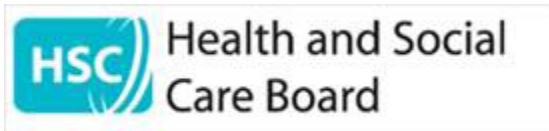




Think Family Report Card

Data Presented 01 March 2017 to 31 March 2018

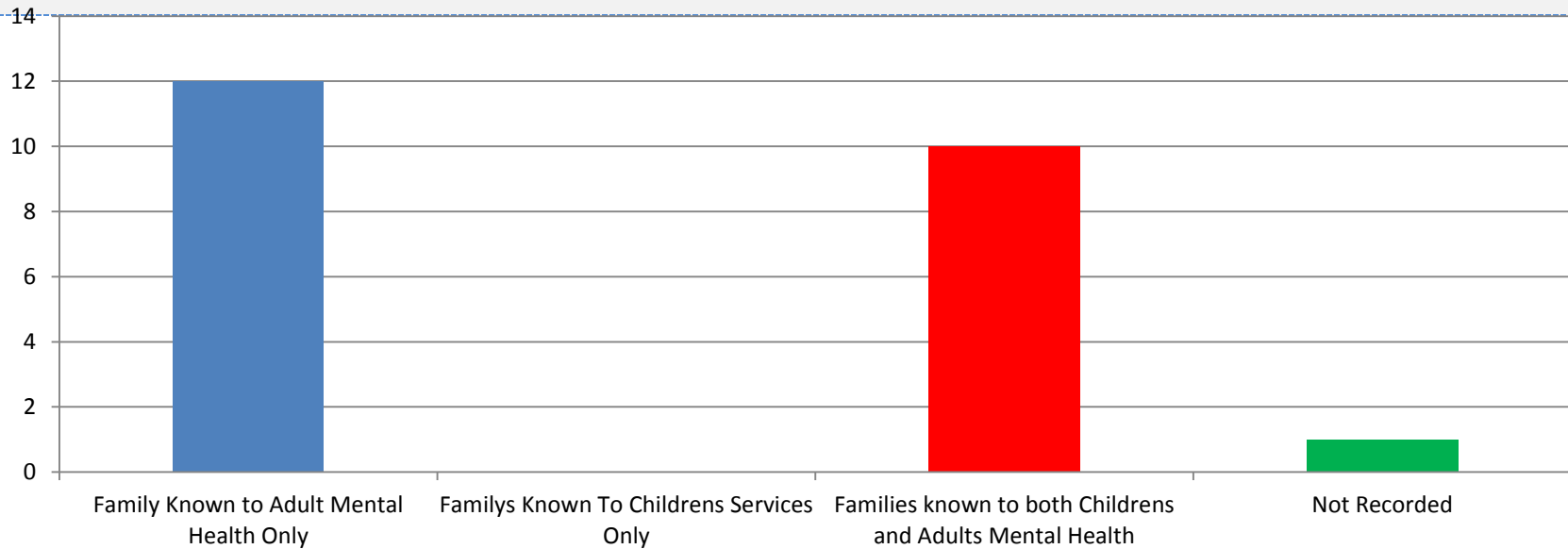


Think Family – Setting the Context

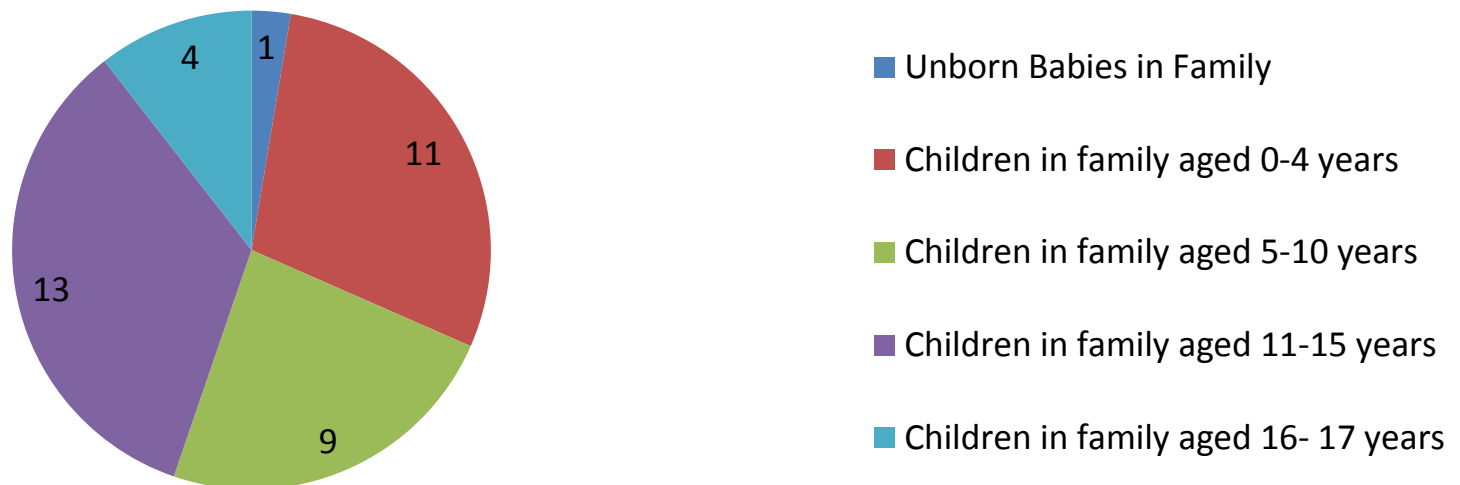
- The Think Family Social Work Assessment (TFSWA) Pilot has been developed in partnership with the Social Work Strategy 2012 – 2022
- Following extensive awareness raising and focused training with teams in the area, the project launched improved assessment documentation in September 2014. This documentation was strengthened using COPMI (Children of Parents with Mental Illness - www.copmi.net.au) information to support family focused conversations and improved partnership working with families and carers of all ages to identify their needs and provide support.
- The purpose was to show the contribution Social Work makes in Adult Mental Health services using The Family Model as its framework for assessment
- A Guidance paper for the Pilot was co-produced with service users who have had a key role in the development of the document, and in co delivery of training to raise awareness to the Social Work multi-disciplinary team colleagues.
- There were **11 Social workers across** all five Health and Social Care Trusts involved in the Pilot
- A total of 23 families took part in the TFSWA Pilot across the region. All completed a baseline return 17 reviews were been completed.

