

Working Better Together

MHPN's inaugural conference for mental health practitioners

@MHPNConference



Trauma: The Impacts of Adverse Childhood Experiences content stream

Conference supporters



Technology Partner



Emerging Minds Webinar Series

Infant and Child Mental Health

**Emerging
Minds.**

**National Workforce
Centre for Child
Mental Health**



Webinar 8

Working with Parents who Experienced Adverse Childhood Experiences

**7:15 pm to 8:30 pm AEST
Thursday 6 June 2019**

**Emerging
Minds.**

**National Workforce
Centre for Child
Mental Health**



Emerging Minds and MHPN wishes 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.

This webinar is the final activity in the Trauma: The Impact of Adverse Childhood Experiences content stream in MHPN's online conference *Working Better Together*.

Tonight's panel



Courtney Schuurman
Social Worker,
Emerging Minds



Dr Mary Salveron
Provisional Psychologist,
the University of South
Australia



Professor Nick Kowalenko
Psychiatrist and NSW
Director and Founding
Deputy Chair –
Emerging Minds Board of
Directors



Facilitator: Dan Moss
Workforce Development Manager,
Emerging Minds

Learning outcomes

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

- Better understand how the long-term effects of adverse childhood experiences (ACEs) impact on adults and their parenting, and the therapeutic approaches that help overcome these impacts.
- Be able to implement tips and strategies to support adults and parents to make meaning of their adverse childhood experiences.
- Ensure a practitioner focus on children's social and emotional wellbeing when working with parents who have been affected by ACEs.

What is an ACE?

An adverse childhood experience (ACE) is a potentially stressful or traumatic event experienced during childhood, which:

- can produce chronic or 'toxic' stress responses in children that persist throughout the life-course
- can have potentially profound impacts on later development of chronic diseases, mental health issues and problematic social functioning.

The most widely recognised and researched ACEs are:

- childhood physical, sexual and emotional abuse
- physical neglect and emotional neglect
- exposure to family violence
- parental substance abuse
- parental mental illness
- parental separation or divorce, and parental incarceration.

