

FAMILY FOCUSED PRACTICE

REFLECTIONS FROM THE FAPMI PROGRAM & SATELLITE FOUNDATION



ACKNOWLEDGEMENT OF COUNTRY & RECOGNITION OF LIVED EXPERIENCE

I would like to acknowledge:

- The First Nations Peoples of Australia and their elders past, present and emerging
- Those people here today with lived experience of mental ill health, either your own or of someone close to you. I acknowledge your wisdom, strength and your unique experiences
- The many people with lived experience across the lifespan who have been my guides and teachers over the past 27 years
- The passion and hard work of my FaPMI program and Satellite Foundation colleagues, past and present
- The Victorian State government for funding our work

AUSTRALIA AND VICTORIA (KULIN NATIONS)



WHAT IS THE VICTORIAN GOVERNMENT DOING?



Royal Commission into
Victoria's Mental Health System

- 2019 - 2021 Royal Commission into Victoria's Mental Health System
- 65 Recommendations in final report
- Investment of 3.8 billion dollars over 10 years
- Includes expansion of the FaPMI Program over 4 years
- Funding of Satellite Foundation 2021 – 2025 to run programs, activities and school-based programs for young people and their families

MY PERSONAL EXPERIENCE



What catapulted me into this area of work?

What keeps me here?

Why family focused practice?



A NEW AND SHINY INNOVATION – 2007 TO.....

The Families where a Parent has a Mental illness (FaPMI) program

- Aims to reduce the impact of parental mental illness on all family members through timely, coordinated, preventative and supportive action within area mental health services
- A capacity building state-wide initiative located within all 21 Adult Mental Health Services in Victoria
 - Regional FaPMI coordinator roles
- A move from COPMI (children of parents with a mental illness) to FaPMI
- Facilitating family focused practice and systemic change within and across sectors

Slowly
influencing
change from
individual to
family focused
practice

Dripping water hollows out
stone, not through force
but through persistence.

Ovid

quote fancy

FaPMI PROGRAM TOOLS AND INSTRUMENTS

The FaPMI Five 'pillars' of work

- Five domains assist in operationalising what is done (the 'how')

File Audit tool

- derived from the published FaPMI Practice standards 2015
- measures individual practice annually

FaPMI Strategic Priorities

- Improve data collection
- Enhance clinical practice
- Strengthen partnerships
- Respond to local need

FaPMI Program Organisational Capacity and Activity Report (POCAR)

- Measures organisational FaPMI practice annually

WHAT IS SUPPORTING (FaPMI) FAMILY FOCUSED PRACTICE?

- Dedicated and permanently funded roles with clinical and service development skills
- FaPMI coordinators as the influencers of change
- An authorizing environment
- Use of primary and secondary consultation as contributors to practice development
- Working with the Lived Experience workforces
- Legislation and supporting documentation e.g., government guidelines, policies
- Practice frameworks and principles to support family focused practice
- Partnerships with external family focused organisations
- Family friendly environments

WHAT ARE SOME BARRIERS TO FAMILY FOCUSED PRACTICE?

- Organisation or service level change processes
- Inter-team communication issues
- Absence of an/inadequate authorising environment
- Inadequate focus and training/support on integrating FFP into core practice
- Broad system issues with data collection
- Competing demands, limited time and limited resources
- Service reluctance to make the collection of family/child information mandatory or even a priority
- low number of policies and procedures in place to operationalize FFP

WHAT DOES THIS (SOMETIMES) MEAN IN PRACTICE?

FOR CHILDREN AND YOUNG PEOPLE



Greater availability of peer support programs



Child & family friendly environments



Opportunities to be seen & heard (on own & within the family)



Earlier identification of those needing support



More info & resources on their parent's mental illness



Access to brokerage funds for connection, growth, engagement in community



More ways to stay connected to parent/carer when separated

FOR PARENTS/CARERS AND FAMILIES



Earlier
recognition &
validation of
parenting role



Support to
discuss mental
health and family



More likely to be
engaged with as
a parent/carer



Invites to family
meetings e.g.
SSFC



Access to peer
support
programs + with
peer facilitators



Additional resources & info about
their illness in the context of
family



Access to brokerage funds to support
connection, growth, engagement in
community

FOR PROFESSIONALS



Greater job satisfaction
at providing a
relational response



Deepened therapeutic
alliance with the
parent/family/child



Further opportunities
for
learning

WHERE DOES SATELLITE FOUNDATION FIT INTO THE MIX?





Community based, non-clinical not-for-profit

‘Light touch’ approach to mental health and wellbeing, a spectrum

Central pillars of creativity and connection

Focus on engaging with family especially with younger children and a welcome process

Programs that can engage with the whole family e.g.
At Home with Satellite

FOSTERING CREATIVITY AND CONNECTION



Honouring courageous
dialogues and flexibility



Honouring imperfection
and resilience



Honouring
bravery



A celebration of all the
colours and shades this
life has to offer

ALL SUPERHEROES WEAR MASKS

A crafty adventure with masks and storytelling



SONGWRITING



Zoom dates: Two-workshop series
Monday 20 September 1:30 - 3:00pm
Monday 27 September 1:30 - 3:00pm

12-14 yrs
(approx)

WHO DOES SATELLITE SUPPORT?

Children, adolescents and young adults (8 years+) who have a parent, carer or family member with mental health challenges or mental illness (and we work with the whole family)

HOW DO FAMILIES CONNECT WITH US?

