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.*
How Do Others See You?

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.
   -Parents/caregivers are seen as competent and resourceful.
   
   1 2 3 4 5

2. Parents/caregivers are seen as needing therapy.
   -Parents/caregivers are seen as well adjusted.
   
   1 2 3 4 5

3. Parents'/caregivers’ input is discounted because they are seen as too involved or less knowledgeable.
   -Parents/caregivers's input is valued and recognized.
   
   1 2 3 4 5

4. Parents/caregivers who disagree with professionals are seen as resistant or in denial.
   -Parents/caregivers who disagree with professionals are seen as thoughtful and appropriate.
   
   1 2 3 4 5