Social worker's perspective

Engagement

- Transparency
- Empathy
- Listening
- **Meeting the family where they are at.**



Courtney Schuurman

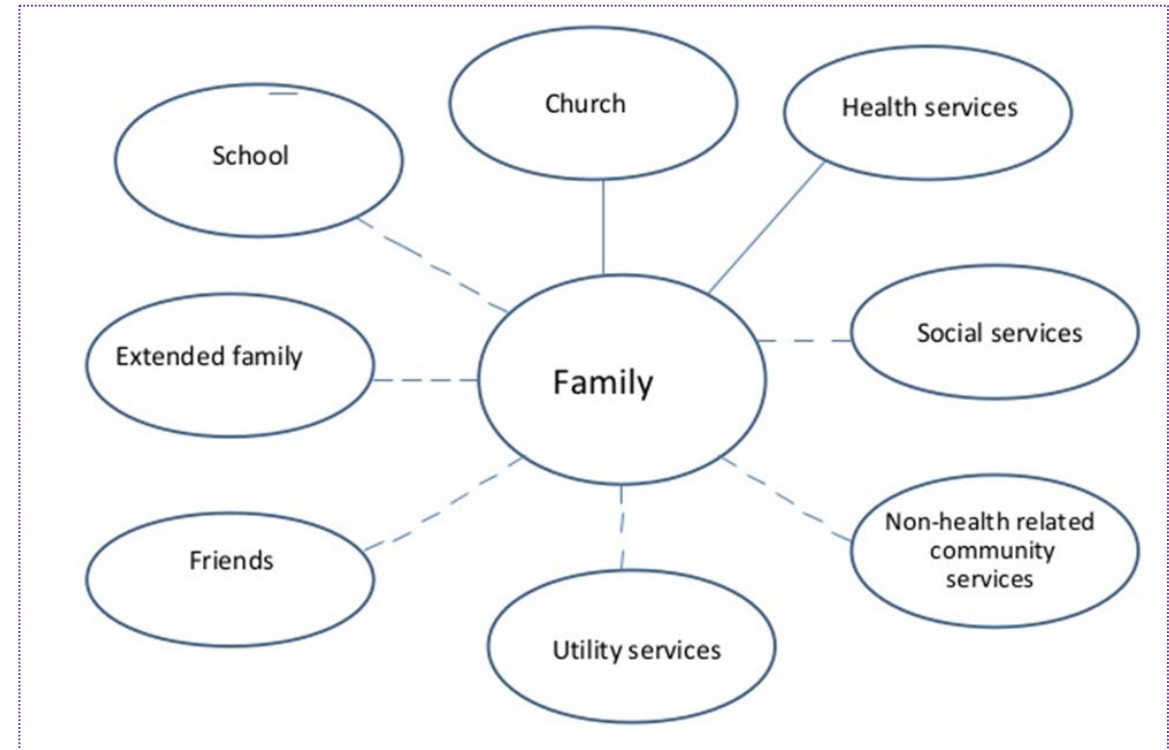
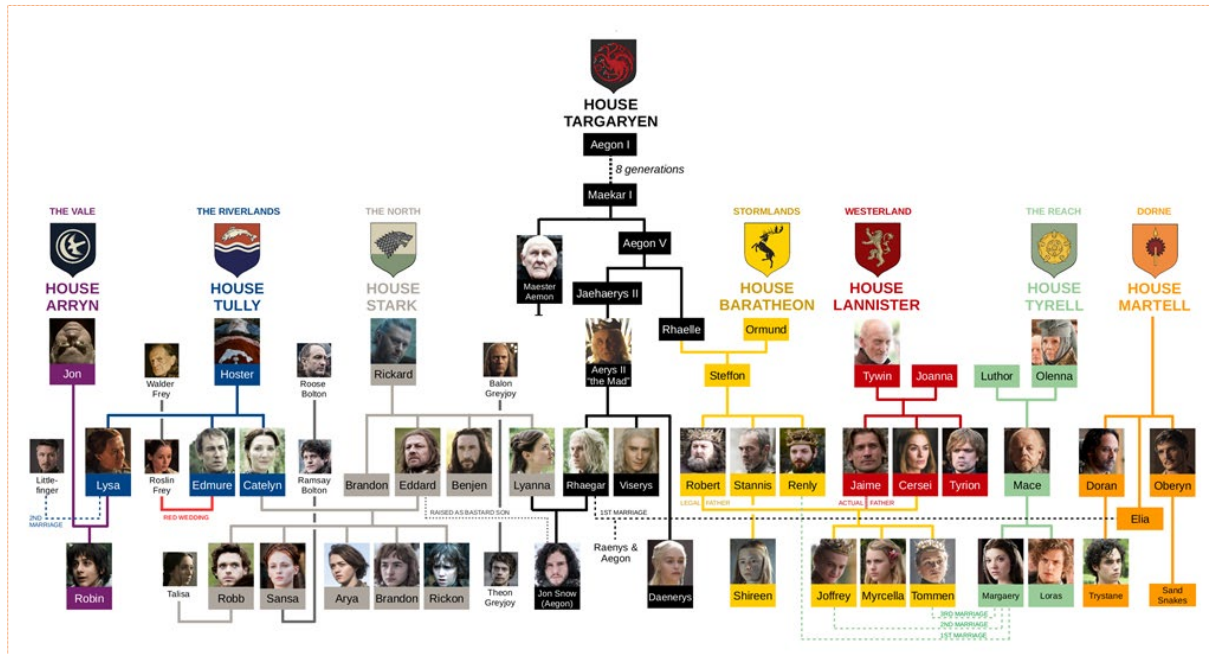


Social worker's perspective

Assessment



Courtney Schuurman



Social worker's perspective

Approaches

- Trauma informed
- Motivational interviewing
- Child Development
(chronological vs development ages).



Courtney Schuurman

Emerging Minds
National Workforce Centre for Child Mental Health

**The curious approach:
Trauma and adversity**

KNOW the prevalence and impacts of trauma and adversity.

