

## Families in Psychiatry

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# Cooperations

Youth welfare system:  
Are the mentally ill parents able  
to raise their children?



Psychiatry:  
Mentally ill parents need parental support!

# Inclusion criteria for counselling service

- Underaged children within a family with a mentally ill parent
  - Sended by:
    - Themselves
    - Psychiatric ward professionals
    - Psychiatrist and physicians outside the hospital
    - Youth welfare
- **The mental ill parent is the client**

# How counselling of FIPS works

first session  
(home visit)

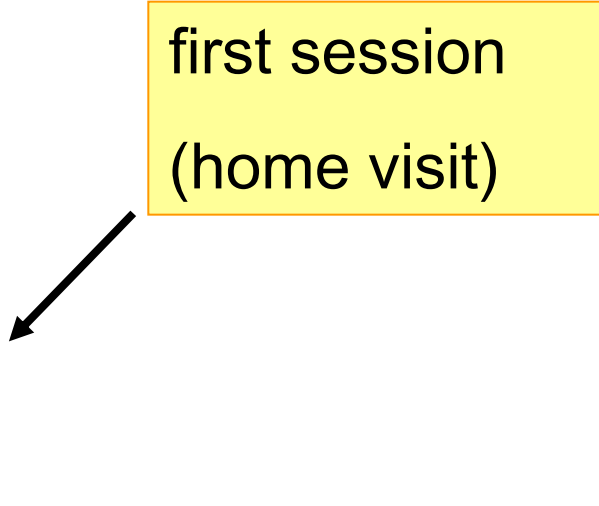
## Parent's perspective

- Feelings of guilty
- Illness coping styles
- Perception of stigma
- Diagnosis
- Further support; contacts to kin, friends, community...
- Quality of partnership
- Socio-economic status
- Living conditions

# How counselling of FIPS works

first session  
(home visit)