How much did we do?

Breakdown of families participating in the pilot by Programme Of Care

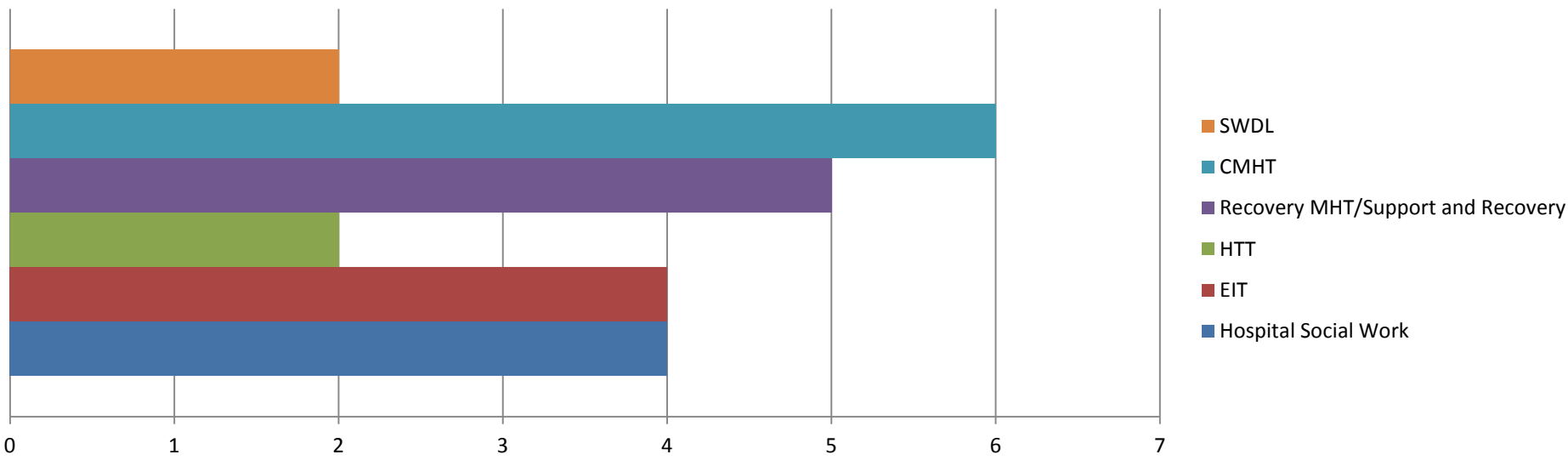


Breakdown of total children by age range within participating families

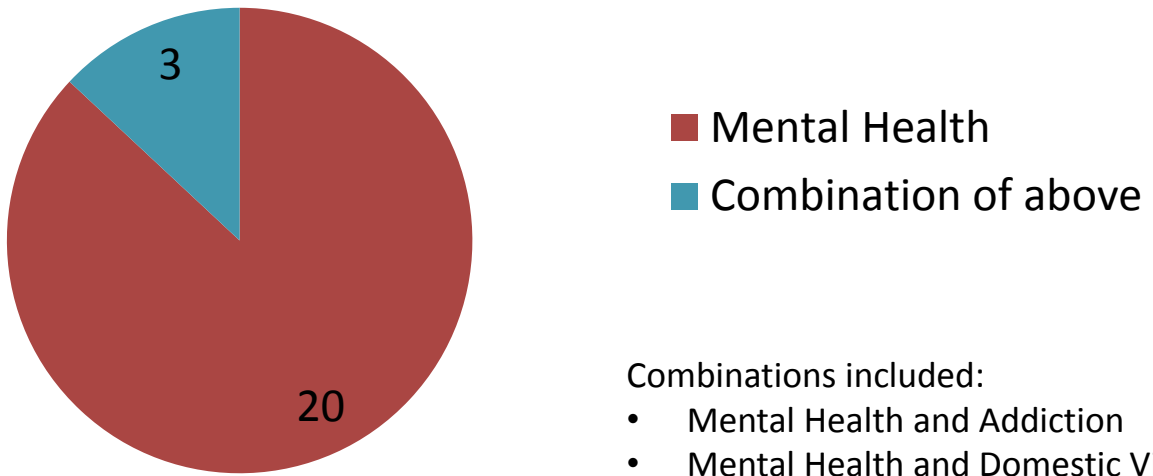


How much did we do?

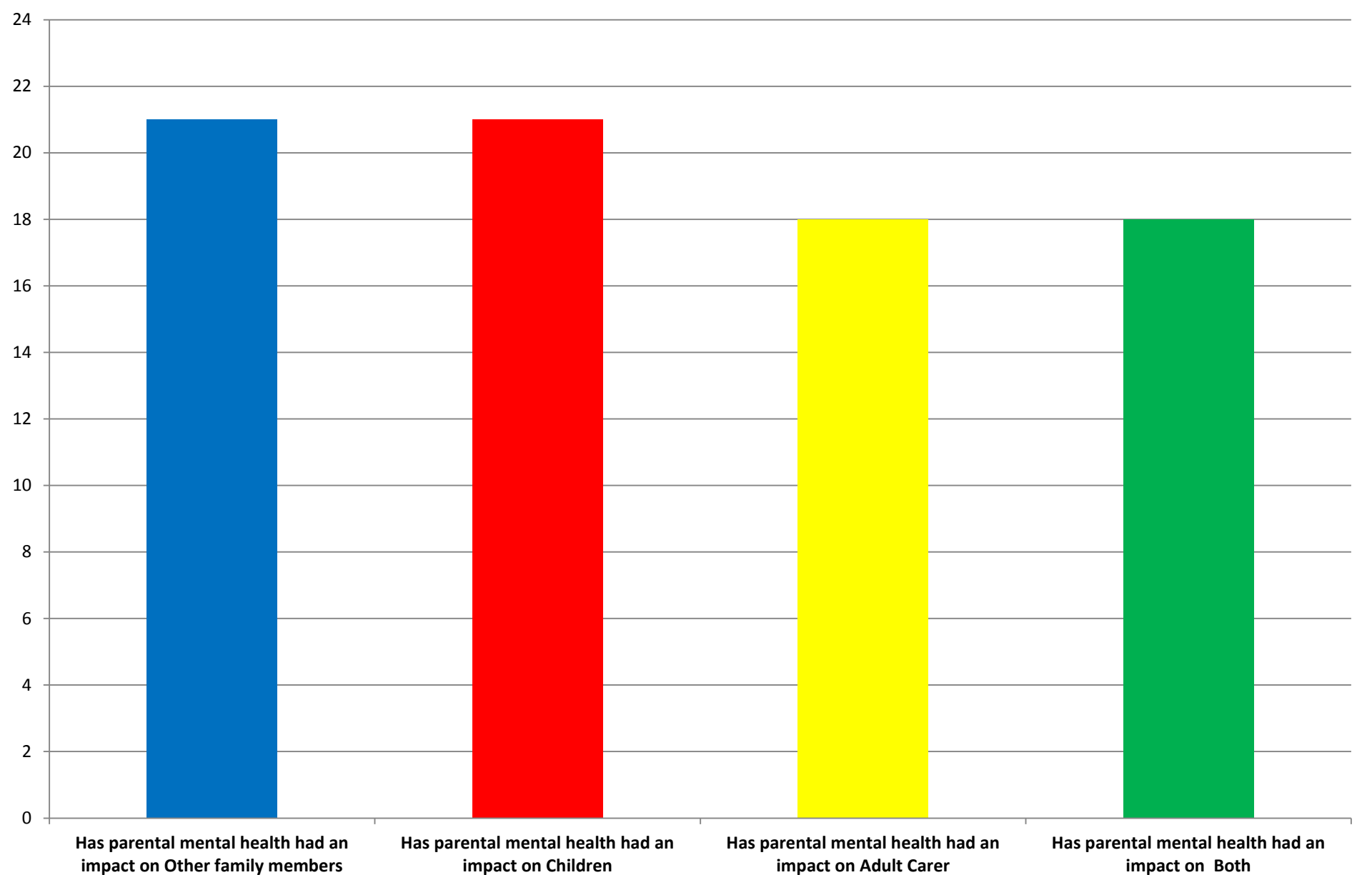
Breakdown of families participating in the pilot by Team



