

## Parenting With a Mental Illness

The Temple University Collaborative is proud to introduce a new tool for parents with a mental illness. Research has shown that individuals with mental illnesses are just as likely to become parents as the general population, but they are much more likely to lose custody of their children. High rates of child welfare involvement are likely due to numerous barriers they confront, such as discrimination, lack of supports and encouragement to maintain parenting, lack of confidence in their parenting ability, and high levels of parenting stress. In light of this information, we have compiled resources for parents with a mental illness packaged in an easy to use website that separates children by age ranges (0-3, 4-9, 10-13,and 14-18) and provides information and tips on parenting with a mental illness.

This resource was originally marketed to mothers with a mental illness as a twelve week course, but the information can be useful for any parent or guardian, regardless of custody status. The information contained in the site is accessible to all learners as well, as we offer audio readings of each course, illustrated PDF's, and videos featuring experts speaking about areas relevant to parenting and mental illness. Topics on the website include:

- Cognitive, Social and Physical Child Development
- Parenting Techniques to Reduce Stress
- Emotional Health and Wellness
- Physical Health and Wellness
- How Your Disability Affects Your Child
- How to Promote Resiliency in your Child
- And more!

We even include quizzes for each topic which allows for review of the information. In addition we have topics included so learners can decide which course is relevant for them, allowing users to tailor the experience to meet their needs. The course could also be beneficial for people who have either lost custody or are going through custody disputes.

Since this resource was originally created as an informational course, it can also be adapted by providers and peers who are working with parents that have a mental illness. Providers can hold group sessions or even one on one sessions in which they go over the topics with the parent and discuss the information. Peers can use the website in addition to their normal supports to help strengthen parenting skills and can help to develop a plan for adverse events.

We hope you find the tool helpful, more information can be found on our <u>website</u> as well as information about how to <u>begin participation</u>.

This document was developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number #90RT5021-02-00). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this document do not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the Federal Government.