

A health care system to meet our needs

# The Power of Innovation

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Health

# Our Innovation: MHPPP

## The Mental Health Positive Parenting Program (MHPPP)

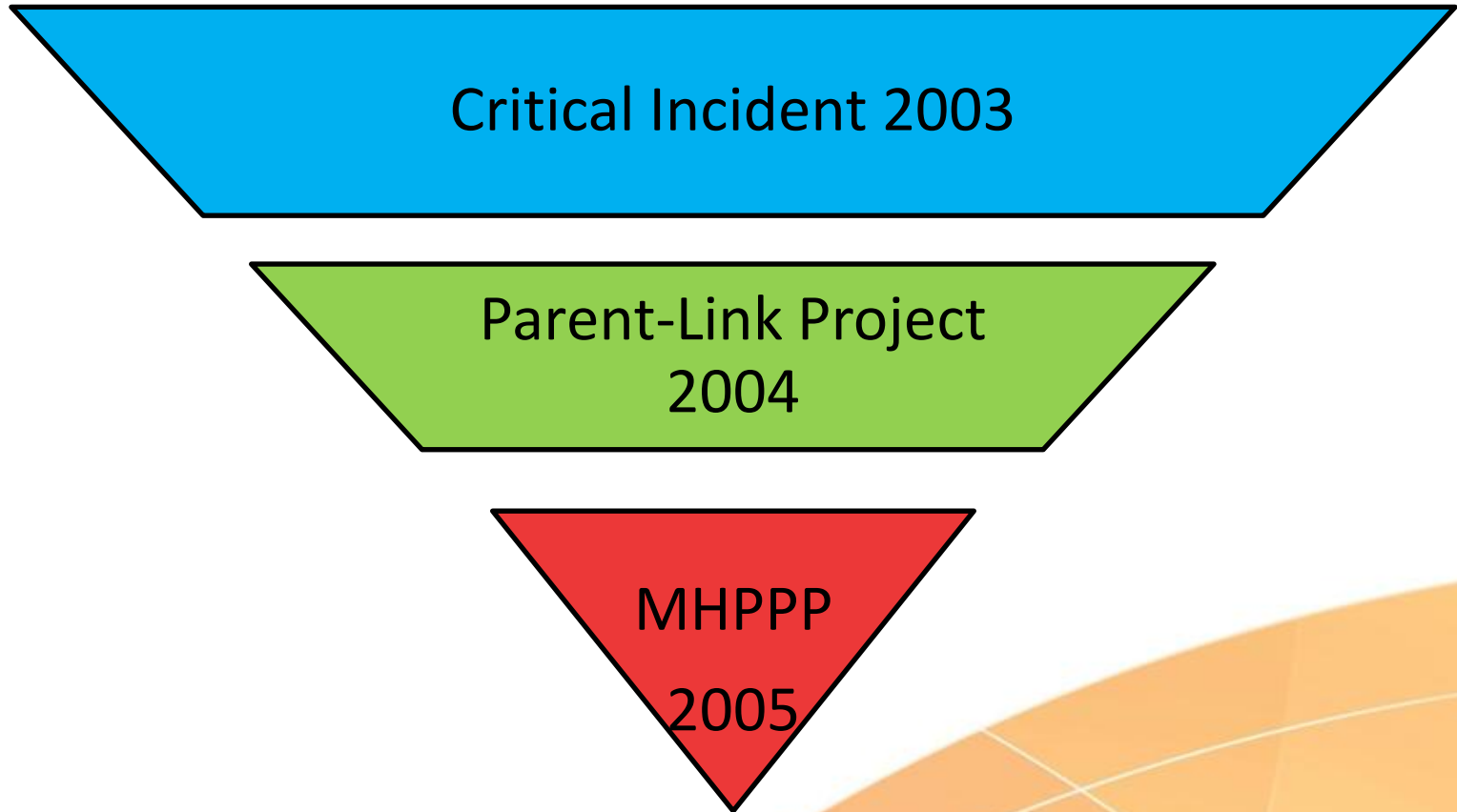
The MHPPP is a 10-week skills-based parenting intervention tailored for parents who have mental health problems. It consists of a 6 week group parenting program followed by 4 weekly home visits

# Our Innovation: Where was the gap

- On the Central Coast, between 25-28% of active adult mental health clients are parents of children aged 0-17 years<sup>1</sup>
- Prior to the MHPPP, there were no parenting programs on the Central Coast targeting the needs of parents with mental health issues
- Research shows that parents who experience mental health problems are reluctant to access mainstream programs



# Our Inspiration: The Start of the Journey



# Our Inspiration: The Start of the Journey

## 1. Critical Incident 2003

- Child death



## 2. Parent-Link Project 2004

- The Parent-Link Intervention involved a brief intervention (6-8 weeks) to assist parents to reduce the impact of mental illness on their parenting and increase knowledge and understanding of mental illness within the family (including children)
- The delivery of the level four group Positive Parenting Program (Triple P) was piloted with Parent-Link families

# Our Idea Comes to Life

## 3. MHPPP 2005

**MHPPP = Triple P + Parent-link Recommendations**

### **Parent Link Recommendations:**

- A parent program tailored to parents who have experienced mental illness
- Address the impact of mental health on parenting
- Address parenting issues around children's fears, friendships and schooling
- The introduction of follow-up home visits to support implementation of parent strategies

# Our Innovation: Evaluation

**Aim:** To determine the effect of the MHPPP on discipline strategies of parents reporting a mental health problem

**Design:** Prospective before- and after- study

**Setting:** Community health centres (4)

**Intervention:** MHPPP → 6 week parenting program and 4 weekly home visits

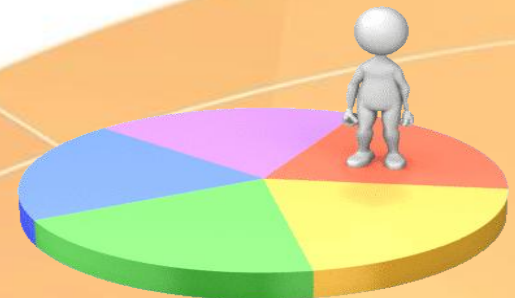
**Participants:** Eighty nine parents of children aged 2-10 yrs

**Results:** Significant reduction in the number of dysfunctional parenting strategies (PS) and children's behavioural problems (ECBI)

# Our Innovation: Results

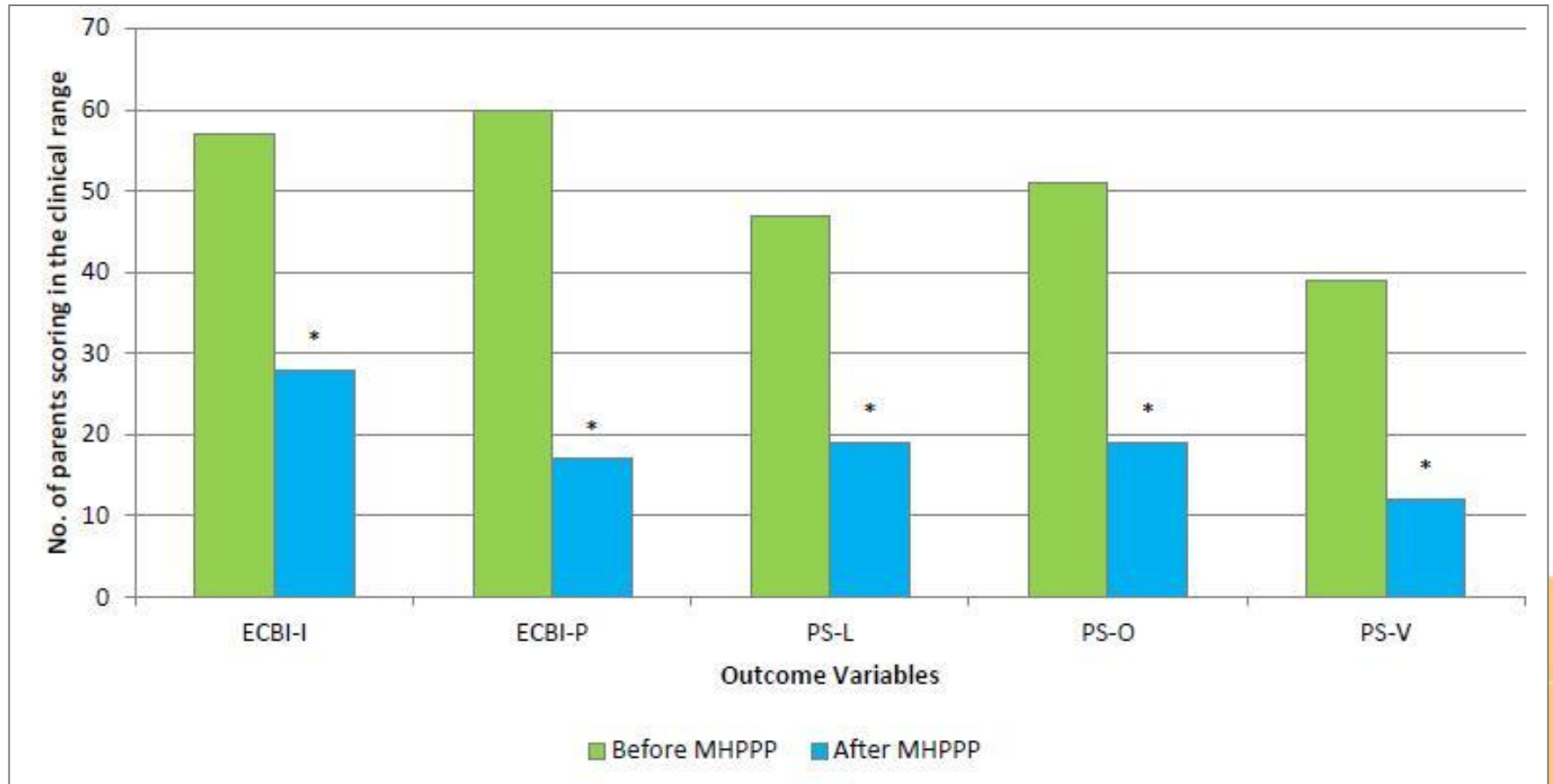
## Clinical Outcomes:

- Significant *REDUCTION* in the number dysfunctional parenting strategies
- Significant *REDUCTION* in their children's behavioural problems
- Significantly *LESS* parents scored in the clinical range on each of the outcome measures



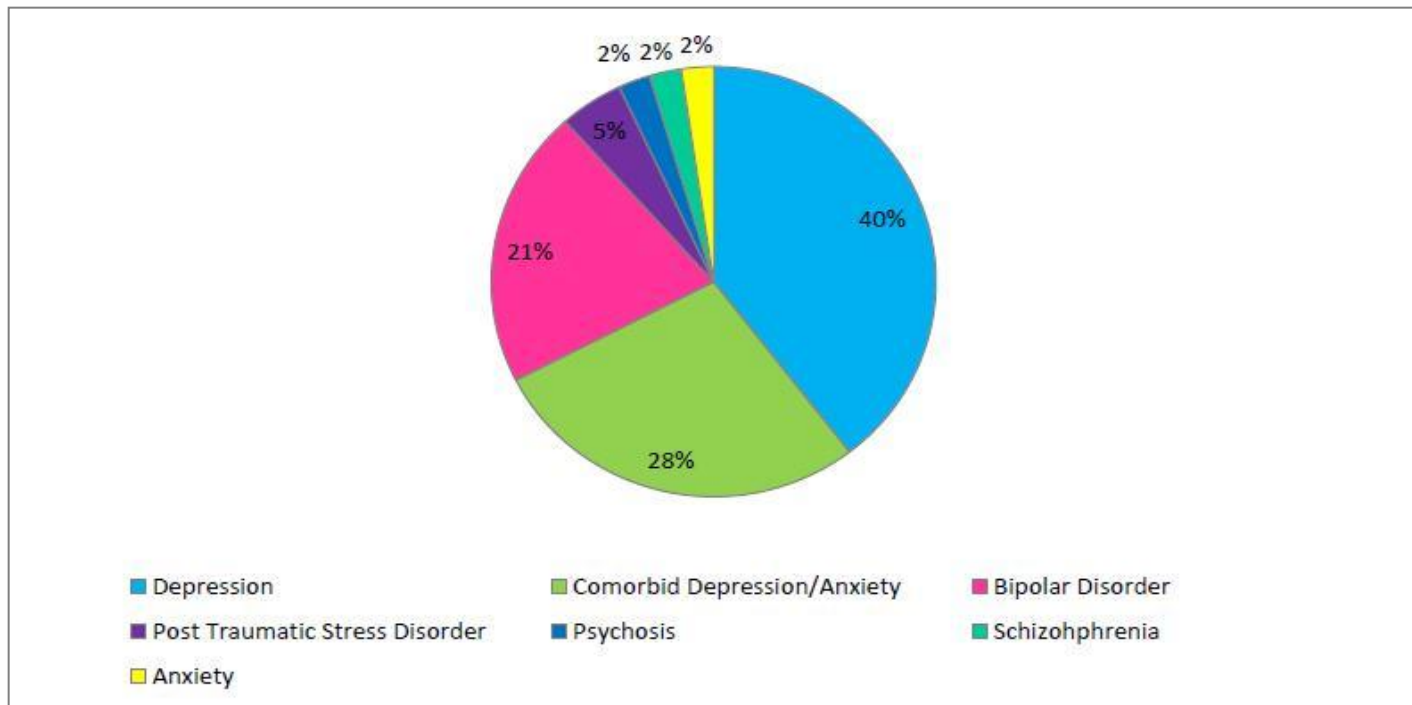


# Our Innovation: Results



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There were no significant differences between the type of mental health problem and difference score on each of the outcome measures



# Our Insights: What We Have Learned

## Experience:

- Importance of the pre-interview (attrition)
- Referral pathways and regular groups
- Feedback from participants

## Publication:

- Informs other services about the MHPPP
- New and amended questionnaires (e.g., DASS21)
- Formal feedback – reviewers and readers
- Increased stringency on program structure and data

# Final words...



*"To raise new questions, new possibilities, to regard old problems from a new angle, requires creative imagination and marks real advance in science."* — Albert Einstein

*"The innovation point is the pivotal moment when talented and motivated people seek the opportunity to act on their ideas and dreams."* — W. Arthur Porter