



# The Impacts and Outcomes of Forums About Supporting Families with Parental Mental Illness (PMI)

Dr. Robert Lees, R.Psych

Ministry of Children and Family Development, BC



# What Do You Mean, Parental Mental Illness (PMI)?

- Serious and persistent
- Perinatal depression
- Dysthymia and depression
- Anxiety Disorder, including trauma
- Concurrent disorder
- Personality disorders



# How does PMI affect kids?

- Attachment concerns
- Basic care
- Neglect
- Inconsistent care
- Boundary issues/ young carers
- Shame/stigma
- Heritability



# How Does PMI Affect Parenting?

- Attachment capacity
- Capacity to provide care
- Absence (in case of hospitalization)
- Shame
- Loss of self-esteem
- Fears related to heritability



# Prevalence of PMI

- 3,400 Adult Mental Health Cases reviewed
- Three Health Authorities
- 36 % had dependency aged children

(Lees & Chovil, 2006)



## Similar Australian Study

- 29 – 35 % adult MH clients had dependency aged children
- 13% of all parents have mental illness



# Australian Estimate of Children of Parents with Mental Illness (COPMI)

- 21 % of all children – 1 in 5
- 3% of all children have a parent with severe mental illness



# Children in BC

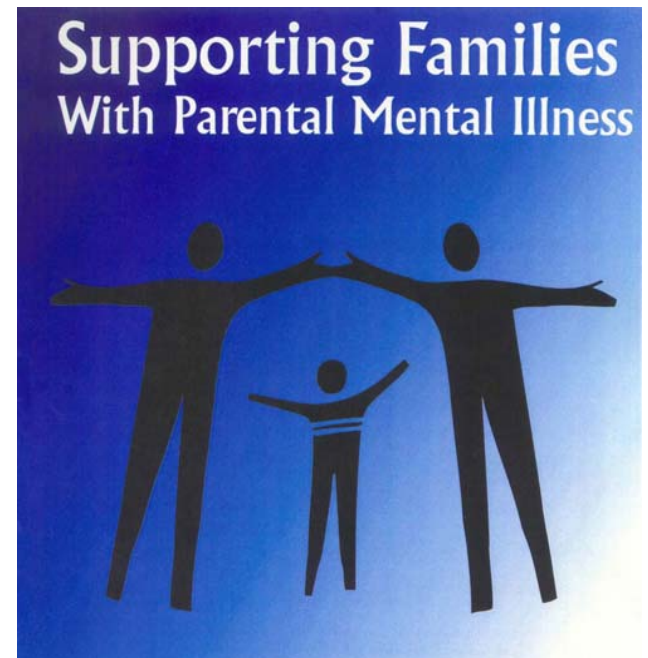
- 937,077 (2002 stats)
- 28,112 (3% estimate)
- 196,786 (21% estimate)
- Grade 5 Classroom (6 children)

# Supporting Families with Parental Mental Illness (2001)

A Community Education and Development Process

[www.mcf.gov.bc.ca](http://www.mcf.gov.bc.ca)

[www.bcass.org](http://www.bcass.org)





# Objectives of the Forums

Increase knowledge:

- Mental Illnesses
- Community Responses
- Collaborative Practice
- Ulysses Agreements



# Objectives of the Forums

- Increase Commitment to:
  - Systemic Vision
  - Family-focused Care
- Increase Awareness:
  - Parenting Well with Support
  - Collaborative Practice



# The Problem

- Numerous Forums Held
- Positive Anecdotal Support
- No systematic evidence about outcomes and impacts



# Methods

- Quantitative
- 351 Questionnaires
  - Knowledge & Attitudes
  - Day of Workshop



# Methods

## ■ Qualitative

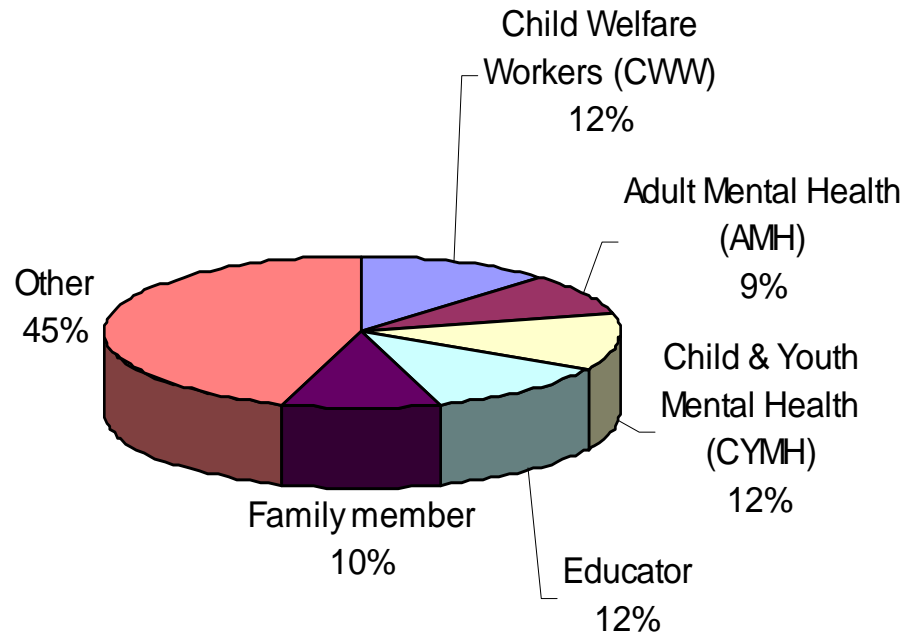
- Critical Incident Technique (Flannigan 54, Butterfield & Borgen, 2005)
- 77 Interviews transcribed
- What Helped and Hindered?
  - Advanced Planning
  - Collaborative Practice
- 1200 incidents categorized

# Research Design: Mixed Method

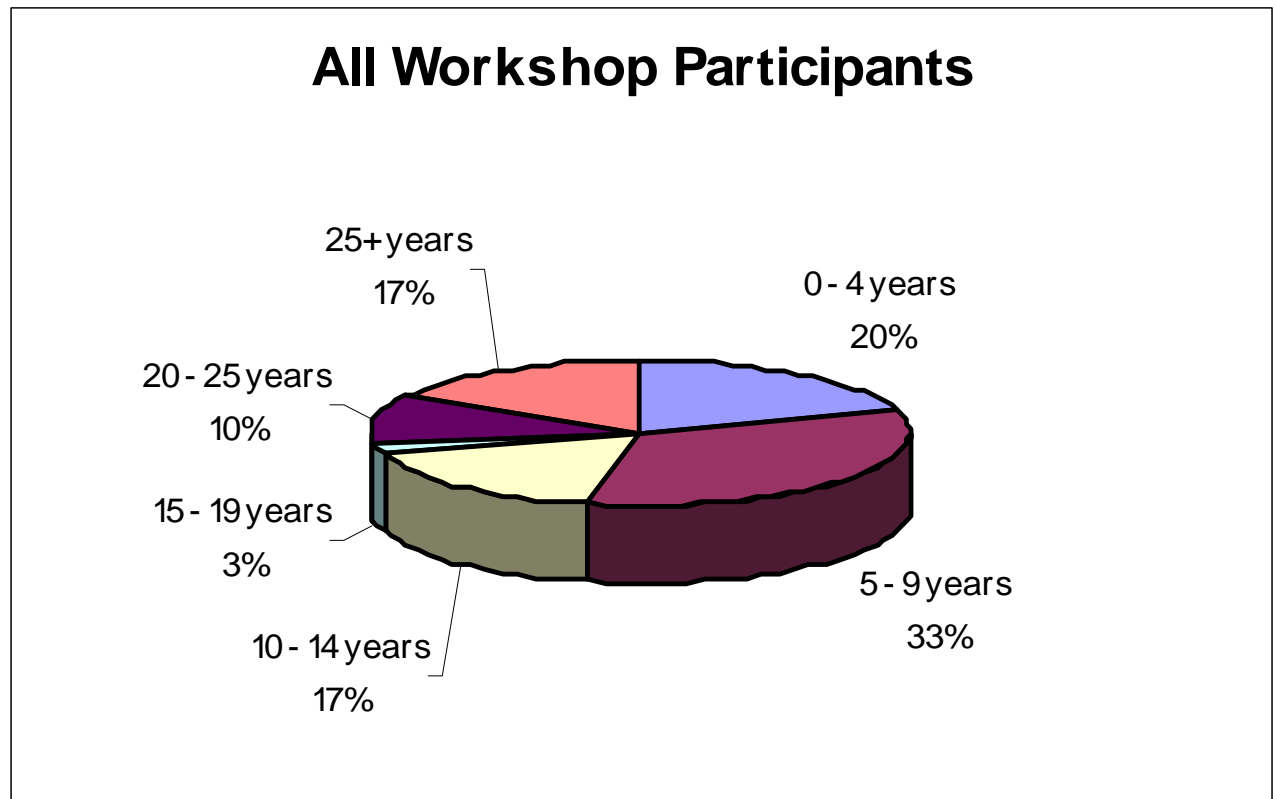
Region	Community	Attendance	Questionnaire	Interview
Fraser	Tri Cities	60	42	6
	Langley	60	11	3
Interior	Kamloops	100	62	13
	Nelson	60	20	10
North	Smithers	30	21	5
	Ft. St. John	37	23	5
Van Island	Victoria	68	40	9
	Campbell River	60	42	7
Van Coastal	Powell River	36	22	4
	Richmond	130	68	15
<b>Total</b>		<b>610</b>	<b>58%</b>	<b>12%</b>

