

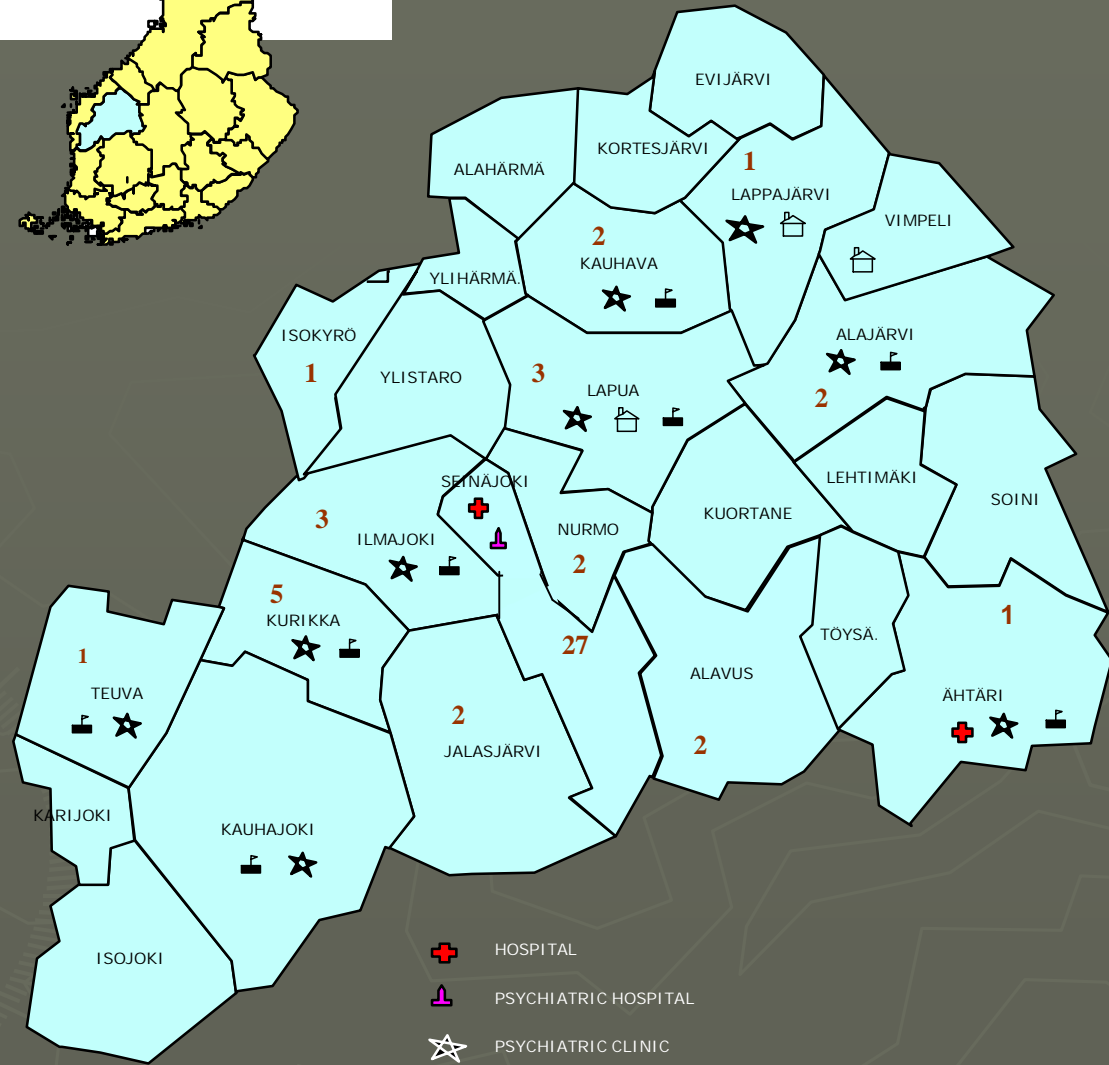
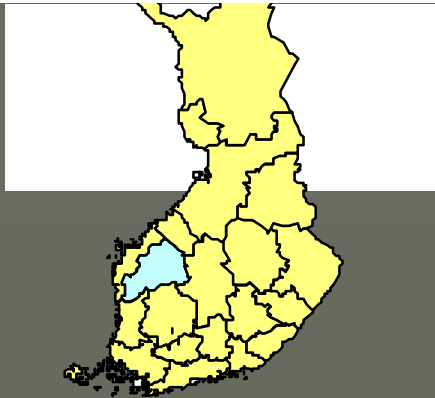
Finland

