



Share4Carers

GOOD PRACTICES GUIDE FOR CHILDREN OF PARENTS WITH MENTAL HEALTH PROBLEMS



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CNP St-Martin - Belgium, COMIP - Italy, EPIONI - Greece,

GAZIANTEP UNIVERSITY - Turkey, FDL - Italy.

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Introduction

Many parents experience mental illness over the course of their lives. Serious mental illness (including schizophrenia, major depressive disorder, bipolar disorder, or severe borderline personality disorder) is associated with impaired parenting capacities. Children report experiences of child neglect and abuse, feeling scared or unsafe due to the parents' psychiatric symptoms, or becoming caregivers to them (Duncan et al., 2009).

In the United Kingdom, approximately 2.5 million children live in families affected by parental mental illness (Tunnard 2004). In the Netherlands, 577,000 children grow up with a parent with a mental illness and/or addiction. In Greece, about 40% of people being admitted in psychiatric hospitals or clinics are parents. Overall, over 67% of women and over 75% of men with serious mental illness are parents (Nicholson et al. 2004).

The gene-environment interaction, in combination with high exposure to stress, render children in a high risk of having greater cognitive, emotional, and behavioral difficulties,

potentially leading to diagnosable psychiatric problems in later life (Gladstone et al. 2014).

Despite this, children in these situations are often overlooked in mental healthcare settings and have been described as being 'invisible' (Maybery & Reupert, 2009). Therefore, a more comprehensive knowledge is needed for public health strategies to provide helpful services and psychoeducation in such a vulnerable population.

The "Share4Carers" project aims to promote key solutions by uniting patients' organizations, academics, clinicians and carers from Belgium, Greece, Italy and Turkey at national level and providing them with the skills and knowledge necessary to promote psychoeducation and raise awareness about the societal impact of being children of parents with mental health problems in Europe. Representatives of the above groups had been met on multiple occasions during the lifecycle of the project in order to share good practices, exchange perspectives on effective advocacy strategies and learn how to engage with decision-makers at national and EU levels.

What do we aim for?

Our objective is to draw the attention of academia, the general public and relevant state institutions, to the importance of the development of basic and clinical psychoeducation, as well as to the key solution in the support of children of parents with mental health problems.

We have aimed to achieve this across the EU by involving patients' organizations, clinicians and carers in the development of such good practices.

This guide is the result of a team effort to exchange good practices in the psychoeducation of children with parents with mental health problems.

GOOD PRACTICES

Practice 1: Volunteers and Families on the Net for Mental Health/Volontari e Famiglie in rete per la salute mentale (VFR)



Summary:

We organize training courses, led by experts from the National health service, for users and mental health professionals, family members of people with mental illness, and citizens interested in the topic. The "Volunteers and Families on the Net for Mental Health" project creates and develops a support network for people with mental illness and their families, in the awareness that strengthening the family environment can provide fundamental indirect help to the person suffering.

Project objectives: to promote social integration and allow the implementation of a therapeutic path while spreading greater knowledge and awareness of the ways to deal with mental illness. Our annual courses are also attended by ordinary citizens who choose to engage as volunteers in this sector. What is the type of the intervention: (add the table)

Regional level: Awareness Campaign Educational Activity

Website: <https://www.fondazione diliegro.com/>

Email for more information:

segreteria@fondazione diliegro.it

Country of the Intervention: Italy

<https://drive.google.com/file/d/1v1I7IYMNPtkU9ac8I67AwWLOSn6ro4Y/view>

<https://drive.google.com/file/d/11dvKlu9M9Amd22HSu9f-jY3Xk9yp2dpw/view>

Practice 2: Conference focusing on young caregivers



Summary:

EPIONI on September the 28th 2018, organized a conference focusing on young caregivers at the office of the European Parliament in Athens. The event was under the auspices of the Ministry of Health in Greece, the World Federation for Mental Health, the Hellenic Psychiatric Association, and the European Brain Council.

The Commission advocates the introduction of a new entitlement for caregivers, which includes a five-day compensated Carers leave per worker per year, which should be compensated no less than a compensated sick leave. Additionally, the Commission advocates the entitlement of flexible working arrangements for the same reason, the European Commissioner for Health and Food Safety Vytenis Andriukaitis stated. In the conference, prominent scientists, such as Professor of Psychiatry Dr. George Christodoulou, Dr. Dimitrios Kontis, Dr. Kalliopi Panagiotopoulou, Mr. Panagiotis Chondros from NGO EPAPSY, Dr. George Pavlidis from the University of Sheffield and Mr Alexandros Oikonomou from NGO EDRA, gave insights about long term care.

Other prominent speakers included Mr Stecy Yghemonos, Executive Director of Eurocarers, Mrs Miia Männikkö, now former President of EUFAMI and Professor Peykan Gokalp from Turkey.

The event, which had the support of the European Parliament office in Greece and the European Commission Representation in Greece, gave the opportunity to caregivers, such as Mrs Dragana Kistner from Germany and Mrs Stefania Buoni, President and Founder of COMIP from Italy, to share their personal experiences and discuss the challenges involved in caregiving. Mr Lorenzo Mannu shared his experience from the perspective of civil service in Italy.

The conference was organized by EPIONI with the support of MEP from the Czech Republic, Mr Tomas Zdechovsky (Welcome Speech), former MEP Mr Nikos Chrysogelos and MEP from Greece, Mrs Kostadinka Kuneva. Former minister of Education and Health, Mrs Marietta Giannakou, delivered a welcome speech. We would like to thank Interamerican, Pharmaserve Lilly and AMKE Aegeas for their generous support and www.psychologynow.gr, www.socialpolicy.gr and www.iatronet.gr for being the media sponsors.

