

Kidz Club-Primary Mental Health Education Support and Safety

Children's Health Conference 2008

Maggie Wilson BA.Pg.dipAth.Rath AATR:
Art therapist KOPMI Program Coordinator
ph: 07 3163 8650
Email: Maggie.wilson@mater.org.au

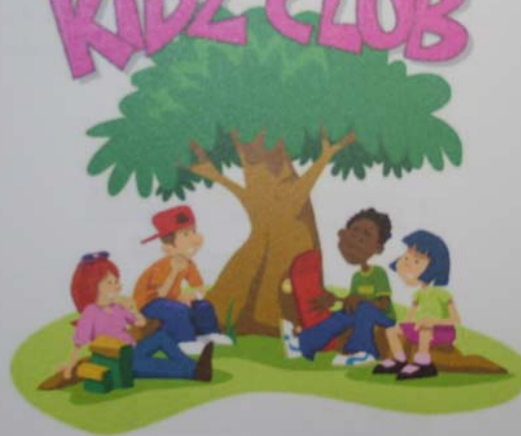
Presentation Outline

- How the Kidz Club group relates to the KOPMI project
- Outline of Kidz Club Processes
- Frame work for using art as a tool in a psycho educational group for primary children
- Session 6 Families and Support
- Experiential helping Hands Activity

Kidz Club - Primary

A Supportive and Educative Group
for Primary School-Aged Children who
have Parents/Relatives living with a
Diagnosed Mental Illness

KIDZ CLUB



Mater

Kids In Mind

How the Kidz Club group relates to the KOPMI project

- Kidz Club Kit published in 1998
- Over 10 years Kidz Club Groups held each holidays at Mater CYMHS Day program
- 2005 Southside KOPMI drafted a business case and further developed the KOPMI Implementation Project
- May 2007 Final draft of the KOPMI Implementation Project endorsed by Executive Management PAH and Mater CYMHS
- 2007 Mater Kids in Mind CYMHS appointed a full time KOPMI program Coordinator to work collaboratively with Senior KOPMI Implementation Officer who is located at the Princess Alexandra Adult Mental Health Service South Brisbane.

Name Hats Made at Kidz Club



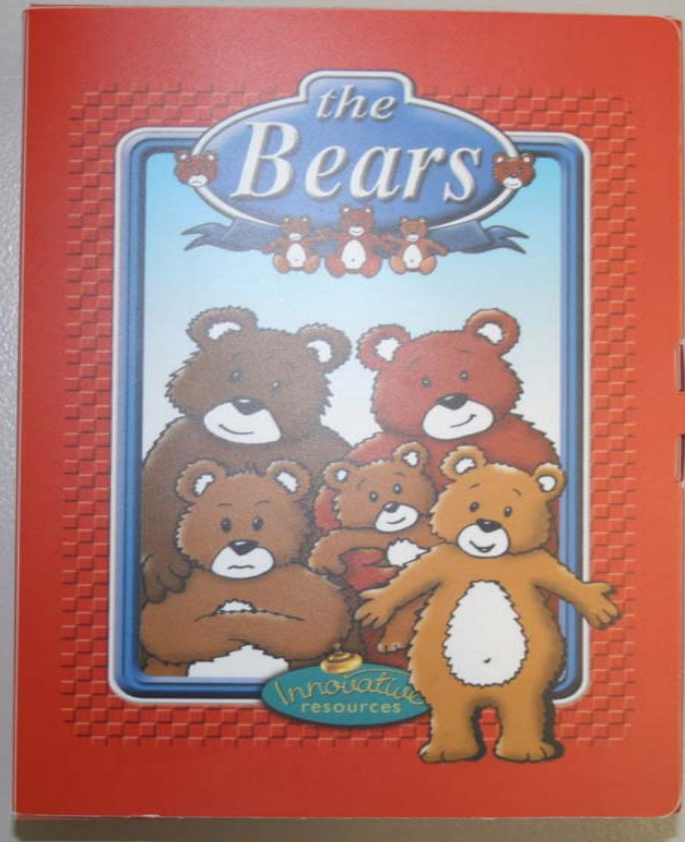
Outline of Kidz Club Content

- a supportive and educative service within a group format for children 5 - 12 years of parents/relatives living with a diagnosed mental illness
- provides a safe space for children to express their feelings
- we discuss issues of stigma
- equips children with coping skills
- educates on how to access relevant supports
- help understand their needs and the needs of their parents/relatives'

Why use art and metaphor as a tool in a psycho educational group for primary children

- Children have a profound ability to engage with their problems through play and metaphor (Hoey, B.1997)
- Group Art therapy offers children the opportunity for interaction (Waller, D. 1993)
- Using art in a children's group can activate inhibited children
- The imaginative and purposeful approach of some children can act as a model for less integrated children (Prokoviev, F. 1998)

Metaphor is used as a tool The Bears
How do you feel about your relatives
mental illness ?



