

Webinar 22**Using an intergenerational lens when working with children and parents**

7:15 pm to 8:30 pm AEST
Thursday, 23rd September 2021

**Emerging
Minds.**

**National Workforce
Centre for Child
Mental Health**



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Emerging Minds and MHPN wish to acknowledge the Traditional Custodians of the lands across Australia upon which our webinar presenters and participants are located.

We wish to pay respect to the Elders past, present and future for the memories, the traditions, the culture and hopes of Indigenous Australia.



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Welcome to series four

This is the second webinar in the fourth series on infant and child mental health, presented by Emerging Minds and the Mental Health Professionals' Network.

Series 4 webinars:

- Cultural Considerations in the social and emotional wellbeing support provided to Aboriginal and Torres Strait Islander children and families – 10th November 2021
- Working with parents of infants and toddlers
- Strategies for case formulation with children
- Aboriginal and Torres Strait Islander children

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Learning outcomes

At the webinar's completion, participants will be able to:

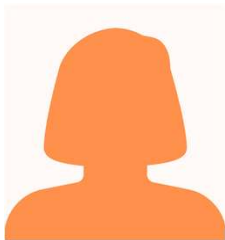
- Outline how to ensure children's social and emotional wellbeing is always considered when working with adults who are parents.
- Discuss the use of a prevention and early intervention framework to support children's mental health.
- Outline how to understand the history and context of parents' and children's problems.
- Discuss the history and context of a family's strengths, resilience, and know-how
- Outline how to help parents understand the historical factors that influence their parenting, both positively and negatively.
- Outline how to place the child at the centre of all decisions and interactions.



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Tonight's panel



Ann
Child & Family Partner



David Tully
Family Violence Practice
Manager, SA



Danielle Abbott
Social Innovator, SA



Facilitator:
Chris Dolman
Emerging Minds, SA



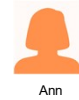
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Child & Family Partner's perspective

Using an intergenerational lens from a lived experience perspective



Ann

My family's experience over generations...

- As a child myself growing up.
- As a parent experiencing mental illness and seeking supports.
- As a parent with a child experiencing mental illness and seeking supports.
- Seeing my adult child parent my grandchild.



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Child & Family Partner's perspective

Thinking back and looking forwards



Ann

- What my family found helpful.
- What wasn't helpful and what was harmful to my family.

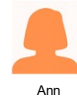


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Child & Family Partner's perspective



Ann

**On reflection,
what else would we have found helpful?**

When I sought support, thinking about supports for my whole family

- Communicating with my family.
- Recognising and promoting my family's strengths and resilience.



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Child & Family Partner's perspective



Ann

Considering Haley, Crystal and Lewis

Practical & Therapeutic supports

- Support and social groups – that acknowledge what you've been through.
- Counselling – for couples as well as individually.
- Financial counselling.
- Respite – for parents and children.



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Family Violence Practice Manager's perspective



David

Ethics in the face of adversity

- How is she standing apart from her negative historical influences.
- How do these ethics align with personal and relationship goals.
- Connecting through difference.



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Family Violence Practice Manager's perspective



David

Mapping her protective efforts



- What is she up against?
 - the context
 - safety first.
- What ways have systems not supported her?
- What has she done to create for her children and her siblings?
 - safety
 - nurturing environment
 - stability
 - healing from trauma.



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Family Violence Practice Manager's perspective



David

Positioning To Hear Differently

- What does the anger stand for in Haley's life?
- What ethics and hopes does it connect to?
- Testimony. Position against violence – hopes for children's lives.
- What would it have meant if she wasn't angry?



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Family Violence Practice Manager's perspective



David

Response and Resistant to Historical Influences

- Who knew what she was up against? What did it take to get through?
- What has it taken to hold onto these values?
- Where does she want these values to take her and her child to?



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Family Violence Practice Manager's perspective



David

Response Based Practice

- Being able to respond and view things differently if we are asking, "How did you respond?" as opposed to just, "What was the impact?"
- Whenever people are abused, they do many things to oppose the abuse and to keep their dignity and their self-respect. This can be called **resistance**.



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Family Violence Practice Manager's perspective



David

Pivoting to Children

- Reaching a shared understanding of the family's circumstances and the concerns that are circulating.
- Avoiding shaming responses.
- When parents are overwhelmed by other issues often it is hard for them to make space to emotionally hold their children in mind.
- Adult Centred Vs Child Centred Responses.



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Family Violence Practice Manager's perspective



David

Widening the Circle



- Reaching out to her partner Lewis.
- Reaching out to her Mum.
- Who else is in her circle - wider family, friends, community, other connections.



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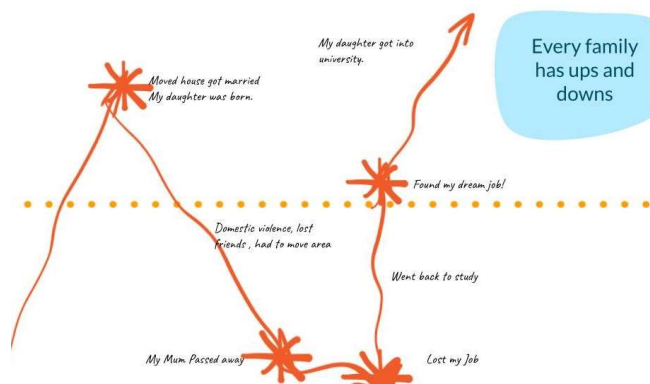
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Social Innovator's perspective



Danielle

Thinking Back



The story: helping Haley look back at her life from childhood to now:

- Haley's family signature?
- Haley's strengths?
- What has Haley not chosen for herself?



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Social Innovator's perspective



Danielle

Thinking now and actionable

Haley as a parent:

- How does Haley want life to be different for Crystal?
- Giving Haley choice.

Goal setting:

- What is the Goal?
- What are the actions?
- What will be the Outcomes?



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Social Innovator's perspective



Danielle

Thinking Forward and Sustainably

- Thinking about Crystal as a parent.
- Building Community and Connection.
- Learning in the live context of a positive peer.



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Q&A Session



Ann
Child & Family Partner



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Emerging Minds, SA



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Resources and further reading

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For more information about Emerging Minds, visit www.emergingminds.com.au

Upcoming webinars in 2021 & 2022:

- Cultural Considerations in the social and emotional wellbeing support provided to Aboriginal and Torres Strait Islander children and families – 10th November 2021

In 2022:

- Working with parents of infants and toddlers
- Strategies for case formulation with children
- Aboriginal and Torres Strait Islander children and families



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- Statements of Attendance for this webinar will be issued within four to six weeks.
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This webinar was co-produced by MHPN and Emerging Minds for the Emerging Minds: National Workforce Centre for Child Mental Health (NWCCMH) project.

The NWCCMH is funded by the Australian Government Department of Health under the National Support for Child and Youth Mental Health Program.



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Would you like to continue the discussion with local practitioners?

Or perhaps start discussing issues of local relevance? MHPN Project Officers are available to help you establish and/or join interdisciplinary mental health networks across metropolitan, regional, rural and remote Australia, either face-to-face or online.

We have 373 networks around the country as well as online networks.

Visit our online map to find out which networks are close to you at mhpn.org.au or contact Jacqui O'Loughlin at networks@mhpn.org.au



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Thank You

**Emerging
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**National Workforce
Centre for Child
Mental Health**



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