

Facilitating Parents' Agency in Child and Adolescent Mental Health

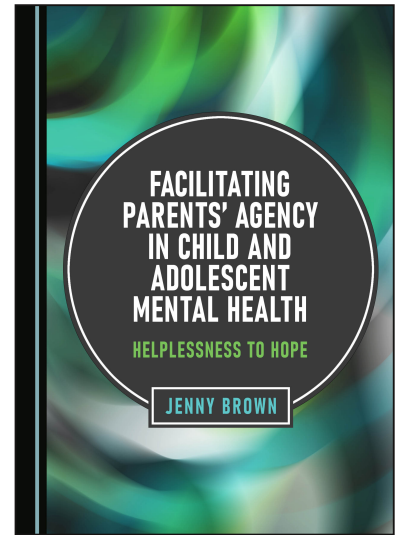
Helplessness to Hope

Jenny Brown

This book explores parents' experiences of their child's treatment in an adolescent mental health services in Sydney, Australia. It represents the incisive narratives of parents of a chronically struggling child. Such parent groups are under-consulted in the field, and yet their experiences provide clinicians with effective ways to engage them as a resource for the child's recovery. The author draws on her research and vast experience in the field to map out how program managers and clinicians can involve parents as a valued part of the child's treatment. Readers are taken on a very personal journey with parents through their help-seeking efforts, their hopes for

treatment, their varied experiences of involvement and the impact of these experience six months following their children's treatment.

Dr Jenny Brown is Director Emeritus at the Family Systems Institute and founder and Director of the Family Systems Practice and Parent Hope Project in Sydney, Australia. Her academic qualifications are from the University of Sydney (medical social work prize) and Columbia University (Deans award). Her PhD research (Social Science UNSW) explored parents' experience of their child's mental health treatment, forming this book's basis.



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