



The 5th Nordic Forum 25th-27th of May 2009

Gilleleje Feriecenter, Tinkerup Strandvej 8A, 3250 Gilleleje, Denmark

The voices of the children

**Prevention of mental illness and promotion of mental health
for children in families with parental illness**

Dear Everybody

The 5th Nordic Forum in Gilleleje, Denmark, is near, and in the planning group, we are further on the way to planning the programme. We will do what we can to make the days in Denmark as inspiring and professionally worthwhile as possible. However, we cannot do it on our own! We depend on you and your colleagues to come up with suggestions for presentations and to do presentations. This is what keeps the forum alive!

The theme of the forum is the voices of the children. With this as our point of departure, we will – amongst other things – focus on:

- Tools and methods in children's groups.
- Tools and methods in family conversations.
- Tools and methods in conversations with parents.
- Strategies for development and implementation.
- Alternative ways of supporting children, youth and their families.
- Documentation, research and evaluation.

At the forum, there will be a mix of presentations at the plenum, workshops, a “market place”, walk and talk etc. We look forward hearing from you and to send out the final programme end of April. Most of all, we look forward seeing you all in Gilleleje!

Best wishes,

The Planning Group
Annie, Ingelise & Bjarne
Contact: bm@sus.dk



Preliminary programme!

Monday 25th of May

Around 11 am.

Visits to places working with children of mentally ill parents

The planning group will give you the opportunity to visit places that work with children of mentally ill parents in various ways. A bus will depart from Copenhagen Airport (Terminal 3) at around 11 am.

The visits will take around 1,5 hours and afterwards the bus will take you to Gilleleje Feriecenter. A light lunch will be served during the visits.

Choose one of the following places. See a detailed description of the places later in the programme. Remember to specify your wishes on the registration form.

- A) Child and Adolescent Psychiatric Department B1, Infant Psychiatric Ward. Bispebjerg Hospital, Copenhagen.
- B) Family Centre & the psychiatry in Hvidovre, University Hospital of Copenhagen.
- C) The Men-tal-group, in the municipality of Ballerup.
- D) Family-talking and children groups in Adult Psychiatric Hospital, Roskilde.
- E) Stolpegården – parents' groups, Gentofte.
- F) "The Kids", children's groups in Herlev.

14.30 - 15.00 Arrival, registration, accommodation at Gilleleje Feriecenter.

Sandwich/water and coffee/tea

15.15 Official welcome and opening of the forum

15.40 Premiere on the film "Children's voices"

Speed-dating

17.30 Break

18.00 Dinner



Tuesday 26th of May

07.30-08.45	Breakfast
09.00	Workshops focusing on the following themes: A) Methods and tools in children's groups. B) Methods and tools in family conversations. C) Methods and tools in conversations with families. D) Strategies for development and implementation. E) Alternative ways of supporting the children, youth and their families. F) Documentation, research and evaluation.
10.30	Coffee break
10.50	Workshops continued
12.15	Lunch
13.15	Walk and talk
14.45	Coffee break
15.15	Workshops continued
16.30	Stands/'market place'
17.30	Break
18.30	Dinner
20.15	'Rhythm in network & network in rhythm'
21.30	Socialising

Wednesday 27th of May

07.30	Breakfast
09.15	Presentations at the plenum
10.30	Coffee break
11.00	Summing up of this years meeting Nordic Forum 2010!
12.15	Lunch
13.30	Goodbye



Presentation

For those of you who wish to make a presentation, please send us a short abstract (max 200 words) and indicate which of the mentioned themes you will cover. We would like to receive the abstracts as quickly as possible - and not later than 20th of February 2009.

Send your abstract to the planning group. Use the following address: bm@sus.dk

If you have any questions about the themes or presentations in the conference or about abstract, please send a mail to bm@sus.dk

Price

3.700 Danish Kroner per person. The amount will cover accommodation in a single room and all meals that are mentioned in the programme. The price does not cover transportation to Gilleleje Feriecenter.

If you wish to participate in one of the visits on May 25th (see the programme), the price is 150 Danish Kroner per person. The price includes transportation to the place of visit and transportation to Gilleleje Feriecenter.

Registration

Fill in the registration form and mail or fax it to bej@sus.dk - fax nr. 0045 3393 5450.

Remember to specify on the registration form if you want to participate in one of the visits. Deadline for registration is Monday 13th of March.

We would like to emphasise that as a point of departure, only 15 persons from each country can participate.

Gilleleje Feriecenter

Gilleleje Feriecenter is situated around 1,5 kilometres from Gilleleje. Gilleleje is a small town with Zealand's biggest fishing port as its natural centre. Gilleleje is situated at the northernmost point of Zealand, Gilbjerg Hoved – 60 kilometres from Copenhagen.



Description of the places of visit:

A) Child and Adolescent Psychiatric Department B1, Infant Psychiatric Ward. Bispebjerg Hospital, Copenhagen

The Infant Psychiatric Ward B196 at Bispebjerg Hospital is dedicated to 0-3 year old children with psychiatric health problems, and provides assessment, diagnostic, prevention and treatment services. In addition to assisting children with problems of their own, it also works with children who have parents suffering from psychiatric conditions. The latter group has an increased risk of psychosocial disturbances during development, and is susceptible to psychological illness during adolescence and adulthood. Therefore, it is important that provisions and close interdisciplinary cooperation is made available at an early stage in order to safeguard the wellbeing and healthy development of this group. All children referred are assessed and profiled in terms of the parent/child relationship as well as eventual difficulties of their own.

