



Whole Family Approach in Mental Health and Substance Misuse Services – including and supporting young carers and families

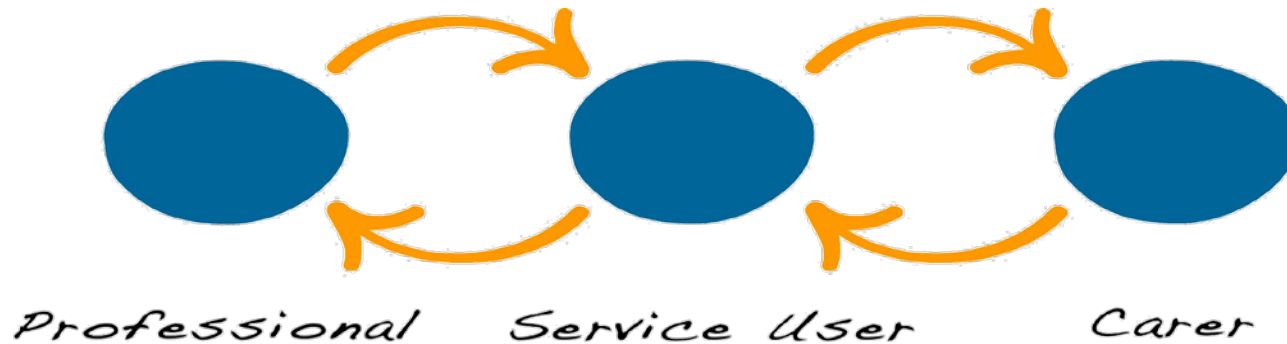
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Workshop Session

- Triangle of Care – how to ensure the system includes carers and works whole family
- Good practice – resources for young carers
- What solutions and good practice have you identified
- What are the challenges to ensuring services work whole family