Are children of parents with mental health problems involved?

Children of parents with mental health problems were involved as speakers in the event

What is the type of the intervention

Regional level: Awareness Campaign Educational Activity

Website: www.epioni.gr

Email for more information: infoepioni@gmail.com

Country of the Intervention: Greece

<https://drive.google.com/file/d/18Du44v1YNfowfJ9QKb9ELazyfg9DYvL4/view>

<https://drive.google.com/file/d/1dW7KM3biZYBNb5r-savSvn4-lwNJHIOJ/view>

Practice 3: Self-help groups



Summary:

Our self-help groups are available to those who have a direct relationship with people with mental illness. They are attended mostly by family members. The purpose of these groups is to build a support network that considers everyone's experience, by supporting and strengthening resources. The Foundation's self-help groups were born with the intention of offering support to family members, to break their loneliness and create a network of solidarity and support relationships. The groups are entirely managed by family members, who are also the direct conductors of the meetings. The modality of the group is that of sharing, confrontation, recognition in others, an exchange of experiences that makes us rediscover personal resources, often hidden or crushed by the difficult confrontation with mental illness. The groups meet on a weekly basis, while once a month there is supervision by professionals (psychiatrists, psychologists) with the function of facilitating communication within the group, redefining the contents that emerged in the meetings, deepening specific issues directly requested by family members. Currently, 3 self-

help groups gather at the Foundation in which about 30 family members of people suffering from mental illness participate.

Are children of parents with mental health problems Involved?

Children of parents with mental health problems are participants of these groups.

What is the type of the intervention

Regional level: Awareness Campaign and Other

Website: <https://www.fondazioneiliegro.com/disagio-psichico/gruppo-auto-aiuto/>

Email for more information:

segreteria@fondazioneiliegro.it

Country of the Intervention: Italy

https://drive.google.com/file/d/1cW9Stlq7hYUSMOisGi5Bp_TBHzylAGN8/view

Practice 4: Laboratories



Summary:

Our laboratories are part of the social activities and art therapy, that the Foundation proposes as a support instrument for psychosocial rehabilitation. The art and socialization workshops are a feather in the cap of the Di Liegro Foundation. Painting, theater, music, photography, cooking and sewing bring out the resources and potential that everyone possesses, more or less. It is partly individual work that takes place however, in a group context. It is a "doing and participating", knowing and making yourself known. People referred by the Mental Health Centers of Rome, by psychologists, psychiatrists and social workers visit the laboratories. Participation is on a voluntary basis. They are users who choose to leave an institutionalized context to enter a reality that includes volunteers, family members, operators and that is open to the territory. For several years, a pilot project of the Di Liegro Foundation has been added to the art therapy, theater, photography, painting and sewing workshops: Fitwalking.

A fast walking technique that gives psychophysical well-being to anyone who practices it.

Are children of parents with mental health problems Involved?

Children of parents with mental health problems are participants of these activities.

What is the type of the intervention

Regional level: Awareness Campaign and Educational Activity

Website:

<https://www.fondazioneidilegro.com/disagio-psichico/gruppo-auto-aiuto/>

Email for more information:

segreteria@fondazioneidilegro.it

Country of the Intervention: Italy

Practice 5: Gaziantep University Community Mental Health Center's Educational Activities for Children of Parents with Mental Health



Summary:

We call young carers who have to care for those with mental illness in their family. Unfortunately, with the increase of physical and mental illnesses, the number of young carers has started to increase. Unfortunately, this situation causes young carers to be at a disadvantage compared to their peers. They lag behind their peers in terms of education, social environment, development, economic, physical and mental aspects.

We thought about how we can help these young caregivers physically and mentally. We provided awareness education to our patients who came to our community mental health center regularly. We've assigned missions to take on extra responsibilities from young carers. Before the pandemic, we made home visits and made physical and mental examinations of young carers. We applied psychological scales. We sent some of them to psychiatric clinics. The most common situations we encountered during these visits were fatigue, despair,

and anxiety. Some of the young carers developed anxiety disorder, sleep disorder, social phobia and depression. Due to the pandemic, we restricted home visits and gave patients phone numbers to reach healthcare professionals when necessary. We contacted school psychologists to ensure that these young caregivers do not miss out on their education. We have noticed that most of the young carers are struggling economically. We contacted various social support organizations. We have seen that young caregivers live more socially isolated lives with less friendships. We gave them behavioral advice.

In our community mental health center, we mostly serve adult patients. We believe that the more we reach these individuals with mental illness and the sooner and more regularly the treatment is given, the number of young carers and the duties of young caregivers in the society will decrease. Therefore, we paid more attention to parents with mental illness. We gave trainings to those who have young carers at home. We made interventions in order to increase their functionality. Unfortunately, young carers did not attract much attention in the community. We are working to attract more attention and help them with this European project. We hope we reach our goals in the near future.

Are children of parents with mental health problems involved?

Children of parents with mental health problems are participants of these activities.

