

What is the Parent Hope Project?

It is a manualised parent/systems intervention program – to improve treatment outcomes for children & young people with complex mental health presentations. The manual includes an introductory and review session and the 6 session core program. The goal is to equip clinicians to engage parents in recovering hope and personal agency in supporting their young person's recovery of wellbeing.

What is the parent coach/facilitator training process?

Those interested in the program will be given a link to a free online seminar. This is followed by a 3 part seminar that covers the family systems framework that undergirds the program. It is then possible to register for the coach training process that includes 2 full days of training in how to use the manuals. Coaches are then supported with viewing online group supervision, live webinars and a community learning hub, over approximately a 6-month period. They receive access to resources online that backup their parent coaching. Another full day of intensive training takes place a few months into the process. Each parent coach works from a Coach Manual and provides each parent with their own Parent Manual.

What is distinct about the program?

This is not a parent education program where the trainer instructs the parent about how to manage their child. It aims to facilitate parent awareness and develop internal agency – to discover their own solutions. It is not directed at fixing the child, nor is it mental health psycho-education. Rather it focuses on the parent awareness of their interactions with their child and on the parent changing what is in their control. The coach shares ideas and principles rather than prescribing what the parent should do.

What is the parent coach process?

The central approach is thinking about examples of interaction between parent and child. Each session introduces a new idea to apply to the interaction from which parents gain new insights and can make some adjustments to themselves. This program is an individualised therapy approach with 1 or 2 parents. A slightly different program= The Parent Confidence Project = can be run as a group program for parents of less chronically struggling young people.

STAGE 1: SESSIONS 1-3

Stepping back: Observation and awareness

Learning to observe the parent-child interactions when stress is high

STAGE 2: SESSIONS 4-6

Stepping up: Adjusting self

Learning to adjust parent interactions to promote the young person's growth in responsibility and wellbeing

Parent Hope Project: The journey

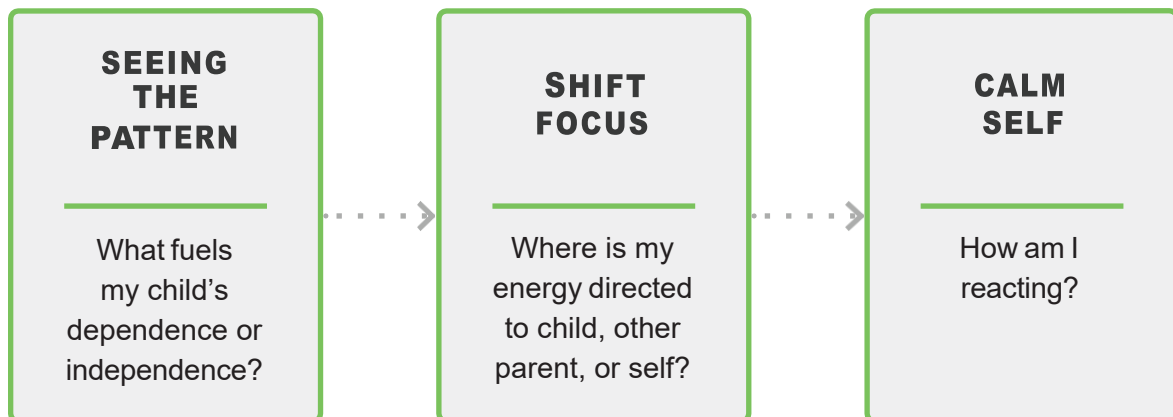
Commence project with:

DEPLETED HOPE

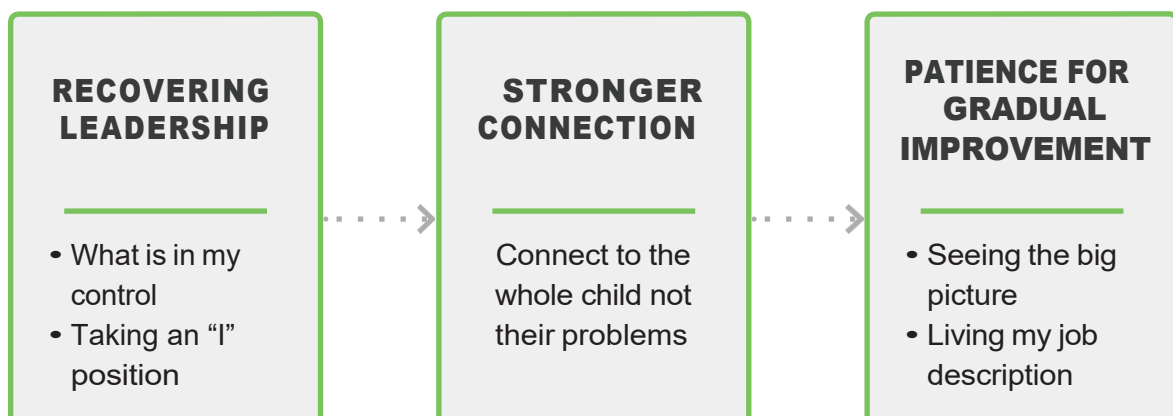
DISILLUSION

FRUSTRATION

STAGE 1 | Stepping back: Observation and awareness



STAGE 2 | Stepping up: Adjusting self



Complete project with:

RENEWED HOPE

A SENSE OF DIRECTION

INCREASED CONFIDENCE