Reason For Referral

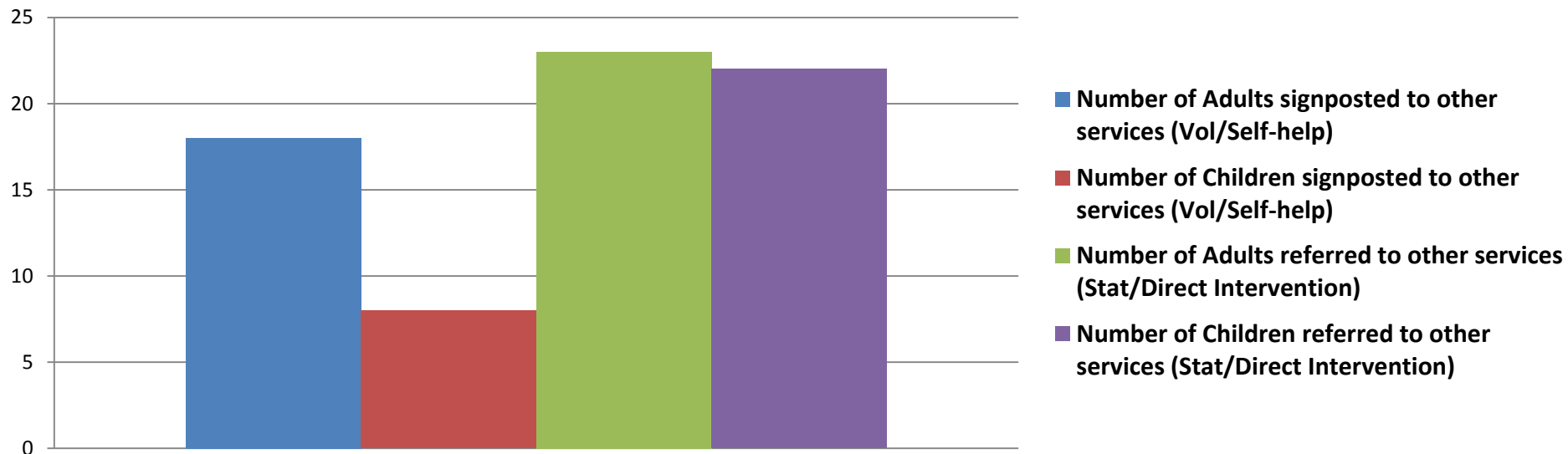


Impact on others



How well did we do it?

Signposted to Other Services

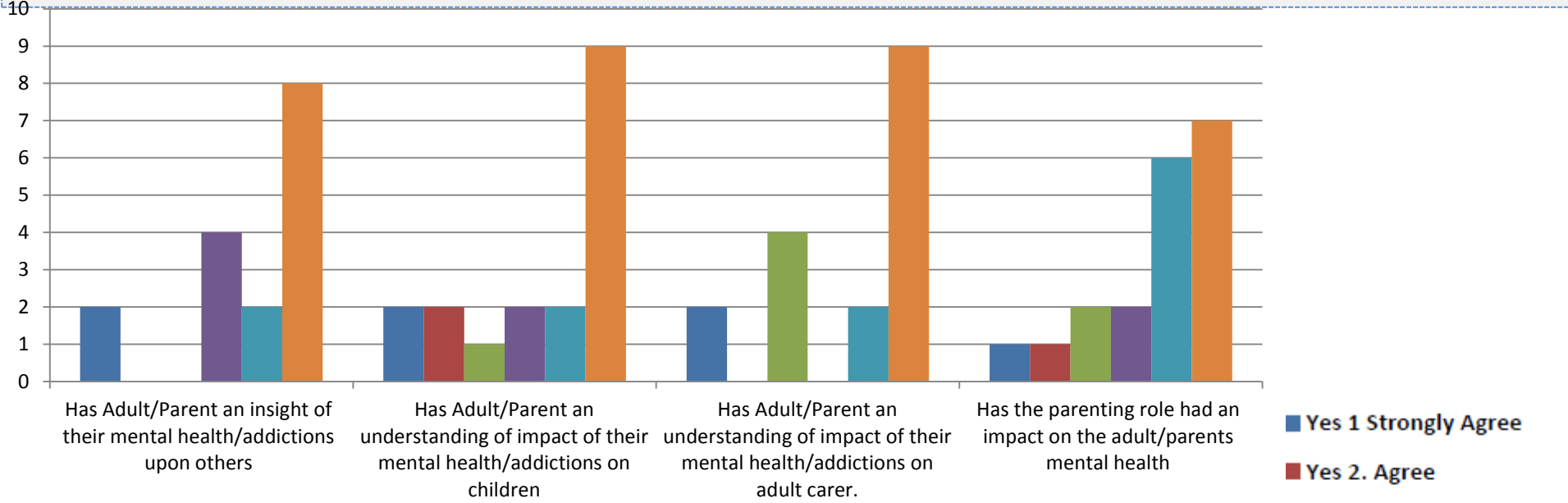


Services Signposted to:

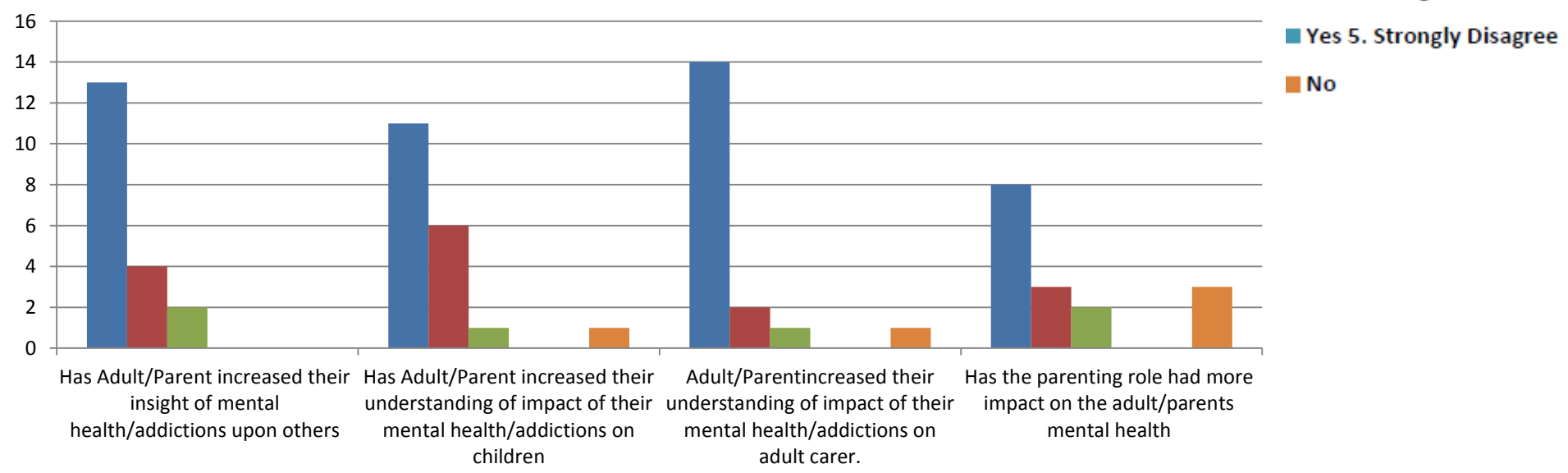
Adults		Children	
Stat/Direct	Vol/Self Help	Stat/Direct	Vol/Self Help
Adult mental health	carers assessments	CAMHS	Action for children
Early intervention team	Family Support hub, food bank	Think Family Support Practitioner	Family Support hub, food bank
Cedar foundation	CAUSE	Surestart, health visiting	Mums and Tots Group
Think family support practitioner	COMPI	Gateway	Bernardos Young Carers
Carer assessment	Parenting NI	Declined referral to Action for Children	Youth Groups
Gateway	Church		
CMHT	Lifeline		
Anxiety Management/PTS	Citizens Advice Bureau		
Recovery College	Self help to manage anxiety		
G.P.			

Is anyone better off?

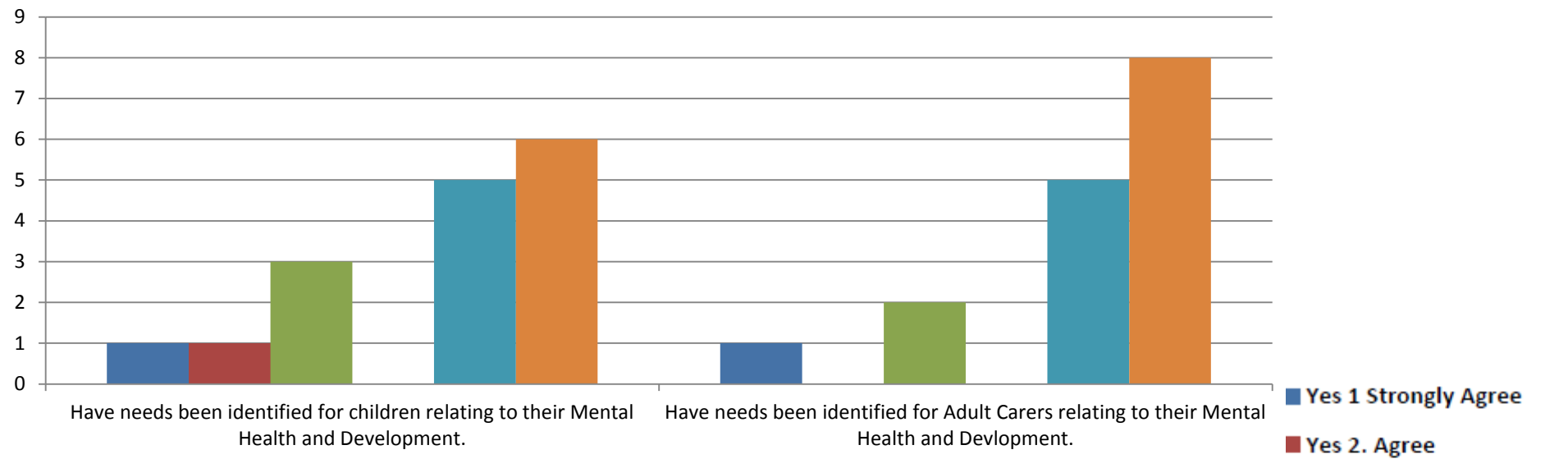
Domain 1 Adult/parental mental illness - Baseline



