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The Netherlands
A model towards parenting with success and satisfaction
PhD Thesis:
Vulnerable parenting: a study on parents with mental health problems: strategies and support.

- A personal recovery and psychiatric rehabilitation point of view (Farkas & Anthony, 1991);
- Supported parenting
- A transdiagnostic approach
- From client’s need to a valued role
A qualitative research to the strategies by parents
Leading question: What are the strategies to parent successfully and with satisfaction while having mental health problems

- 27 parents 19 mothers 8 fathers
- **Purposive sampling:**
  - participants of education of experts by experience
  - Selected patients of mental health organizations
Model as an overview of personal recovery and rehabilitation strategies of people with mental illness to fulfill a parental role with success and satisfaction.

Based on this research and on relevant literature
Fulfilling the parental role by people with mental illness

Needs of parents
- Getting daily energy
- Addressing vulnerability
- More work opportunities and income
- Improvement of health problems
- Increasing parental competencies
- Handling the mourning process; losing custody
- Support in childcare and housekeeping
- Coping with the illness and medication
- Information about illness and support
- Crisis intervention for children

Barriers and threats that parents face
- Discrimination
- Loss of custody
- Worries about transfer to children
- Neglect of the child
- Confusion in behavior
- Feeling lack of competencies

Motivation
- Children as a positive stimulus
- Structuring parents’ lives
- Recovery with parental role

Goals
- Fulfilling the parental role with success and satisfaction
- Self-actualization
- Maintaining a good balance between attention for own life and parenting

Strategies
- Develop confidence in one’s own competencies
- Finding words to communicate about parents’ problems
- Making plans for parenting activities
- Finding shared activities with children
- Positive valued identity
- Meaning and structure
- Growth exchange of positive emotions

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Barriers and threats that parents face

Needs of parents

Motivation

Strategies

Goals: success and satisfaction in parenting

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Needs of parents

Getting daily energy
lust for life
trust in people and services

Addressing vulnerability
confusion

More work opportunities and income

Improvement of health problems

Increasing parental competencies

Handling the mourning process;
losing custody

Support in childcare and housekeeping

Coping with the illness and medication

Information about illness and support

Crisis intervention for children
Barriers and threats that parents face

Discrimination
Loss of custody
Worries about transfer to children
Neglect of the child
Confusion in behavior
Feeling lack of competencies
Motivation
Children as a positive stimulus
Structuring parents’ lives
Recovery with parental role

Strategies
Develop confidence in one’s own competencies
Finding words to communicate about parents’ problems
Making plans for parental activities
Finding shared activities with children
Positive valued identity
Meaning and structure
Growth exchange of positive emotions
Empowerment
Requesting support
Goals

Fulfilling the parental role with success and satisfaction

Self-actualization

Maintaining a good balance between attention for own life and parenting
Fulfilling the parental role by people with mental illness

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In Western-Europe the mental health care changes from specialized institutions into Community Support teams. This gives more opportunity to supported parenting.
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• Website:
www.ouderschap-psychiatrie.nl
References


References-continued