.
Professor of Psychiatry
Department of Psychiatric Rehabilitation
Hanze University of Applied Sciences
Groningen, The Netherlands
Email & Websites:
p.c.van.der.ende@pl.hanze.nl
www.ouderschap-psychiatrie.nl
www.kopperversen.nl

Peter van der Ende, M.Sc.
Researcher Psychologist
Department of Rehabilitation
Hanze University of Applied Sciences
Groningen, The Netherlands

Who supports?
- Babysitting
- Provider in individual meetings or parent in groups
- Some components are self-help
- Self-control

E-mail & Websites:
p.c.van.der.ende@pl.hanze.nl
www.ouderschap-psychiatrie.nl
www.kopperversen.nl

Who is the parent?
- What do I want?
- What do I expect?
- What do I need?
- The (Choose-Get) Keep model
- Consumer & provider in individual meetings or parent in groups
- Some components are self-help
- Self-control

Who are the kids?
- Children’s role in illness management
- Consequences with child-related mental illness
- High barriers to service use
- Low income/struggle to meet day-to-day needs
- Limitations of service
- Low satisfaction with the quantity of care

Who are the parents?
- Parent’s needs
- Focus on activities
- Who has demands & what kind
- Improvement
- Who supports?
- Next steps

Next steps

You have to get used. You gotta’ deal with the kids, deal with your own home. Your own problems, you know, really one at a time. It’s like...