

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
illness

Or

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

Or

Parent(s) currently attending a
GP, 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 Social Worker
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Catherine Sweeney
Principal Social Worker
Ph.: 041 989 3400

Dublin South/Kildare/West Wicklow
CAMHS, Linn Dara
Celine O'Connor Principal Social Worker
Ph.: 087 608 7862

Galway, AMHS
Liz Cleary Senior Social Worker
Ph.: 086 025 5812

Longford/Westmeath CAMHS/AMHS
Mullingar
Fiona Coyle, Principle Social Worker
Ph.: 086 836 7514

Mayo, Castlebar, CAMHS
Dr Sharyn Byrne Senior Clinical
Psychologist
Ph.: 094 904 2654

**Tusla, Social Work Prevention,
Partnership & Family Support**

Louth/Meath
Orla Hughes Social Worker
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Dublin South Central
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Galway
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Family Talk

**STRONGER
TOGETHER**



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

Family Talk

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

Benefits for the whole family

- Treating patients as parents and involving their family in their care aids mental health recovery
- Helps parents and children to understand mental illness
- Helps parents and children to talk openly about mental health and to build supportive relationships
- Helps children and parents to develop effective coping skills and to live well even with mental illness
- Builds a child's resilience to developing mental health problems in the future

Researching Family Talk in Ireland

Trained clinicians across 14 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 illness in the family
2. Information on mental illness
3. The child's perspective
4. Preparing a family meeting
5. The family meeting
6. Planning for the future

Clinicians take the Family Talk eLearning training programme at

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

The PRIMERA Research Programme

This research (**P**romoting **R**esearch & **I**nnovation in **M**ental **H**Health **S**e**R**vices for **F**amilies) will evaluate the implementation of *Family Talk* (and other family-focused supports) in Ireland for families where a parent has mental illness.

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

Recruitment Period

Oct 2018 — September 2019