

# Parenting and Mental Health

*PARENT* Research and Intervention Project

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# Parenting Stress and Mental Health

1. Why examine parenting and mental health?
2. How many mental health clients are parents?
3. What supports do clients want?
4. Where do we go from here?

# Why examine parenting and mental health?

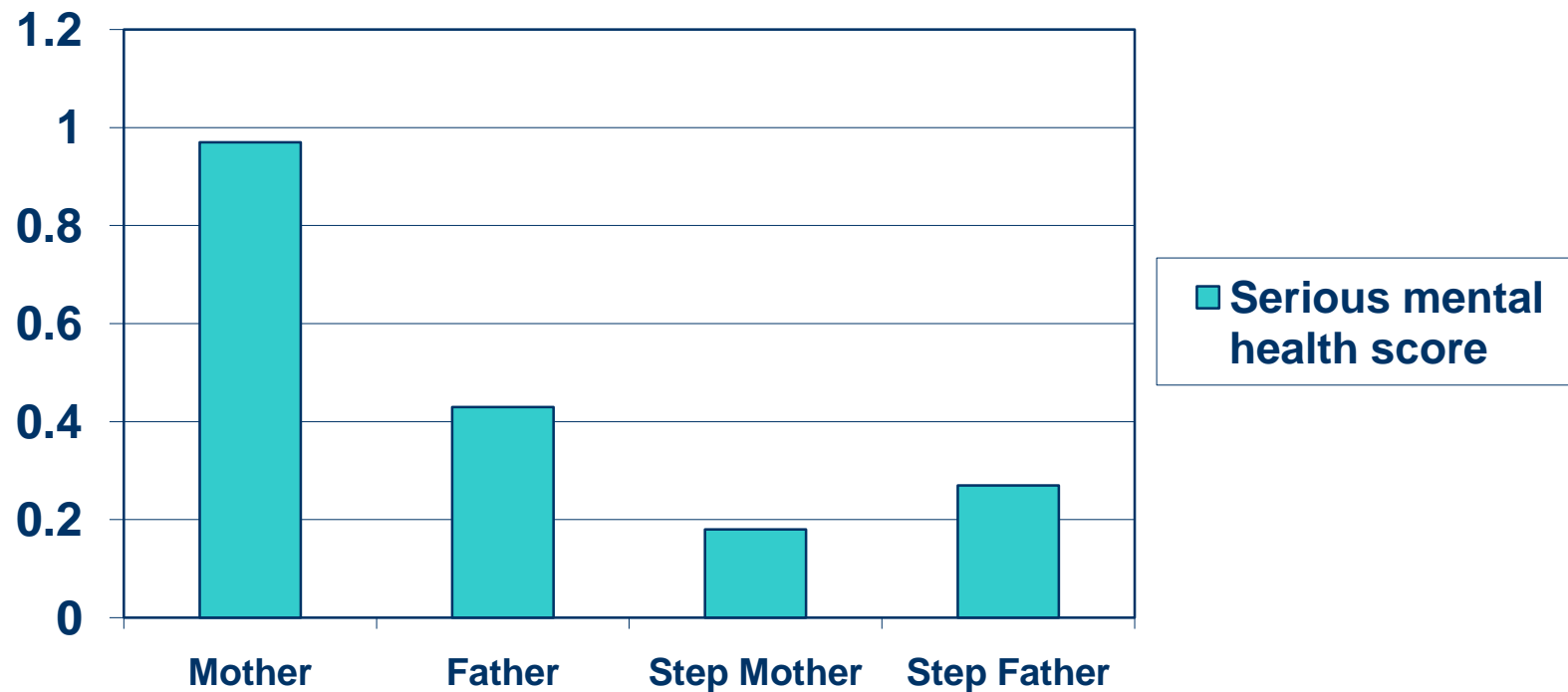
- The transmission of mental disorder from parents to children is partly through parents' reduced ability to provide all the care, supervision, and resources a child needs for optimal development

# Why examine parenting and mental health?

- Most adults with serious mental disorders become parents in their lifetime
- Post partum depression... not just for mothers
- Genetic and environmental risks for children
- Less access to parent and child services
- increased fussiness, reduced motor development, less playfulness, less positive attachments, increased stress reactions, more behaviour problems, externalizing behaviour problems, depression, other psychiatric problems, etc.

