

Evaluation Report

Parental Mental Health and Child Welfare Network Study Day 1 February 2005, Birmingham

Facts

- 117 people attended the study day, including delegates, workshop leaders, presenters and support staff
- 60 delegates completed evaluation forms

1. What were your key objectives in attending this study day?

Listed in order of most responses first:

- Networking
- Find out about what does and doesn't work in clinical practice
- Examine the links between different services
- Find out about national work in this area
- Gain information about experience of and services available to young carers
- Learn more about parents with personality disorder
- Attend workshops
- Develop learning in clinical practice and strategy
- Focus on service user experience
- Find out about impact on child of parental mental ill health
- Find out how to set up own project on the parental mental health theme
- Present my own experience and find out what services are available for me
- Present a workshop
- Find out more about SCIE

1.1 Were your objectives met?

58 people completed this question

- Yes 52
- No 4
- Partly 4

2. If you were to sum up this study day in one sentence what would you say?

58 people completed this question

- **Positive comments** included: inspiring, excellent, interesting and informative, hopeful, energizing and energising, stimulating, thought provoking, helpful,

food for thought, task and issue focussed, an opportunity for people from a broad range of services to learn from each other, a good mix of practice and theory

- **Negative comments** included: felt rushed without enough breaks to network and reflect; there was an underestimation of where services actually are; not challenging enough; there is still a lot of frustration at the constraints that are in place; there is life after the label; need much more time to effectively address the issues, “the context of many contributions (and workshops) was the landscape of constraint”, we should be further along than this

3. Please rate the following

Pre meeting administration

57 people answered this question

- Excellent 29
- Good 22
- Fair 5
- Poor 1

Venue and facilities

60 people answered this question

- Excellent 47
- Good 13

Organisation on the day

60 people answered this question

- Excellent 39
- Good 20
- Fair 1

Splinter Theatre Group - morning performance

60 people answered this question

- Excellent 56
- Good 4

Heide Lloyd presentation

56 people answered this question

- Excellent 30
- Good 18
- Fair 8

Splinter Theatre Group – afternoon performance

51 people answered this question

- Excellent 40
- Good 11

Chairing by Saul Becker

58 people answered this question

- Excellent 28
- Good 27
- Fair 3

4. Please rate the workshop you attended

Engaging adult mental health in keeping children safe

20 people who attended the workshop answered this question

- Excellent 5
- Good 8
- Fair 7

Additional comment: particular appreciation for the presentation.

The needs of parents with complex mental health problems or personality disorder: whose responsibility?

29 people who attended the workshop answered this question

- Excellent 8
- Good 15
- Fair 6

Additional comment: "I enjoyed the 'goldfish bowl' exercise. It was a good way of presenting different aspects of the same subject in a limited amount of time."

Monitoring and assessing the experiences and needs of children who care for parents with serious mental health problems

19 people who attended the workshop answered this question

- Excellent 4
- Good 10
- Fair 5

Additional comment: emphasis on the need for assessments for young carers.

Values and professional judgement in child protection

19 people who attended the workshop answered this question

- Excellent 3
- Good 11
- Fair 5

Patients as parents

17 people who attended the workshop answered this question

- Excellent 8
- Good 4
- Fair 5

Additional comment: too much time was spent on the introductions

Parental mental illness and child welfare

11 people who attended the workshop answered this question

- Excellent 4
- Good 4
- Fair 3

Additional comments:

The workshop title did not reflect the content

“This was absolutely excellent particularly as it has made me as a mental health professional reflect about how mental health staff often are extremely poor at acknowledging our own mental health”

What are the particular issues for black and minority ethnic parents with mental health problems and their children?

9 people who attended the workshop answered this question

- Excellent 3
- Good 3
- Fair 3

5. What did you find most useful about this study day?

- Question and answers during Splinter Theatre Group's session
- Having the opportunity to network and share information
- Focussing on the need to include children in the assessment process
- Heide Lloyd's presentation in drawing attention to a parental perspective
- Having a varied yet consistent approach to this area of work
- Highlighted the difficulties inherent in services and the avoidance of speaking directly about the pain of families in order to move through and therefore forward
- The workshop on young carers which was very informative and thoughtful
- The workshop on engaging adult mental health in keeping children safe
- The workshop on parents with personality disorder
- Morning speech from Saul Becker
- Meeting like-minded professionals
- The opportunity to reflect on my own practice and judgements
- Pro-active approach with focus on what can be done now rather than presenting research, statistics and facts
- Presentation by Sue Troake from Barnardo's on the 'Keeping The Family In Mind' video

6. What did you find least useful about the study day?

- Workshops – the description did not reflect the reality
- Lack of time – felt rushed throughout
- Use of jargon
- Needed more time in workshops for discussion
- Location of venue
- Needed better workshop facilitation at times to ensure even participation
- Being restricted to only two workshops
- Heide Lloyd's presentation
- The chair's introduction
- Poor acoustics
- Needed to bring substance misuse issues into the discussion
- Wanted more attention to research issues

“ I think it's time to move on to a landscape that looks at and thinks about 'what works' clinically and strategically. There is now a large body of research about parental mental health to enable us to initiate such debates.”

7. What changes or improvements would you like to be made at the study day?

- More time
- Keep to planned timescales
- More information about each workshop in the flyer to improve delegates' ability to choose which one to attend
- Don't have a lecture immediately after lunch
- Increase the focus during the workshops
- Use case studies in a multi-agency forum to increase knowledge of other services
- More detailed attention to research matters
- Attention to issues at national, organisational, team and individual practitioner levels
- A movement away from consciousness raising
- Presentation from a young carer and their parents
- Ensure that workshop facilitators ask delegates to introduce themselves so that existing skills and experience can be built on
- More time for discussion of clinical issues and dilemmas
- More service users attending
- Keep broadening the range of professionals in attendance eg schools and education
- A presentation from a parent currently using mental health services, and a child or young person's narrative
- Smaller workshop groups to enable everyone to participate
- Have specific learning outcomes for workshops and presentations
- Integrate research into clinical and strategic thinking
- Regional events
- Less attention to medical model
- Earlier confirmation of attendance
- Advance notice of other delegates with information about what they do
- Shorten the introduction
- Elicit specific learning outcomes for the workshops and presentations
- Better coffee!
- Get a government minister to attend

8, What would you like to see on the agenda at the next study day?

- Parental substance misuse
- Domestic violence
- Parental learning difficulty
- Explanation of jargon and thresholds for referrals to different agencies
- Emphasis on recent legislation eg Children Act 2000
- Looking at the five outcomes for children from Every Child Matters
- More input from 'experts' from the voluntary sector
- Gaps in all age brackets of services from birth to death
- Examples of good practice in family work and inter-agency work
- With the establishment of regional networks, more attention to local examples of good practice
- Tips on how to bring adult and children's services together to address the needs of families, including attention to staffing numbers, referrals
- Think more about solutions rather than problems
- A service user/ survivor panel for professionals to question, including younger children (3-10 year olds) as carers
- Skills orientated workshops – "how to" support children and parents
- How to encourage greater acknowledgement for this subject within our own organisations. How to change organisational cultures
- Find out if all agencies are employing a specialist to access benefits for their service users
- Practice guidelines
- Relationship between statutory and voluntary sectors
- Presentation from black service users
- Presentation of evidence on progress so far
- Thinking about issues around risk in childcare and adult mental health