What is the type of the intervention

European level: Awareness Campaign and Educational Activity

Website: <http://trsm.gantep.edu.tr/index.php>

Email for more information: drsancaktar@hotmail.com

Country of the Intervention: Turkey, Europe/
International

<https://drive.google.com/file/d/16GLmWTvnREuhDjpOOzRKO19UY7Ax70r/view>

Practice 6: Project "Quando Mamma o Papà Hanno Qualcosa Che Non Va" (When Mum or Dad Are Unwell)



Summary:

The Project "Quando Mamma o Papà Hanno Qualcosa Che Non Va" (When Mum or Dad Are Unwell), still ongoing, was launched in December 2018 by the Children of Mentally Ill Parents (COMIP) NGO and has received the financial support from the Italian Ombudsperson for Children and Adolescents. Starting from the homonymous book written by Stefania Buoni, which is a mini-guide for survival for daughters and sons of parents suffering from mental health problems, the project aims at raising awareness around this topic at a national level. The main target are school students and teachers, but also professionals, associations, sports centers, mental health services and other stakeholders working with families and children. The Project mainly acts to reach two main goals: - donating one copy of the book to public libraries, schools, mental health services & other key spots reached by families and young carers in every town/city in Italy, with the help of volunteers acting as "active change agents"; - organizing awareness raising

and educational activities particularly aimed at schools and run by members of COMIP who all have lived experience as daughters and sons, former young carers, of parents dealing with mental ill-health. A Google Map has been created to show how far the project has come in donating copies of the mini-guide for survival across the country: <https://bit.ly/2A469r5>

Along with traditional meetings and events, COMIP also uses hiking as a tool to reach civil society to raise awareness and distribute the book. Since not all parents with mental health problems are aware and in treatment for their condition, educating and reaching all civil society with important information regarding what being a young carer means and how we can help them is key. Since 2018 COMIP has spoken about the project and distributed the book thanks to the help of hiking guides, operating in different regions across Italy. Further information can be found in this TedxTalk delivered in Naples in 2019: <https://www.youtube.com/watch?v=cL4-5hnM7Oo>

Are children of parents with mental health problems involved?

Adult children of parents with mental health problems and co-founders of COMIP, are involved as active change agents in the design of the project and as speakers and co-facilitators during the activities involving schools,

teachers, other associations and professionals working with families.

What is the type of the intervention

National level: Awareness Campaign and Educational Activity

Website:

https://www.comip-italia.org/wp-content/uploads/2019/02/COMIP_Progetto_Quando_Mamma_O_Papà.pdf

Email for more information: info@comip-italia.org

Country of the Intervention: Italy

https://drive.google.com/file/d/18qUDG5e_etCSaV1-W1CKO8q8yBl1oFaL/view

https://drive.google.com/file/d/1bdpOja0-IPs-hGyPXGDM2Eh8m2YW--n_/view

https://drive.google.com/file/d/1zpoOWgaA8Odlx_RDMXrOZR4ubGTPVRSE/view

Practice 7: "Vite di Giovani Caregiver" (Lives of Young Carers)



Summary:

"Vite di Giovani Caregiver" (Lives of Young Carers) is an annual event created by COMIP in 2019 to celebrate World Children's Day and COMIP's birthday, both established on the 20th of November. Every year in this important day, COMIP chooses to screen a movie or to present a book or another work of art, in which the protagonist is a young carer whose parent(s) is suffering from a mental illness. In 2019 COMIP organized a cinema screening of the Italian movie "Un Giorno All'Improvviso" (If Life Gives You Lemons) by director Ciro D'Emilio for students and teachers from 6 different schools in Rome and near surroundings. In 2020 due to the pandemic, COMIP chose to organize an online presentation of the graphic novel "Qui C'è Tutto Il Mondo" (The Whole World is Here) by Cristiana Alicata and Filippo Paris. In both circumstances the authors were awarded the Prize "Lives of Young Carers" (Premio "Vite di Giovani Caregiver") by COMIP, which is assigned every year to directors, writers, artists, actors, screenwriters, etc.

who accurately represent the life and experiences of daughters and sons of parents suffering from mental ill-health. COMIP strongly believes that, in order to support children and their families, society needs to eradicate the huge stigma that still surrounds mental health across the globe. A cultural revolution is needed to make prevention and support a reality for all citizens. Culture is also key to build up a critical mass to ensure no one is left behind and that more public investments are made to grant good mental health as a basic human right.

Are children of parents with mental health problems involved?

Adult children of parents with a mental illness, co-founders of COMIP and volunteers, are involved in the design and the organization of the event, but also as speakers and co-facilitators.

What is the type of the intervention

National level: Awareness Campaign and Educational Activity

Website:

<https://www.comip-italia.org/category/vite-di-giovani-caregiver/>

Email for more information: info@comip-italia.org

Country of the Intervention: Italy

https://drive.google.com/file/d/1qK4N_nMC5A-M247G0eBysCFjHZiZQCGY/view

<https://drive.google.com/file/d/1Ek1EOaA9pr7wlvCe95hoHpD80bB8sEU5/view>

Practice 8: Social Entrepreneurship Skills to Young CAREgivers of People with Chronic Illness (SESYCARE)



Summary:

Young caregivers need professional support that recognizes the real needs of their family members. Social entrepreneurs are people whose business concept give new solutions to an existing social problem. These individuals are willing to take the risk of creating positive change in society through their initiatives. A social entrepreneur is interested in starting a business with a wider social benefit and not just for profit. It is not uncommon for people with a family history of illness or disability to recognize wider social problems. In order to provide appropriate support and interventions to this category of young people, it is important for professionals to take family history into account. The Social Entrepreneurship Skills to Young CAREgivers of People with Chronic Illness (SESYCARE) program focuses on educating these young people on social entrepreneurship skills and informing them about relevant EU-funded programs (e.g Erasmus for Young Entrepreneurs). The project started on 14th December 2020 and will have a duration of 23 months.

In the context of the project partners will:

1) compile a guide of good practices in the support of young caregivers who wish to develop their social entrepreneurial skills

2) deliver six seminars and one webinar for the program "Erasmus for young entrepreneurs"

3) conduct a training in the Netherlands by DFW2W

4) hold three transnational meetings in Athens, Istanbul, and Lanciano. In these meetings, the hosting partner, EPIONI, the newcomer Anemos Ananeosis, the academic partner Istanbul Gelisim University (Turkey) and the social enterprise Consorzio SGS (Italy), will provide country-specific recommendations and conduct a focus group to determine the entrepreneurial skills that young caregivers need to develop for a successful career in the non-profit sector.