B196 infant psychiatric ward has a team that consists of 3 doctors, 3 psychologists, 6 nurses, a social worker and 2 secretaries.

The work is conducted primarily as an outpatient system, but the ward also processes daily admissions for special cases. Both Copenhagen and Frederiksberg Councils can refer children to B196.

B) Family Centre & the psychiatry in Hvidovre, University Hospital, Copenhagen.

The Family Centre is a comprehensive multidisciplinary clinic for pregnant substance using women and their children up to the age of 6 years and for hiv-infected pregnant women. Children of substance using mothers are at risk of congenital malformations, brain damage, premature birth, low birth weight and other complications in pregnancy and in the early infancy. Furthermore, many of these infants grow up under very unstable environments, where the infants will be at risk of neglect and abuse.

The purpose of the intervention in the Family Centre is to prevent congenital damages and developmental disturbances, neglect and abuse by early and multidisciplinary intervention during pregnancy, delivery, post partum and the first 6 years of the infants' lives. The Family Centre collaborates very closely with the primary health and social services from the early pregnancy, to ensure that the infants and their families get all the treatment and support they need.



The results of Family Centre are very successful. The Danish Government has decided to establish similar Family Centres all over the country during the next 4 years.

The psychiatry in Hvidovre consists of a centre with 115 beds and 2 centres for out-patient treatment. One of our highlights is a good co-operation with the relatives of our patients including their children. We therefore always ask, if there are children living in the family, and we offer a family dialogue in order to help the parents to tell the children about their illness and to help the family to get the help they might need. Besides we co-operate with the maternity hospital in Hvidovre and the centre of psychiatry for infants in order to support families with psychical difficulties who are expecting or just have had a baby.

C) The Men-tal-group, in the municipality of Ballerup

We are a group who has gained a special knowledge of the children of mentally ill parents. We visit the day care and pre-school institutions in the municipality of Ballerup and give the people working there an insight into what it means to a child to have a mentally ill parent and the consequences of that. We give them a 2 hours talk and talk about topics like how to deal with the children, how to deal with the parents, what are the signals to be aware of, the importance of cooperation etc.

D) Family-talking and children's groups in Adult Psychiatric Hospital, Roskilde

The Adult Psychiatric Hospital in Roskilde has a programme for mentally ill parents and their children. First of all, we register all patients with children, so we can be aware of the special needs for these patients and their children.

We start offering the patient a talk about the children and how they talk with the children about the mental illness. After that we invite all the children in the family to come to a family meeting together with the parents. The aim of the family meeting is to talk about the mental illness and to try to help the children to make sense of what they have witnessed or heard about the mental illness. Also, we want to help the parents and the children to cope with difficult situations. Especially we emphasize what the children can do. We also have different children's groups with children from 8 to 18 years old. We are two group leaders and we will both try to be present, when you will visit us.



E) Parents group at The Psychoterapeutic Center Stolpegård, Gentofte. A hospital for treatment of non-psychotic diseases

The parent's group is a thematic group of patients who receive treatment at the 5 day ward of "Psykoteraeutisk Center Stolpegård" and who have children below the age of 18.

The group aims to support participants to be parents during a period where family life can be under pressure. The group is "slow open" and meets once a week. There are 2 therapists affiliated to the group.

The group begins with a brief round of introduction, where the patients have the opportunity to tell if they have a problem they would like to discuss during the session. A free conversation, which focuses on the resources and strengths of the participants, is sought. The intention is that the participants help themselves and each other and speak about the most central themes relating to parenthood, children and the family as a whole.

Some of the issues in the discussion could be: What have you explained to your child about your mental illness? What have you told about your hospitalization? All parents worry about their children. What worries you the most?

F) 'The Kids', children's groups in the municipality of Herlev

The children's group 'Ungerne' (The Kids) is a supportive activity for children aged 8 – 14 years. This offer is given to children with a parent (or parents) with psychological difficulties and/or alcohol abuse, which affect the child's well-being on an everyday basis.

The idea behind this activity is (amongst other purposes) to give these children a possibility to network with others who experience similar conditions of life.

The membership and support of this group help the children to handle difficult conditions and to develop coping skills in their future lives.

Further information

Contact bm@sus.dk



Registrations form

The 5th Nordic Forum,
Denmark, 25.-27. May 2009

Family name

First name

Institution

Phone

Country

Fax

Mail

Invoice address

Wish to participate in the visit: *(Make a X)*

A	B	C	D	E	F
Copenhagen	Hvidovre	Ballerup	Roskilde	Gentofte	Herlev

Food allergy *(Please specify)*

Vegetarian *(Please specify)*

Other adjustments

DEADLINE FOR REGISTRATION: 13TH MARCH 2009

Please fill in the registration form and mail or fax it to bej@sus.dk - fax nr. 0045 3393 5450.
If you have any questions about the Nordic Forum, please mail to Bjarne Møller bm@sus.dk