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Parenting with Success and Satisfaction

A research based program for parents with
psychiatric disabilities

Subjects

- 1. Background
Supported Parenting
- 2. Methods:
ParrSS-Program and research
- 3. Results
- 4. Discussion/advices

1 Background Supported Parenting

- Almost half of the people with SMI have children
- SMI: 0.9% of the population (18 -65y)
- High barrier for the use of social services
- A lot of care providers miss options to support the development in parenting

- COPMI (Children of Parents with Mental Illness)

Three examples

1. Carla is a single mother with borderline problems. She has been admitted to a psychiatric clinic during half a year and now she is regaining the parenting of her two children from their grandmother.

2. Jan is a man with a long-term depression, he wants to give content to the visits to his daughter.

- 3. Karin is a mother of three children who occasionally is psychotic and who brings during those periods her children to their friends parents.

Balance



Own life
with higher
vulnerability

Parenting

Program 'Parenting with Success and Satisfaction' (ParSS)

Marrie Venderink and Peter van der Ende

Definition Psychiatric Rehabilitation

*Care-providers focus on helping individuals develop skills and access resources needed to increase their capacity to be successful and satisfied in the living, working, learning, and social environments of their choice.
(Anthony & Farkas, 2009).*

Characteristics

- Based on Psychiatric Rehabilitation (Boston- Approach)
- (Choose-Get)- Keep
- Consumer and provider in individual meetings or parents in groups
- Parts are self-help
 - During about one year
 - First two month one session per week, later once per fortnight

Three Workbooks of ParSS

I. “Assessing the actual functioning in the parent role”

- Who am I and who is my child?
- Division between time to spend and attention for the child
- Support, self confidence and expectations

Ila. “Strengthen the parent role”

- Who put demands on this parent?
- What asks the parent role from this parent?
- Who gives support?
- Tune with environment

IIb“ Take back the parent role”

- Parents' needs
- Possible activities
- Who have demands and what kind
- Who supports
- Tune with environment

2 Research methods

- One-year longitudinal research
- -Experimental group 12 parents, care providers and next of kin
- -control group 15 parents

Research question

- What are the effects on parenting by using the program Parenting with Success and Satisfaction (ParSS) in terms of success, satisfaction, empowerment and quality of life?
- Success by providers and next-of-kin and satisfaction with parents.

Instruments

- Parenting evaluation ($\alpha=.89$)
Kendall/Bloomfield, 2004) with subscales:
Affection, Play, Empathy, Routines,
Control, Boundaries, Pressures,
Acceptance, Learning, Balance and
organizing

-more instruments-

- Psychological Empowerment Scale (Akey, et al, 2000)
- Quality of life WHOQOL-BREF (1998)

3a. Results

- Subjective report: All 12 parents that were in the program were positive and so were their providers.
- The **satisfaction in parenting** has augmented in the experimental group. In the control group one can't find a real difference in the experimental year.

3b. Results

- The **success in parenting** expressed by providers and next-of-kin doesn't confirm the tendencies of the self-report by parents. In both groups it stays the same on average.
- Concerning Empowerment the experimental group falls back while the control group improves a little.

3c. Results

- The quality of life measured by WHOQOL-BREF has stayed stable over a year in both groups

Discussion

- The results of measuring with the fidelity-instrument showed that only in several cases of the instrumental group the method ParSS is used from A to Z
- Because the group was small only sample differences could be shown and hardly statistic differences

Advices

- Teach the program for parents in all kind of institutions
- Give 70% of the effort to implementation of this program, a coordinator on parenting in the institution, co-counseling around the progress of several parents, and a separate category in the file about parenting

-More advices-

- Improve communication about own problems with children (Nicholson et. al. 2001)
- Make a plan for the support of children when psychiatric problems increase
- Organize small meeting groups for parents

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- Websites:

www.ouderschap-psychiatrie.nl

www.hanze.nl/rehabilitatie