# Who attended?

## Occupational Breakdown of Workshop Participants



# What was their experience?





# Quantitative Results

- Substantial increase in the knowledge of participants
  - Impact of mental illness on parenting functions
  - Impact of mental illness on children
  - Advanced Planning



# Quantitative Results

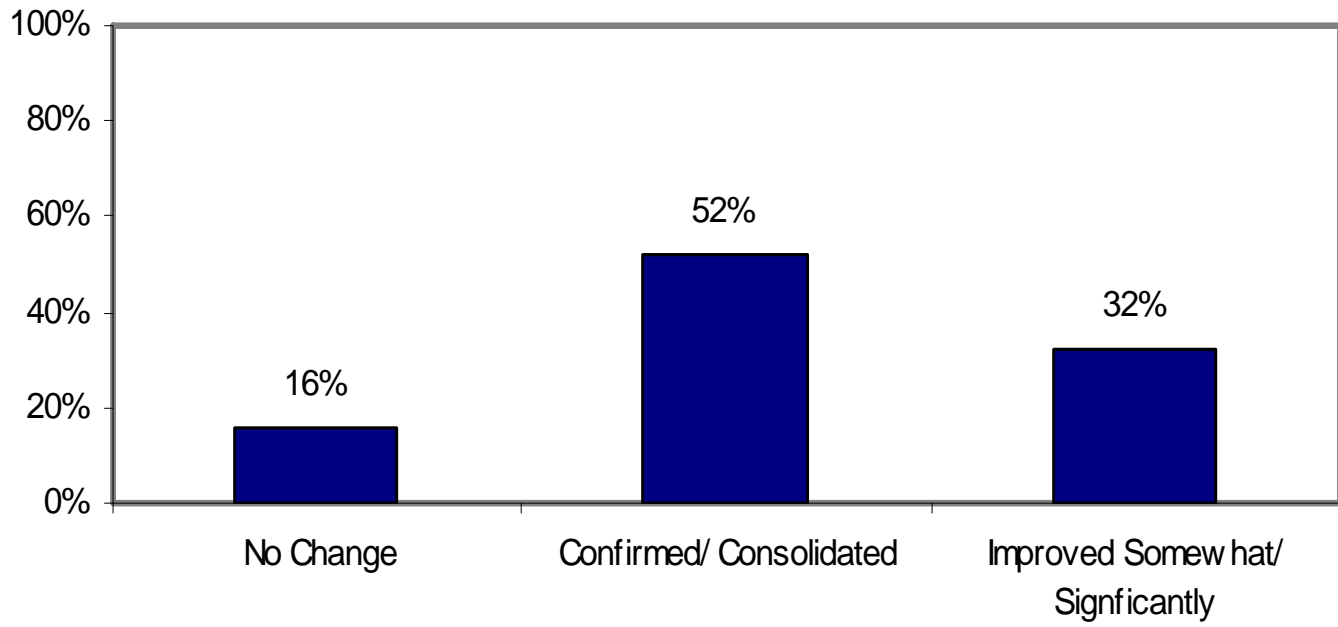
- Substantial change in attitudes towards:
  - Family focus in practice
  - Importance of a strengths focussed approach
  - Collaborative practice

# Likert Scale

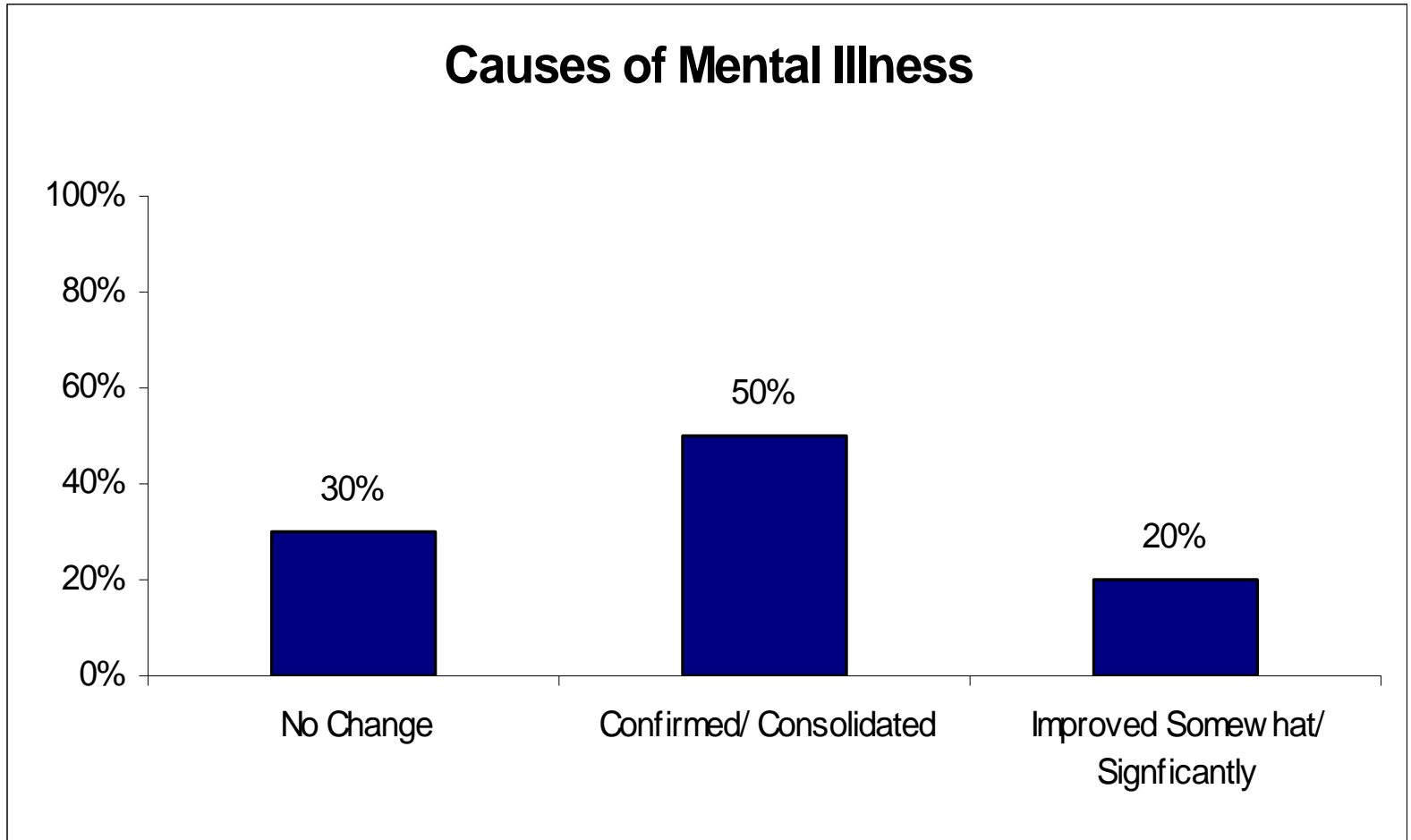
1	2	3	4	5
No Change	Confirmed (More confident in the knowledge I already have)	Consolidated (I've been able to put together different pieces of knowledge that I had)	Somewhat Improved (I have new pieces of knowledge)	Significantly Improved

# Knowledge Item

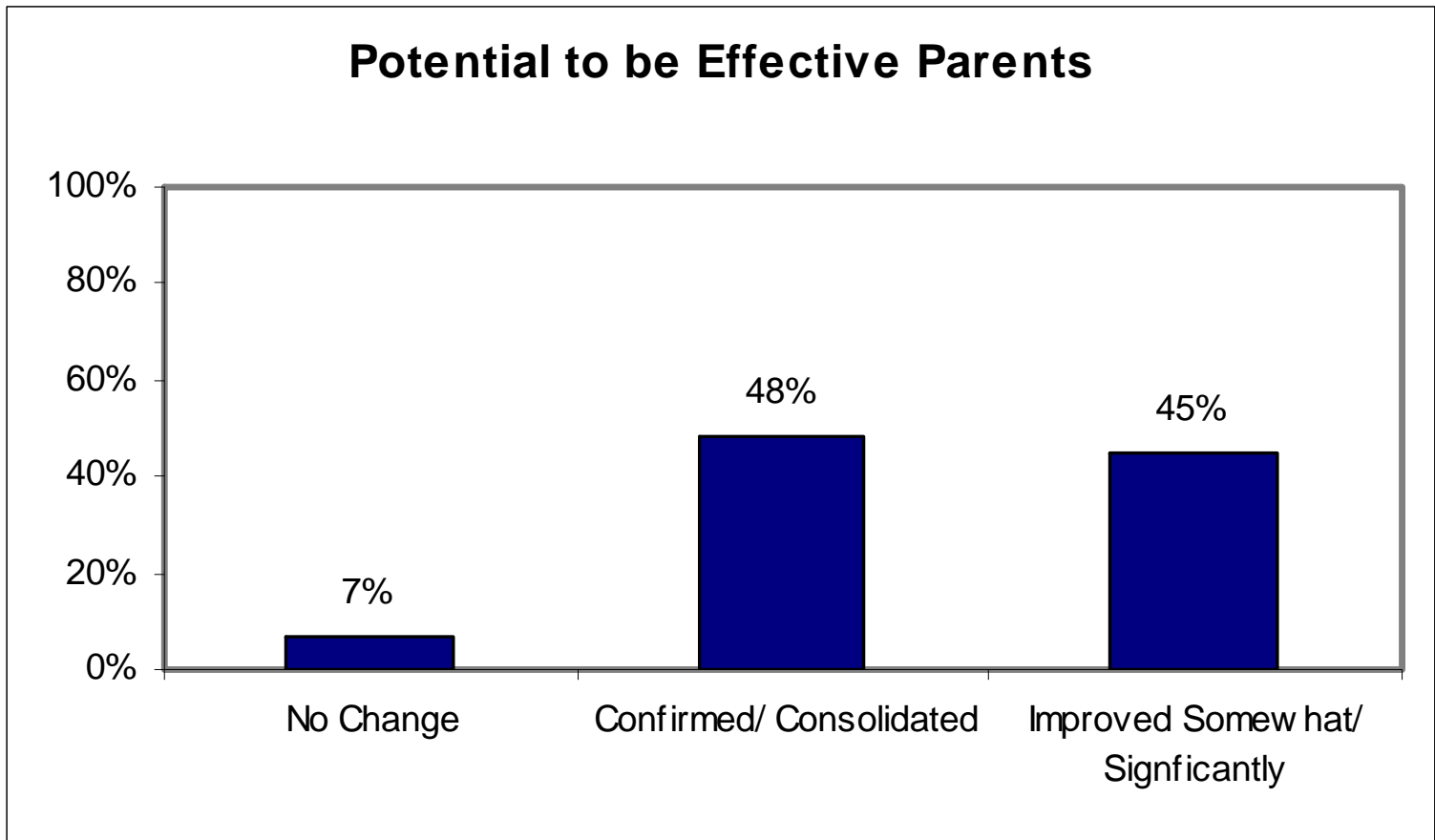
## Knowledge About Different Mental Illness