The South Ostrobothnia Hospital District
Seinäjoki Central Hospital, Psychiatry

Notice the Children Clinic

Veli-Matti Saarinen, Psychiatric nurse, Family therapist,
Psychotherapist

Hilkka Räisänen, Psychiatric nurse, Family therapist
Psychotherapist



- HOSPITAL
- PSYCHIATRIC HOSPITAL
- PSYCHIATRIC CLINIC
- PSYKIATRINEN KUNTOUTUSKOTI
- PSYKIATRINEN PÄIVÄTOIMINTAKESKUS







Notice the Children - the History

- ▶ The Unnoticed Children -project 1992-2002
 - Various teams had noticed the emergence of second generation patients
 - There had not been much collaboration between child and adult psychiatry before the year 1992, which marked the beginning of a multi-professional, chief physician -led team, whose function was to plan, implement and coordinate the development in this field
 - The research was carried out in 1997-2000: Of the 45 parents 53 % suffered from depression and 40 % of psychotic symptoms > 56 % of the children and families assessed were referred to further support, follow-up or therapy services

Notice the Children - History

- ▶ Notice the Children project 1.9.2003 - 31.12.2005
 - A collaborative project between child and adult psychiatry
 - The study showed the importance of prevention while noticing the children's situation and the need of tools
 - The purpose of this project was to pay special attention to the children of adult psychiatric patients by assessing the families' needs and monitoring their support and care
 - The project also aimed at the development and introduction of practical assessment tools, at the provision on further training and at the development on work supervision consultation practices
 - The project was financed by the state of Finland and by the South Ostrobothnia Hospital District

Notice the Children Clinic 2006

- ▶ What is Notice the Children Clinic?

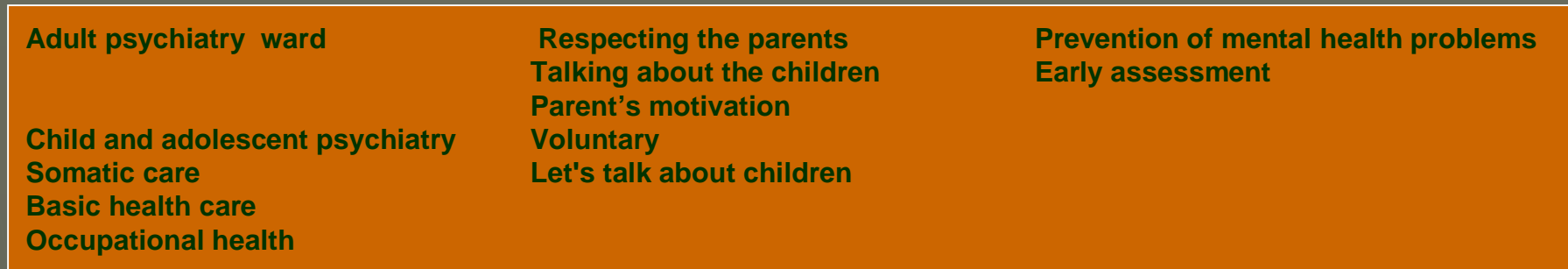
THE AIM OF THE FINNISH EFFECTIVE CHILD AND FAMILY PROGRAMME METHOD FAMILY AND WORK AT THE NOTICE THE CHILDREN CLINIC IS