In the first year of the project, our partner DFW2W from the Netherlands will share their expertise and conduct study visits to relevant stakeholders, while hosting the short-term joint staff training event in Leiden. Additionally, each partner will have to register at least two social entrepreneurs as "Hosts" in the "Erasmus for young entrepreneurs" platform.

As interest in the topic of carers is growing rapidly in Europe, we included a relevant organization as

associated partner. Eurocarers, the European umbrella association working with carers, will share good practices on how to reach young caregivers. A 3-minute video of a former member of the European Parliament sharing the important role of young carers as social entrepreneurs will be uploaded on the website of the project. Partners will utilize social media extensively (e.g Facebook, Twitter, Instagram) to reach a wide young audience..

What is the type of the intervention

Regional level: Awareness Campaign Educational Activity

Website: <https://sesycare.eu>

Email for more information: info@sesycare.eu

Country of the Intervention:

Greece - Italy - The Netherlands - Turkey

https://drive.google.com/u/0/open?id=1m7RXVopcVXYxUtoUl-D2S1O9UaxR-Adu&usp=forms_web

Practice 9: ALISA project



Summary:

ALISA is active in Finland and provides support to North Karelian families and children and young people when a family is faced with a serious physical or mental illness, disability or other health-related challenge from a parent or other family member. ALISA develops support activities in North Karelia for children and young people whose parents are seriously ill or use drugs. ALISA also provides preventative support for families with children, and supports illness-laden parenting. ALISA does low-threshold preventative work. Participation can take place if social and health care services seem too burdensome, can complement other support received by the family, or even if the illness does not yet cause problems in the family's daily life. The project operates in the North Karelia region. Their activities are free of charge for participants.

The ALISA project has developed a site to support sick parents, spouses and other loved ones. The site includes several different sections with information about the

theme, videos, or assignments through which you can reflect on the theme in relation to your own life and your own family. The information gathered on the site includes the experiences of other wonderful parents of the sick, researched information and the expertise of professionals in various fields. Through this information and perspectives, interested individuals can find help in reflecting on their own situation and find solutions that are suitable for their family. Below are some other complementary resources for the affected individuals, such as personal discussion and counseling for all family members.

All family members can discuss their thoughts and experiences, together or separately. ALISA organizes support meetings for children, young people and parents separately, as well as free-form relaxing weekend camps for the whole family. In addition, they organize children's days, youth days and camps for both target groups. The aim of the activity is to facilitate the treatment of parental illness and the related discussion in families. The working method of support activities for families with children is preventive and focuses on supporting parenting and strengthening child protection factors in families. Families with children who do not yet have problems but who want to know in advance how best to support a child in a changed or difficult situation can also take part in family activities with children.

ALISA coffee get-togethers for parents

ALISA night villages

ALISA parent coaching

ALISA lecture series

ALISA parent group chat Support for children

ALISA provides support, help and counseling to young people aged 7-12 when their parents or other close family members are seriously ill, disabled or intoxicated.

ALISA encounters with a child

ALISA Children's Days

ALISA children's camp.

What is the type of the intervention

National level: Educational Activity

Website: <http://www.alisaprojekti.fi/>

Country of the Intervention: Finland

Practice 10: A space for children and families



Summary:

1. We welcome children who visit their hospitalized parent in a place that's specifically designed and furnished for families, separate from the hospitalization units. We offer a benevolent, cocoon setting, as natural as possible. The place is open twice a week, on Wednesday and Saturday. We are a small team of welcoming carers, from which two are present at each permanence. No registration is necessary (except currently due to Covid). We make families feel as comfortable as possible, we don't take notes, we don't make reports, as our only objective is to make families feel at home.

The children's area opened its doors on 27/10/2010. Since then, we have welcomed nearly 3500 children and as many special stories of dads, moms, grandparents, uncles, aunts. We celebrate birthdays, Christmas and other national and international holidays. Authenticity is the key, the most important for a real encounter, e.g: - One day, the forced hospitalisation service brought us a mother to visit the space before her daughter arrived.

The mother was so overwhelmed that she could not stay, which made us wonder about the possibility of bringing her daughter, but we said "we will try it" and we found a perfectly adequate mother when her daughter arrived! We decided to stay open a little longer to let them enjoy this moment.

2. Groups

a) Parenting groups at the children's space started five years ago now, the principle being to bring together parents, grandparents and other family members around a topic that is important to them, but also the expectant parents who ask a lot of questions and some even wonder if they have the right to have children. They discuss their difficulties: - How to talk to children about the disease - How to manage the guilt of being less present with children, lack of patience, fatigue etc. - How to accept hospitalization when we know how much it will affect our children - How to explain a disease you don't understand yourself - How to take care of yourself when everything falls apart around you - How to deal with shame, prejudice and stigma - What is the role of the parent? Is ensuring security rather than time spent together, different if you are a parent? - The transmission, "I ruined his life", ... - How to explain that love is not enough to heal? But also their resources: - They advise themselves on how to approach the disease with children and the fact that often the children are not fooled. - The importance of asking children what they understood about the situation

- Discuss relapse and promises that cannot be kept- - We provide information about Children services.