# Knowledge Item

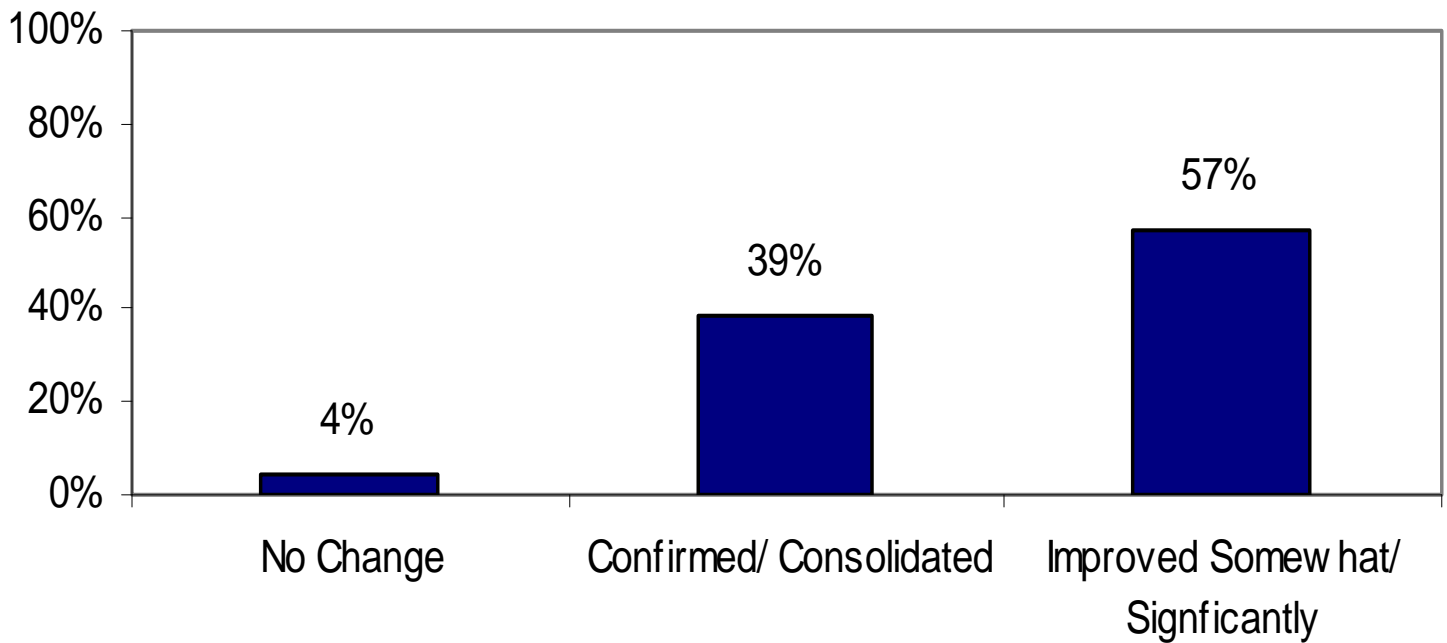


# Knowledge Item



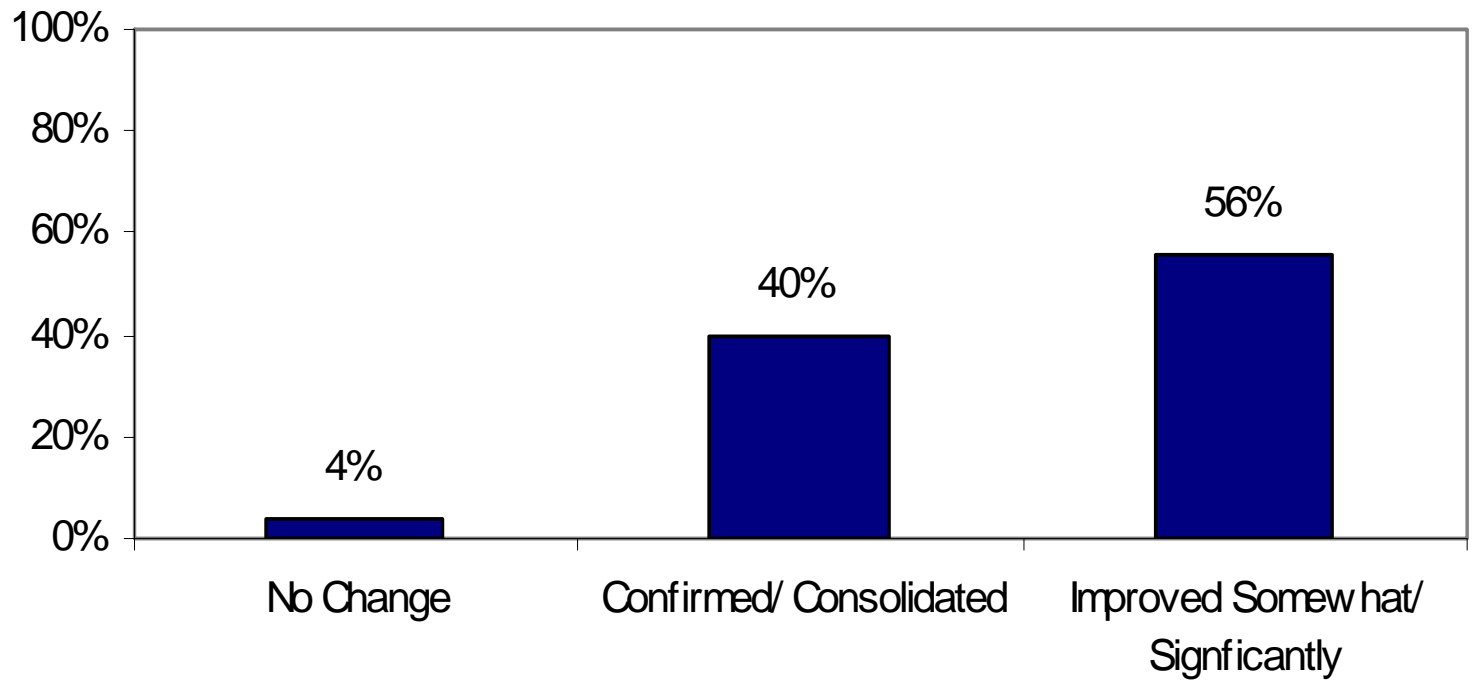
# Knowledge Item

**Impact of Mental Illness on Parenting Functions**



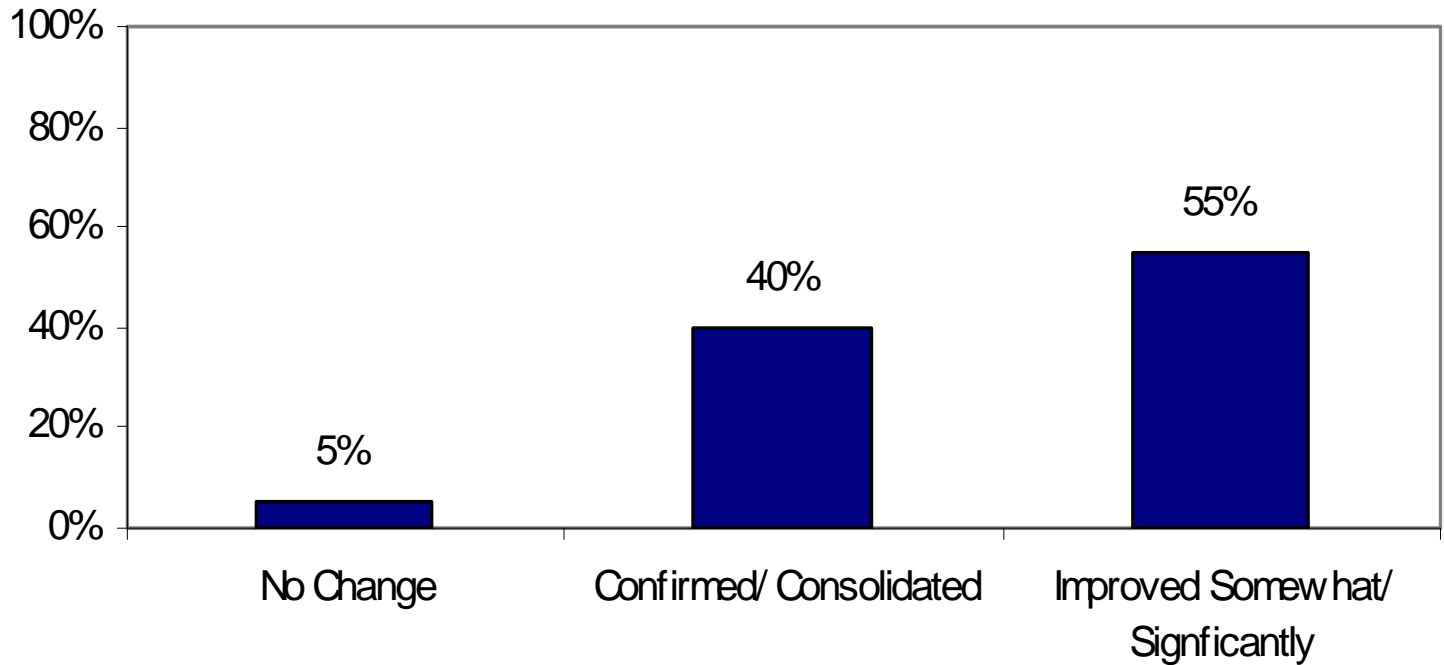
# Knowledge Item

## Impact of Parental Mental Illness on Children

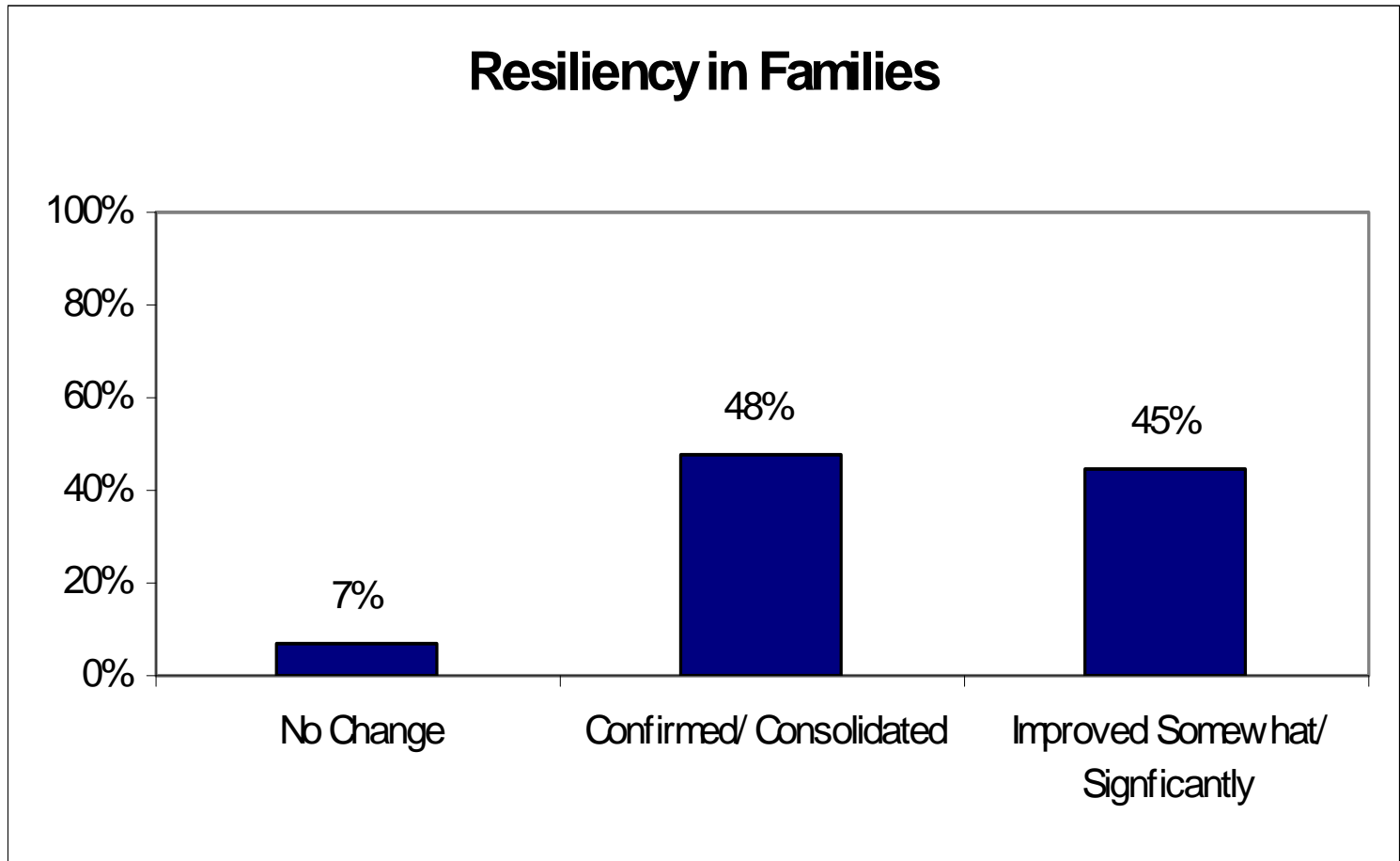


# Knowledge Item

## Impact of Mental Illness on Adult Offspring

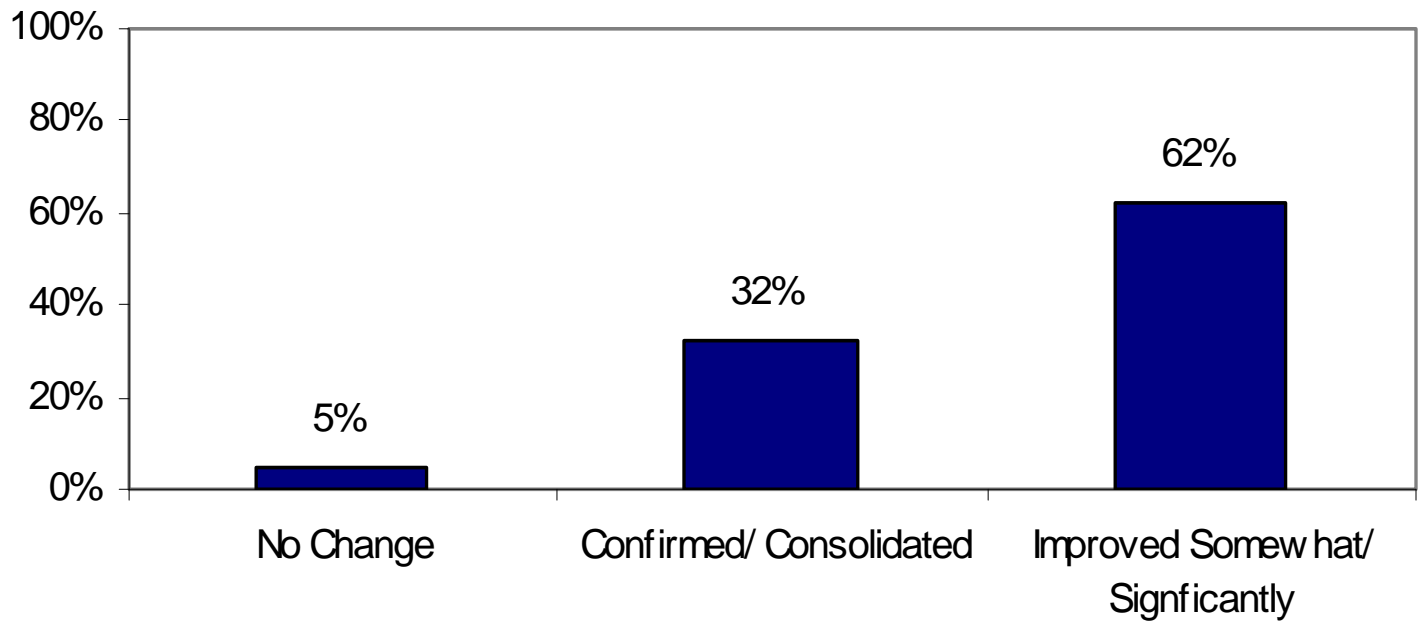


# Knowledge Item



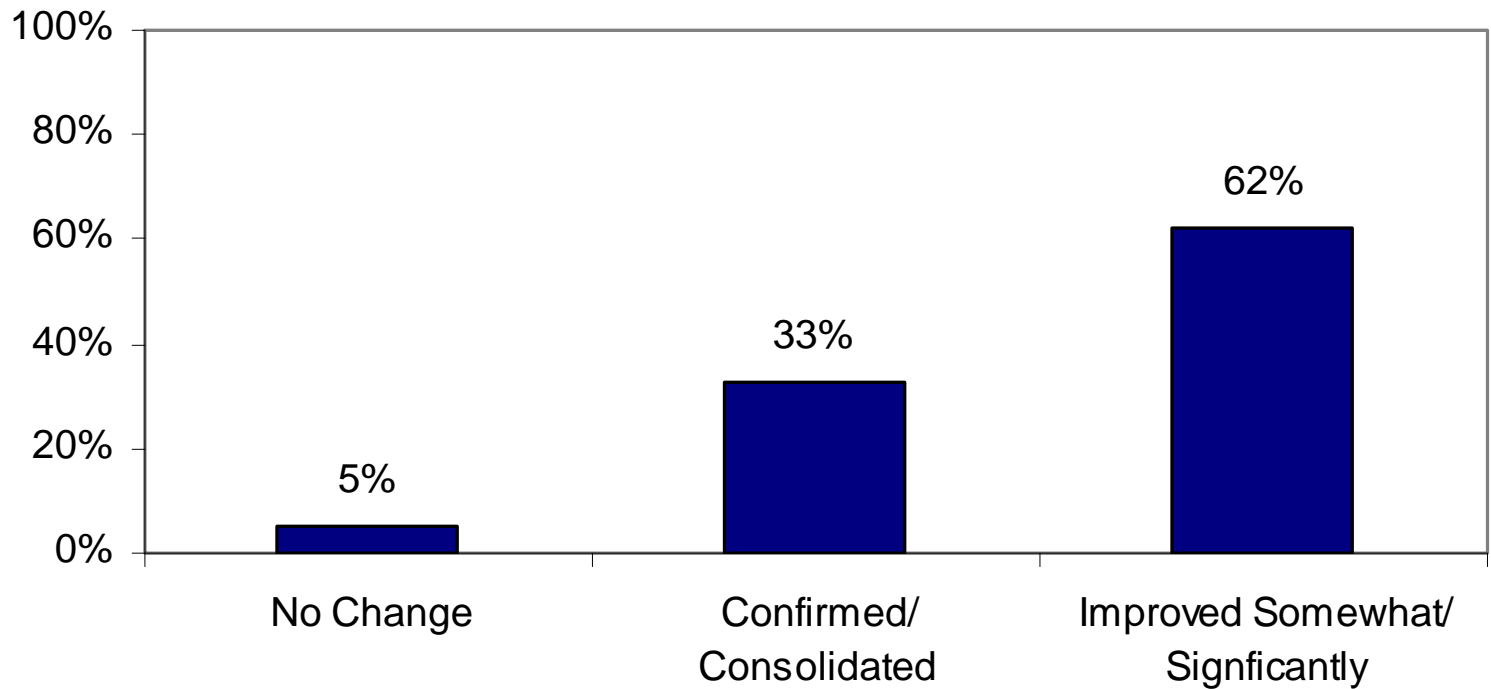
# Knowledge Item

## Advance Planning as a Resource for Families

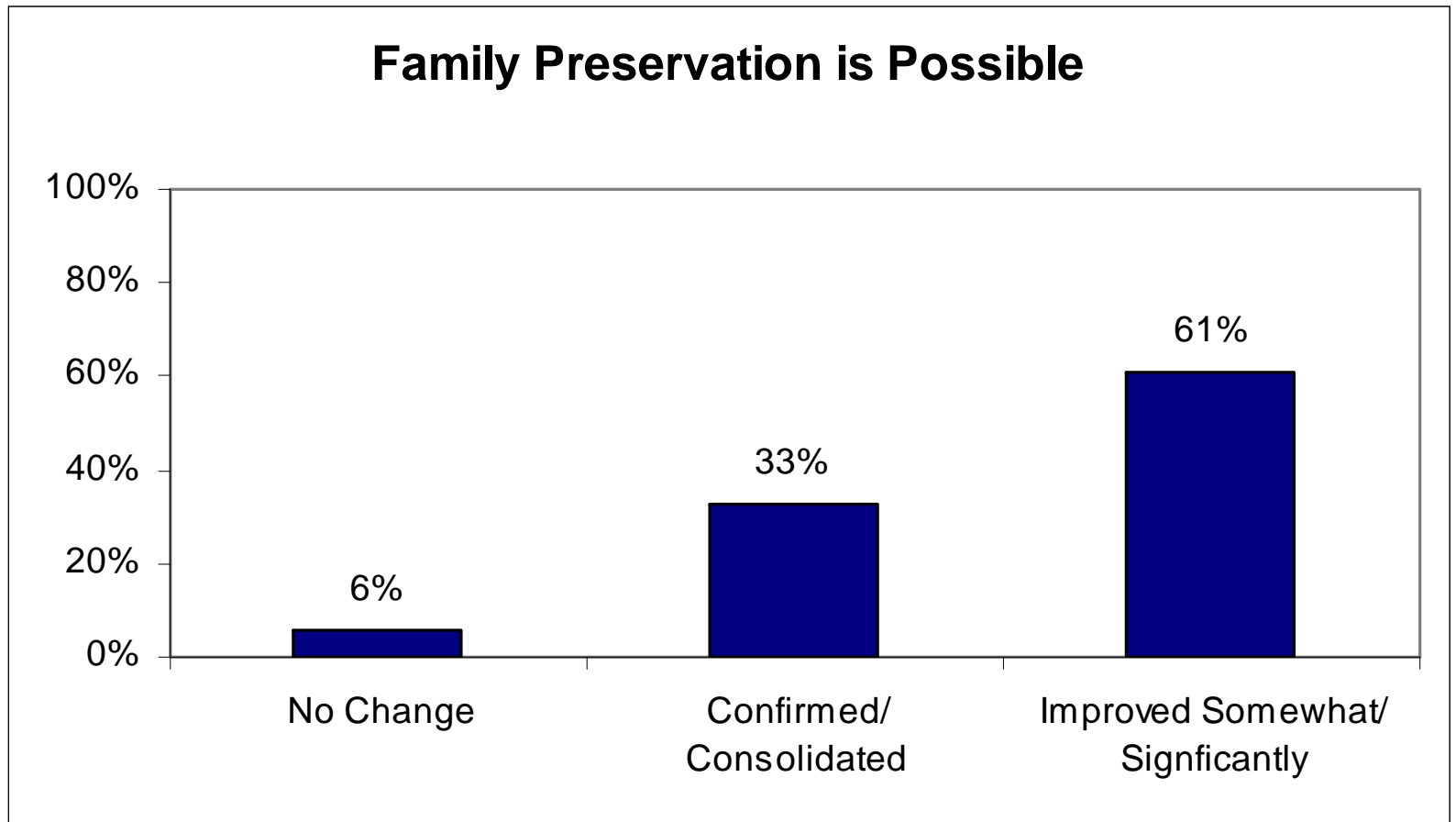


# Attitude Item

## Family-focus is a Critical Component of Treatment

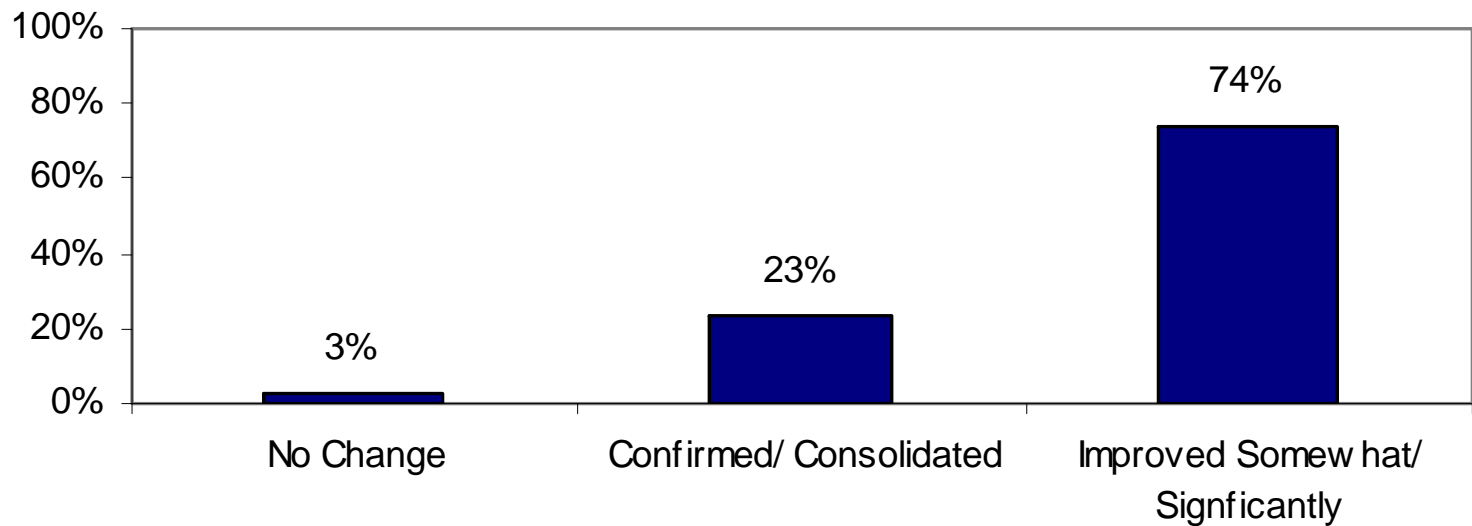


# Attitude Item



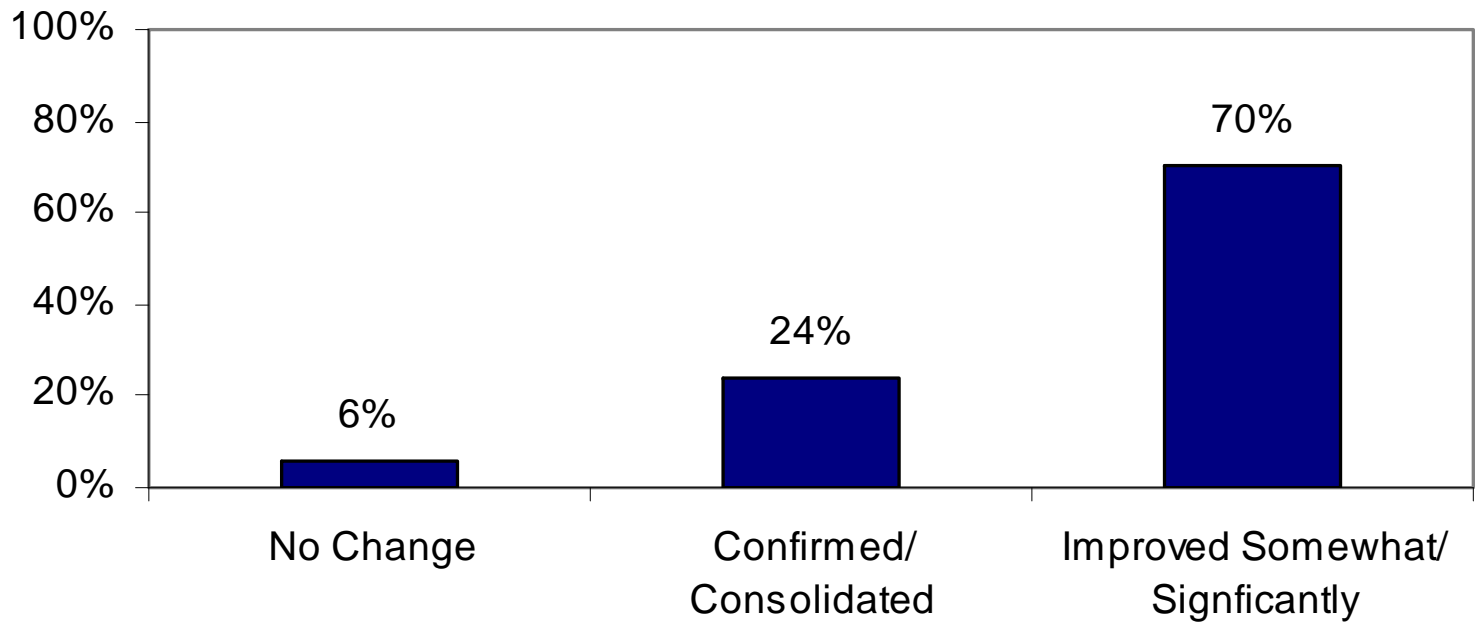
# Attitude Item

## Family/Community Play a Significant Role in Care/Support/Treatment



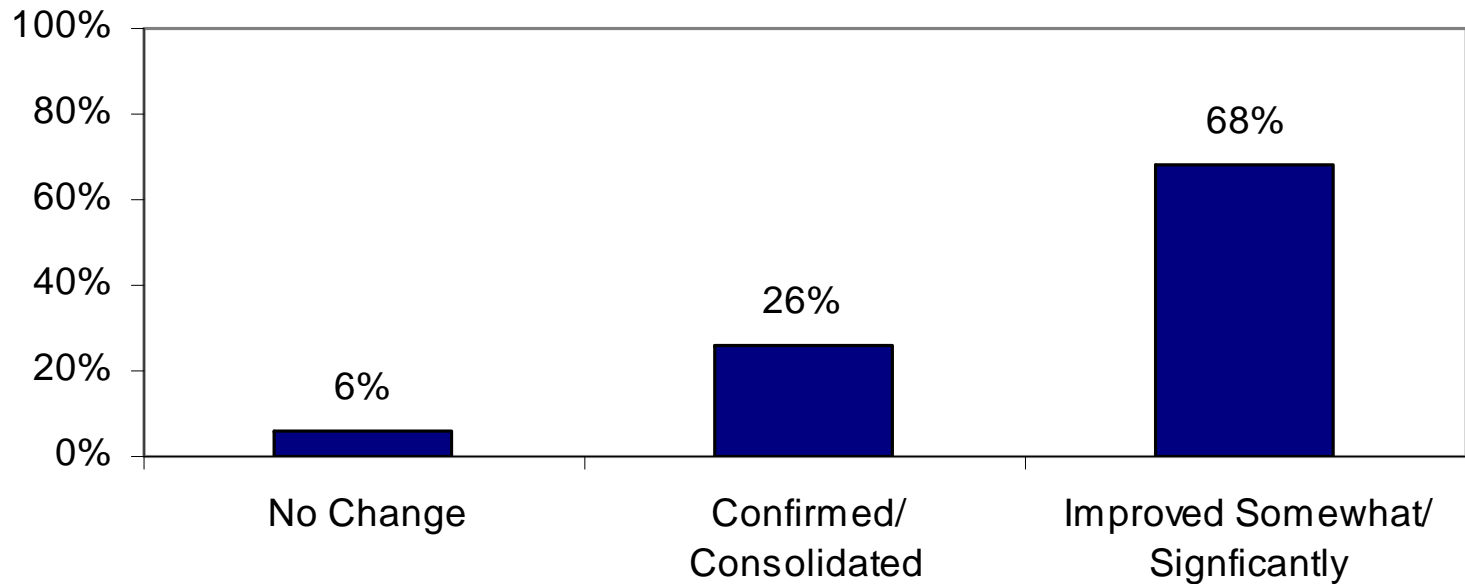
# Attitude Item

## Strengths-based Approach is Imperative in Delivery of Treatment



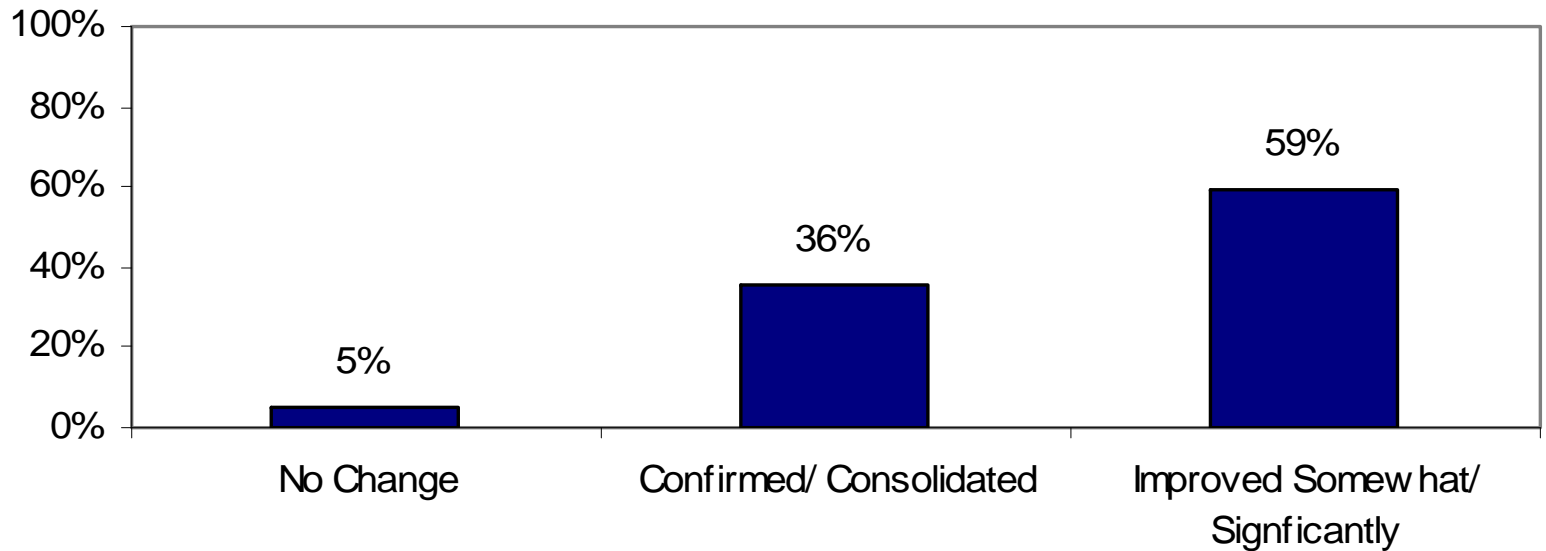
