

Raising a child is challenging. At the same time it is one of the most beautiful tasks. Many parents who live with mental difficulties have questions or concerns about their child. It is normal to worry about how your problems will affect your child and your family.

### What is the Village Project?

The Village Project is a newly developed offer. It wants to support children whose parents have a mental illness. We offer support for the families. This is to strengthen the health and well-being of the children.

The Village Project does not evaluate your parental skills. What you tell us is confidential. The project offers talks and activities. Together with you and your child, we try to find solutions to relieve their everyday life.

The project takes place within the framework of a study. The study aims is to understand how children of mentally ill parents can be better supported. The researchers are looking to find out which measures are particularly helpful for the children. The results can help other parents and children in the future.

**Are you interested in participating in the Village Project?  
Then talk to your doctor.**

**For further non-binding information please contact Philipp Schöch (Project coordinator) 0676 580 04 90**



**It takes a village to raise a child**



**Village-Projekt  
Support of children of parents who have mental disorder**

  
Ludwig Boltzmann  
Gesellschaft

  
MEDIZINISCHE  
UNIVERSITÄT  
INNSBRUCK

## How can this help you and your children?

- You and your family can be relieved in everyday life.
- We want to strengthen your child in its development.
- It can help you and your children to find and use support services.
- A network of helpers can be formed / An existing network of helpers can be better coordinated.

- ⇒ *The goal is always to relieve you and your children.*
- ⇒ *The goal is that children have more time and space for themselves and can develop well and unburdened.*
- ⇒ *All meetings are supervised by the Village Facilitator.*
- ⇒ *Your participation in this project is voluntarily. All information will be kept confidential.*
- ⇒ *You and your children can always say **NO**.*



## How can participation in the Village Project look like?

- You will be contacted by a Village Coordinator. She will talk to you about your everyday life and the everyday life of the children.
- You and your children (9-18) will fill in a questionnaire. By doing so, you will help to ensure that people with mental illness can be helped better in the future.
- The Village Coordinator discusses with you and your child which people\* are important in your life.
- The people you name will be invited to a network meeting. At the meeting everyone discusses together how your children and you can be better supported. For example: Your friend takes your daughter/son to the playground more often.
- Then you all try out the ideas together.
- After about 3 months you will meet again with the Village Coordinator. You discuss whether the agreed ideas will help you.
- After 6 months you and your children will fill out a questionnaire again.

\* For example, these could be people who support you at home or drive your children to sports.



## What is the purpose of the Village Project?

The Village Project wants to understand how to support children whose parents have a mental illness in the best possible way. It is about social, emotional and practical support.

We are interested in whether the well-being and quality of life of the children will change positively and are also particularly interested in what exactly contributes to the improvement of well-being. And what experiences the children and parents gain in the Village Project.

During the program a Village Facilitator will work with you and your children. With activities suitable for children (e.g. drawing) she/he tries to understand the children's points of view. To see if these activities are helpful, we will record them.

It is often important for children to know about the parent's mental illness. If you wish, we can provide you with documents that help you to talk about the mental illness and its impact on your family life.

Duration: We can support you for up to 6 months.

