

Sample Intervention Plans for Parents with Mental Health Conditions

What would it take to keep this family together?

Keys to effectiveness: Share information in simple, clear statements. Be very concrete about what needs to happen. Don't argue or raise your voice. Use visuals or assistive technology to help if memory is an issue. They may need their case worker to request extended time prior to their termination hearing in order to be successful.

Common Challenge	Intervention Strategy or Resource
Family is in crisis	Make sure parent's mental health treatment plan is in place and parent is invested in treatment plan and provider. If not, explore other alternatives. Once parent is out of crisis, then work can begin to stabilize the family. Create family routines to assist with independence and stability.
Doing things together as a family	Leisure Education – Toolkit for parents on doing things together as a family http://www.tucollaborative.org/wp-content/uploads/Leisure-Education-Toolkit-for-Parents-with-Mental-Illnesses-1.pdf
Making and attending appointments	Utilize the parent's smart phone. Teach them to set the calendar and reminder function for each appointment or request that a nurse or the person in charge of appointments assist them. Be sure to set a reminder to arrange transportation as well. For new services, call for initial appointment together.
Providing healthy age appropriate meals	Make meal times as simple as possible. Grab & go breakfasts for school age kids; utilize school lunches (and breakfast). Set up 5 meal kits that parent can easily prepare and use totes to store needed items together. Put together menus in words or pictures to post if memory is an issue. Have 2 standing "orders" for takeout meals that can be used when parent is having a difficult day.
Maintaining parents own medication schedule	Utilize environmental supports like pill boxes or individual pill packs. You may need to utilize color coding to ensure the correct pills are taken at the correct time. Cell phone reminders can eliminate forgotten medication doses. Technology that can help: https://mainecite.org/wp-content/uploads/2017/01/MedicationManagPicts.pdf
Dealing with emergencies	Create a plan. Identify potential emergencies. Identify a contact for each. Make a 3-column visual chart. Emergency. Contact. Phone number. Post it in an easy to see spot in the home or in multiple areas if needed. How to help someone in crisis de-escalate https://www.nami.org/Blogs/NAMI-Blog/September-2017/How-to-Help-Someone-in-Crisis Navigating a Mental Health Crisis: A NAMI Resource Guide for Those Experiencing a Mental Health Emergency https://www.nami.org/About-NAMI/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis?fbclid=IwAR0ACw_Qz_hb_2S-Xd6_ofW07TUKEG2CieYXma2xOSi6cBP30wIJj6RBGgg0
Poor stress management	Recommended apps: Insight Timer has hundreds of guided meditations for free. The meditation I am Safe is very effective with victims of trauma and

	abuse. These apps may be just the support needed by a parent with mental health concerns.
Needs a break from kids	If parents are eligible for the local Systems of Care program, they can also access respite through that program. https://www.ok.gov/odmhsas/Mental_Health/Children_Youth_and_Family_Services/Systems_of_Care/index.html
Needs to talk to other parents	NAMI in person or virtual support group https://www.namioklahoma.org/virtual-support-groups Virtual support groups from the Mental Health Association of Oklahoma https://mhaok.org/support-groups?fbclid=IwAR16gzz0NjebKbs-GzV7dqQY8JN_FGKA0yXvbC4h_5PqO6qI0JnIXfKVsw
Poor budgeting & money management skills	Apps for Financial Stability https://autismakron.org/index.php/documents/resources/apps/300-financial-stability-apps/file
Building healthy relationships	Safety Awareness for Empowerment - Teaches personal safety and healthy relationship skills to prevent victimization and exploitation https://www2.waisman.wisc.edu/cedd/pdfs/products/health/SAFE.pdf?fbclid=IwAR2HezEasoE6eieEwwjj0dWMfput-Sp7TqWGLiEfu0HckC8yV89WKj0GC64
Need help explaining their diagnosis to child(ren) and supporting them	Parenting with a mental illness & Child Resilience Fact Sheet – 2 nd page is practical things that can be done to support children by parent or others. http://tucollaborative.org/wp-content/uploads/2017/04/Parenting-with-a-Mental-Illness-Positive-Parenting-and-Child-Resilience-Factsheet.pdf
Not understanding or unable to communicate in courtroom proceedings	Request a Communication Support Specialist as a reasonable accommodation under the Americans with Disabilities Act during court proceedings by contacting the Oklahoma Communication Support Project at sooner-successpwd@ouhsc.edu

“Family Mental Health Begins with Parents (recorded webinar)
<https://ensemble.brandeis.edu/hapi/v1/contents/permalinks/Mj2b6E7P/view>

Supporting parents with fetal alcohol syndrome
<http://www.communitylivingbc.ca/wp-content/uploads/Supporting-Success-for-Adults-with-FASD.pdf>