# Attitude Item

## Collaborative Care and Advance Planning Strategies Should be Considered



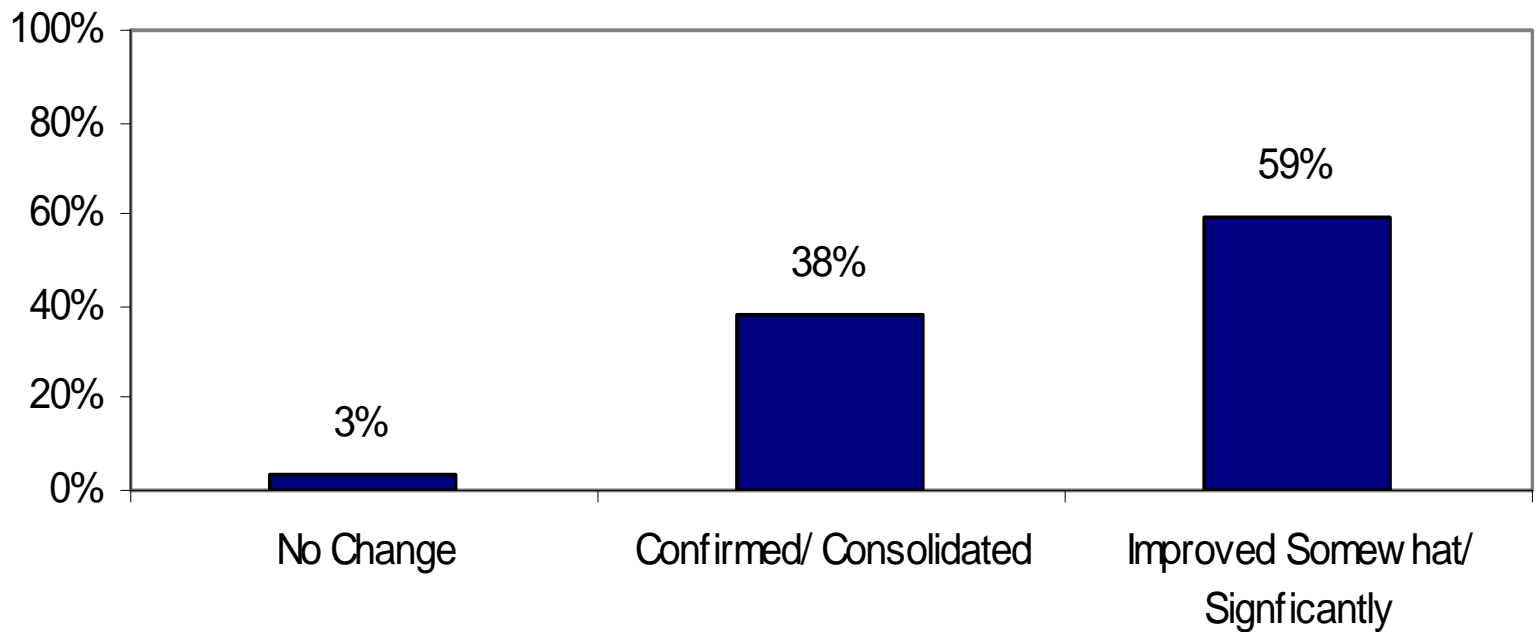
# Findings for Child Welfare Workers

**Impact of Mental Illnesses on Parenting Functions**



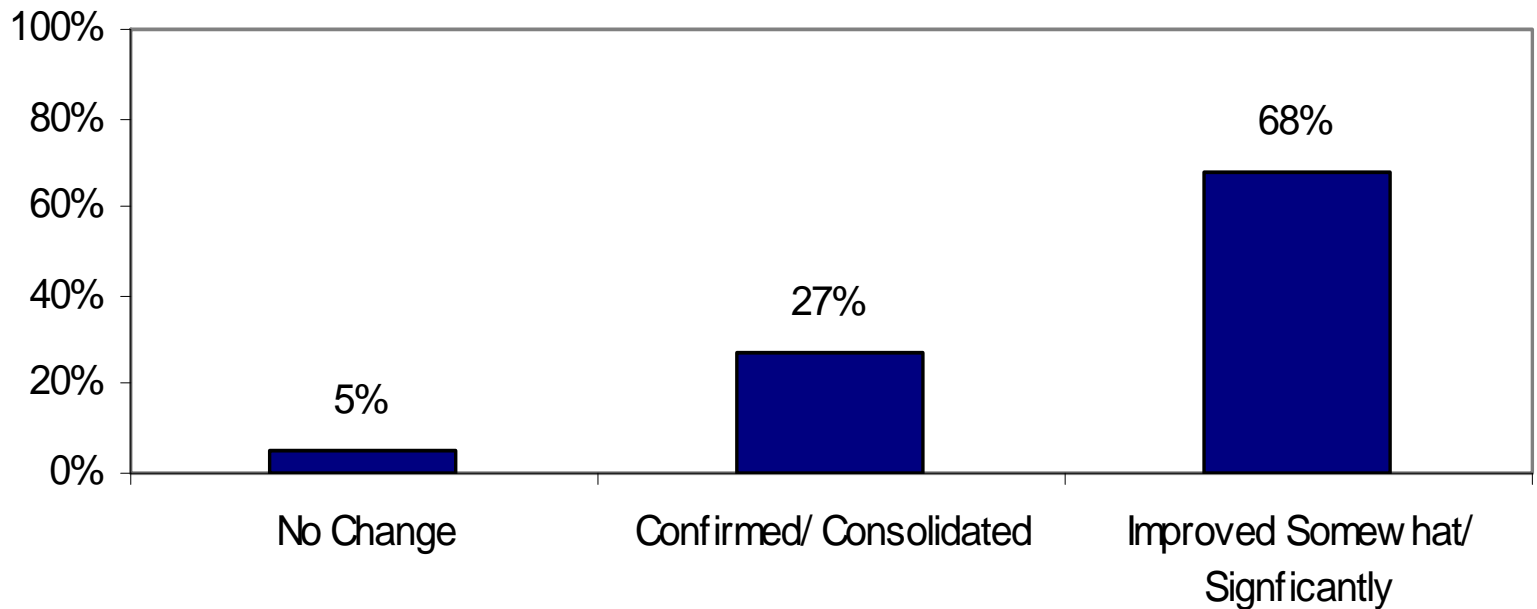
# Child Welfare Workers

**Impact of Parental Mental Illness on Children**



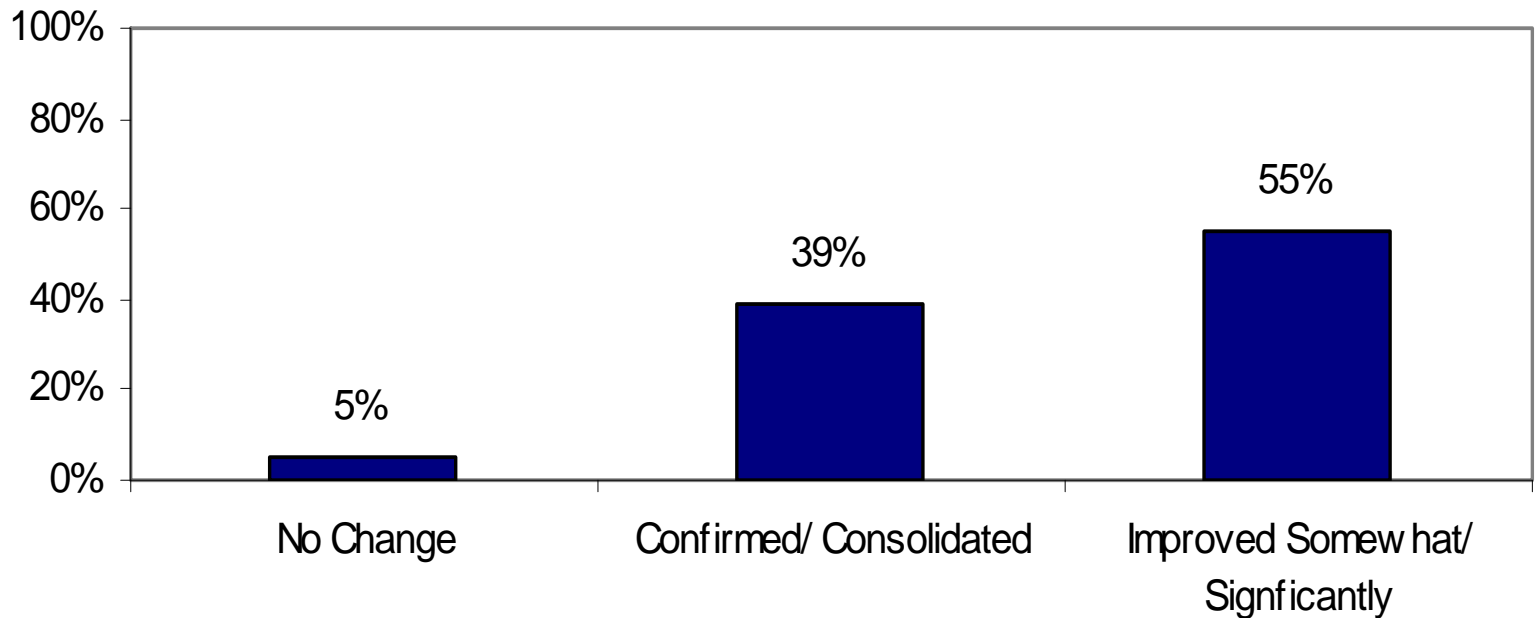
# Child Welfare Workers

## Advance Planning as a Resource for Families



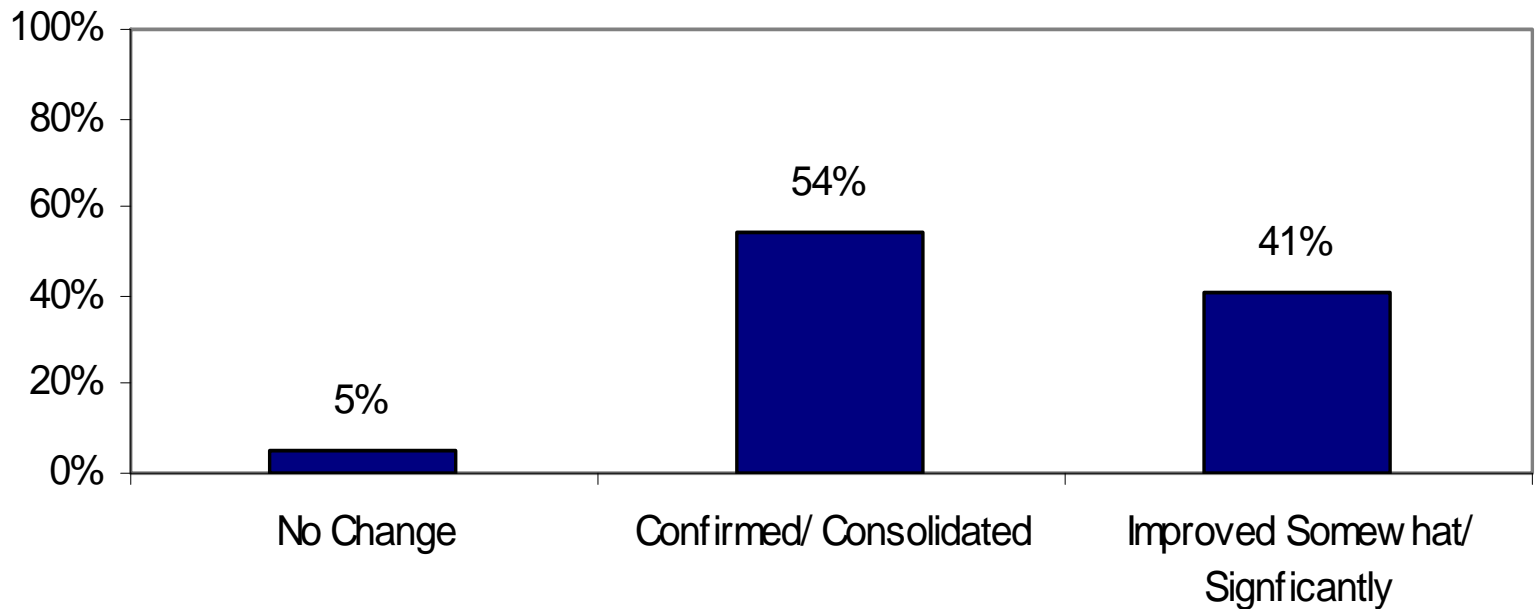
# Child Welfare Workers

## Family-focus as a Critical Component of Treatment



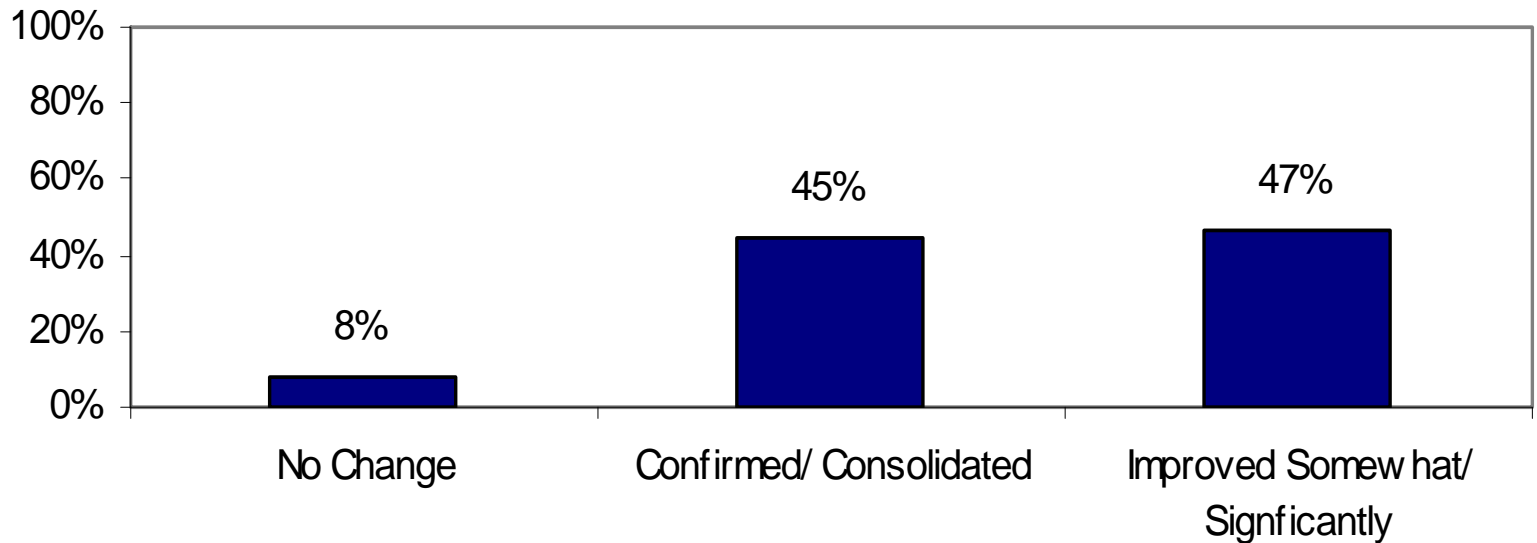
# Child Welfare Workers

## Family Preservation is Possible



# Child Welfare Workers

## Strengths-based Approach is Imperative in Delivery of Treatment





# Interview Findings

- Two+ months following the Forums
- 77 interviews, 1200 incidents
- Substantial:
  - knowledge gains
  - shifts in awareness
  - shifts in practice



