

SUPPORTING PARENTS HEALTHY CHILDREN

Kids Plan



able

Introduction

Parents who have experienced mental illness have reported that they can face unique challenges in addition to the usual challenges of parenting such as housing, employment, financial constraints and childcare. Some parents have reported that it can be difficult to discuss their mental illness with their children and that mental health services do not always recognise their role as a parent.

We hope this plan is a useful resource that can be adapted and used to suit your family. It encourages thinking ahead, to be prepared in the event of your mental illness (or other major illness) may result in difficulties responding to all the needs of your children for a period of time.



This resource was first designed in Australia by COMIC, a group of adults who as children grew up with a parent living with mental illness. They promote awareness of the needs of children in similar situations today. They put the original kit together with the aim of encouraging discussion of mental illness within families and maintaining the family unit.

COMIC have kindly allowed KITES to take their resource and adapt it for New Zealanders. For further information about KITES, visit their website:

<http://www.kites.org.nz/index.php?welcome>

KITES is a Wellington based community development organisation. Our purpose is to seize opportunities, transform ideas and current problems into successful new solutions for people experiencing mental illness and/or using mental health services.

Able would like to acknowledge and thank Manawatu Supporting Families in Mental Illness and KITES for the use of this resource.

My Plan

My Name is _____

I am a boy or I am a girl (tick one)



I am _____ years old

I live at _____



My phone number is _____

My parents/guardians details are:

Name:



Address: _____

Contact phone: _____

Name: _____

I live with: _____

If one of my family/whānau need to go to hospital and I need someone to look after me for a while:

- I will go and stay with one of these people
- One of these people will come and stay with me



Name: _____

Their relationship to me: _____

Contact phone: _____

Name: _____

Their relationship to me: _____

Contact phone: _____



A grown up will make sure it's OK with this family/whānau.

If I am going to stay with people (tick one)

- I would like them to pick me up from home
- I would like to be dropped off at their house by _____
- I would like this to happen instead



My school is: _____

I can tell these people at school what is going on:

Name: _____

Name: _____

Name: _____



My dog's name and phone number is:



My Special Things

These are the medications that I take: _____

When I stay with family/whanau it is important to me that I take with me
(include favourite toys, clothes, bedding pillows etc)



I will get pocket money from _____

If something is bothering me I will: _____

I would like to be told what is going on with my parents/guardian/s by:

If my parent/s guardian/s is/are not feeling well I can talk to:

Other things I want to remember:



The person I want to put this plan into action if my parent/s guardian/s are unwell is:

