



On Track Community Programs^{Ltd}
connecting people to their communities

Northern Kids Care

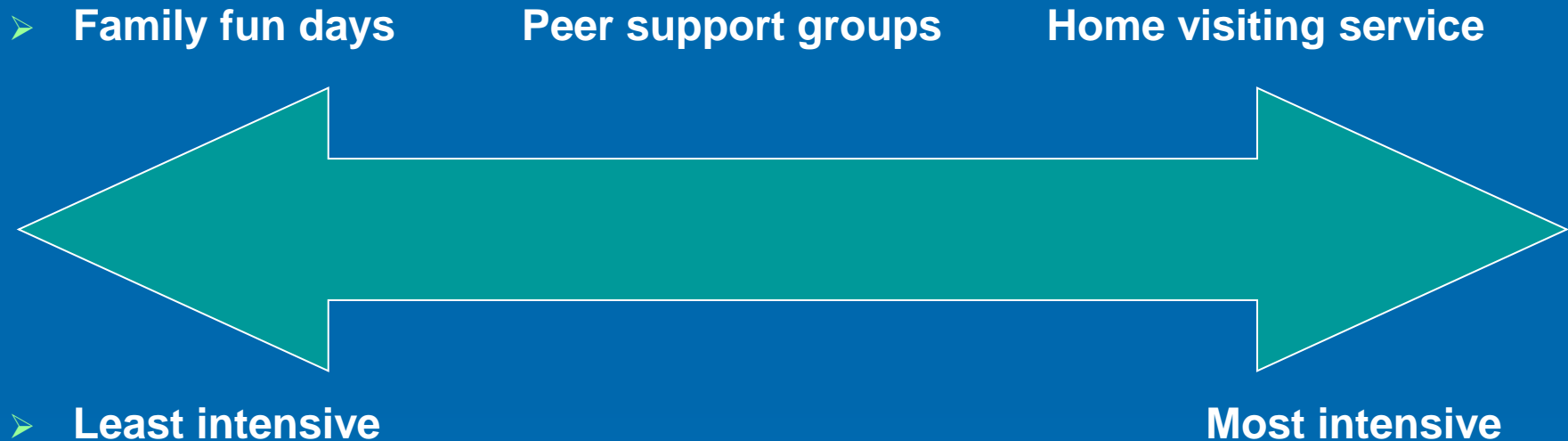
An innovative early intervention
model of care for families

The principles of the NKC model

- 1. The family is central to the lives of individuals.
- 2. Maximizing families' choices and abilities for informed decision making.
- 3. Applying a strengths based perspective
- 4. Recognising that all families are different



Level of services provided by NKC



- The different levels of program intensity provides important opportunities for families



Program strategies

- Intensive case management
 - Weekly visits
 - Alternating between parent and children
 - Goal setting
 - Review mental health with Community Mental Health
 - COPMI education via school visits
 - Children's groups



Research Finding

Goals set by parents

- Parents with a mental illness most commonly set mental health knowledge
- interpersonal skills and family connectedness goals.
- They achieved greater progress than parents with a dual diagnosis on child development, education, lifestyle and accommodation goals.



Research finding: Key differences MI & DD

- • More anxious and self focused
- • Families exhibit comparatively more anger/violence
- • More difficult to engage
- • More isolated and concerned about the involvement of child protection.



Research findings for Children

- Employ emotional coping strategies
- Assume caring responsibilities
- Highlight need for interaction with peers
- Value the education on mental health

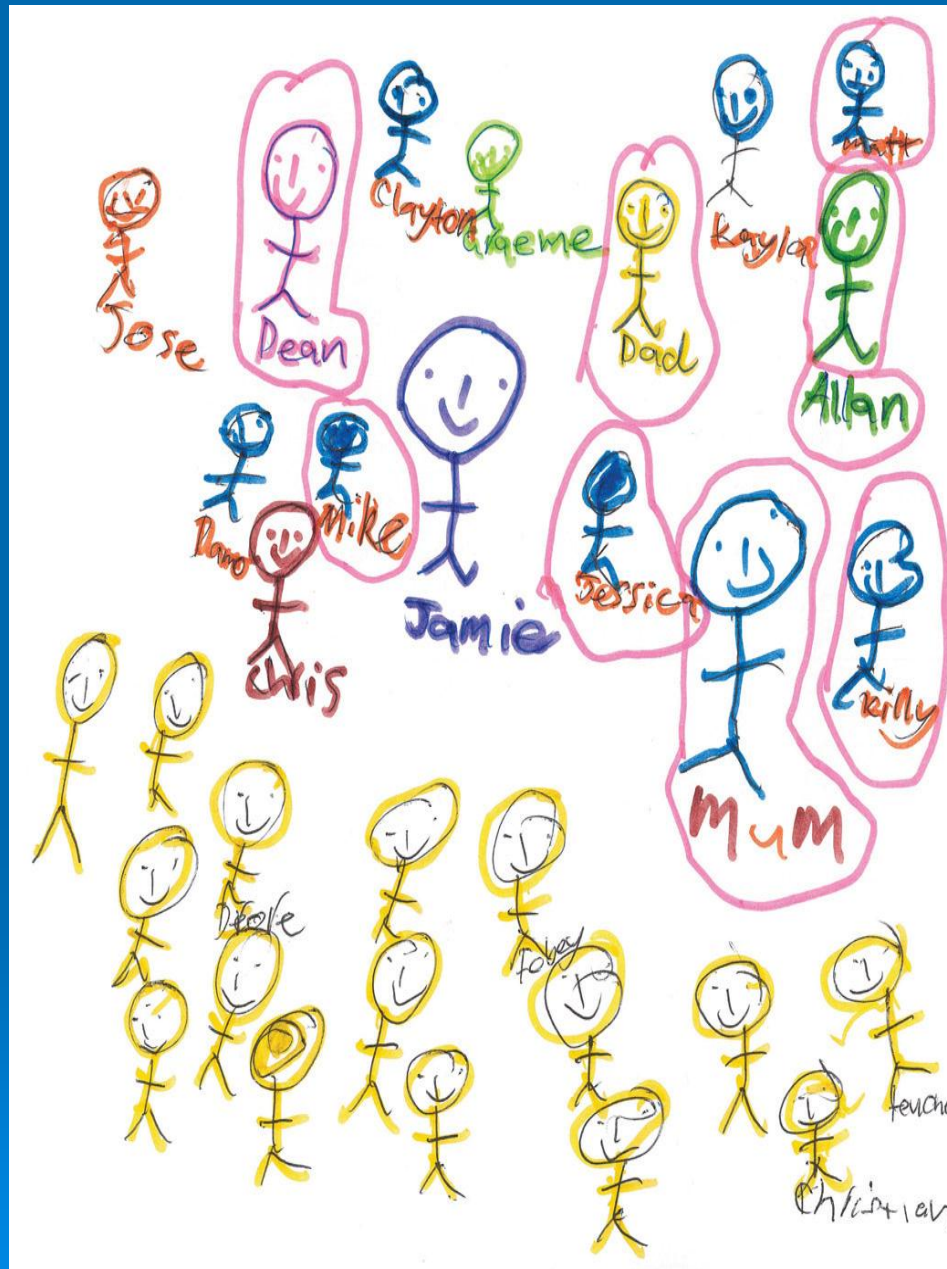


What children valued

- Children and young people valued the provision of education about mental illness.
- They also appreciated the strengthening of family relationships









Summary of evidence

- Positive progress towards children's educational goals
- Positive progress towards parents goals around family connectedness and child development
- Children valued the opportunity to learn coping strategies, to be educated about mental illness and to interact with children from similar families.



- Parents appreciated support in their parenting role, in dealing with mental illness and in establishing family structures.
- Children and parents report that family centred practice, with a focus on the family as a unit as well as individual family members is important.
- Case managers highlight the efficacy of the multifaceted approach, especially the family care plans, for complex families.



Program retention

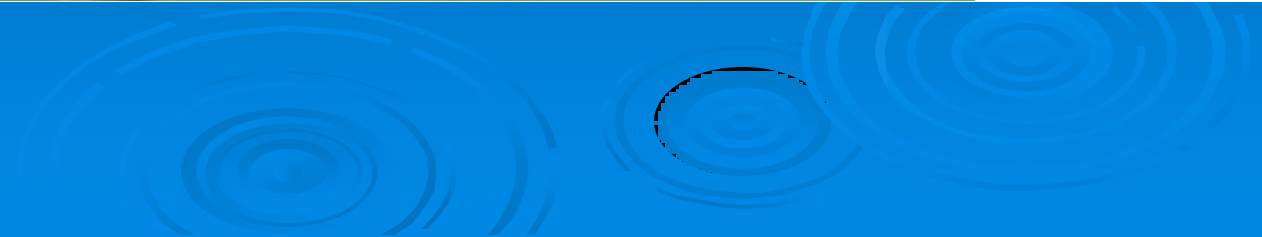
- NKC-OTCP retained 77% of families where a parent has a mental illness
- Families where parent has a dual diagnosis found a 84% retention rate



Just B:

The Resilience Program

Be, Breathe, Believe



To encourage and promote wellness

- Just B Program is broken up into 10 modules which are broken up into these 3 sections;
 - Reflective Awareness
 - Mindful Awareness
 - Resiliency Awareness.
- modules can be delivered individually, as sections or as a complete program.

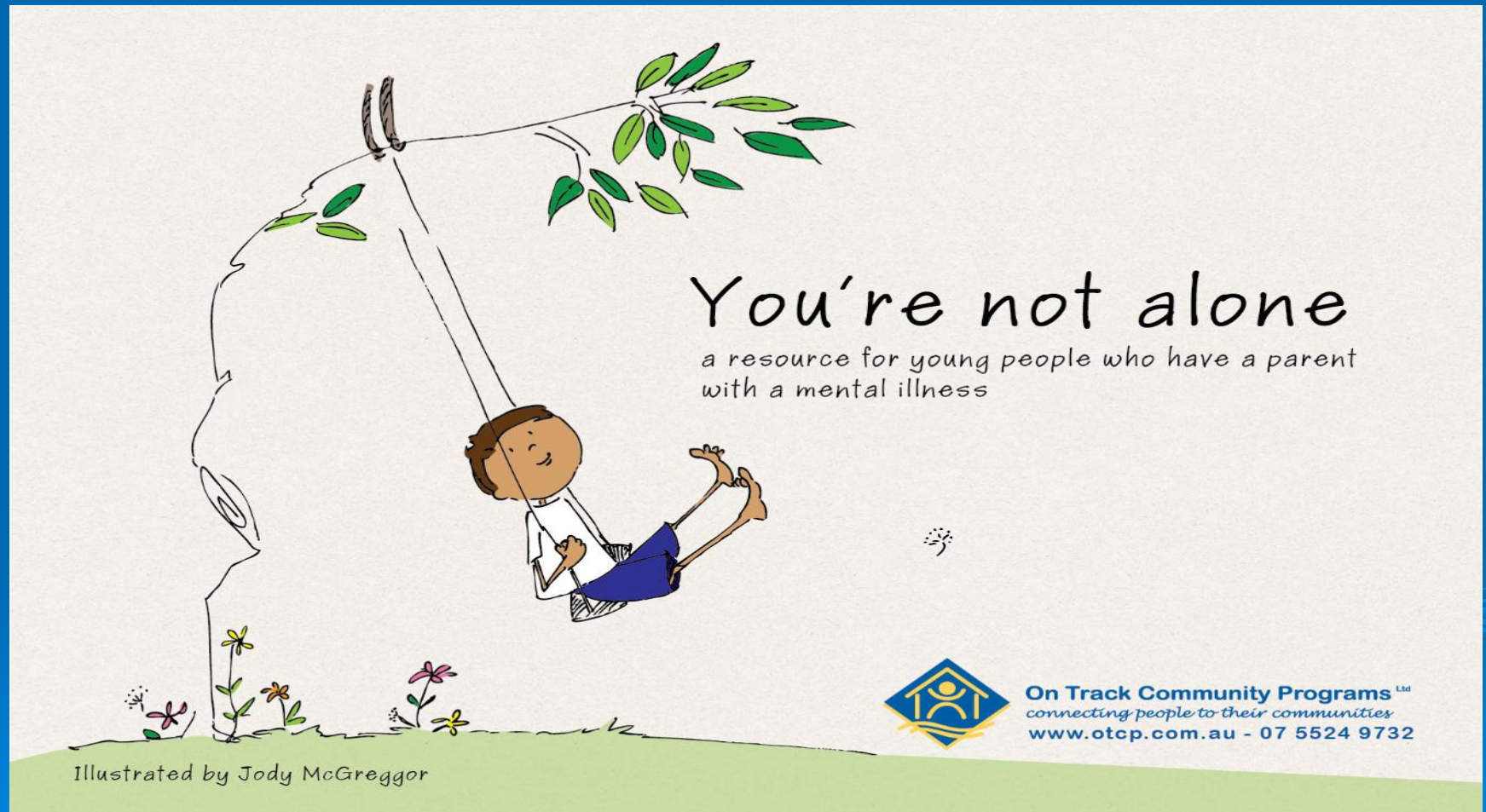
Mindfulness

- Described as a fundamental parenting skill or practice.
(Steinberg, 2004: Kabat-Zinn and Kabat-Zinn 1997)
- In the context of parenting and parent training.
(Dumas, 2005)
- Meditation in the clinical context has been reported
Deatherage (1975), Walley (1986) Kabat-Zinn (1992).

The Just Be program attempts to acknowledge the difficulties of living with a mental illness.

- The program is designed to constantly refer to a well-being base of a core set of mental health skills.
- These are:
 - Be
 - Breathe
 - Believe

Complementary resources



Complementary resource



You're not alone

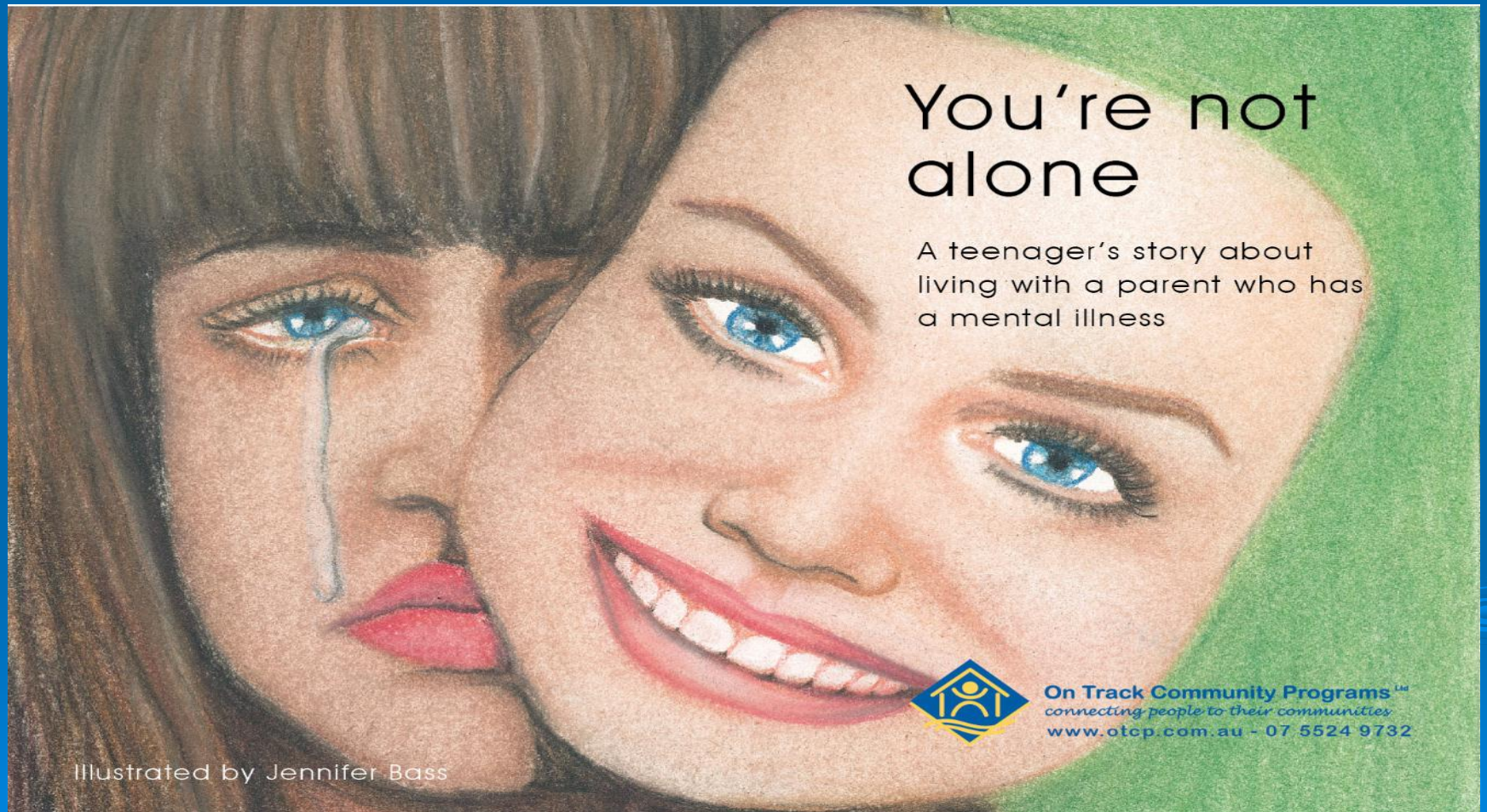
a resource for young people who have a parent
with a mental illness



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www.otcp.com.au - 07 5524 9732

Illustrated by Jody McGregor

Complementary resource



You're not alone

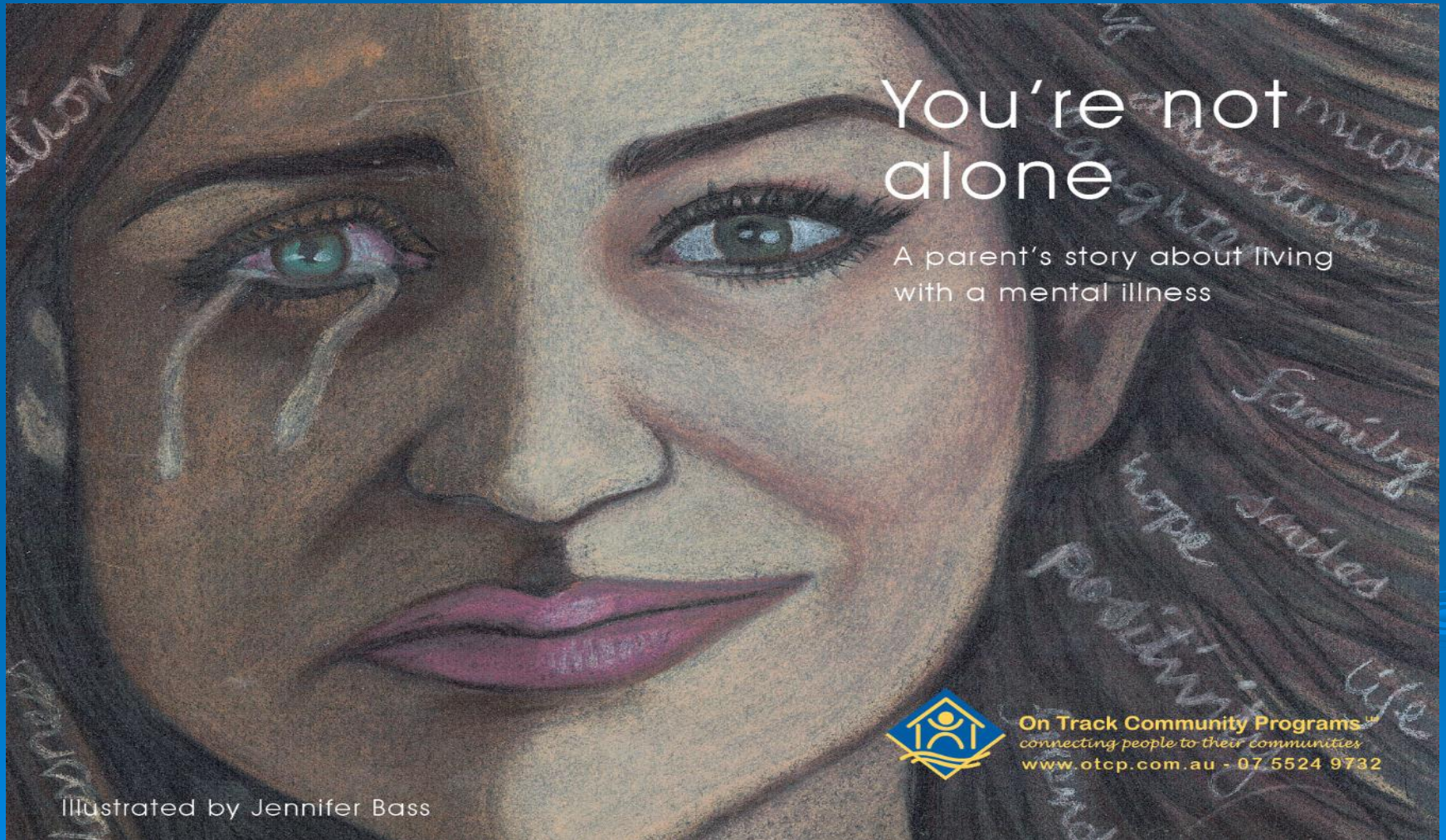
A teenager's story about living with a parent who has a mental illness

Illustrated by Jennifer Bass

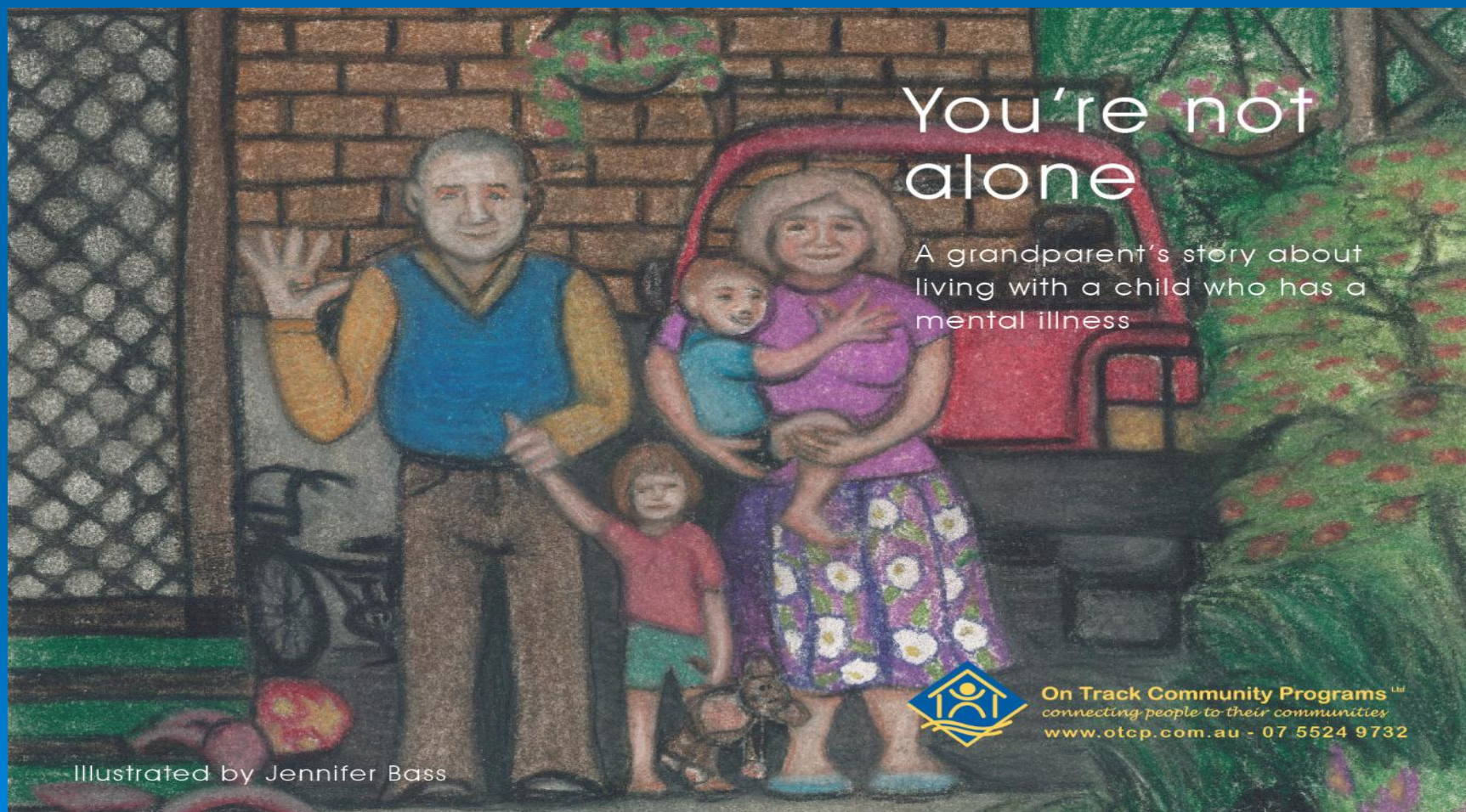


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Complementary resource



Complementary resource



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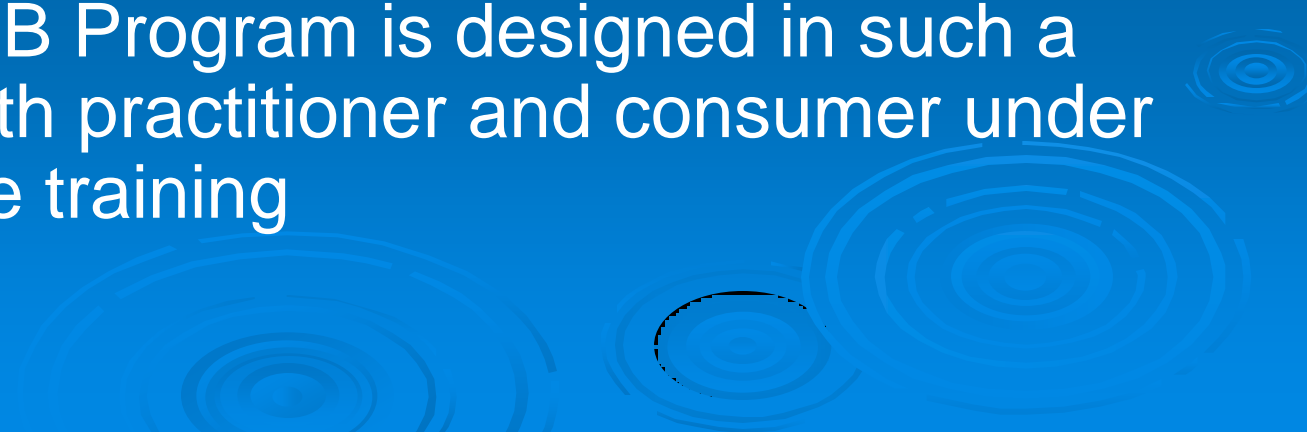


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Research

- **The University of Queensland School of Psychology.**

Assoc. Professor Kenneth I. Pakenham

- Evaluating the programs reflective practitioner approach.
 - As the Just B Program is designed in such a way that both practitioner and consumer under go the same training
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Northern Kids Care

Building family resilience



For inquiries and information about the Just B: The Resiliency Program

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