Families refer themselves and their children or are referred by a worker

All families get a welcome call and are sent a Welcome Pack

Some families stay with us for one or two programs. Some young people and families have been connected for years

We work closely with the FaPMI program and a range of other organisations that support families living with mental health challenges

FAMILY LOOKS DIFFERENT FOR EVERYONE!



DARE WE HOPE THAT FFP WILL BECOME ROUTINE AND SUSTAINED?

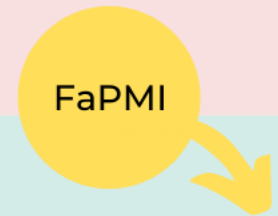
IN A WORD... YES!

- Victoria's mental health system is dramatically changing to be more family inclusive
- FaPMI program tools are slowly imparting weight and authority
- 2020 Audit tool report recommendations included
- Routine identification of clients as parents
- Develop priority areas for development practices
- Additional funding for the FaPMI Program 2022-2025
- The FaPMI program is working along side Satellite Foundation

HOW WILL OUR WORK CONTRIBUTE TO THE EVIDENCE BASE?

Monash University: 3.5-
year process and
outcome evaluation
using mixed-methods
design 2022 - 2025

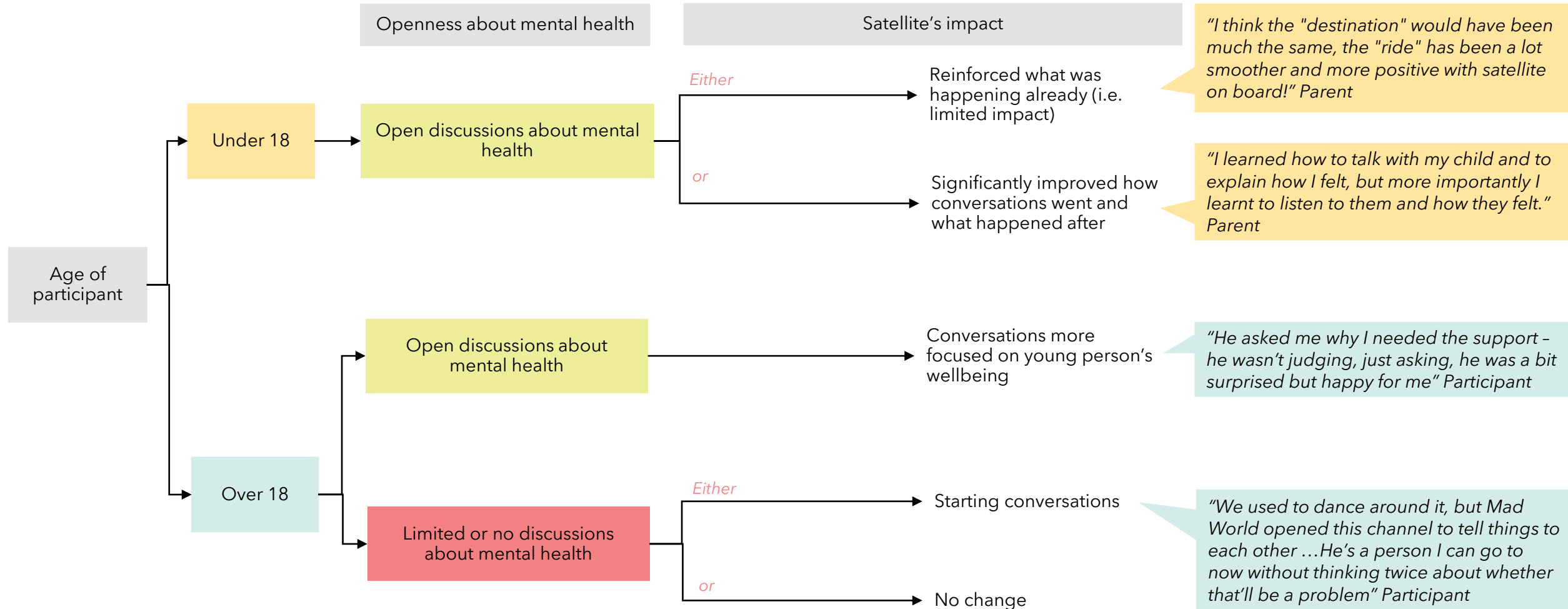
Ongoing social impact
analysis with dedicated
resource



Continuous feedback
using VoiceLab, a
unique module for
collecting thoughts and
opinions of children,
including about their
family.

Dedicated research
position at The Bouverie
Centre to develop
research & evidence
base, building current
tools

BROADER IMPACTS OF SATELLITE PARTICIPATION



MAKING FAMILIES WELCOME

Quotes from parents:

Parents weren't concerned about what would be discussed by Satellite

Parents didn't express concern that the program would discuss topics they didn't want to be discussed.

"loved the concept of children "who get it" being in a safe space together and having fun"

Parents felt part of the Satellite family

Parents and children were excited about future opportunities with Satellite, and deeply appreciated being contacted and followed up about opportunities.

"I truly appreciated the consistency and the persistence with contact!"

Parents had better experiences with Satellite than other services

Compared with other services they had engaged, parents felt seen and supported.

"Taking part gave me and my family a feeling of normality, and we also received a great feeling of love and being wanted, instead of outcasts which I had experienced."

"Social workers phys [sic] staff all seemed to be very focused patient with no consideration to other family members... Satellite staff are amazing individually and as a team"



Love each other.



satellite
FOUNDATION

Stay Connected
Be Creative
Keep Well

THANK YOU!



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