

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
Stefanie Fobo Senior Social Worker
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Dublin South/Kildare/West Wicklow
CAMHS, Linn Dara
Celine O'Connor Principal Social Worker
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Galway, AMHS
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Laois Offaly/Longford/Westmeath CAMHS
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Mayo, Castlebar, CAMHS
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**Tusla, Social Work Prevention,
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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 15 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, 15 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