CONSIDER the possibility that what the child is feeling and what the child is doing right now might be influenced by an experience of trauma or adversity (or it might not).

UNDERSTAND how the impacts of trauma and adversity on the developing brain might help to explain the way the child is acting, or what the child is feeling.

BE CURIOUS about what the child is feeling and how the child is expressing emotions, within the context of the whole child.


BE AWARE that you do not have to know about, or talk about, the child's experiences of trauma to be helpful.

BE SENSITIVE to the child's emotions and experiences.


BE A SAFE PLACE for the child to express his or her emotions. Be calm, consistent, understanding, and clear.

HAVE COMPASSION for the child, and his or her family, and be empathetic.


WORK ALONGSIDE the child and his or her family.



Delivery partners:



Visit our web hub today!
Emerging minds.com.au


emerging minds®

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



Psychologist's perspective



Dr Mary Salveron

Long-term impact of adverse childhood experiences (ACEs):

- Impact on physical and emotional health and wellbeing
- Automatic threat/stress response
- Poor coping strategies
- Learning styles
- Interpersonal difficulties
- Parenting styles
- How one views self, how one manages stress, their emotions, how one learns, how one reflects, how one interacts with others.



Psychologist's perspective

Engaging with Janet and Justin:



Dr Mary Salveron

- Compassionate, empathic and non-blaming stance
- Build on strengths
- Understand family ecology
- Build autonomy and responsibility
- Develop adaptive coping skills
- Build motivation and self-discipline
- Social support.



Psychologist's perspective

Keeping Thy's social and emotional wellbeing in mind:



Dr Mary Salveron

- Safety
- Attachment
- Age and stage of development and wellbeing
- Modelling for Justin and Janet.

Psychologist's perspective

7Ps collaborative case conceptualisation: Understanding Janet and Justin's situation



Dr Mary Salveron

1. Presenting problem:

- ?Impact of Janet's methamphetamine use on parenting Thy
- ?Impact of Janet and Justin's feelings of depression and anxiety
- ?Increasingly withdrawn
- *How do Janet and Justin hear/understand what the problem is? What do they see as the problem or problems?*

2. Pattern and onset:

- ?Frequency, intensity, number and duration of methamphetamine use/depressive feelings/anxiety
- When did it begin?

3. Predisposing factors:

- Justin: own child abuse and neglect, experience of trauma, feelings of abandonment and loss
- Janet: child abuse and neglect, experience of trauma, debilitating feelings of abandonment, rejection, loss
- *How do Janet and Justin understand their experience of ACEs and trauma?*
- *How do Janet and Justin understand how their experiences impact on their role as parents to Thy?*



Supporting Justin and Janet and seeing them as parents

Psychologist's perspective



Dr Mary Salveron

4. Precipitating factors:

- What happens before drug taking?
- What are stressors?

5. Perpetuating factors:

- How do Justin and Janet's own experiences maintain the problem?
- What cognitive factors maintain the problem?
- What emotional factors maintain the problem?
- What behavioural factors maintain the problem?
- What situational factors maintain the problem?
- What lifestyle factors maintain the problem?
- Other psychological disorders contributing?
- How does parenting stress contribute to the problem?
- What factors do Janet and Justin think keep the problem going?

Supporting Justin and Janet and seeing them as parents

Psychologist's perspective



Dr Mary Salveron

6. Protective factors:

- Existing social support?
- Janet has had times of feeling well and managing situations in past without drugs
- Justin has had times of feeling well and managing situations in past
- Existing strategies for coping
- Understanding what Janet and Justin's aspirations are for Thy? What do they want? What do they not want for Thy?

