

BACKGROUND

Family Focused Practice (FFP) acknowledges that individuals living with mental illness are members of family systems, and that recognition of parents, parenting, and children/young people is a vital part of clinical assessment, support, and recovery. FFP has become a priority for the Health and Social Care Board since 2009, in line with international and wider UK developments and in response to inquiry reports (i.e. O'Neill Inquiry, 2008).

Since 2012, **Think Family NI**, encouraging family focused practice, has been developed and implemented within a regional action plan under the Children and Young People's Strategic Partnership.

To date the initiative has focused mainly on the Statutory sector.

CiNI has been tasked with providing awareness raising on 'Think Family NI' and has been asked to promote training on The Family Model (TFM) in the voluntary and community sector; the aim being to help embed this approach with the goal of improving outcomes for children, young people and families where the parent has mental illness and / or substance use problems.



The Family Model, developed by international expert Dr Adrian Falkov, provides clinicians and managers with a brief, accessible, and practical approach that supports collaborative ways of working with individuals and their families in which one or more members experience mental illness.

TFM can be implemented by staff of varying experience and professional backgrounds.

BACKGROUND

Dedicated southern area Think Family training sessions were delivered, as follows:

- Tower Hill, Armagh, on Monday 24th June 2019
- Old Town Hall, Banbridge, on Thursday 27th June 2019

The aim of the workshop was to:

- Provide participants with an overview of the Think Family strategy
- Review The Family Model and each of its critical 'domains'
- Teach helpful language prompts to support The Family Model
- Introduce you to service user stories to enable understanding of the impact of Family Focused Practice
- Facilitate the opportunity to practice skills key to Family Focused Practice
- Provide participants with the confidence to apply The Family Model in you daily practice
- Provide follow-up materials to encourage the continuation of learning beyond the training room

Making a contribution to all 8 **High Level Outcomes** for Children:

- ✓ Physical & Mental Health
- ✓ Enjoyment of Play & Leisure
- ✓ Learning & Achieving
- ✓ Living in Safety & with Stability
- ✓ Economic & Environmental Wellbeing
- ✓ Positive Contribution to Society
- ✓ Respect for their Rights
- ✓ Promotion of Equality & Good Relations



How much did we do?

TRAINING SESSIONS

- ✓ Free training sessions were held in 2 locality areas (Armagh & Banbridge) on 2 different days (24th & 27th June 2019)
- ✓ CiNI delivered the training and facilitated discussions & workshops at each session.

ATTENDEE PARTICIPATION

- ✓ 39 attendees in total
- ✓ Statutory, voluntary & community sectors represented at both training sessions



CiNI Children in Northern Ireland

CYPSP Children & Young People's Strategic Partnership

Think Family Training



Think Family aims to improve outcomes for children, young people and families where the parent has mental illness and/or substance use problems.

The Family Model, developed by Dr Adrian Falkov, provides clinicians and managers with a brief, accessible, and practical approach that supports collaborative ways of working with individuals and their families in which one or more members experience mental illness. TFM can be implemented by staff of varying experience and professional backgrounds.

Monday 24th June
Boardroom, Tower Hill, Armagh
9.30am – 4pm

OR

Thursday 27th June
The Old Town Hall, Banbridge
9.30am – 4pm

*There is no cost to this training. This is delivered by Children in NI

To book your place or for further information, contact Darren Curtis, CYPSP, on Darren.Curtis@hscni.net or 07725232566

PARTICIPANT EVALUATION

82% of attendees stated that the objectives of the training session were completely met.

97% of participants rated the event as either 'very good' or 'excellent'.

91% of attendees rated their knowledge of the subject area *after* training as 4 or 5 (with 5 representing "high").



POST TRAINING SELF-EFFICACY EVALUATION

After training, participants were asked to rate various statements, from 'strongly disagree' to 'strongly agree':

- 95% agreed or strongly agreed that they understand the subject.
- 95% agreed or strongly agreed that the subject is important to their work.
- 81% now agree or strongly agree that they feel confident to discuss this subject with others.
- 72% agreed or strongly agreed that they have skills in this subject area.
- 72% agreed or strongly agreed that they feel confident in using knowledge & skills relating to this subject in their area of work.

How well did we do it? | Is anyone better off?

What were the most useful topics covered during the training?

Video used to support model being used & discussions throughout.

Plan template & slide hand-outs.

Family model conversation card.

The toolbox of resources.

Real-life stories that people have come across.

What will you change in your practice as a result of this training?

I will use the framework card as a guide & key to ask relevant questions.

I will be more aware of the need to remain focused on single solutions.

My use of language & more effective signposting.

I'll not be afraid to step up & offer support.

Discuss option of using a visual aid for parents.

How well did we do it? | Is anyone better off?

Have you any further comments?

Great balance of theory, discussion & practice.

Training was very good, interesting subject, very relevant to my work.

It's a great concept and could be applied in my job, but part of the problem is knowing what is actually out there and available for families.

The video presentations were very effective.

The main challenges are knowing the signposting available in the area.

I will use the model with families to enable change.

My approach to talking & dealing with people will change.

I will be more open-minded on the topic & the knock-on effect for family as a whole & as a group of individuals with their own needs.

I will be able to incorporate into daily practice.

Solutions, model & practice using a plan were the most useful topics covered.

Highly skilled &
knowledgeable trainer. I
really enjoyed this!

Enjoyable &
informative training.
I will be promoting
the Think Family
model.



My approach to talking
& dealing with people
will change as a result
of this training.

Fantastic training, fast-
paced, skilled.
Thank you.