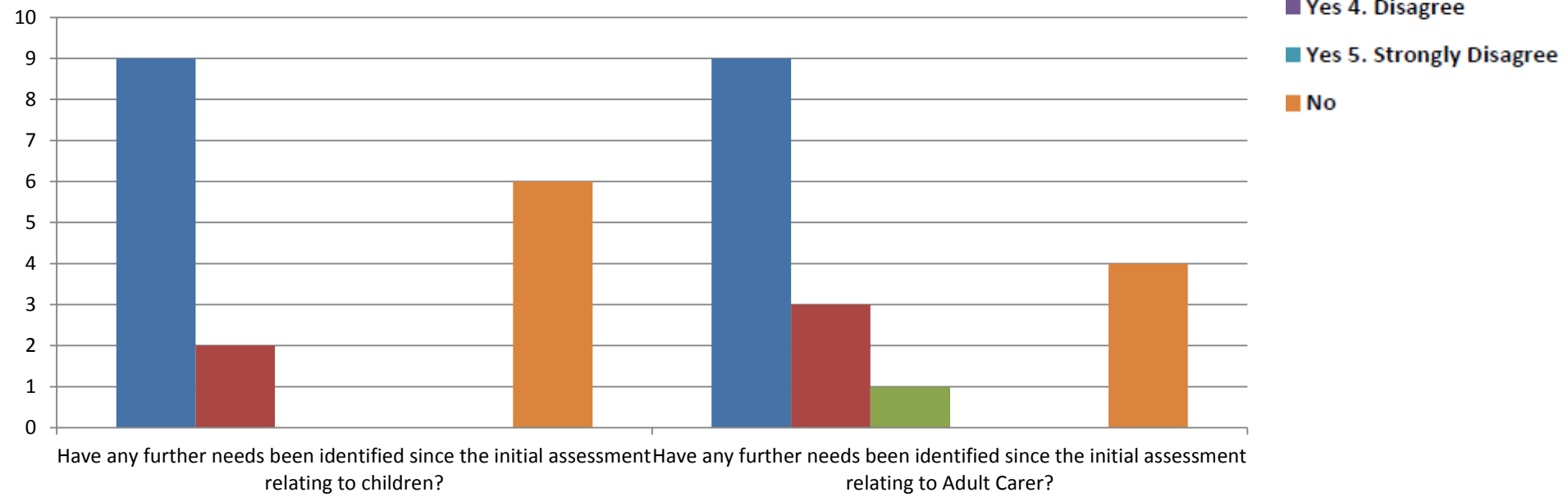
Domain 1 Adult/parental mental illness - Baseline



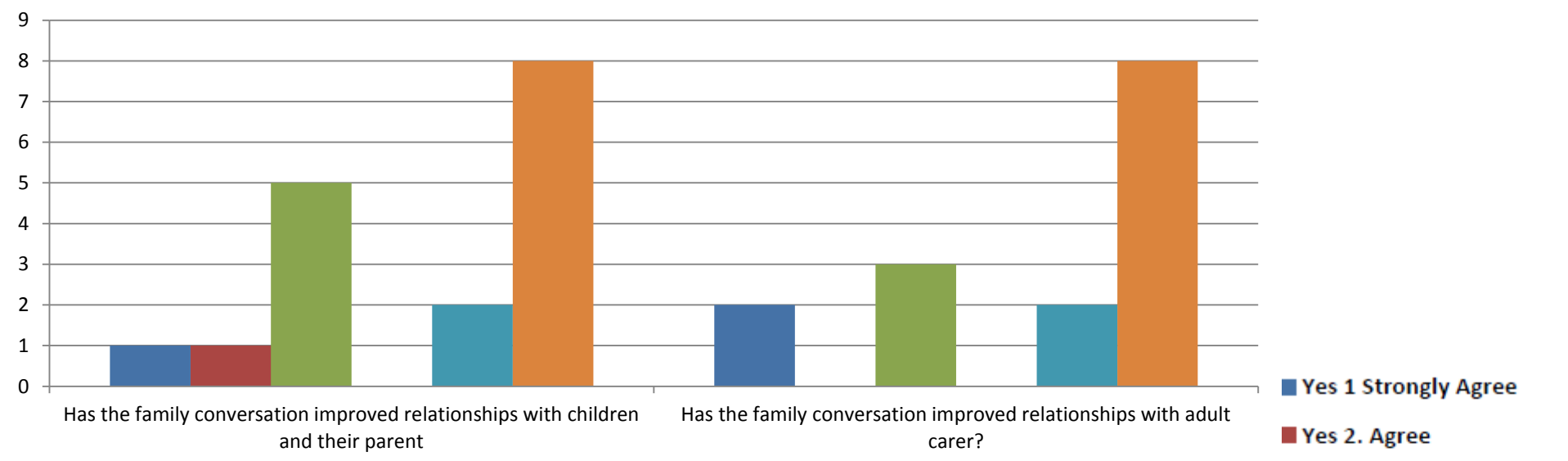
Domain 2 Child mental health and development impacted upon - Baseline



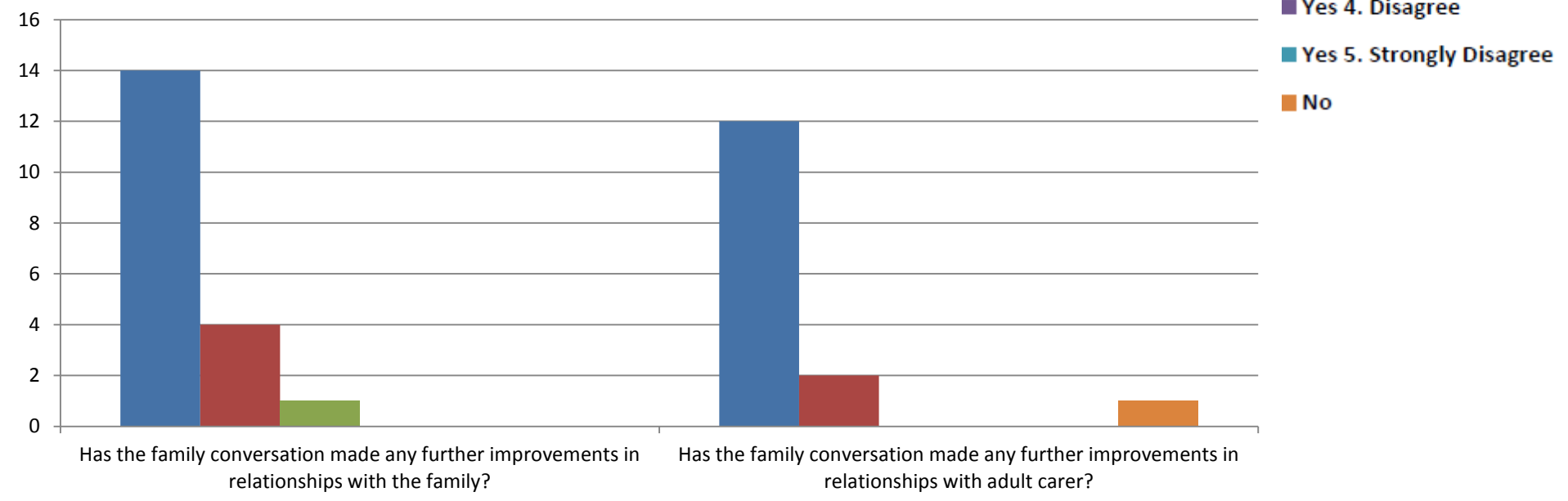
Domain 2 Child mental health and development impacted upon - Review