Furthermore we would like to develop other devices - Set up a group of children who would exchange with each other - Having a relay is an asset to better live his hospitalization which nevertheless remains very significant for all - Information sessions on the different diseases should be organised and this group should be opened to spouses and extended family; the importance of knowing your own illness well in order to communicate better with your children

b)The Parent's Notebook group:

This is a group that addresses parenthood through the medium of creative collage, the parent receives a small notebook that he can develop during the group with the instructions given but also alone if they want

c)The multi-family group

Takes place once a month. This group is a place of discussion and exchange around the different experiences and experiences that psychological disorders lead to pass through. It brings together users, families and professionals. We welcome children from the age of 14 and this creates a particular dynamic between them.

Topics covered: diagnosis, medications, how to live with a person who is no longer the one who was married as a result of the illness, how to make loved ones understand that one is doing one's best.

3. Family consultations

When children are asked what they are experiencing while caring for their parents, they are not always being taken into account by the professional,s although they are in the front row since they live with them every day! "A secret is not opposed to truth but to communication" Serge Tisseron.

We clarify where we are and what we do there, debrief, if necessary, crisis situations - what the child did and who avoided the drama (family where the mom attempts suicide repeatedly). "There is no point in taking children out of hell, if it is to put them in the desert" Jesper Juul. Situation: a psychotic mom and 6-year-old girl who took care of everything - we support both the little girl who had things to say and the mother who did not understand all the steps in progress. It is important to recognize what the child is offering and to thank them.

A place where you're not afraid of the truth - Creating the conditions for sharing - To be able to apologise - The question being what the child understood about the situation, if he feels worried, if he has questions, his day-to-day life, does the parent trust the person who cares for

his child? - Being able to discuss "violence in school" - how do you deal with "your daddy who is crazy"?

Conclusion

Taking care of parenting helps contribute to a faster recovery. On the 1st Covid wave our space had to close for 3 months, while the visits were allowed only for one family member and we could notice the impact on mental suffering in families. This is maybe one of the causes in the slower recovering we could observe at that time. It is important to say that in Belgium we have absolutely no kind of structural funding for this kind of projects. It all holds on the willingness of the institution that uses its own funds. We believe that it should be part of a mental health policy that should encourage institutions to be family- friendly.

What is the type of the intervention

Regional, National level: Awareness Campaign
Educational Activity and Research Program

Website:

<https://www.cp-st-bernard.be/notre-offre-de-soins/projets-therapeutiques-specifiques/notre-offre-de-soins-projets-therapeutiques-specifiques-espace-enfants/>

Email for more information:

stephanie.tanghe@saintbernard.ofc.be

Country of the Intervention: Belgium

PRACTICE 11: L' Athanor, a transitional space



Summary:

The Athanor is a transitional space where the adolescents build their project and share experiences. Separation in safety :

- 8 week stays
- Community life
- Family care and synergy with parents as partners
- Self-discovery, living with others and empowerment
- Experimenting with safe and caring relationships

Notes: social phobia, school phobia, high potential, cyberaddiction, harassment, eating disorder, anxiety and depression disorder, time-out.

A service perceived as a transition space, the Athanor is an articulated device with stakeholders of the ambulatory network. It offers the possibility of alternating between

staying in the service and returning to your family. Particular attention is paid to the extension of the process initiated by the mobile teams and network stakeholders so that the entry and exit are part of the separation and not of the rupture.

The Activities:

- Back to earth: Hiking, vegetable growing.
- Creativity: Expression through art (painting, photography, dance, theatre, ...)
- Insertion: External activities via the social world (museums, theatre, exhibitions, sports in the center)
- The body: Management and expression of emotion through sport, massages and care by a team of physiotherapists
 - Getting the learning process back on track: Care is provided by the coordinated psycho-pedagogical team of the Escale school.

What is the type of the intervention

Regional, National level: Educational Activity and Research Program

Website: <https://www.lathanor.be/athanor-lieu-pour-l-adolescence.html>

Email for more information:

patrick.debled@saintmartin.ofc.be

Country of the Intervention: Belgium

PRACTICE 12: Kalamos



Summary:

For whom?

- Mixed public young adults with •Mood disorders • Anxiety disorders • Eating disorders
- Those who • Have experienced traumatic events • Suffer from anxiety / sadness • Feel socially isolated by having difficulties in getting out of their homes • Feel lost in life • Are victims of school or other types of harassment • Suffer from a school phobia • Have a special relationship to food

How?

- Individualized follow-up • Medical, nursing, psychological and social follow-up • Family follow-up
- Therapeutic programme • Talking groups, expression workshops, sports, cultural and leisure activities • Extension of the range of treatments in the Cadences area Admission • Prior contact with the POLARIS intake

device • Pre-admission interview • Scheduled admission on medical advice

• Duration of hospitalisation • 6 weeks with the possibility of extension on medical advice • Possibility of post-hospital follow-up in the form of day hospitalisation

What is the type of the intervention

Regional, National level: Educational Activity and Research Program

Website: <https://www.kalamos-psychiatrie.be/>

Email for more information:

sabine.minsart@saintmartin.ofc.be

Country of the Intervention: Belgium

Practice 13: mybluebox.it



Summary:

A web space dedicated to parents, children of people with mental health disorders and professionals who work alongside them to favor and promote their psychological well-being. Within the portal you can find various contents on this topic: articles, information documents, guides, life experiences, videos and book or film reviews. There are also active projects in Italy and scheduled conferences. In the tools section you will find material aimed at both parents and children and professionals in the field.

Are children of parents with mental health problems involved?

My Blue Box is a collection of projects, resources and information dedicated to children of parents with mental illness, as well as parents themselves.