Home visit  
contact of the  
children

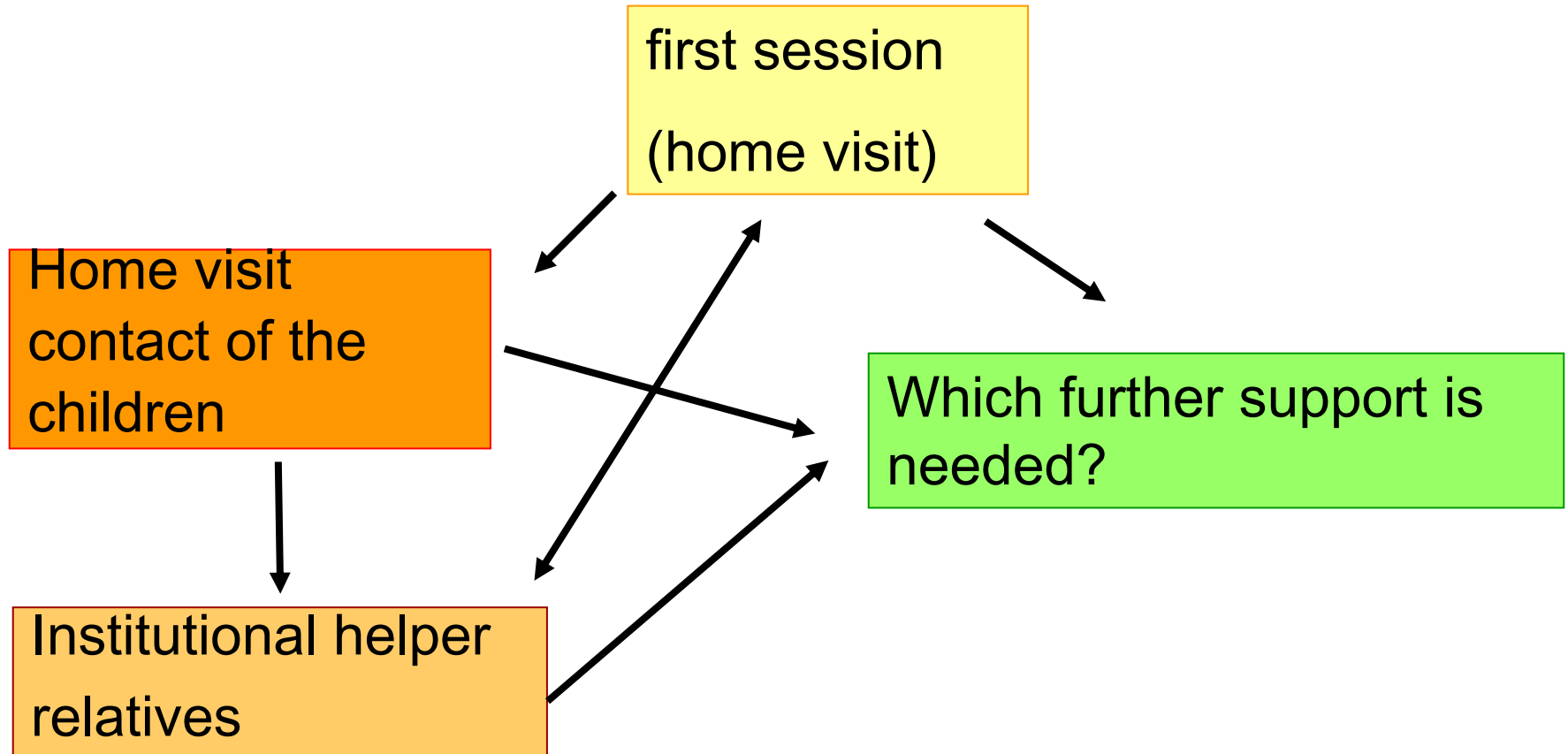


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## Children's perspective

- Age of the child at incidence of parental's mental illness
- Gender specific aspects
- Parentification
- Confidence in their living conditions
- Are they allowed to leave their family
- Stress, conflicts, drug/alcohol abuse, low income
- Compliance of the parents
- Length and severity of parental mental illness

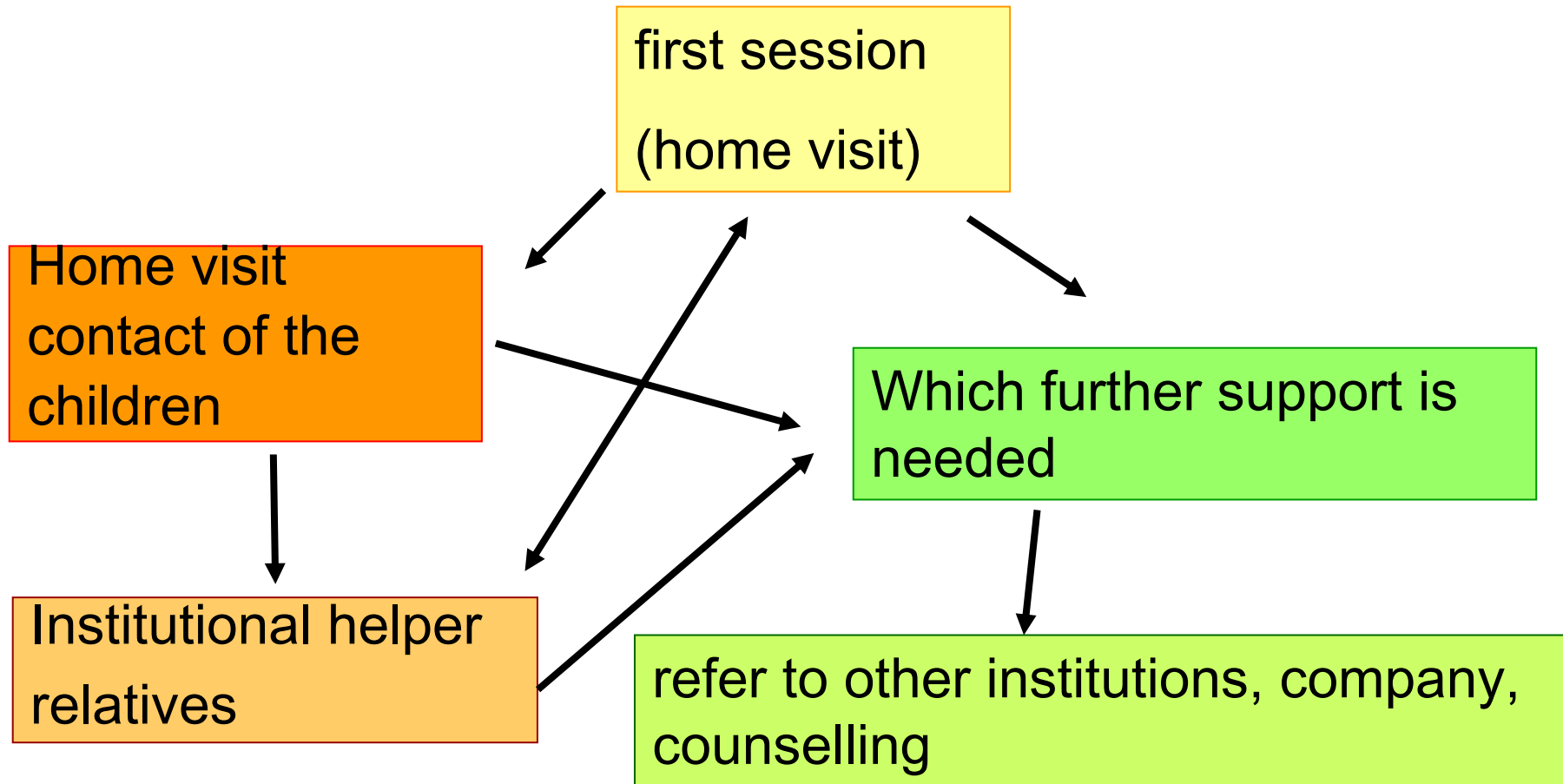
# How counselling of FIPS works



## Further support by cooperations with ...

- ✿ Youth welfare office
- ✿ Child psychiatrist for diagnosis
- ✿ School and kindergarten
- ✿ Contact with the adult psychiatrist
- ✿ Support in crisis situation / caring for children during hospital stay
- ✿ Psychotherapy for the children
- ✿ Education and relationship counselling
- ✿ Other Counselling offices, e.g. debt counselling...