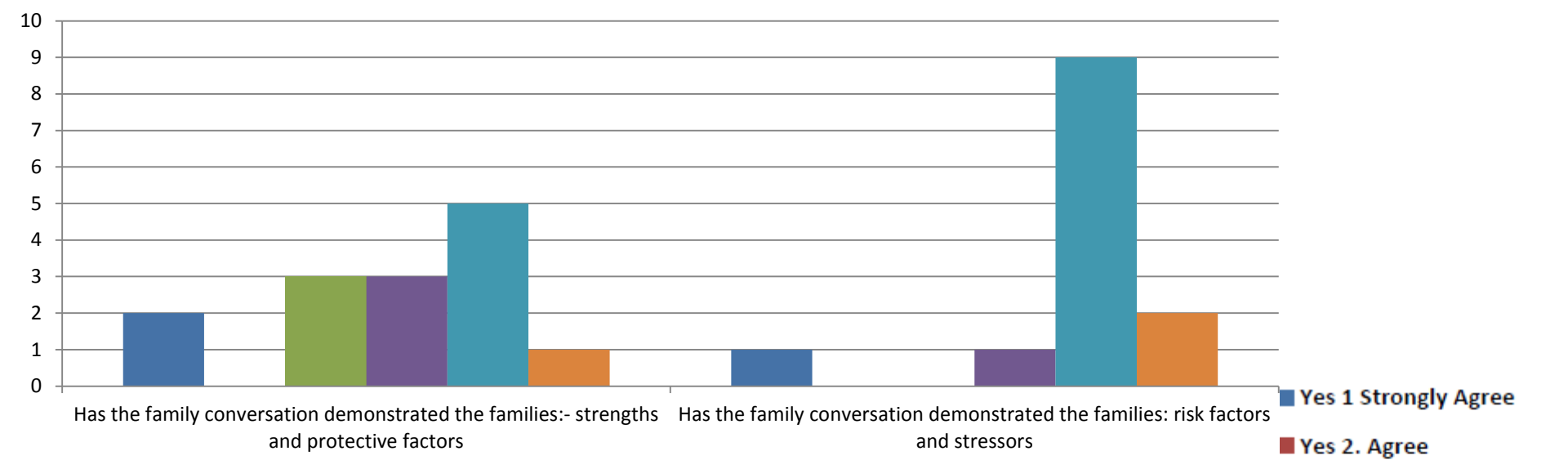
Domain 3 Parenting and Family Relationships - Baseline



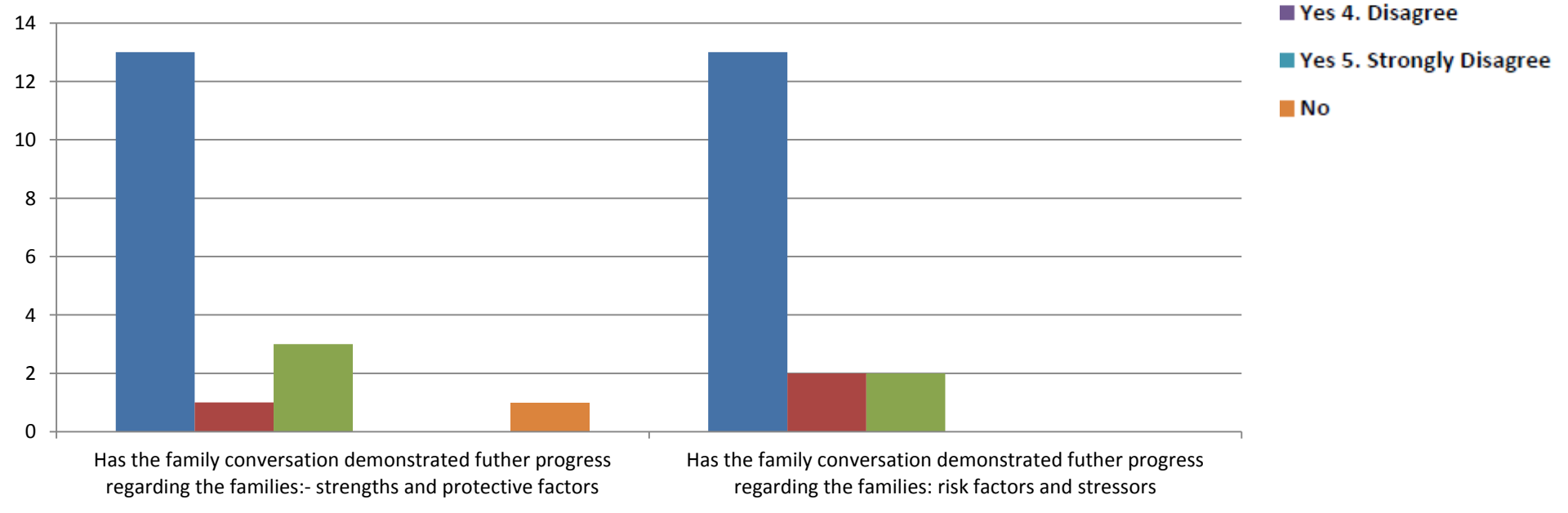
Domain 3 Parenting and Family Relationships - Review



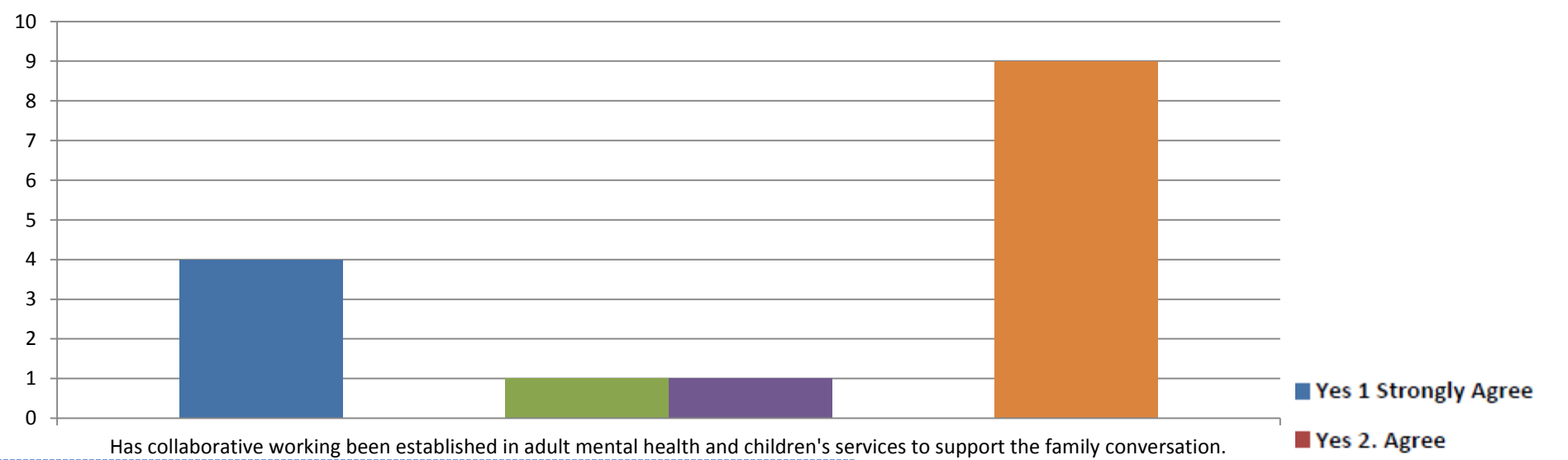
Domain 4 Protective Factors/ Resilience/ Resources / Risk Factors and Stressors - Baseline



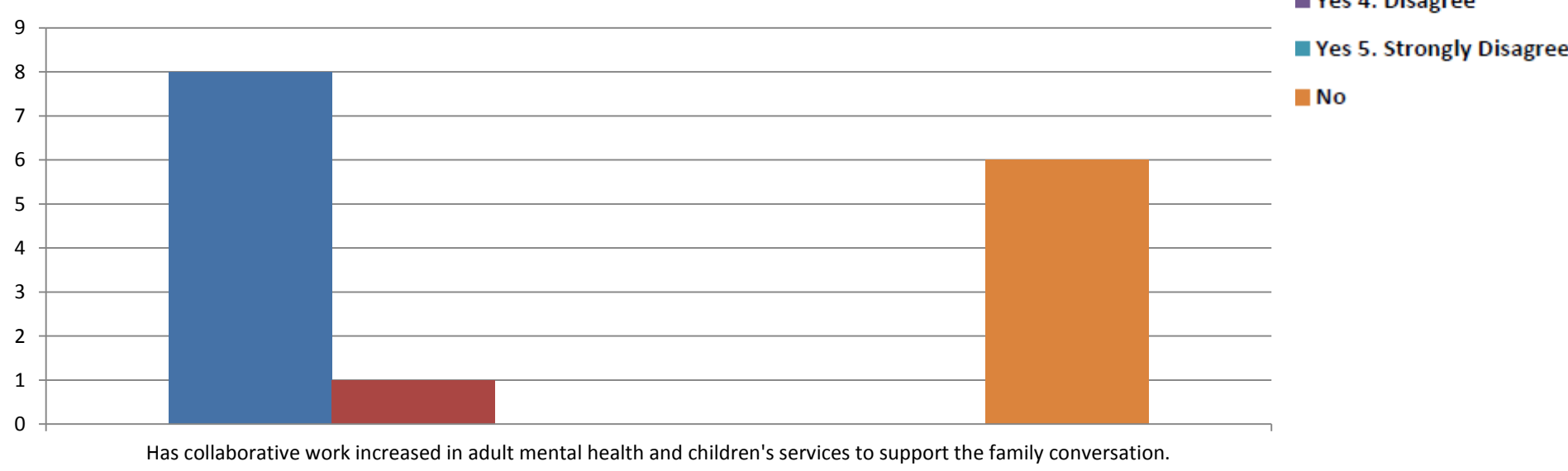
Domain 4 Protective Factors/ Resilience/ Resources / Risk Factors and Stressors - Review



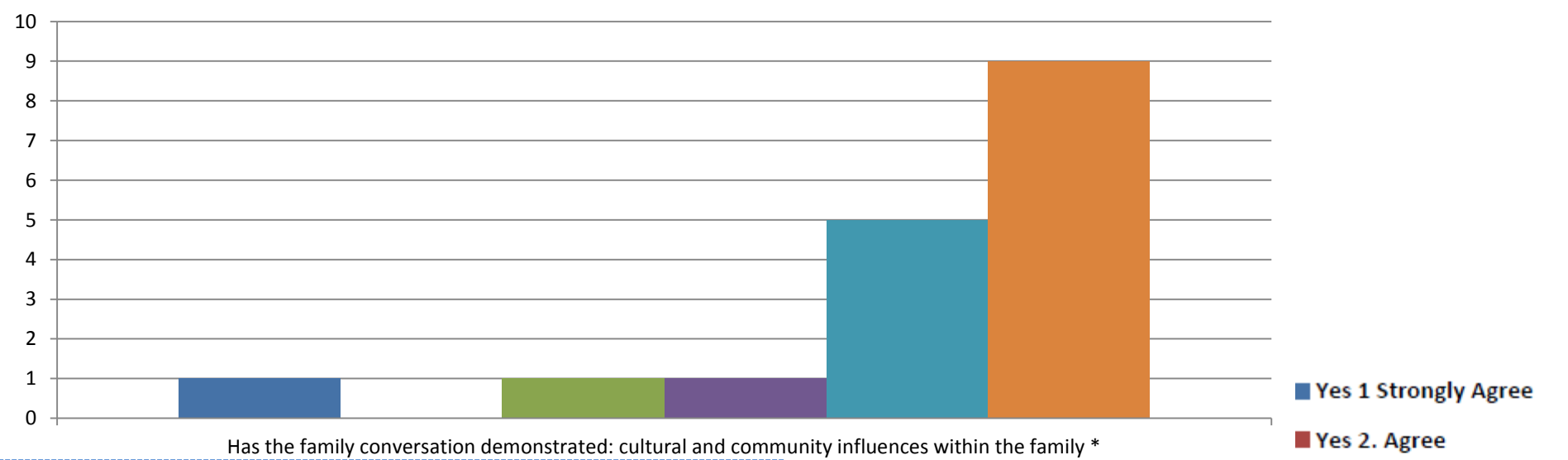
Domain 5 Adult/Children's Services - Supports and Input - Baseline



