



# Family Education & Support Caregiver Program Session 1

~ Orientation ~

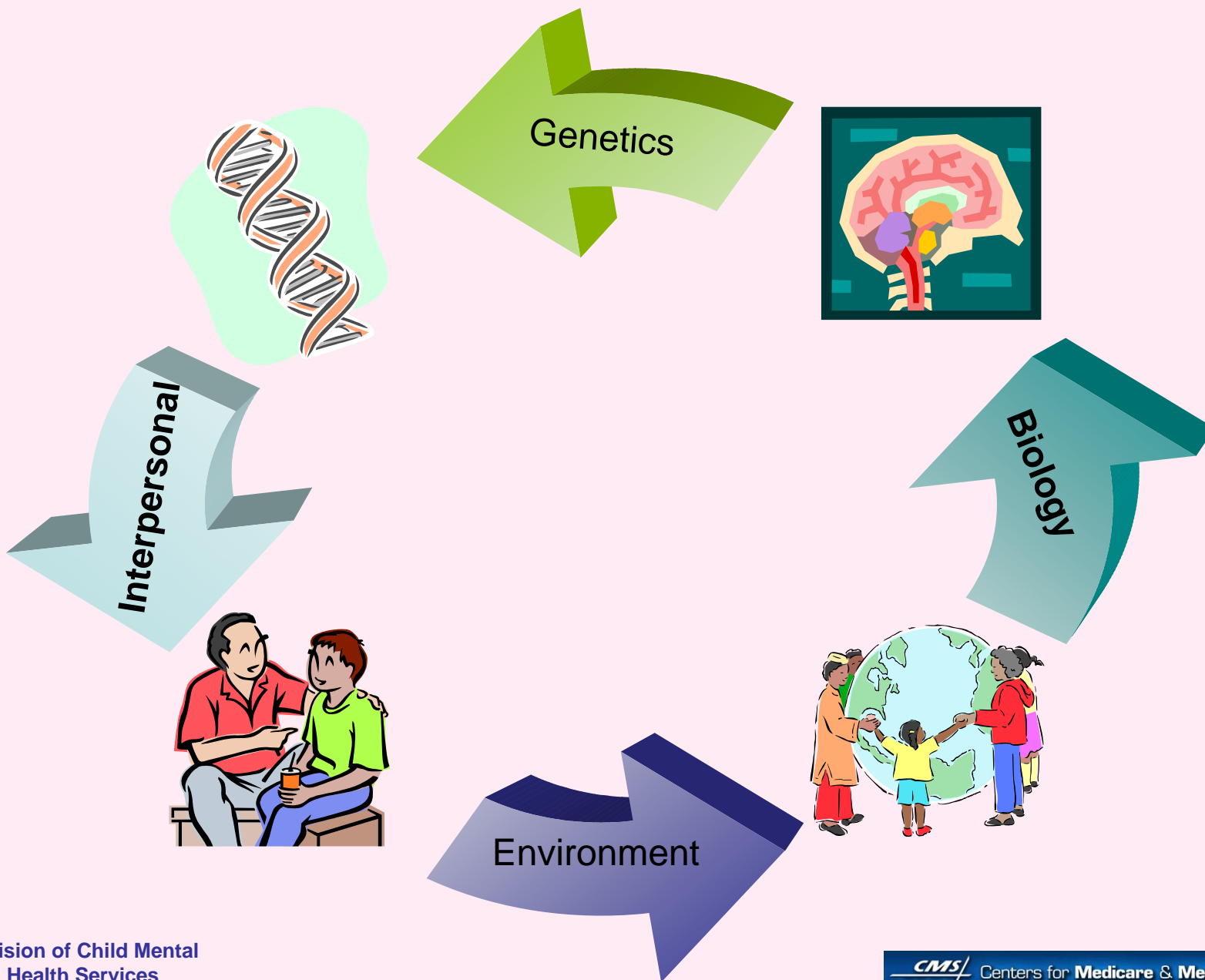


## ***Effects of Caregiving a Child with Behavioral Health Problems***

- Marital discord and divorce.
- Having diminished energy or desire to do things with one's child or children.
- Self-medicating to cope with feelings of hopelessness and self-blame.
- Strained relationship with extended family and friends.
- Strain on siblings.
- Financial problems.
- Job instability or job loss due to time required for:
  - medical and therapeutic appointments,
  - school meetings,
  - child being suspended from day care, after school care, and school.

# What **Causes** Behavioral Health Disorders???

*There are many things that can have an influence on these issues.*



Please take a few minutes to read each set of opposing viewpoints and then circle the number that best reflects your opinion.

**How do you think service providers (doctors, therapists, etc) or school personnel, family members, or youth view you as a parent or primary caregiver of a child / youth with behavioral health problems?**

**1. Parents/caregivers are seen as vulnerable and helpless.**



1

2

3

4

**Parents/caregivers are seen as competent and resourceful.**



5

**2. Parents/caregivers are seen as needing therapy.**



1

2

3

4

**Parents/caregivers are seen as well adjusted.**



5

**3. Parents'/caregivers' input is discounted because they are seen as too involved or less knowledgeable.**



1

2

3

4

**Parents/caregivers's input is valued and recognized.**



5

**4. Parents/caregivers who disagree with professionals are seen as resistant or in denial.**



1

2

3

4

**Parents/caregivers who disagree with professionals are seen as thoughtful and appropriate.**



5