What is the type of the intervention

Regional and European level: Educational Activity

Website: <https://www.mybluebox.it/index.php>

Email for more information: info@mybluebox.it

Country of the Intervention: Italy and Europe

https://drive.google.com/u/0/open?id=1xjW3iCVm2cGF-7mlKe8pahY5pkhLrCbe&usp=forms_web

https://drive.google.com/u/0/open?id=151L4hKRT-feAGOYx3E-m84sAhdhMtMrn&usp=forms_web

Practice 14: Project “Sons in Penumbra. Let's talk about it together!”



Summary:

The project “Sons in Penumbra. Let's talk about it together!” is aimed at the early identification of discomfort in developmental age and at reducing the risk of developing psychopathologies in minors of parents with mental discomfort. Specifically, it is aimed at parents with mental illness who are users of the Mental Health Department of the AUSL of Modena, their partners and their children between the ages of 5 and 17. The general objectives of the intervention are to increase the family's knowledge of the disease, promote psychosocial resilience in children, promote the parent-child relationship, reduce stigma and increase the support of the social network. Specifically, the project aims to help parents find ways to talk to their children about their mental suffering and / or that of their partner, to support minors in expressing their emotions and questions about it and to enhance the resources of the whole family in coping with difficult situations.

Are children of parents with mental health problems Involved?

The “Sons in Penumbra. Let's talk together!” is divided into three types of intervention:

- Let's talk about Children, Let's talk about it, three interviews aimed at users and their respective partners to discuss the importance of explaining the parent's disease to children, helping them in dealing with the parent's state of discomfort, supporting them and preventing their isolation.
- Family Talk Intervention, Let's talk about it in the family, five / six interviews aimed at users, their partners and children in which the dynamics and internal and external relationships, difficulties and potentials are discussed with the whole family.
- Psycho-educational groups for minors with the aim of comparing peers and acquiring strategies to deal with stressful situations.

What is the type of the intervention

National Level: Educational Activity

Website: <https://www.mybluebox.it/it/350/progetto-figli-in-penombra-parliamone-insieme>

Email for more information: info@mybluebox.it

Country of the Intervention: Italy

https://drive.google.com/u/0/open?id=1zyr7JbST4R_J6a_80OsWkoCJIRI4Osry&usp=forms_web

Practice 15: Day dedicated to children with parents with mental health problems



Summary:

Many parents experience mental illness over the course of their lives. Serious mental illness is associated with impaired capacity for parenting. Children report experiences of child neglect and abuse, feeling scared or unsafe due to the parents' psychiatric symptoms, or becoming caregivers to them. These children usually do not have the space where they can be heard and supported. In addition, the community and the rest of the world are unaware of the impact that parental mental illness has on children's lives. Therefore, these children feel neglected and alone. In general, society needs to show its support and encouragement to these children in every possible way. In this phase, it is proposed to establish a day dedicated to children whose parents have serious mental health problems. As it happens on every global day of a social issue, in this case as well, events and awareness campaigns can be organized by various organizations and institutions. On this dedicated day, the children who are called to manage such a complex situation, which is the mental illness of the parents, are

actually honored. In this way, the society as a whole is sensitized and fight the social stigma that these children experience. At the same time, the children themselves feel part of a whole that emphasizes the significant difficulty they are called upon to face. Therefore, it is proposed to establish one day a year dedicated to children whose parents suffer from a mental disorder.

What is the type of the intervention

National Level: Awareness Campaign

Website: <https://share4carers.eu>

Email for more information: info@dynamizois.gr

Country of the Intervention: Greece

Practice 16: Ask from young people - Education and training on how to identify and support young carers



Summary:

The main aim of the project (2019-2021) is to produce educational material to students and professionals. One main focus group of the project has been “School messengers” – young carers who have personal experiences living with people with mental illness. In this project, we have educated young students and professionals to identify and support people with experiences of mental illness in the family.

Our main product, a video titled “See The Invisible”, tells the story of a young adult carer and professionals that change her life’s course as they were able to see her need for support. Different professionals (a psychologist, a counsellor and an NGO professional) helped her to grow to her full potential. They did this by giving her attention and space to be seen, heard and believed in.

The educational video material was made in co-operation with professionals and young carers themselves in Finland. It will be available in April 2021 and will also be translated in English later.

The target audience is social, health care and educational professionals, students and other audience.

Objectives and take-away message(s) : Introduce health, social care and educational professions to three main steps on how to meet and support young cares:

1. Identify and meet the young carer at schools, health and social care facilities
2. Ask questions and listen
3. Support and guide

What is the type of the intervention

National level: Educational Activity

Website: <https://www.vsfinfami.fi/kysy-nuorelta/>

Email for more information: outi.arvola@vsfinfami.fi

Country of the Intervention: Finland

Practice 17: Good Practice for Mental Illness



Summary:

In recent years, the number of people using substances has been increasing drastically. In the past, the use of cannabis and heroin was high, but nowadays the use of amphetamine and methamphetamine has increased. In addition, synthetic cannabis, such as bonsai and jamaica spice, are used extensively. All countries suffer from this situation. These countries find it very difficult or even unable to prevent this. Turkey is among the countries most affected by this situation. Substance use is forbidden in Turkey, but unfortunately the number of users is too high. Methamphetamine use is very common, especially in the Gaziantep region we live in. Heroin and synthetic cannabis follow this.

As far as we observed in our clinic, substance use causes familial-social problems, economic problems and reduced care for children. School-age children are particularly affected. These children have to drop out of school or start using substances at a very young age.

Some children can become young caregivers at a young age to their parents for these reasons.

In our own clinic, we regularly organize psychoeducation for parents on the social and family harms of substance use. In particular, we are trying to prevent children's negligence. We aim to ensure that parents get rid of substance use completely. We treat our patients in polyclinics. If necessary, we will be hospitalized for a while. We especially want them to avoid substance use with their children. We provide the children with the necessary support. We explain the possible harms of substance use. We communicate with the school and its teachers.

