

Mental Health Module Outline Solution Building Blocks

Solution Building Block 1: Family Action Plan

Objective: To engage the family in preparation for the potential crisis of a client's relapse.

Solution Building Block 2: Family Councils

Objective: To establish a scheduled family meeting that provides the family with an open forum and an opportunity to share the responsibility of decision-making.

Solution Building Block 3: Alert Signal/Warning Flag

Objective: To provide a tool for any family member to express concern for their own or another family member's personal safety.

Solution Building Block 4: Designating the Family Support Person: The Family Ally

Objective: To help the family select and set into place a support person to assist the family if a serious crisis arises.

Solution Building Block 5: S.O.S. Letter

Objective: To help the family prepare a letter to be mailed if a possible crisis threatens. The letter will inform the family ally to take appropriate action.

Solution Building Block 6: What Do I Tell My Child?

Objective: To help parents address their child's concerns about their mental health challenges in a developmentally appropriate way.

Solution Building Block 7: Addressing the Child's Concerns About a Parent's Medication

Objective: To help parents provide their child developmentally appropriate information about their medication.

Solution Building Block 8: Information Please: What Happens To My Parent In the Hospital?

Objective: To help parents discuss their hospitalization with their child in ways that will be most assuring to the child.

Solution Building Block 9: My Friends Call You Crazy

Objective: To help parents discover ways to help their children discuss the family's mental health challenges with people outside the family system.

Solution Building Block 10: Developing Children's Problem Solving Skills

Objective: To support parents in teaching their children problem solving skills for dealing with their peers.

Solution Building Block 11: Engaging Helping Professionals: Let's Talk

Objective: To help clients develop skills that will help them be cooperative, assertive, and effective when engaging outside support systems.

Solution Building Block 12: Working with the Child's School: I'm My Child's Advocate

Objective: To help clients learn how to be cooperative, assertive, and effective when engaging their children's educational systems.

Solution Building Block 13: Tracking Conversations: Focusing on the Road to Independence

Objective: To offer parents helpful tips for conversations with someone outside the family system (for example, a boss or landlord).

Solution Building Block 14: Kids' Journals: All About Me

Objective: To develop a journal around the story of each child that helps maintain a sense of continuity if family members should be separated.

Solution Building Block 15: Hear's My Voice

Objective: To develop recordings of the client's voice to assist the child in times of separation.

Solution Building Block 16: Sounds of Home

Objective: To prepare a recording of customary sounds from the child's home that provide a sense of comfort and familiarity to an infant or very small child separated from the family.

Solution Building Block 17: Ensuring the Continuum: Working with Foster Care Parents

Objective: To help parents engage their child's foster care parents to better serve the child's interests.

Solution Building Block 18: Parent/Foster Parent Buddy System

Objective: To help parents establish a relationship with their child's foster care parents and utilize them as role models.

Solution Building Block 19: Preparation for Family Visits

Objective: To teach parents ways to prepare for their child's visit to the home or hospital.

Solution Building Block 20: ReBonding: Hello, It's Me Again

Objective: To help parents re-approach their children in healthy ways after separation.

Solution Building Block 21: Bonding: The Ties That Bind

Objective: To facilitate parents' ability to connect with their children in healthy and nurturing ways.

Solution Building Block 22: Stress Reduction: Gimme a Break

Objective: To teach healthy ways to deal with the stresses of daily life.

Solution Building Block 23: Relaxation Techniques

Objective: To provide parents and other family members with simple relaxation methods to use before stress levels become too uncomfortable.

Solution Building Block 24: Sanctuary: My Safe Haven

Objective: To help the parent find a specific handy refuge for when they need one.

Solution Building Block 25: Support for the Anchor Parent

Objective: To help the family establish ways to help and support the non-disabled parent.

Solution Building Block 26: Respite Care: Prevention Instead of Intervention

Objective: To help the parent recognize when daily stresses are reaching a potentially dangerous level and they need to take a temporary break from responsibilities.

Solution Building Block 27: Making Space for Ups and Downs

Objective: To help parents develop the ability to cope with their life's cycles.

Solution Building Block 28: Checking My Successes Chart

Objective: To create an individualized checklist/journal of the client's daily family routines that offers the parent a list of daily responsibilities and a place to note their successes.

Solution Building Block 29: Nutrition: Promoting Healthy Heart Smart Snacks

Objective: To help families provide their children with healthy snacks.

Solution Building Block 30: My Three Wishes

Objective: To provide children the opportunity to express their dreams and goals for their family while teaching the parents to provide a supporting and nurturing environment.