

INCLUSION CRITERIA

Parent(s) aged over 18 – and with children aged 5-18 - attending AMHS and who are under the care of a psychiatrist/MDT due to a formal (or working) diagnosis of mental difficulty

Or

Parent(s) with a mental difficulty episode in the last 18 months and who has been under the care of a psychiatrist or MDT

Or

Parent(s) currently attending a psychologist, therapist or counsellor for mental health challenges

(Clinical responsibility will be provided by the psychologist, counsellor, GP or service provider of *Family Talk*)



FAMILY TALK CONTACTS:

Blackrock, AMHS
SJOG Cluain Mhuire
Adele Kane
Senior Social Worker
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Carlow, AMHS
Sean O'Neill
Family Therapist
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Drogheda, AMHS
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Geraldine Rice
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Principal Social Worker
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Dublin South/Kildare/West Wicklow
CAMHS, Linn Dara
Celine O'Connor
Principal Social Worker
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Mayo, Castlebar, CAMHS
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Family Talk

**STRONGER
TOGETHER**



***A new service for the
whole family when a
parent has mental health
difficulties***

Family Talk

A new 'whole family' evidence-based service to support families where a parent has mental health difficulties.

Potential benefits for the whole family

- Builds parental resilience and problem solving skills essential for recovery
- Promotes a better understanding of mental health difficulty amongst both parents and children
- Helps to improve family communication and relationships
- Enhances a child's coping skills, social supports and wellbeing
- Increases a child's resilience to developing mental health difficulties.

RESEARCHING FAMILY TALK IN IRELAND

Trained clinicians across 7 sites have committed to delivering *Family Talk* as part of the PRIMERA research programme.

Course Duration

Members of the family meet with a trained clinician/facilitator for 6-10 weekly sessions (depending on the needs of each family).

Course Topics

- 1. Mental Health Difficulty in the Family**
- 2. Targeted Information on Mental Health Difficulties**
- 3. The Child's Perspective**
- 4. Preparing a Family Meeting**
- 5. The Family Meeting**
- 6. Planning for the Future**

Clinicians take an eLearning training programme at

<https://emergingminds.com.au/>

THE PRIMERA RESEARCH PROGRAMME

This research (**Promoting Research & Innovation in Mental Health SeRvices for FAMilies**) aims to evaluate the implementation of *Family Talk* (and other family-focused supports) in Ireland for families where a parent has mental health difficulties (and their children aged 5-18 years). The research team is led by Professor Sinéad McGilloway, Director, *Centre for Mental Health and Community Research*, Maynooth University Department of Psychology, and Social Sciences Institute.

www.cmhcr.eu

PRIMERA is funded by the HSE Mental Health Division for 3.5 years (2017-2021)

To date, 7 sites (representing the HSE, TUSLA, SJOG, & Recovery College South East) across the country have committed to delivering *Family Talk* during the period indicated below:

**Recruitment Period
Oct 2018 — Jan 2020**