- ▶ TO SUPPORT PARENTHOOD AND CHILD DEVELOPMENT
- ▶ TO ASSESS CHILDREN'S AND FAMILY'S NEED FOR OTHER SERVICES
- ▶ EVALUATE NEED FOR CHILD PROTECTION SERVICES AND/OR OTHER SOCIAL WELFARE SERVICES
- ▶ HELP FAMILIES AND CHILDREN TO USE FURTHER SERVICES

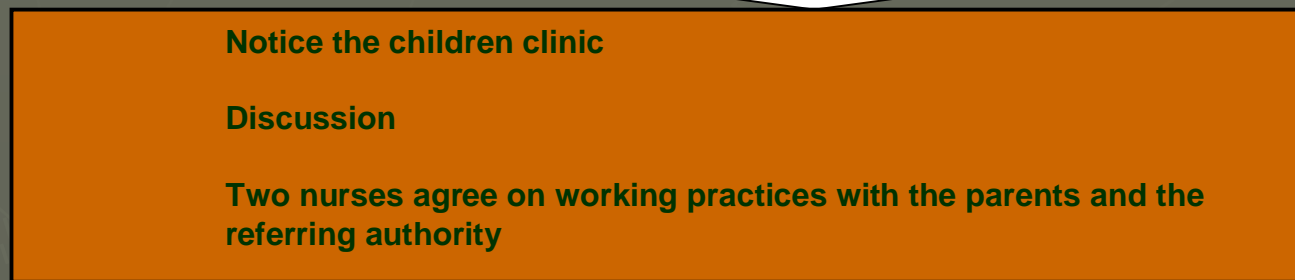
Application areas of the Family Talk intervention at Notice the Children clinic

- ▶ Parent's mental illness
- ▶ Parent's severe somatic illness
- ▶ Adolescent's mental illness