Kidz CLUB:Session 6 Families and Support Objectives

- To explore the roles of family members when a parent /relative is unwell
- To identify supports available to young people
- To nominate specific support people and contact details of local professional agencies and how to access them
- To use the metaphor of each group members hand to give themselves a hand (this art piece when completed goes in their kidz club show bag)

Safety Networks

Sometimes our network members may move away or not be as helpful as we thought they would.

If this happens, it is a good idea to replace these network members with other people we trust and feel comfortable talking with.

REMEMBER

- You have the right to feel safe all of the time
- Nothing is so awful that we can't talk with someone about it

In a personal emergency you may choose to call:

Police: 000
Kids Help Line: 1800 55 1800

or immediately approach someone on your network.

The Queensland Police Service would like to acknowledge and thank Ms Nicole Park who provided illustrations for this brochure.



Queensland Police Service Vision Statement

At the Queensland Police Service, we are professional police officers who are fair, honest and committed to working in partnership with the people of Queensland to ensure the safety and security of our community.

16/07



Safety Networks



To ensure understanding, it is recommended that an adult work through this brochure with children.



Mater

Kids In Mind

Safety Networks

ACTIVITY

Can you think of five people to include on your network? (Place a name in each of the five fingers)



If there are more than five people you would like on your network you could list them on your other hand.

If you like to talk with your doll, teddy, God or a pet about your problem, or when you feel unsafe, you can list them in the palm of your hand. These network members are also important as you can practice talking to them before you approach a network member from one of your fingers.

Sometimes network members are not available or too busy to help. If this happens it is important to find another network member to speak with.

We should only stop asking for help when we feel safe again or if our problem is solved.

ACTIVITY

Read through these examples and suggest how each person could feel safe again.

Example 1:

Courtney is having trouble with a bully at school and feels unsafe. Whenever she is in the playground she feels early warning signs as she is afraid the bully will appear. She feels like she will be sick and has wobbly knees.

Courtney knows that she has the right to feel safe all of the time and that nothing is so awful that she can't talk with someone about it. She decides to approach members of her network for help so that she can feel safe again.



Mater

Kids In Mind

Experiential helping Hands Activity

- Step 1. Spread out your hand, place your hand in the middle of the Kidz Club helping hands sheet
- Step 2. Choose a pen draw around your fingers and thumb
- Step 3. Think of people who you would talk to go to when your relative is unwell, write down their names and phone numbers one for each finger
- Step 4. Talk to your neighbour about the people you would contact
- Step 5. Kids Help Line 1800 55 180 police 000

KIDZ CLUB . Children's Health Conference 2008

Web sites of interest

COPMI site: www.compmi.org.au

Dual Diagnosis Support Kit 2006

The Dual Diagnosis Support Kit includes information for workers, foster carers, and parents with dual diagnosis - as well as two storybooks for children aged 5 -7 years and 8 -12 years, The kit is downloadable from the DoCS website and available through the website free of charge.

Availability: (02) 9716 2356

Web: http://www.community.nsw.gov.au/html/news_publications/dual_diagnosis.htm

Kids in Mind Mater child and Youth Mental Health Service.

(07) 31638650

Web: <http://www.kidsinmind.org.au>

VicCHAMPS

The CHAMPS project in Victoria Australia has developed this website for children in the 5 - 12 year age group who have an adult family member with mental illness.

Availability: Web: <http://www.easternhealth.org.au/champs/>

KIDZ CLUB. Children's Health Conference Bibliography

- Hoey, B. (1997) *Who calls the tune? A psychodynamic approach to child therapy.* Routledge. London.
- O'Rourke, S. O'Sullivan, J. Low, L. Gibbon, P. Hambly, C. (1998) *Kidz Club –Primary. Mater Kids in Mind.* Brisbane
- Prokoviev, F. (1998) 'Adapting the art therapy group for children', In: Skaife, S. and Huet, V. (eds) *Art psychotherapy groups.* Routledge. London.
- Queensland Police Service. Safety Networks. District Crime Prevention Coordinator (07) 3163 8650
- St Luke's Innovative Resources (1995) Bendigo Victoria
www.innovativeresources.org
- Waller, D. (1996) *Group interactive art therapy, its use in training and treatment.* Routledge. London.

Pictures from how was your time at kidz club?
Me at Kidz Club art activity.

Good Bye and thank you!