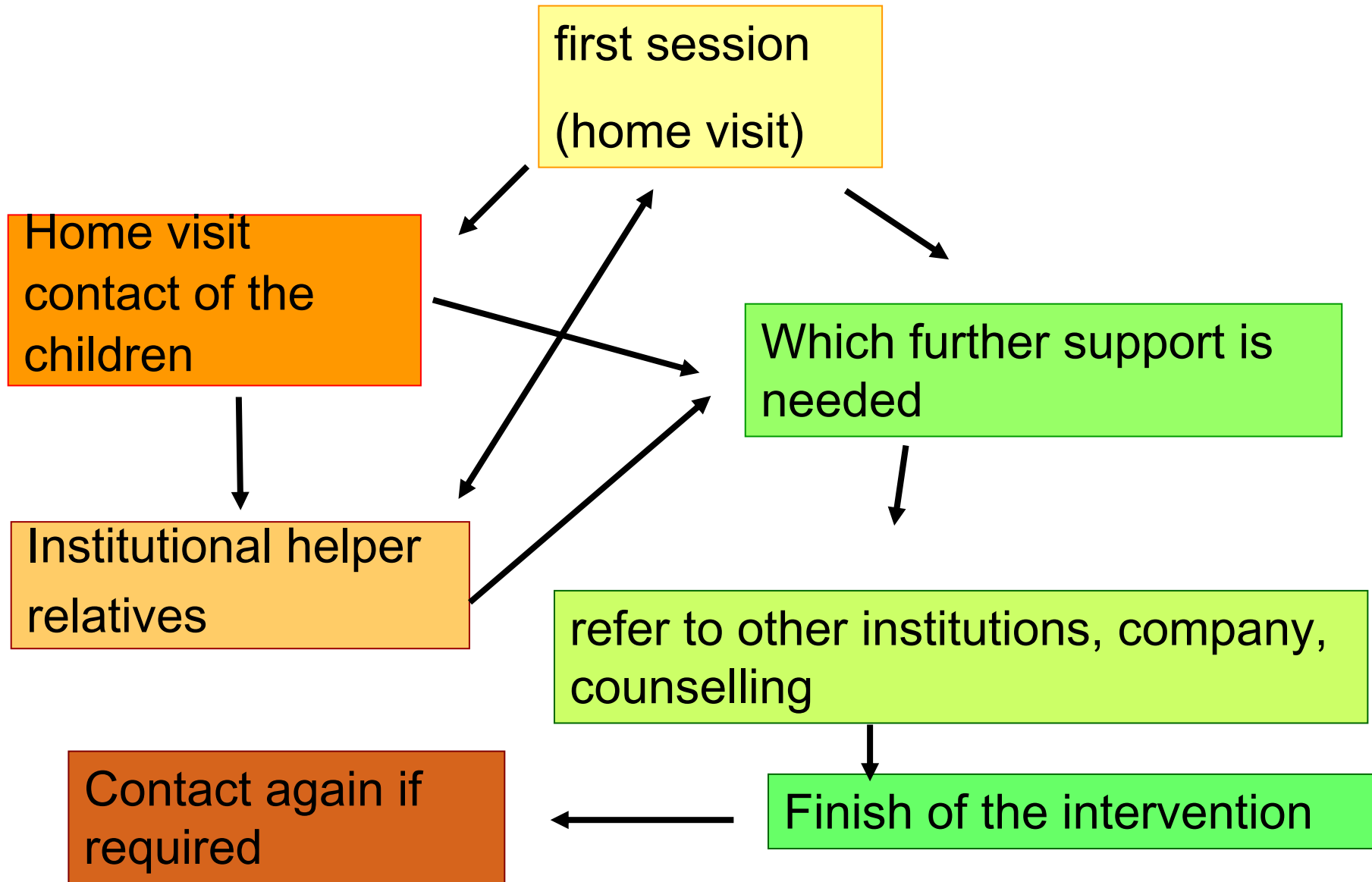
# How counselling of FIPS works



# Methods

- ④ family therapy
- ④ family psychoeducation
- ④ counselling, support and companionship
- ④ cooperations and round tables

# How counselling of FIPS works



## Resilience factors

- ☒ Children are able to realize, that „strange“ parental behavior is a symptom of parental mental illness - and has nothing to do with their own behavior
- ☒ Children are sensitive to their own thoughts and feelings and able to communicate them to others
- ☒ Children have their „own life“, ability to distinguish their own feelings from their parent's feelings
- ☒ Children don't feel blamed for the family situation
- ☒ Children have (other) significant relationships
- ☒ Children are not socially isolated and perform outside activities



**Thank You For Your Attendance**

**Susanne Kilian**