What is the type of the intervention

Regional level: Educational Activity and Awareness Campaign

Website: <http://hastanetip.gantep.edu.tr/yazi.php?id=10>

Email for more information: drsancaktar@hotmail.com

Country of the Intervention: Turkey

https://drive.google.com/u/0/open?id=1a6NpzVrAjrnZO8_AmWf3BluhutESF9C1&usp=forms_web

Practice 18: Psychiatric help in a pandemic



Summary:

The covid 19 infections that emerged in the city of Wuhan, China, affected the whole world. The pandemic, which has been ongoing for nearly 2 years now, is predicted to continue in the coming years. It has caused fear of death, fear of losing relatives, quarantine, financial difficulties, and psychiatric diseases. The frequency of anxiety disorder, obsessive-compulsive disorder, and major depression increased during this period. Both the severity of existing psychiatric diseases increased and new-onset psychiatric diseases emerged. In particular, the patients could not come to their clinical check-ups. In addition, patients had difficulty accessing their regular medications. This situation led to an increase in the severity of diseases and an increase in hospitalizations.

The pandemic is a difficult period, especially for caregivers who care for people with mental illness. Children and young adults, whose parents have a mental illness and whom we call young caregivers, are also in this class. These young caregivers stayed away from their schools and friends during the pandemic. They tried to

help their parents with increased care throughout and their already difficult lives became even more difficult during this period. At Gaziantep Community Mental Health Center, we tried to reach and help our patients and their caregivers throughout the pandemic. We contacted our patients with the telepsychiatry method. With this method, we were also at odds with supporting young caregivers. We helped our patients to solve their economic and social problems with our social service officer. We would arrange a transfer for them to come to the hospital. When the quarantine restrictions in our country were lifted, we enabled them to participate in their social activities. We provided psychoeducation to these young caregivers and their parents. We hope that very soon, the pandemic will end and we will return to the routine we were used to.

What is the type of the intervention

Regional level: Educational Activity and Other

Website: <http://trsm.gantep.edu.tr/basinyayinlar.php>

Email for more information: drsancaktar@hotmail.com

Country of the Intervention: Turkey

Practice 19: A Hidden Pain - Un Dolore Nascosto



Summary:

"Un Dolore Nascosto", "A Hidden Pain", by Gaia Cusini is a book published in June 2021 by COMIP - CHILDREN OF MENTALLY ILL PARENTS ngo in collaboration with CESVOL UMBRIA - operational headquarters of Terni. It's the result of a qualitative research conducted by the author by interviewing adults, former young carers, about their lived experience of growing up with parents suffering from mental health problems. The mental illness of one or both parents, in the absence of information, of adequate help and a support network, represents a great burden for a child or an adolescent, who risks being severely impacted on a social and psychological level. They may experience fear, anger and sense of guilt, taking on greater responsibilities than their age would consent, and running the risk of getting sick themselves.

The risk we are talking about is a varied spectrum of possibilities: from poor educational/academic performance to abandonment of studies, from communication dysfunction to difficulties in social and work integration, from the increase in the somatic repercussions of stress to the possibility of developing a mental disease. This work, the result of in-depth research, aims to be a tool to focus on hidden pain, contextualize it in a theoretical framework and dissolve the taboo concerning the experience of children, caregivers and not.

The primary objective is to subvert the prevailing prejudice centered above all on the concept of risk and intergenerational transmission of the mental illness, focusing instead on the development of resilience, of the positive characteristics that emerge when they are supported and highlighted. A useful tool for reflection and inspiration for psychologists, psychiatrists, social workers, educators, teachers, pedagogues and policymakers, this book aims to give a voice to those who have known suffering but do not stop fighting, starting from the difficult definition of "pain". A rich appendix of interviews with members of the first Italian online peer support group "Children of Mentally Ill Parents", established in 2011, closes the publication.

Are children of parents with mental health problems
Involved :

The author of the book/research has lived experience and
the research was conducted by interviewing daughters
and sons of parents with mental health problems.

What is the type of the intervention

Regional level: Educational Activity and Other

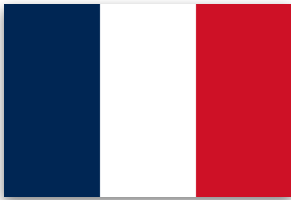
Website: <http://www.comip-italia.org>

Email for more information: info@comip-italia.org

Country of the Intervention: Italy

<https://drive.google.com/file/d/10J07h-C7nO-hvRL5tvls22zmkKwZgcZF/view>

Practice 20: JefPsy - A common platform for information, support and sharing



Summary:

JEFPSY has been designed with its audience in mind and offers information, knowledge sharing and support so that young people aged 11 to 20 can overcome their feelings of isolation together. Its objectives are to listen to these young people, inform them, explain to them, reassure them and support them. The Covid epidemic has revealed the lack of support for young people who are isolated from their sick relatives. This unique platform, piloted by H el ene Davtian, Doctor in Psychology, was created on the initiative of L' EUVRE FALRET, implemented by Funambules-Falret and co-constructed with a European team of associations: Le Biceps (Switzerland),  tincelle (Belgium) and R eseau Psy-Centre Kanel (Luxembourg), and supported by the Orange Foundation's Digital Solidarity Association.