- ▶ Custody or foster home placement of children
- ▶ Parent's substance abuse problem
- ▶ Domestic violence
- ▶ Suicide in the family
- ▶ Parenthood

Notice the Children Clinic



Referral



1) Assessment of family situation:

- **interviews:** parents and the children
- **YSR, CBCL, TRF -questionnaires** (T. Achenbach, F. Almquist)
- **home visits**
- **networking discussions**

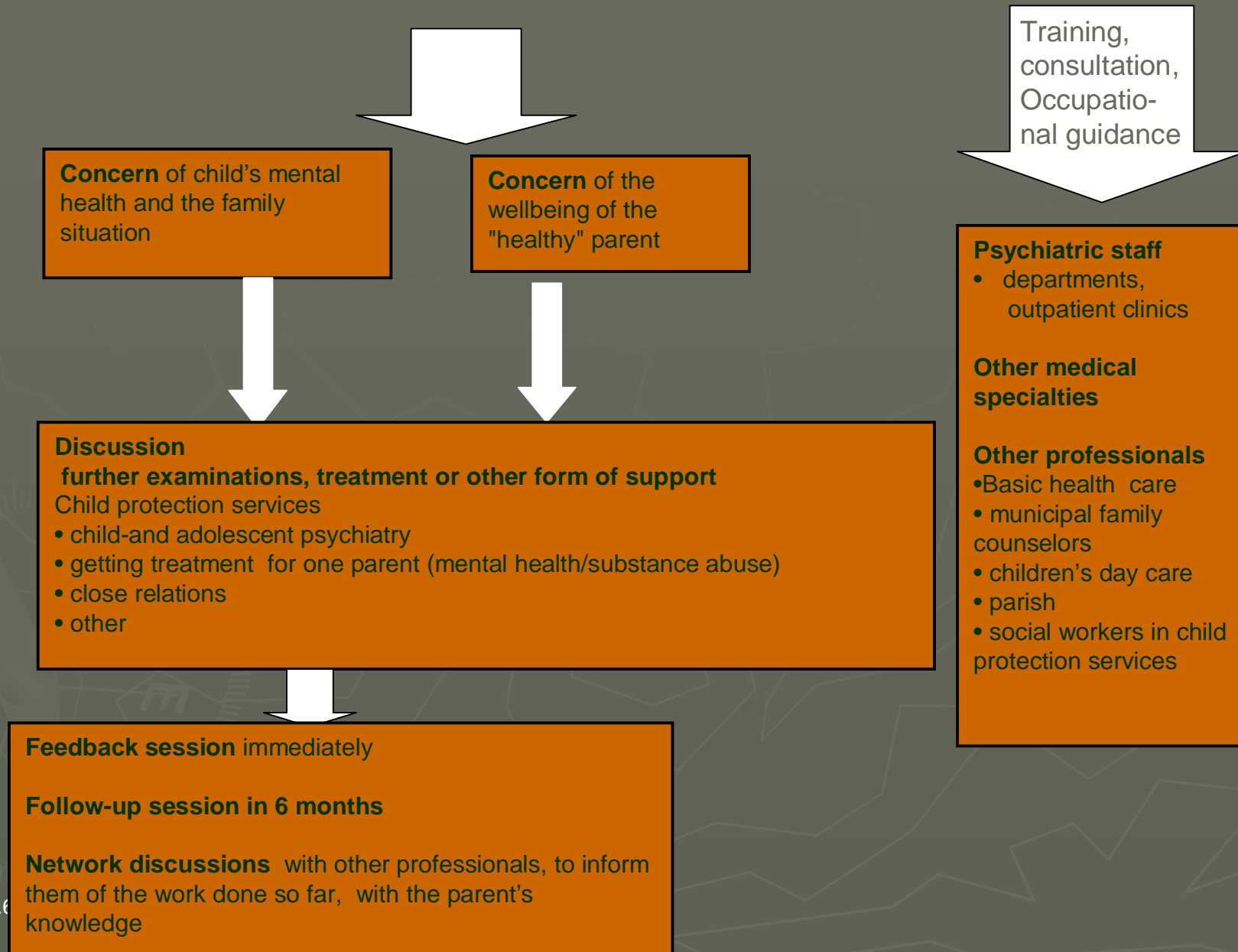
2) Beardslee family (Family Talk) intervention