# Why examine parenting and mental health?

Extreme case: mothers who kill their children

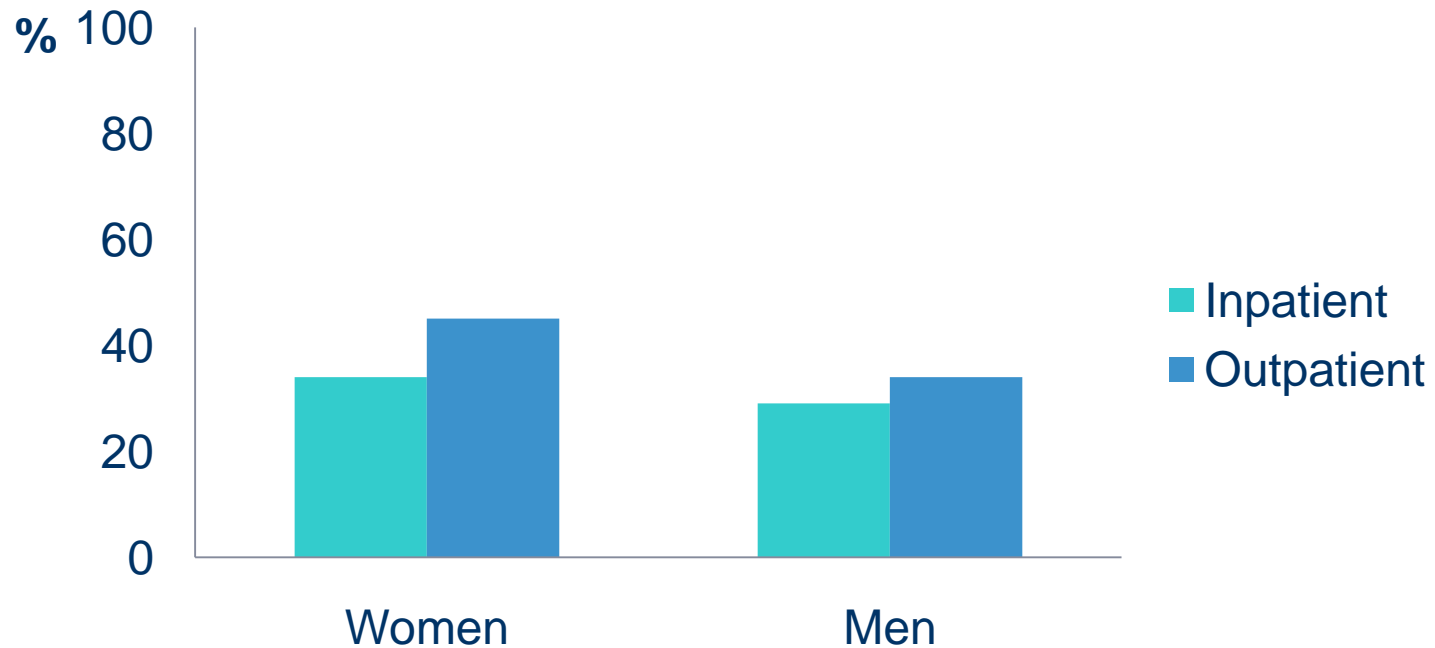


# Why examine parenting and mental health?


- Consultation phase
- Child, youth, family, health, mental health, police
- All agencies see parents with mental disorder
- Each responds to only part of the picture
- Admission Assessment Program, Centre for Addiction and Mental Health, Children's Aid Society, CMHA Youth Project, Family Health Team, Family Mental Health Initiative, Kinark, Outpatient Services Program, Midland Police Service, Public/Community Health (Midland PHU; Beausoleil Family Health Centre), Wendat, (education – Learning Centres)

