

Flourishing Families Clinic

Why focus on parenting?



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The research literature suggests that mental health difficulties often run in families, and children of anxious or depressed parents are at increased risk of developing mental health difficulties themselves. Recent studies suggest that parenting support can reduce these risks whilst improving the mental

health and welfare of the parent. Despite evidence suggesting that parenting interventions are highly effective in reducing children's emotional and behavioural difficulties, the NHS is not currently offering any targeted parenting support.

What is the Flourishing Families Clinic?

The Flourishing Families Clinic launched at the beginning of 2018, the Clinic aims to increase access to parenting support to promote wellbeing in both adults and children. The Clinic currently offers short workshops to parents receiving treatment for anxiety through Brighton and Hove Wellbeing Service in Brighton and Health in Mind in East Sussex. Around 41.8% of parents with children aged 3-11 years who accessed Brighton and Hove Wellbeing service in 2017 had a provisional diagnosis of an anxiety disorder. This approximates to 300 parents per year.

Table 1: Provisional diagnosis of parents with at least one child aged 3-11 years accessing IAPT from June 2017 – November 2017

Diagnosis	Count	Proportion
Anxiety Disorder	148	41.8
Mood Disorder	169	47.7
Mixed anxiety and mood disorder	15	4.2
Eating disorders	3	0.9
Other	19	5.4
Total	354	100

The aim of these workshops is to improve mental health outcomes for parents and their children as well as carrying out research into the needs of this population. It will address the specific challenges associated with parenting whilst taking into consideration the additional complexities of having a mental health difficulty. The Clinic will also support the development of a model clinic that could be rolled out across other NHS adult mental health settings.

The Clinic is a joint endeavour between adult mental health services and Sussex Partnership NHS Foundation Trust Research & Development department, with support from the ESRC Impact Acceleration Account. The hope is to eventually offer different forms of support (e.g. online interventions) based on feedback from parents.

What we offer

Parents who are referred to Brighton and Hove Wellbeing Service or Health in Mind and have at least one child between the ages of 2 - 11 years old are offered the 'Raising Confident Children' workshop. This is offered alongside their usual treatment. The workshop is delivered across 2 sessions by trained facilitators and measures of parent and child outcomes are collected before the workshop and 3 months after. So far we've had over 75 parents attend the workshop.

Who can attend the Raising Confident Children workshop?

We welcome anyone who is a parent or significant caregiver (i.e. grandparent, step-parent) who:

- Have at least 1 child between the ages of 2 - 11 years old
- Considers themselves to be reasonably anxious (a formal diagnosis is not necessary) and would like some help thinking how this might sometimes affect their parenting.

Research supporting the Clinic so far

Abby Dunn has an ESRC-funded studentship to explore the parenting needs of individuals with more complex mental health presentations receiving treatment within a primary care setting.

Flourishing Families Clinic Lived Experience and Advisory Panel

We've put together a Lived Experience and Advisory Panel, who consult on the materials that are used during our workshop. This provides valuable insight into the experiences of those who attend the course and allows us to adapt the content to suit the needs of clients.

The Flourishing Families Clinic in the media

The Clinic has been reported and discussed in several media outlets. Most notably, our 'Raising Confident Children' group and Clinic Director, Professor Sam Cartwright-Hatton were featured on the BBC Radio Four podcast series 'All in The Mind' presented by Claudia Hammond. This aired on Tuesday 25th June 2019, and can be listened to here:

<https://www.bbc.co.uk/programmes/b006qxx9/episodes/downloads>

How can I find out more?

Brighton

If you are currently experiencing anxiety difficulties and live in Brighton and Hove you can call **0300 020 0060** and ask to be referred to the Flourishing Families Clinic or you can complete a self-referral form online at

www.bics.nhs.uk/patient-information/brighton-and-hove-wellbeing-service

East Sussex

For those in East Sussex you can call **0300 00 30 130** and ask to be referred to the Flourishing Families Clinic or you can complete a self-referral form online at <https://www.healthinmind.org.uk/news/42-new-online-self-referral>

For further information please contact us at:

Tel: **0300 304 0088**

Website:

<https://www.flourishingfamiliesclinic.nhs.uk>

Email: flourishingfamilies.clinic@sussexpartnership.nhs.uk

Quotes from group members

"I found hearing other people's examples and becoming aware that it's not just you who has these 'problems' helpful"

"I have never felt so good about myself as a parent"

"I think it was good that the course was held with a week between sessions, it gave us a chance to reflect and perhaps come back with questions"

"Both of these sessions were really useful to put everything in perspective and start to get back in control"

"One of our clients on the course also attended the Flourishing Families group and said that her little boy slept in his own bed for the whole night for the first time in months, thanks to one of the strategies you taught her. She had nothing but amazing feedback and she was recommending the course to other parents in the room!"