

EACD symposium handout

Programme	Healthy Mothers Healthy Families	ENabling VISions and Growing Expectations (ENVISAGE)	Healthy Parent Carers
Website	healthymothers-healthyfamilies.com	envisagenetwork.net	healthyparentcarers.org
Countries where it is being used	Australia & USA (development and translations in Iran, Kuwait, Saudi Arabia)	Australia & Canada	UK
Target population	Mothers of a child with disabilities	Parents/caregivers raising children <8 years with any early-onset neurodisabilities	Adult primary caregivers of children with special educational needs or disability
Who created the programme?	Co-created by health care providers, mothers and researchers	Co-created by parents, service providers and researchers	Co-created by parent carers and researchers
What does the programme comprise?	Healthy Mothers Healthy Families seeks to empower and resource mothers of children with disabilities to optimise their health and healthy behaviours through: supportive milieu enabling mothers to share and meet each other, dissemination of research evidence about the health and situation of mothers including ways in which health behaviours are changeable, health coaching, goal-setting, health education, and psychoeducation. Available as a self-paced online package with 10 modules: The Journey of Mothers; Health and Research Findings; What Mothers Say About Stress; Healthy Mind, Healthy Mother; Active Healthy Mother; Healthy eating; Bringing support around you and you're family; Managing healthy home routines and having fun in the	Five weekly 60-minute facilitated online workshops with other parents. One hour preparation before each session. Topics covered... (i) Modern concepts of health – ICF and the F-words; (ii) Child, sibling and family development; (iii) Parenting is a dance led by the child; (iv) Looking after myself so I can look after my family; (v) Communication, Collaboration and Connection.	Healthy Parent Carers aims to promote parent carers' engagement with health promoting behaviours (called CLANGERS: Connect, Learn, be Active, Notice, Give, Eat well, Relax and Sleep) to improve resilience, mood, health and wellbeing. It does this through (i) facilitated group-based activities and discussions delivered in 12 x 2 hour modules in-person or online using Zoom led by trained parent carer peer Lead and Assistant Facilitators, (ii) health-related information, videos and resources delivered in groups. The peer-led group-based programme creates conditions for change through social and emotional peer support, harnessing a shared social identity as parent carers who want to improve their health, sharing experiences and strategies, and embedding health-promoting behaviours.

	community; Time for me planning; Finding balance and staying strong. The site contains co-created mixed media—videos, fact sheets and activity sheets. Other materials include workshops books.		
Who delivers the programme?	2012-2018—occupational therapist and women’s health medical practitioner with mother presenters. Plus others (i.e. Physiotherapist, psychologist, Dietitian) 2018-2020—health practitioners and credentialled mother-facilitators e-workshops. Occupational therapists—health coaching. 2020-2024—credentialled mother facilitators.	5-weekly workshops are co-delivered by a consistent pair of parent and researcher/service provider facilitators.	Licensed delivery partner organisations. Pairs of trained Lead and Assistant Facilitators who are themselves parent carers are licensed to deliver for an organisation. Facilitators use Delivery Manuals to cover the content.
Who trains the facilitators?	Program author trains and credentials via self-paced online package (quizzes must be passed to progress) at the back end of the HMHF website as well as a trainers manual. Credentialing process involving: 45 hours of training and co-facilitation of at least 2 HMHF workshops with debrief sessions as required. All mothers in the workshops assess all facilitators competency.	For the original study there was no specific training. In the current Australia-wide rollout of ENVISAGE training is via a structured program that comprises a combination of self-directed learning and on-line small group training for a total of 30 hours for service-providers and 25 hours for parent-peer facilitators. Training addresses process and content.	Lead and Assistant Facilitators recruited using person specifications. Lead and Assistant Trainers follow manualised Facilitator Training programme providing skills and practicing delivery (35 hours?)
Is there any ongoing supervision or quality assurance?	Ongoing upskilling and debriefs after workshops as required. Updates according to events such as changes to Medicare funded mental health packages, COVID pandemic impact on mothers etc.	Facilitators receive ongoing support from the training team as they deliver their first groups, and join a community of practice with a minimum attendance requirement for shared peer support.	Lead Trainer provides supervision during first delivery of programme. Seeking to establish a Lead and Assistant Facilitator support network
How has the programme been evaluated?	Quantitative: <ul style="list-style-type: none"> • Depression Anxiety Stress Scales • Health Promoting Activities Scale 	Quantitative: <ul style="list-style-type: none"> • Family Empowerment Scale (FES): Parents’ sense of empowerment 	Quantitative <ul style="list-style-type: none"> • Warwick-Edinburgh Mental Wellbeing Scale

<p>Key outcome measures</p>	<ul style="list-style-type: none"> • Psychological General Wellbeing Index, Family Empowerment Scale • Family Environment Scale—Cohesion • MyFACE My Family’s Accessibility and Community Engagement • Child’s Challenging Behaviour Scale, version 2, • Paediatric Quality of Life Inventory • (PedsQL) <p>Qualitative: Interviews with participants</p>	<p>3 subscales (family, service use, community)</p> <ul style="list-style-type: none"> • Parent Confidence Scale • Family Hardiness Index-Short Form (Family functioning) • PROMIS Global Health Scale (v1.2) Parent wellbeing <p>Qualitative Interviews with participants Implementation evaluation is ongoing via Australia’s DSS funded program.</p>	<ul style="list-style-type: none"> • Patient Health Questionnaire-9 • Health Promoting Activities Scale • Patient Activation Measure • Parents’ Assessment of Protective Factors • EQ-5D-5L • ICEpop CAPability measure for Adults <p>Qualitative Interviews and focus groups with participants, facilitators and staff in delivery partner organisations.</p>
<p>What are the costs involved in delivery?</p>	<p>Program is free to mothers. Training is ~ AUD\$1000 per facilitator and costs health professionals about \$1000 each to train fully. All facilitators or coaches get their own workshop manuals or coaching workshops for their mother-participants. Cost of delivery approx \$950/workshop series for ~20 mothers</p>	<p>After training, cost of delivery of each group (i.e., 5 workshops) is approximately \$5,500. Currently in Australia this is fully funded by DSS and FREE to parents.</p>	<p>To train one pair of Lead & Assistant Facilitators UK £3000 Some facilitators are paid to deliver or do it as part of their job, depends on delivery partner organisation. Free to participants.</p>
<p>Has the original program been replicated?</p>	<p>Yes in Chicago and Rhode Island USA.</p> <p>There are four versions of the program: self-paced online course; f2f workshops with 2 facilitators; online workshops with 2 facilitators; allied health professional HMHF-health promoting activity coaching.</p>	<ul style="list-style-type: none"> • ENVISAGE-Croatia – replicated E-Families in another language and culture. • ENVISAGE-SP (service providers) currently underway • ENVISAGE-FP (First Peoples in Australia) currently under development 	<p>Implementation and delivery of the Healthy Parent Carers outside of research is managed by licensed delivery partner organisations. Their trained Lead & Assistant Facilitators replicate programme delivery following manuals.</p>

Healthy Parent Carers

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ENVISAGE

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Link to ENVISAGE-Families website in Australia: <https://envisage.community/>

Healthy Mothers, Healthy Families

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