# How many mental health clients are parents?

Clients aged 50 or younger with minor child



# What supports do clients want?



**Are you a mom?  
Do you have children  
under age 13?**

**WE WANT TO HEAR ABOUT  
YOUR EXPERIENCES!**

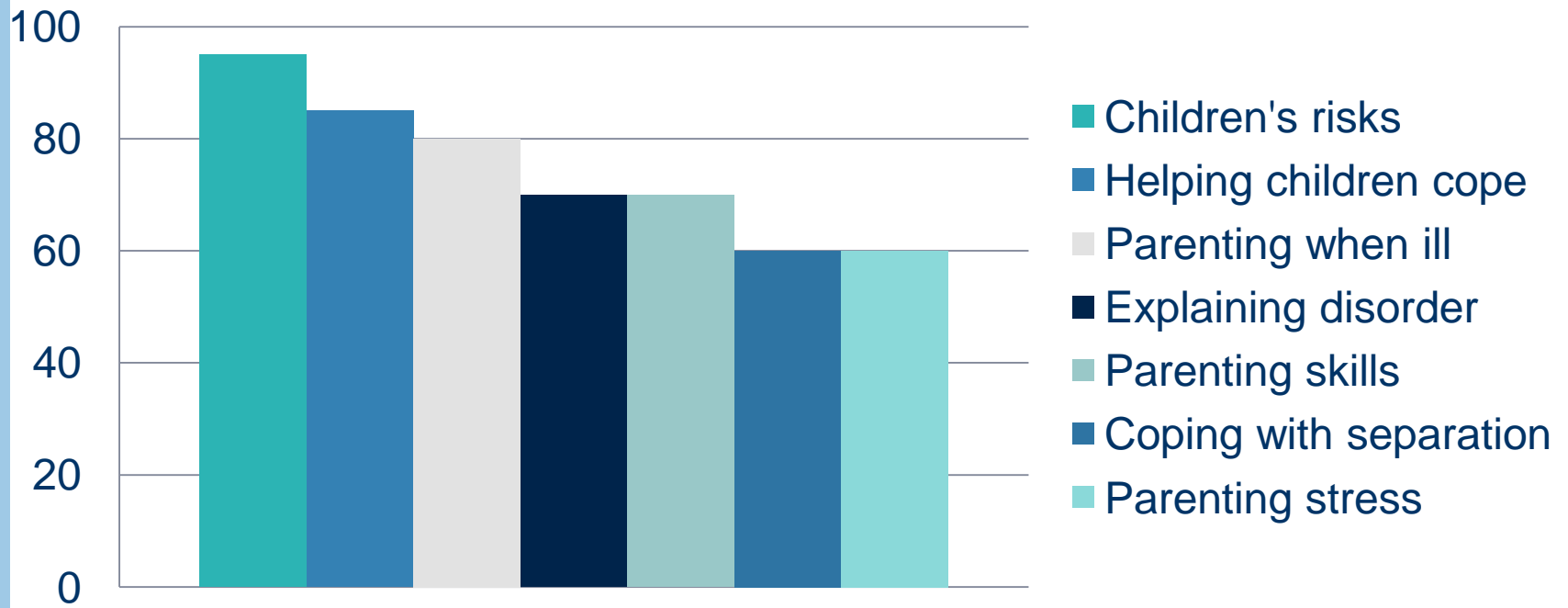
- **Your role as a mother**
- **Your concerns**
- **Your view on future services**

