



MONASH University

Medicine, Nursing and Health Sciences

# Developing an Australian-first recovery model for parents in Victorian mental health and family services



# Project partners

- Family life SHINE
- Northern Area Mental Health Service & Eastern Health
- Neami
- The Bouverie Centre (LaTrobe University)
- The Parenting Research Centre
- University of Melbourne & Deakin University
- My Monash colleagues (Reupert & Goodyear)
- beyondblue
- SANE

# Parental Mental Illness prevalence and risk to children

- 21 to 23% of all children (approx  $\frac{1}{4}$  of a million Victorian children) live in a household with a parent with a mental illness.
- 20% of Victorian Adult Mental Health Agency clients are parents
  - In 2010-11 this meant 11,789 parents with children
- We know 'one in five' people develop a mental illness
- Having a parent with a mental illness increases child risk for a range of problems
  - 2 to 3 times higher risk than other kids
- $\frac{1}{4}$  million Victorian children are at higher risk
  - but generally identifiable.

# We know that prevention works?

- Selective as opposed to generic prevention approaches that target young people most at risk work best (Beyondblue Clinical Practice Guidelines; 2011 p.19)
- Siegenthaler, Munder and Egger (2012) meta-analysis of the impact of family interventions on children
  - Reviewed 11 interventions
  - Found risk of developing the same mental illness as the parent substantially decreased after intervention
- One of those interventions was:
  - Let's Talk about Children

# Let's Talk About Children

- 2-3 session psycho-educational approach for parents attending services for their own mental health treatment
- Developed in Finland by psychiatrist Tytti Solantaus
- A process to engage parent about their children and family but without increasing guilt
- A forum to discuss issues for parent, family and children
- Empowers parent to make changes in their family

# Let's Talk about Children in Australia

- 2010 National COPMI conference in Adelaide
  - Workshop by Solantaus & Beardslee
- 2011 small successful trial with 2 clinicians and 3 parents at Family Life – SHINE program
  - Parents and clinicians responsive
- 2012-13 funded (by a Monash Grant) pilot trial (n=39) commences at Family Life SHINE, NEAMI, Eastern Health and Northern Area Mental Health Service
  - Both quantitative and qualitative data very encouraging and instructive
  - Identified what works including mechanisms for change

# Next steps – MIRF

- Phase 1 – July to Dec 2013
  - Finalise pilot data and modify intervention
- Phase 2 – Jan 2014 to June 2015
  - Trial with 36 clinicians and 72 parents
  - Trial and modify implementation
- Phase 3 – July 2015 to July 2017
  - Trial with 48 clinicians and 192 parents
  - All new/green field sites to test implementation
  - Economic evaluation

## 4 year recovery model study aims to:

- Adapt Let's Talk for Victorian adult, PDRSS and family sectors.
- Develop an evidence base for the model for each sector (e.g. positive parent and child outcomes).
- Determine how to implement on a larger scale.
- Determine the economic value and cost-effectiveness of a larger roll out (longer term) of the parent recovery model by Victorian and Australian governments.



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