7. Prognosis:

Supporting Justin and Janet and seeing them as parents

Psychologist's perspective

Effective interventions

Cognitive-behavioural approaches:

- Psycho-education
- Cognitive restructuring
- Management of emotions
- Problem solving skills
- Adaptive coping skills
- Interpersonal skills

Supporting Justin and Janet



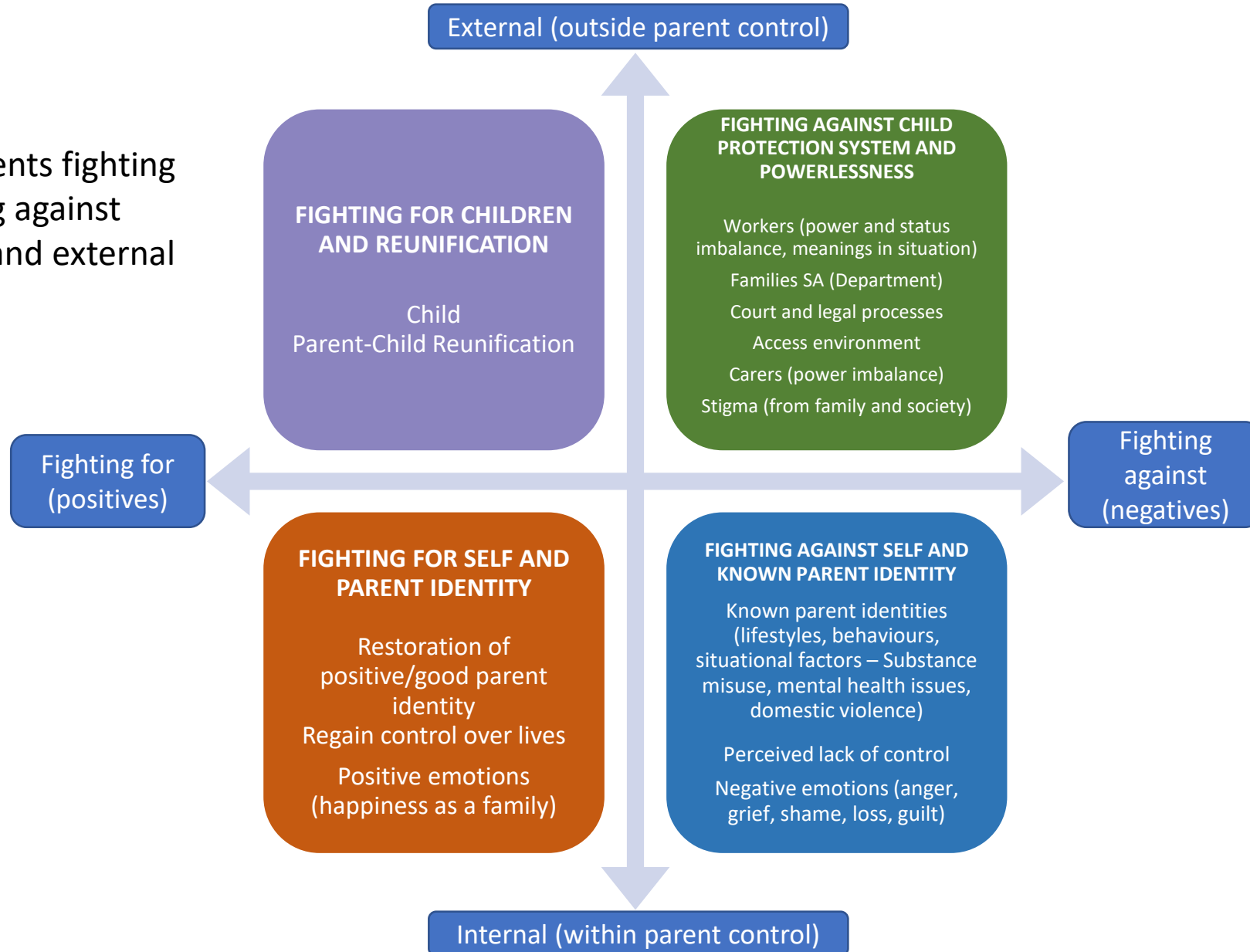
Dr Mary Salveron

Psychologist's perspective



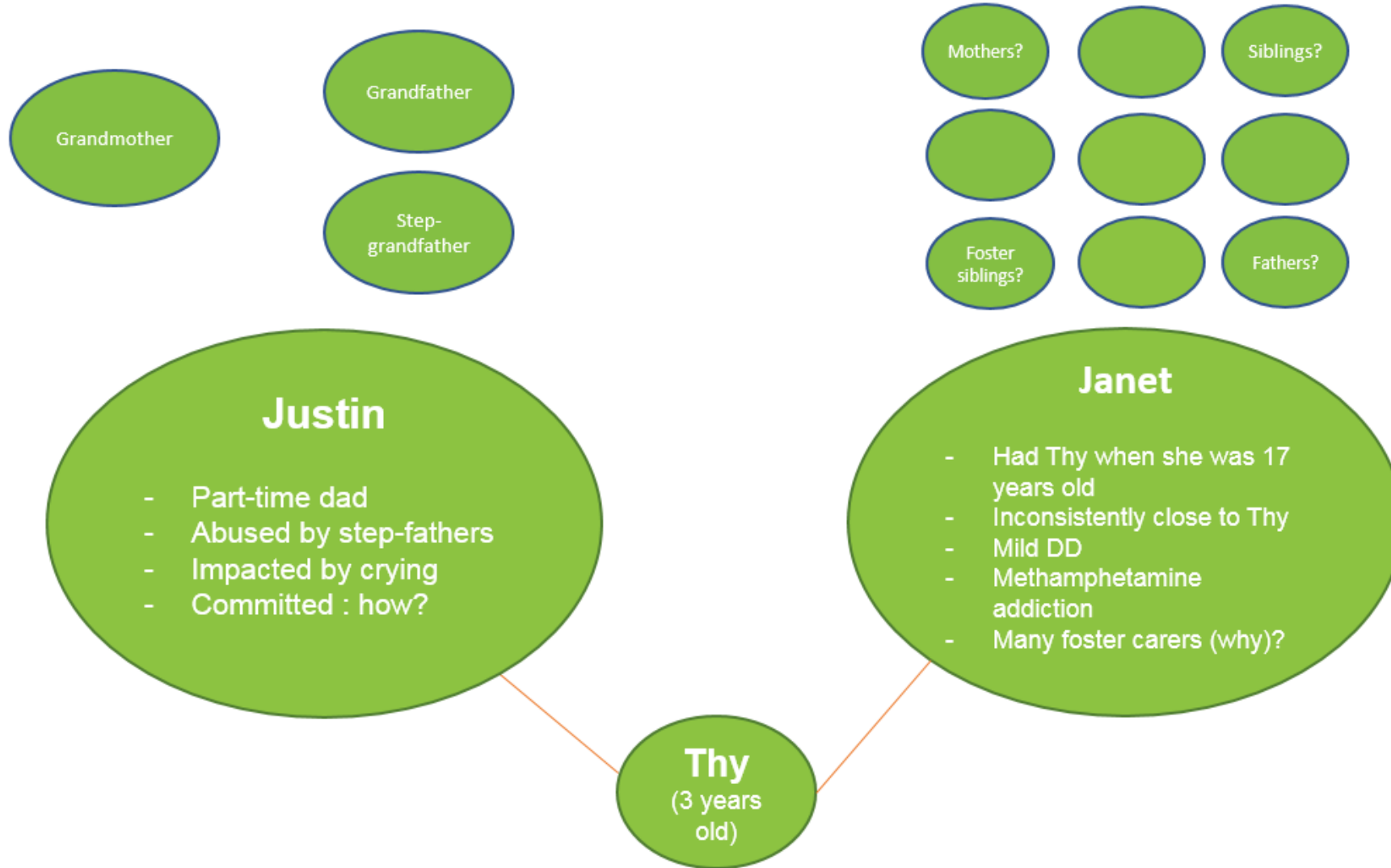
Dr Mary Salveron

Aspects of parents fighting for and fighting against (with internal and external dimensions)



Psychiatrist's perspective

Family



Prof Nick Kowalenko

Psychiatrist's perspective



Prof Nick Kowalenko

Justin

- Abused by step-dad
- How did mum react to your circumstances when you were 14 years-old?
- Most parents want... things can get in the way
- Part-time father/partner (impact of full-time fathering on you would be..?)
- “Wouldn’t have a clue” – how to get some clues?
- Impact of crying is... (frustrated, run?).