Triangle of Care – Why it's Needed

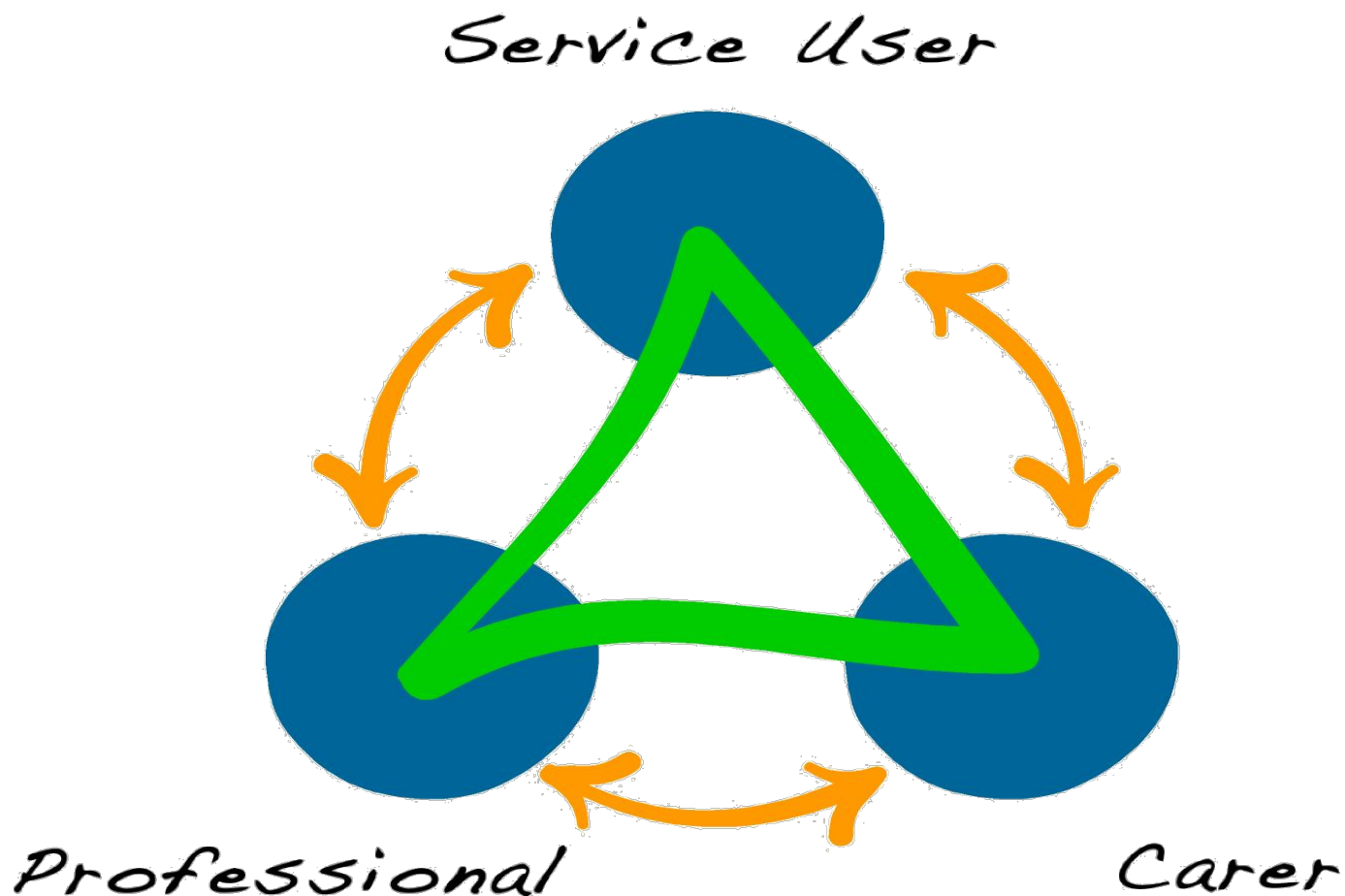
Conventional Model of Engagement



Can Lead to...

- Carers being excluded at certain points of the care pathway
- Failure to share information on risk assessment and care planning
- Requests by carers for information, support and advice not heard
- Carers unique and expert views on the service user can be missed
- This is more so for young carers

What is the Triangle of Care





What is the Triangle of Care

- Developed by a group of carers led by author of final guide Alan Worthington.
- Based on their experiences of inpatient mental health services over a number of years.
- Published in 2010.
- Based on six key standards plus a self-assessment tool.

Triangle of Care Key Standards

- 1) Carers and the essential role they play are identified at first contact or as soon as possible thereafter
 - 2) Staff are “carer aware” and trained in carer engagement strategies
 - 3) Policy and protocols re; confidentiality and sharing information are in place
 - 4) Defined post(s) responsible for carers are in place
 - 5) A carer introduction to the service and staff is available, with a relevant range of information across the acute care pathway
 - 6) A range of carer support services is available
- **And** regular assessing and auditing to ensure these six key elements of carer engagement exist and remain in place.

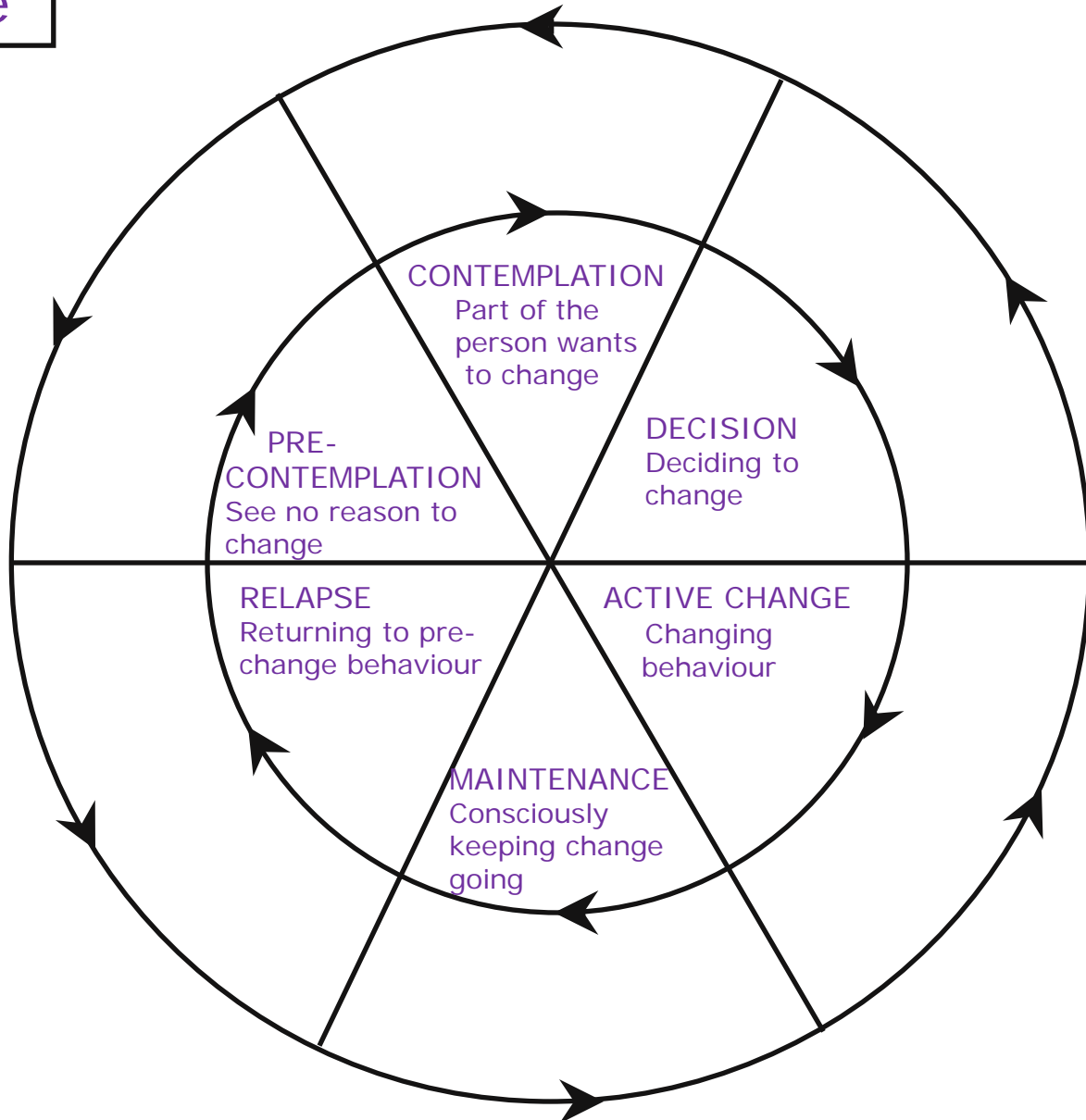
Triangle of Care & Whole Family

- Promotes inclusion & support for carers in own right
- Looks at care pathway and gaps where carers excluded
- Links policy to practice
- Informs professionals of partners who can support them
- Triangle of Care for Young Carers shows how to support young & young adult carers
- Builds relationships between partner organisations

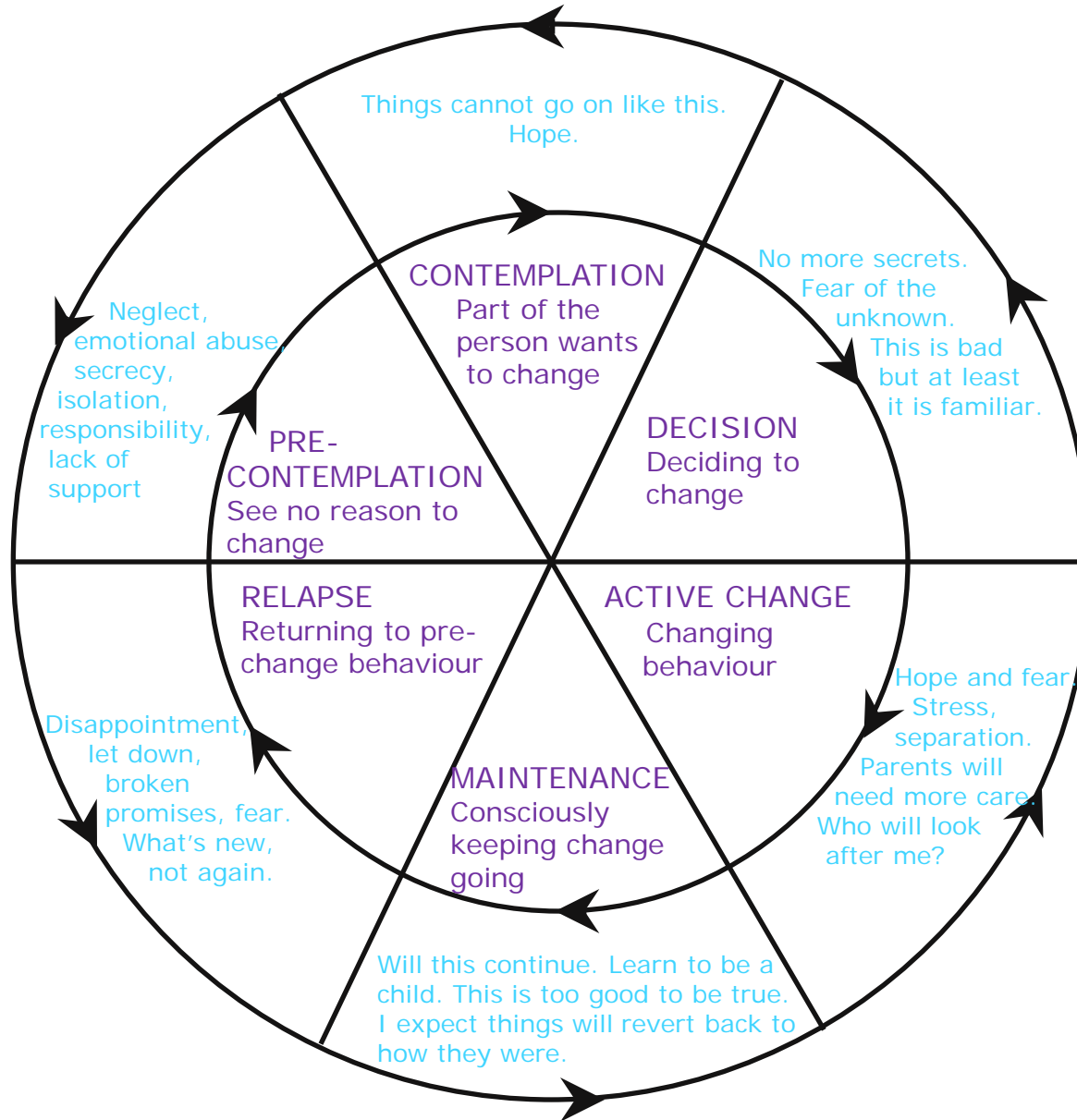
Substance Misuse - Assessment and Engagement Tips