**Share your views in a 1-to-1 interview  
Your input could help other mothers.**

**For more information see the flyer or call:  
Dr. Zoe Hilton, 705- 549-3181, ext 2611**

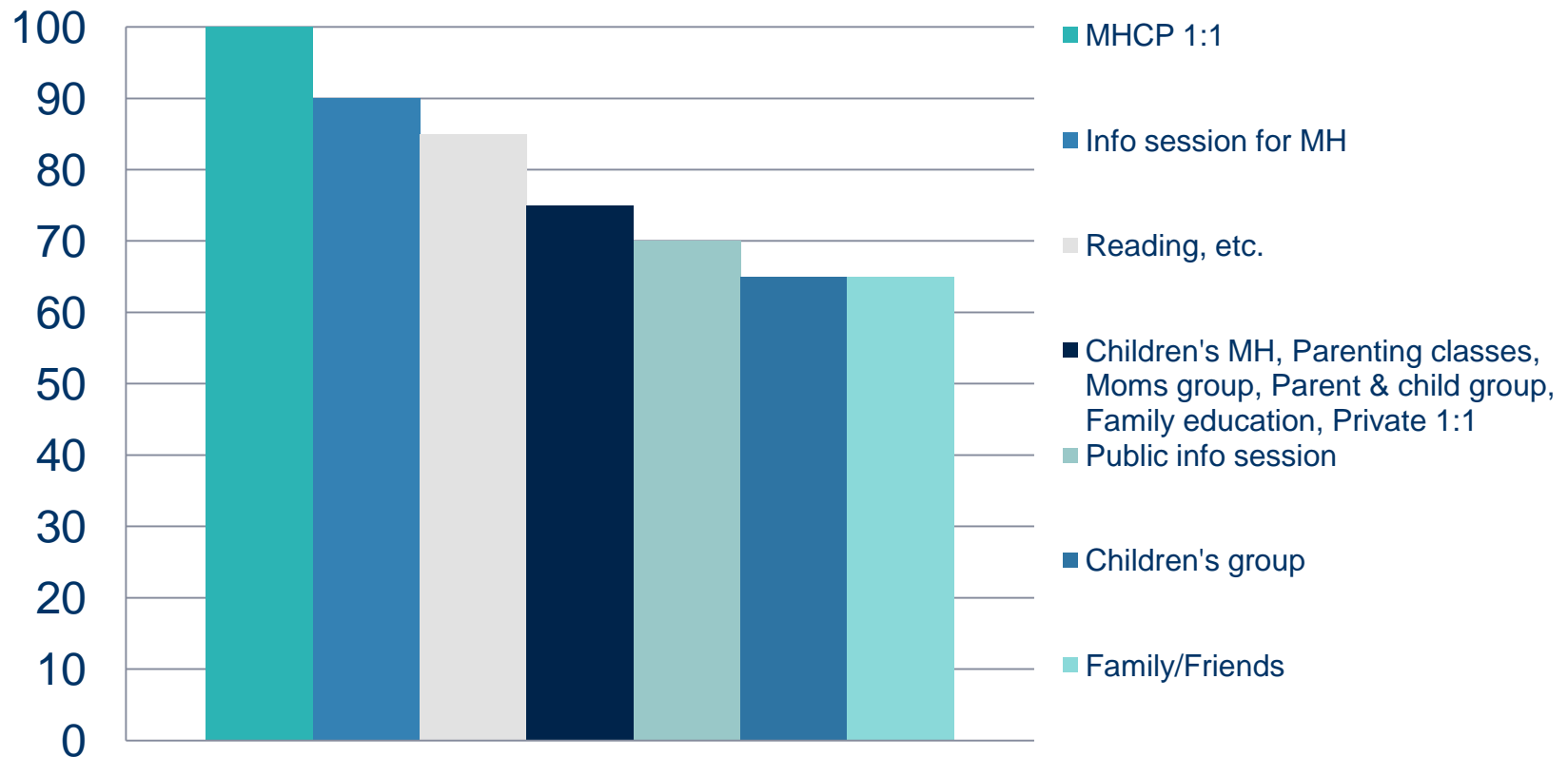
# What supports do clients want?

Percent wanting to learn more about...



# What supports do clients want?

## Percent interested in parenting support from...



# Where do we go from here?

- Parenting support by mental health providers
  - Survey
  - Interviews
  - Brief intervention

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# Where do we go from here?

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- Questions?
- Suggestions?

# Thank you for your time

Sonja Dey, Angela Eke,  
Grant Harris,  
Ruth Houghton, Carol Lang,  
Kris Maeck, Alana Peters,  
Marnie Rice,  
Jenna Rutherford, and 20  
interviewees helped with  
the research I described in  
this presentation.

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