Sibling Support Program: A Family-Centered Mental Health Initiative

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Sibling Support Program: A Family-Centered Mental Health Initiative

This program explores the impact of mental illness on typically developing siblings, and aims to build resiliency and decrease trauma among families of children with psychiatric needs. The program was conceptualized in 2011 as the Sibling Support Demonstration Project, with the goal of recruiting 50 participants as an IRB-approved research study at Cambridge Health Alliance. Five years later, close to 1,200 participants have been enrolled in this innovative program — that utilizes parent mentors and mental health trainees to deliver interventions — across three inpatient psychiatry units in the Boston area. In addition to Cambridge Health Alliance, the program was piloted at Boston Children’s Hospital as a Quality Improvement (QI) initiative. The program serves as an extension of the Sibling Support Demonstratio...