# Helping Incidents

- 92% Forum Processes
- 80% Collaborative Practices
- 69% Relationships
- 65% Shifts Occurred
  - 29% Practice
  - 45% Attitude
- 32% Advance Planning



# Hindering Incidents

- Collaborative practices 69%
  - Lack of time, resources, supports
  - Lack of services
  - Communication impairments



# Participant Comments

Many respondents spoke of practice shifts occurring since the forum- changes in their approach to supervision, to working systemically, shifts in hopefulness, understanding, shifts in practice.



# Participant Comments

*“Well, I think I’m more open to people with serious mental illnesses that have children – open to their issues and to their needs.”*



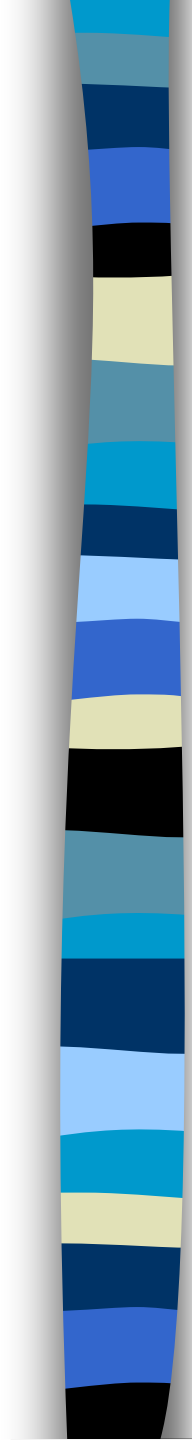
# Participant Comments

*“When one of my workers comes to me, just using that forum as a frame of reference allows me a couple of things. One is to provide some education, to provide some literature to my worker on how to better adjust or how to accommodate their practice. Secondly, of course, is just clinically in being able to give better clinical direction and supervision to the case manager.”*