Are children of parents with mental health problems
Involved :

Youths could to share an experience or an idea, propose
a film, a series, a book, to enrich the media library,
express what you think is important to improve care,
make proposals to improve this platform, ... They have
the floor

What is the type of the intervention

Regional level: Educational Activity and Other

Website: <https://www.jefpsy.org/>

Email for more information: lesfunambules@oeuvre-falret.asso.fr

Country of the Intervention: France, Luxembourg,
Belgium and Switzerland

Practice 21: multi-family therapy (FLAG SYMBOL Greece)



Summary:

Many parents experience mental illness over the course of their lives. Serious mental illness is associated with impaired capacity for parenting. Children report experiences of child neglect and abuse, feeling scared or unsafe due to the parents' psychiatric symptoms, or becoming caregivers to them. These children usually do not have the space where they can be heard and supported. In addition, the community and the rest of the world are unaware of the impact that parental mental illness has on children's lives. Therefore, these children feel neglected and alone. In general, society needs to show its support and encouragement to these children in every possible way. In this phase, it is proposed to establish a day dedicated to children whose parents have serious mental health problems. As it happens on every global day of a social issue, in this case as well, events and awareness campaigns can be organized by various organizations and institutions. On this dedicated day, the children who are called to manage such a complex situation, which is the mental illness of the parents, are

actually honored. In this way, the whole society is sensitized and fight the social stigma that these children experience. At the same time, the children themselves feel part of a whole that emphasizes the significant difficulty they are called upon to face. Therefore, it is proposed to establish one day a year dedicated to children whose parents suffer from a mental disorder.

What is the type of the intervention

Regional Level: Educational Activity

Website: <https://www.epapsy.gr/kentro-imeras-amaroysioy-franco-basaglia/>

Email for more information: grammateia@epapsy.gr

Country of the Intervention: Greece

Practice 22: Me-We Project - Booklet for Young Carers .



Summary:

Me-We Project - Booklet for Young Carers

Who is this booklet for? This booklet is dedicated to children and young people who provide care to a family member or a friend who has a disability, a frailty, a chronic disease, an addiction or any other long-term care needs. We call them young carers (under 18) and young adult carers (under 25).

The different faces of young carers

Caring can take different forms. Some will be caring for someone with a physical problem, some will be caring for someone with a mental problem. Some will be caring for a parent, some for their brother or sister, and some for a friend or another person that is close to them. Young carers can help their loved one in different ways, by implementing practical tasks (e.g. cleaning, cooking, shopping, helping the person dress and undress, wash

and use the bathroom, administering medicine, helping to pay the bills) and/or providing emotional care (e.g. keeping an eye on the person, keep company to this person). Even those young carers who don't care for someone may care about and constantly be worried about their loved one.

What can you expect from this booklet?

If you are a young carer, you might feel proud of what you do at home or you might feel angry, sad or frustrated. You may even feel all of these things at different times. You might feel that your friends or others don't understand what you're going through. Coping with your feelings on your own can be tough. This booklet will help you to know how to take care of yourself, while caring for another person. It will give you useful tips on how to manage education with caring responsibilities, how to communicate with school, health and social professionals, as well as with your peers. This booklet can help you to find a way to achieve your goals in life, without caring to become an obstacle in the way towards your dreams and ambitions. If you are still not sure that you are a young carer, do not worry. This is more usual than you may think. Many people do not see themselves as being young carers. They think of themselves as for example a family member, a brother, sister, daughter, son, granddaughter, grandson, friend or neighbour and can presume that all families, friends or neighbours provide this sort of support. This booklet can help you get more clarity about your role in your family, and/or

among your friends. Read the stories of other young carers and see whether you can relate.

A booklet for young carers by young carers

Although you might feel as if you are the only one in your situation, you might be interested to know that in all countries there are many other young carers dealing with situations that are similar to yours in some ways and different in other ways. This booklet is based on the inputs of young carers or former young carers from different countries in Europe and even in Australia! They share their stories and some tips, based on their experience. Indeed, who is better placed to provide you with advice than somebody else who has lived/is living a similar experience? Remember: you are not alone!

Are children of parents with mental health problems
Involved :

Design and Contents, Sharing of Personal Experiences

What is the type of the intervention

European Level: Educational Activity and Awareness
Campaign

Website: <https://me-we.eu/booklet/>

Email for more information: fc@eurocarers.org

Country of the Intervention: Europe/International

<https://drive.google.com/file/d/1GWkmEcvF6Jvf-pTcWherpq0swLjNwk5H/view>

Practice 23: Prospect Programme for Young Adults of Parents with Mental Ill Health .



Summary:

The PROSPECT programme is EUFAMI's peer-to-peer programme, which EUFAMI managed and coordinated together with 14 of its member organisations, in order to produce 3 training programmes and a common ground module for:

- Family and Friends
- Health Care Professionals
- People with Self-Experience

The programme was modified and implemented to be delivered as an asset for children and young adults of

parents with mental ill health by EUFAMI's member organisation, FinFami (South-West Finland). Ten training sessions/modules were carried out in total (15 hours). The sessions included identifying pressure and stress, loss & grief, coping skills, support mapping and change. The programme addressed the needs of young carers in improving their coping skills and also their quality of life.

Are children of parents with mental health problems Involved :

Young adults participation in the peer-to-peer Prospect group programme

What is the type of the intervention

National level Regional level European level: Educational Activity

Website: <http://eufami.org>

Email for more information:
project.admin.office@eufami.org

Country of the Intervention:

Europe - Finland and Belgium

LOGOS AND NAMES OF PARTNERS

DYNAMI ZOIS



fondazione internazionale don luigi di liegro



COMP "CHILDREN OF MENTALLY ILL PARENTS - Associazione di Promozione Sociale"



EUFAMI



EPIONI



EPIONI
GREEK CARERS NETWORK

Gaziantep-university



Centre Neuro Psychiatrique “St Martin”

