
Press release

Supporting families at the Think Family Regional Conference

15 May 2014

Health and social care professionals from the statutory and voluntary sectors attended the second regional 'Think Family' conference held today in Lisburn.

The conference explored the key areas for families where a parent has mental health issues.

Dr Adrian Falkov, author of *The Family Model Handbook*, delivered the keynote address. He shared his expertise in implementing an integrated approach to supporting mentally ill parents and their children.

Dr Falkov said: "The mental health of parents, carers and children is one of the cornerstones of family health. Mental ill health in parents or carers constitutes a major public health challenge internationally, with a growing number of initiatives and efforts, including local initiatives such as the Think Family approach here in Northern Ireland.

"Good cooperation between parents, professionals and services is essential to protect children and to support parents, their family, and carers experiencing mental health issues. The Think Family model helps staff appreciate the ways in which parental mental health problems can affect children, and how children and their needs can affect and influence parental mental health.

"Northern Ireland is continuing to embed this model into their practice within Adult Mental Health and Children's Services; they have developed a regional action plan with specific areas of work that I will help support. I am delighted that I have been invited to speak at this regional workshop as part of on-going collaboration to improve family focused practice in mental health and related services across Northern Ireland."

Speaking at the event, Aidan Murray, Assistant Director, Mental Health & Learning Disability in the Health and Social Care Board said: "We are delighted to welcome Dr Adrian Falkov back to Northern Ireland to speak at our second regional conference. In addition to the conference he is supporting us to implement an approach that sees health and social care professionals involving the whole family when assessing and planning treatment for adults with a mental health issue."

For more information about the CYPSP and its work, visit www.cypsp.org

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