6 - 8 meetings with parents and children

3) Training, consultation, occupational guidance

- Family Talk intervention
- Let's talk about children- intervention
- Talk about the children- advisory discussion

Notice the Children Clinic



Research

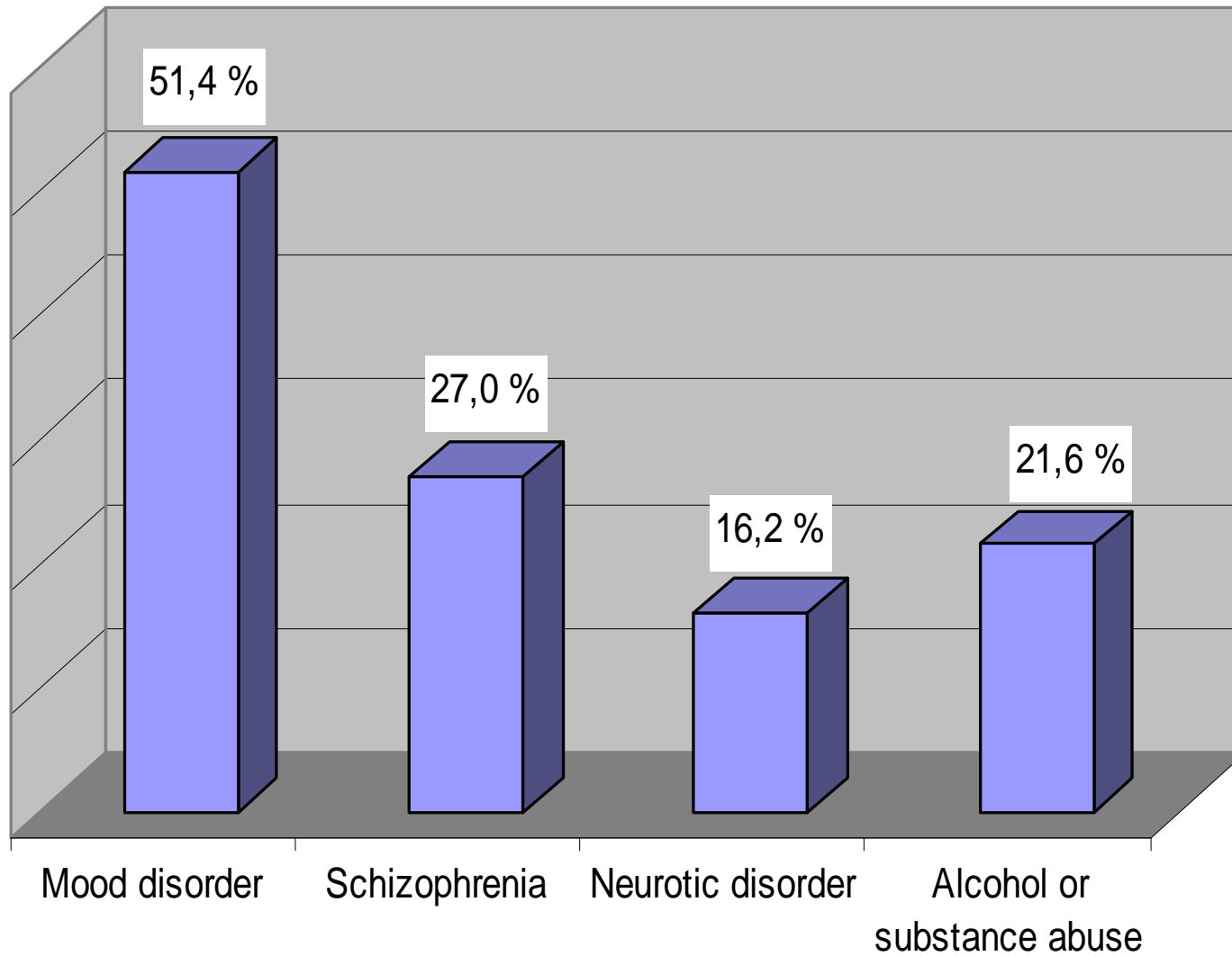
Räisänen & Saarinen 2006

- ▶ Working model of TLP
 - parents are informed first
 - equal relationship
 - transparency and openness
 - importance of informing the children (also parent's need to know about their children)
- ▶ 40 families
- ▶ 61 parents
- ▶ Response rate 61