# Surprise Finding

- Deeper empathy for persons with mental illness

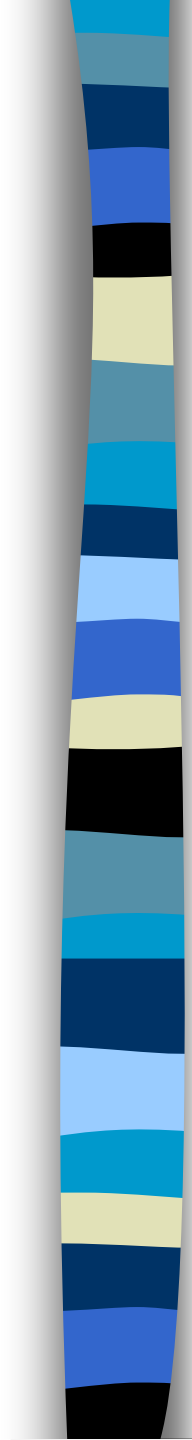


*“Maybe a more enhanced awareness that people with mental illness are people and by that I mean, it sort of helped to really accentuate my understanding that they’re people, you know, just like it’s just a label that they often carry around. They’re no different. It’s just this one aspect of their lives that needs support or assistance.” A Mental Health Worker*



# Surprise Finding

A deeper appreciation for MCFD



*“I just think that it was like an opportunity to be with other professionals in the community who have a common ground and I think that just looking at the role that the ministry for children and family development played in setting up that forum, I think that was a real positive thing for me because I think some of us had some negative feelings about that ministry and I think