

# Parents Support Programme

CAMHS Treatment Waiting List



# Overview:

- 8-week online group programme for parents/carers of young people aged 11-16 who are currently on a CAMHS treatment waiting list
- Safe and confidential space for parents / carer to gain information and skills to support their young person as well as receive peer-to-peer support from other parents/carers
- Programme developed by professionals and clinicians from Brandon Centre
- Referrals from CAHMS, professionals and self-referrals

Inclusion criteria	Exclusion criteria
YP 11-16	YP Under 11 and over 16
YP are on the CAMHS treatment waiting list	YP with PTSD, eating disorder, significant learning disability
Presenting criteria: anxiety, low mood/depression, self-harm, suicidality	

## Aims of the programme:

- Provides broad strategies on how to support their YP
- Increase parent/carer knowledge and gain more understanding about mental health in adolescence
- Increase parent confidence and build up their own resilience
- Decrease parental stress
- Indirectly benefit young people by supporting their system
- Improve the parent-adolescent relationship



## Evaluation and Outcome measures:

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Parents Perceived Stress Scale and Kaplan parental satisfaction scale

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Revised Children's Anxiety and Depression Scale parent version (RCADS)

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Post programme evaluation form (qualitative feedback)

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Evaluation from the first 4 cohorts demonstrates reduction in Children's anxiety levels showing direct and indirect impact.



# Social Support and Inclusivity

"I will miss this group as it provides a safe space to talk and build up the relationship with others"

"I liked knowing that I wasn't alone and was able to share openly with others in the group"

"This is the first place I have been able share"

"Experiencing and hearing how others deal with issues helped me a lot. I have learnt from these examples from other parents"

"This has been great. I don't have any other support group or people I can talk to"

"This was a golden opportunity to share and learn from each other and from the facilitators. This programme has been very helpful in building trust and relationships in a very supportive environment"

"It has been helpful to know there are other parents in the same position as we are. It helps to listen to others to see how they are coping."

"It is good to feel part of a group of other parents with shared experiences. It has been isolating, supporting our son with anxiety and now agoraphobia and the group session is placed well at the end of the week. Just having this safe shared space gives me space to feel connected and that we may be able to help each other."

"The group has been very useful in providing reflective space. Explored so many useful tools and how to use them. It encouraged me to introduce a new routine- going for regular walks to the park on Sundays with my daughter. We haven't done this in a very long time".

"It was a good opportunity to learn about Mental Health Conditions. There was a lot of materials shared".

"Having new ways of thinking through situations and meeting other parents who are having similar difficulties"



"Very helpful resources and tool used in the sessions including mentalizing. Well explained."



"I tried to use some of the strategies throughout the week that were discussed at the group at the last session (mentalizing and validating) and it seemed to work. I felt calmer and the engagement with my daughter seemed more responsive. I will definitely continue with this"



"It is also helpful to hear your practical ideas to improve mental health."



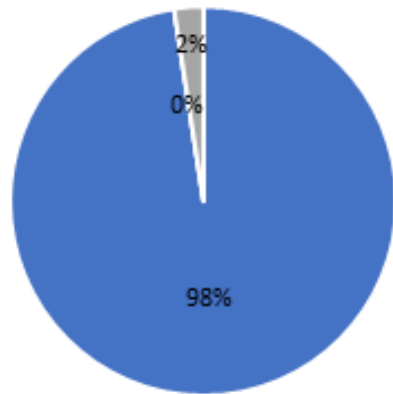
"I keep thinking and am more mindful of my own stress bucket. I gained such positive tools which helped with making me more aware of my body language, the choice of words I use when conversing with my son. The emotional wheel has been very useful in engaging and initiating conversation"



"The moderators and participants were all supportive. They provided useful information and shared experiences."

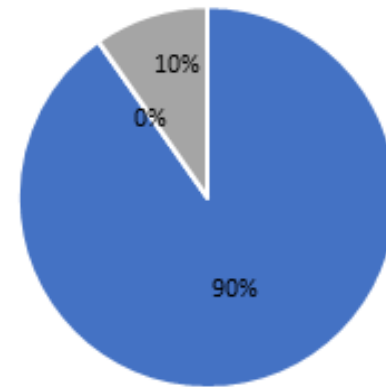
## Knowledge and Practical Strategies

Would you recommend this parent programme to other parents?



■ Yes ■ No ■ Not sure

Do you think this group programme has had a positive impact on your emotional wellbeing?

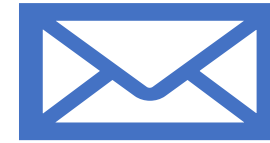


■ Yes ■ No ■ Not sure

# Next group start dates/time

**6<sup>th</sup> Sep (Wed) 5.30-7.00 PM**

**8<sup>th</sup> Sep (Fri) 10.00-11.30AM**



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