- **Shame, secrecy and denial are at the heart of addiction**
- **Children will not ask for help or recognise there is a problem**
- **Consider the importance of substance misuse in the parents life**
- **Ask for details of the substances used and their effects**
- **Do not assume that abstinence will improve parenting skills**
- **Find out whether substance misuse is the only parental problem**
- **Be aware of your own views and feelings about substance misuse**
- **Recognise that parents are likely to be anxious**
- **Don't forget fathers/partners/extended family**
- **See life from the child's point of view**

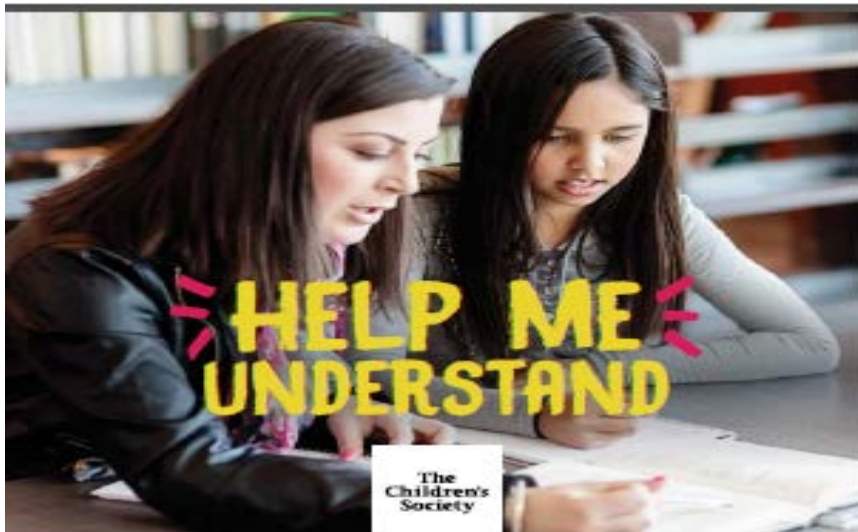
The Cycle of Change



The Roller Coaster of Change Taken from *Secret Lives: growing with substance*, edited by Fiona Harbin and Michael Murphy (2006)



Resources



A booklet to help children, young people and workers talk about an adult's alcohol and drug treatment

starsnationalinitiative.org.uk



A booklet to help children, young people and adults talk about a parent's drinking

starsnationalinitiative.org.uk

Good Practice & Challenges

- Tell us about good practice in your area/service?
- Tell us about innovative ideas you've identified to work in a whole family way?
- What are the challenges and barriers to achieve whole family working?



seven million
reasons to care

Thank you

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