Getting help

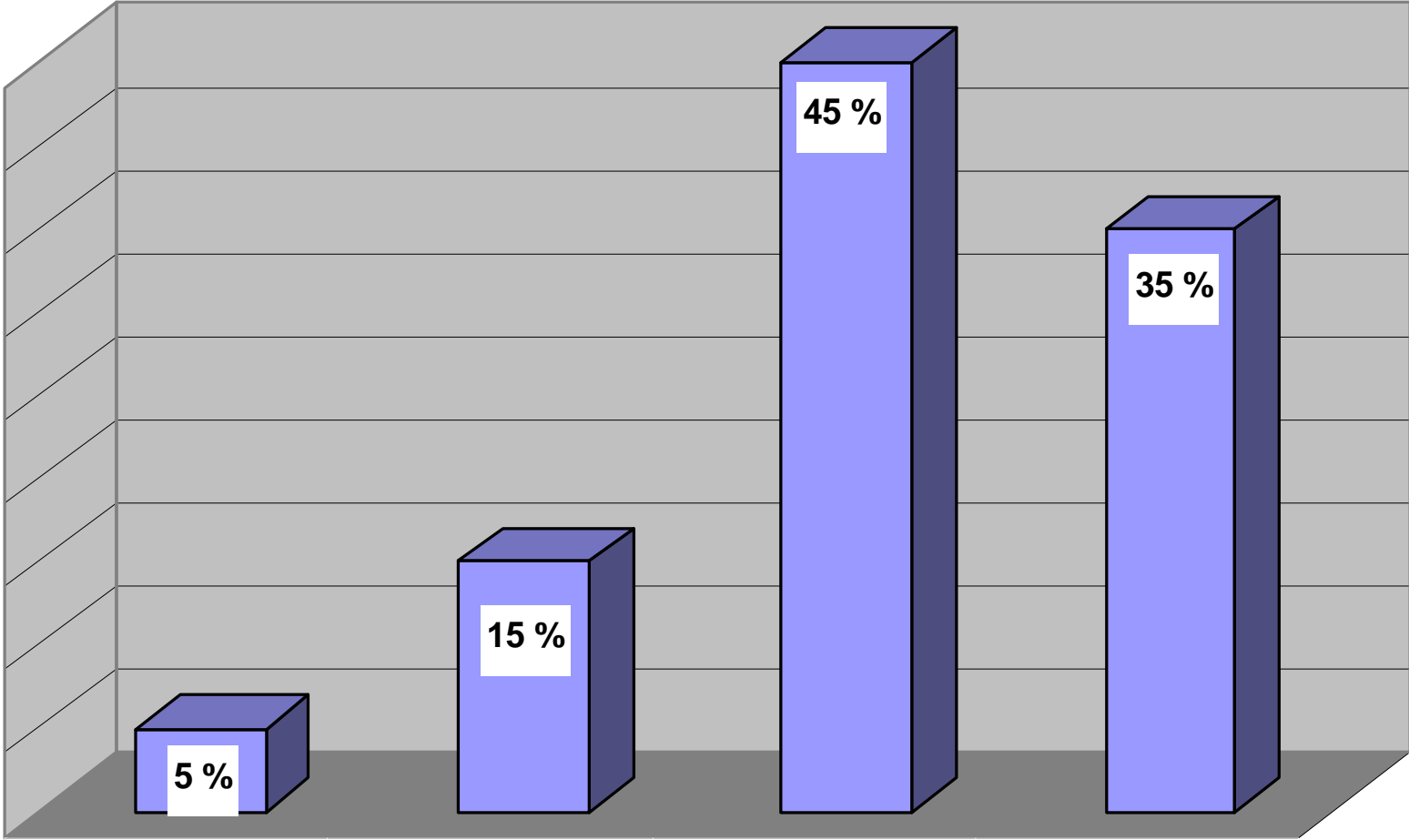
- ▶ Often clients are not able to seek help on their own
- ▶ Getting the client to use the help and the services that are available requires some handholding

Parent`s diagnosis N=37



During work, 6 parents substance abuse was discovered > 38%

Our personal concern of family situation N=40



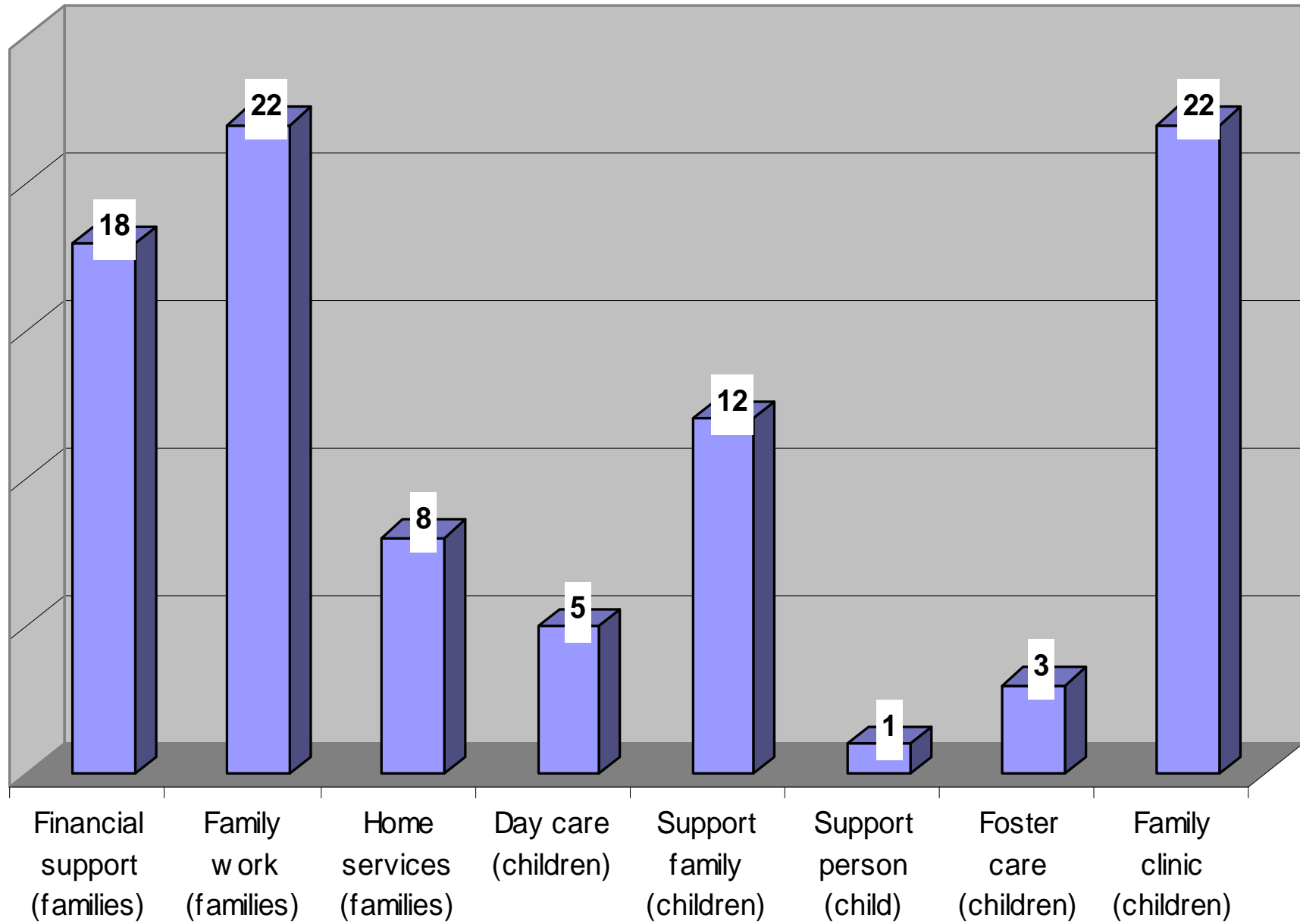
No concern

Mild concern; follow-up meeting, counseling

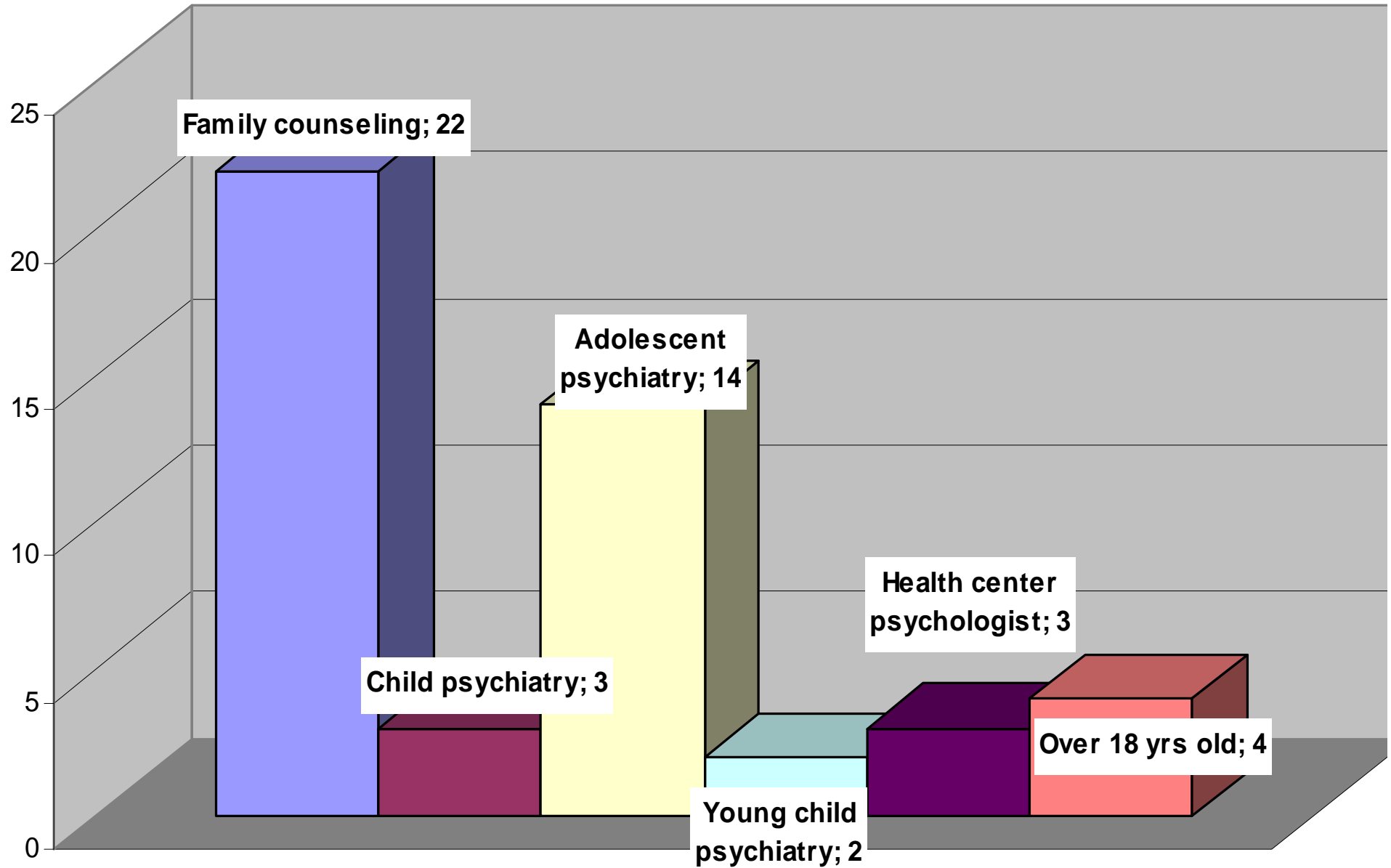
Moderate concern; network discussion, support measures, examination and

Great concern; immediate support and/or notifying child protection services

Forms of support



Further examination and treatment of children



Parent's experiences of child-centered collaboration

- ▶ 83% said it was somewhat or very beneficial
- ▶ 96,7% received help for their concerns about the child either a little, a lot or very much
- ▶ 37 respondents gained confidence in their parenting skills (62%)
- ▶ 54 respondents had either a little ,a lot or very much increased confidence in the children's future (88%)

Children's relationships with each other as assessed by parents after completing work

- ▶ Relationships between children improved in half of the respondents
- ▶ Deteriorated in two instances
- ▶ Generally more relaxed family atmosphere

As a result

- ▶ One third of parents receiving psychiatric care placed more importance on their mental wellbeing than before starting work
- ▶ 78% of respondents understood their children slightly, somewhat or very much better (n=47 / 61)
- ▶ Confidence in the future of the family was increased in 70% of cases
- ▶ The majority of parents (53 / 61 = 87%) said that the work had given them new ideas for parenting somewhat or very much
- ▶ Over half of the parents (63%) understood their partner better
 - 18 divorced (2 relationship improved slightly, 6 moderately, significantly in one case)

Conclusions

- ▶ Based on the results, Notice the Children –work has turned out to be a very significant way of preventive mental health work
 - Discussion of children's and adolescent's situations when their parent is in psychiatric treatment takes place fairly often
 - The need for support measures , further examination and treatment of children and adolescents has been great
 - Significantly often the other parent has needed treatment, in addition to the adult children of the family
 - The families have been grateful for the clinic worker's long-term involvement with their situation

Conclusions

- ▶ In comparison of the Notice the children- way of working and the pure Family Talk- intervention method, there is the unavoidable question whether the family members' need for support and treatment are sufficiently noticed and whether help counseling really reaches the customer?
- ▶ At least we have to pay attention to that question when we are training clinicians