Psychiatrist's perspective



Prof Nick Kowalenko

Janet

- Ruptured parenting: continuity and care (how and why?)
- The hope of love... hoping for? (Experience of love?)
- Foster siblings / foster parents – does she keep in contact?
- Inconsistently close to Thy – Janet's experience (drugs and ...)
- 'Somebody to love'... and Justin?
- Addiction – duration, development, sequelae

Psychiatrist's perspective



Prof Nick Kowalenko

Thy

- Out of home care outcome – is this preventable?
- Neglect (intermittent to mostly?)
- Possible antenatal amphetamine exposure
- Developmental milestones (language; psychosocial)
- If developmental compromise: parenting her is more demanding
- Inconsistent relationship quality will stress her and she will react more.

Psychiatrist's perspective

A family: it takes a village Intergenerational ACEs



Prof Nick Kowalenko

- Safety and monitoring – it is priority one
- Ecology of family and connections/strengths/food, clothing, shelter
- Parenting support and addiction/intellectual capacity
- Justin's reliability in family
- Intergenerational ACEs
 1. Care rupture (mother/toddler)
 2. Father reliability (father/toddler)
 3. Neglect (mother/toddler)
 4. Development (mother/toddler)
 5. Couple (parenting) role support and stress
 6. ?Biology (illness) / genes (ID cause?)/epigenetic (toxic stress)?
- Intensive, persistent intervention for out of home care prevention.



Psychiatrist's perspective



Prof Nick Kowalenko

How?

- Drug withdrawal and rehab: with baby (comprehensive)
- Learning parenting and imitation with mild DD (instrumental)
- Physical health
 - Mother – weight / health (risk of asthma/hepatitis etc.)
 - Thy (growth, development, care)
- Physical abuse prevention with parenting programs

Psychiatrist's perspective

Parenting capacity

- Physically and emotionally (instrumental skills and emotional)
- ACEs in social, psychological and biological domains
- Sustained intensive intervention and support early in Thy's life
- Want the best for baby (incl. temporary kinship placement)



Prof Nick Kowalenko

Psychiatrist's perspective

Foundations for parenting

- Your hopes for your baby's childhood? For her loving you (and how did you imagine your baby loving you?)
- What's got you through as a parent?
- Who was close to you / who could you rely on?



Prof Nick Kowalenko

Q&A session



Courtney Schuurman
Social Worker,
Emerging Minds



Dr Mary Salveron
Provisional Psychologist,
the University of South
Australia



Professor Nick Kowalenko
Psychiatrist and NSW
Director and Founding
Deputy Chair –
Emerging Minds Board of
Directors



Facilitator: Dan Moss
Workforce Development Manager,
Emerging Minds

Resources and further reading

Other supporting resources associated with this webinar can be found in the Supporting Resources tab at the bottom of your screen.

For more information about Emerging Minds, visit our website

www.emergingminds.com.au

Or sign up for Emerging Minds news at

www.emergingminds.com.au/subscribe



Thank you for participating

- Please ensure you complete the *feedback survey* before you log out.
Click the Feedback Survey tab at the bottom of your screen.
- Certificates of Attendance for this webinar will be issued as part of MHPN's conference by the end of June.
- Each participant will be sent a link to the recording of this webinar and associated online resources within four weeks.

This webinar is the final activity in the Trauma: The Impact of Adverse Childhood Experiences content stream in MHPN's online conference *Working Better Together*.



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 led by Emerging Minds and delivered in partnership with the Australian Institute of Family Studies (AIFS), the Australian National University (ANU), the Parenting Research Centre (PRC) and the Royal Australian College of General Practitioners (RACGP).

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

Thank You

**Emerging
Minds.**

**National Workforce
Centre for Child
Mental Health**