for me it was really good - it was pivotal in setting up this opportunity. So I’m a bit more moderate in the way that I feel about that particular ministry.”*

A decorative vertical bar on the left side of the slide, composed of various colored segments (yellow, blue, black, grey, light blue, dark blue, light blue, yellow, black, grey, blue, dark blue, light blue, yellow, dark blue, blue, black). At the top left of the bar is a small yellow icon resembling a stylized 'H' or a similar symbol.

# Surprise Finding

- Renewed occupation  
inspiration
- They reconnected with the  
reasons they went into human  
service work



# Ongoing Planning Processes

*“I think my awareness of some of the issues has changed enough that I anticipate some ... like at the FDR meetings if we have a parent with a mental illness, I anticipate that I may be able to intervene more effectively.”*

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# Findings

- Impact of environment
- Punctuate knowledge with personal experience
- Broad mix of participants
- Platform for collaborative practice
- Planning processes need time to “gel”



# What Does All This Mean?



- Quantitative and qualitative data converge
  - Forums are effective
    - Increases in knowledge
      - Issues in parenting
      - Growing up with PMI
- 



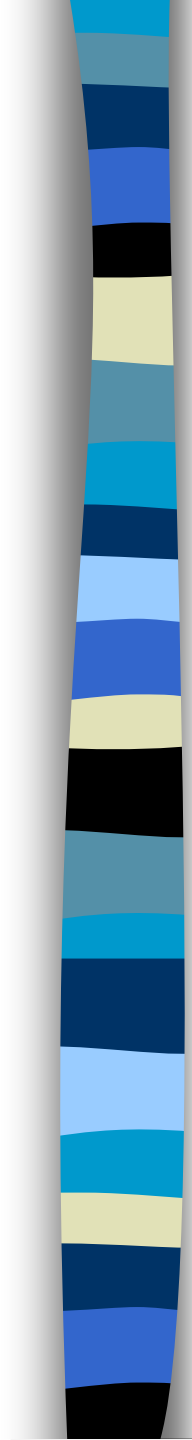
# What Does All This Mean?

- Attitude shifts
  - Family focused
  - Family preservation



# What Does All This Mean?

- Collaborative practice
  - Provides platform of relationships for new case and community practice

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- For more information contact;
  - Dr. Robert Lees, R.Psych.
  - Ministry of Children and Family Development
  - 45619 Yale Road
  - Chilliwack, British Columbia
  - V2P 2N1
  - [Robert.Lees@gov.bc.ca](mailto:Robert.Lees@gov.bc.ca)



# Recommendations for BC

- Update manual
- Advance planning training
- More forums
- Prevalence data
- Program responses needed
- Research project – Ulysses agreement