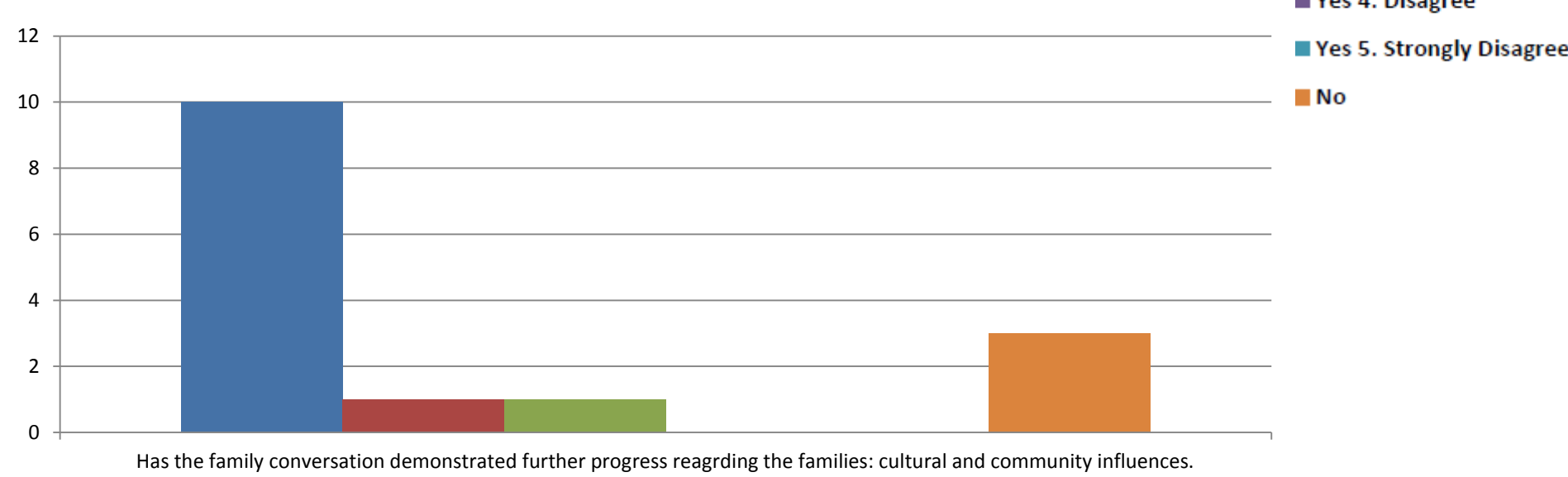
Domain 5 Adult/Children's Services - Supports and Input - Review



Domain 6 Culture and community influences - Baseline



Domain 6 Culture and community influences - Review



Child Feedback

Six Children's feedback forms were received. All agreed that Family Focused practice had helped them and knew that the Social workers were trying to help their mum/dad. All children surveyed reported that they knew other factors affected or made things harder for their family, with three specifying money and one citing School as a factor.

Child Comments

Mummy doesn't ask me as many questions as she used to.

I feel this helped me have a better understanding of my brothers mental illness.

Adult Feedback

- Twenty Four Adult Service User Feedback forms were received and all were very positive
- 20 stated they had more understanding into their own mental health and or addictions and 21 has more understanding of the impact it has on children and family members.
 - 22 felt the family focus approach had improved relationships with their children and other family members
 - 17 were very satisfied and 5 were satisfied with family focused practice
 - 15 felt the family conversation helped them understand their families cultural and community influences.
 - 23 agreed that the family conversation included talking about Family Strengths, Protective, Risk Factors and Family Stresses.
 - All of those who responded, reported that they found the staff helpful and told them enough about the service.

Adult Feedback

Service User /Adult Comments

- I feel I have better knowledge and understanding about my illness and this has helped me to develop greater insight.
- The 'Think Family' process beneficial, particularly the family conversation.
- It has helped me a lot in this situation and has been quite helpful making me realise my mental health issues can have an impact on my parenting.
- Would recommend TFSWA to other families.
- Service users husband advised that he found the input from 'Think Family' very beneficial. Stating that prior to this he felt quite isolated from MH services as a carer, despite his wife being an inpatient for 5months.
- I think this will help the children to understand and worry less.
- Using the family model has helped us to identify strengths and risk factors. By identifying these I am now looking to the future to identify possible sources of stress and to mitigate these by looking at our strengths.
- A good service that is adaptive to individual circumstances.
- I think a yearly review would be really good to review where the family is at and see if the family needs more support or to review the family model.
- The service has been crucial in my healing process after what happened to our family.
- The support and guidance from the team has been extremely beneficial to us as a family, in particular in relation to my youngest child and her feelings about the death of her father and her brothers mental illness.

Professional Feedback

Ten Multidisciplinary Teams Feedback forms were received. Nine agreed that the TFSWA helped their understanding of the importance of a systematic approach to practice using The Family Model and would continue to avail of this approach.

Professional Comments:

- Husband has a better understanding and this assessment has facilitated an open discussion not only about his wife's mental health condition but social and extended family relationships. It enabled the husband to see a different perspective in the family dynamics and to be more supportive to his wife and understand the relapse triggers.
- Helped the family to communicate in a healthy and supportive way.
- Helped in understanding the intergenerational issues impacting on mother's mental health.
- I feel it is important to support parents who are experiencing mental health issues in relation to opening up conversations with their extended family and to include their children.
- Excellent framework to introduce and promote conversations within families especially children and young people and with opportunities to work alongside child care colleagues in future
- Fits in really well with team ethos and biopsychosocial approach to care of individual and involvement of family
- I believe the family has a more thorough understanding of the impact of mental illness on all family members and how children's needs must be given time and exploration.
- TFSWA contributes to safeguarding matters and opens lines of communication within the context of multi-disciplinary working, building positive working relationships.
- I consider this approach most valuable to looked after children as very often contact becomes routine as opposed to fulfilling needs

