

# Overview of interventions

## OPZC Rekem

	Kinderen uit de knel (Children out of trouble)	Koffer op reis met kriebel (Suitcase on a journey with itch)
1. Children's age (age group)	4 – 18 years old	6 – 18 years old
2. Parents' setting (at home, in institution, mixed)	At home	Mixture
3. Parent's problem (what kind of difficulties do parents have and how severe are they)	Parents who are in a "fight separation"/"bitter divorce"	Psychiatric problems
4. Type of entry (how do parents/children admit to the intervention)	Through a caregiver or justice worker	Caregivers can refer the families to this programme and parents can also sign up their child.
5. Target group (parents, children or both)	Both parents and children	Both parents and children
6. Content of the intervention	A group programme for parents and children who are in a fight separation.	<ul style="list-style-type: none"> <li>- A prevention interview which focusses on increasing the resilience of the child through a conversation with the parent.</li> <li>- A map with 8 different countries: each country has a theme. The map also includes a travel guide for the professional with interventions and tips. The different themes are:               <ol style="list-style-type: none"> <li>1. The conversation</li> <li>2. Safety and trust</li> <li>3. Home situation</li> <li>4. You're not alone</li> <li>5. Information and psycho-education</li> <li>6. Safety figures and social support</li> <li>7. Feelings</li> <li>8. Relaxation and distracting activities</li> </ol> </li> </ul>
7. Structure of the intervention (number of meetings,...)	<ul style="list-style-type: none"> <li>- 2 introduction meetings, one with only the parents and the other one with the children and the parents.</li> <li>- A network meeting with the parents and their supporting/figures/social network.</li> <li>- 8 parallel group sessions: a parent group and a children's group</li> </ul>	<ul style="list-style-type: none"> <li>- Individual sessions with a care giver, parent(s) and child(ren)</li> <li>- +/-10 sessions</li> </ul>
8. Purpose of the intervention	<ul style="list-style-type: none"> <li>- Reduce the fight between the parents</li> <li>- Make room for consultation and mediation in function of organizing parenthood</li> <li>- Creating a safe developmental environment for the children.</li> </ul>	<ul style="list-style-type: none"> <li>- Prevention</li> <li>- To trigger parents, children and caregivers to interact with one another about the protective factors.</li> <li>- Empower the parent in their parenting role and increase the resilience of the children.</li> </ul>
9. Implementation conditions (is a license or training required)	Training of the professional is required for the programme.	Licence is required for the KOPP-prevention interview but not for the map. Regardless of the background or the training of the social worker, you can get to work with the contents of the suitcase.

## ViaNobis

	<b>Wir 2 (We 2)</b>
1. Children's age (age group)	0 – 4 years old
2. Parents' setting (at home, in institution, mixed)	Mixed.
3. Parent's problem (what kind of difficulties do parents have and how severe are they)	Parent who raise a child on their own within a range of problematic situations.
4. Type of entry (how do parents/children admit to the intervention)	Caregivers can refer the families to this programme and parents can also admit themselves.
5. Target group (parents, children or both)	Both parents and children
6. Content of the intervention	<p>There are four main themes within the program:</p> <ul style="list-style-type: none"> <li>- The mother and the father. How do you see yourself, how can I be more aware of my own necessities, how do cope with difficult situations, what skills do I have? Central point of attention are one's own feelings.</li> <li>- Children. What emotions do they show, how do I recognize what my children need, how much attention do they require, and how to cope with their urge to discover the world?</li> <li>- The family. What role does the former partner of the parent have? It's all about making a distinction between the parental conflict and your role as a parent.</li> <li>- New solutions for old conflicts. How do I cope with everyday life, in particular when there is hardship in my life? The main goal is more self-confidence and stronger inner balance, bonding and relationships.</li> </ul>
7. Structure of the intervention (number of meetings,...)	20 weekly sessions
8. Purpose of the intervention	Restoring balance, building up bonding, strengthening relations between parents and their children, by reinforcing parental self-confidence and intuitive parental competences.
9. Implementation conditions (is a license or training required)	Training for Wir2 is provided by the Walter Blüchert Stiftung.

## Mondriaan

	<b>Piep zei de muis (Squeak, said the mouse)</b>	<b>KOPPKVO Doe-praatgroep (COPMI&amp;A Do and talk group)</b>
1. Children's age (age group)	4 – 8 years old	8 – 12 years old
2. Parents' setting (at home, in institution, mixed)	Mixed, but mostly parents reside at home.	Mixed, but mostly parents reside at home.
3. Parent's problem (what kind of difficulties do parents have and how severe are they)	Mixture of problems. Social, financial and mental problems are often present at the same time. Stress within the family is the common factor.	Mental / psychiatric problems.
4. Type of entry (how do parents/children admit to the intervention)	Parents themselves can sign up their child. Care givers can refer the families to this programme too.	Parents themselves can sign up their child. Care givers can refer the families to this programme too.
5. Target group (parents, children or both)	Both children and their parents participate in the programme. There are 15 sessions for children and 5 for parents. Parents are optionally coached individually.	Both children and their parents participate in the programme.
6. Content of the intervention	Recognition of own feelings and emotions, creating a realistic and positive self-image, separation, fights, illness of the parent, loss and mourning, stressed environment, focusing on establishing healthy boundaries, social support, coping with difficult situations.	Recognition of own feelings and emotions, creating a realistic and positive self-image, illness of the parent, stressed environment, focusing on establishing healthy boundaries, social support, coping with difficult situations.
7. Structure of the intervention (number of meetings,...)	15 weekly meetings for the children and 5 separate meetings for their parents.	There are 8 sessions for children and one information session for parents. Parents are optionally coached individually.
8. Purpose of the intervention	Reducing stress within the family.	Focusing on protective factors which are important in coping with psychiatric ill parents.
9. Implementation conditions (is a license or training required)	Trimbos, the Netherlands Institute of Mental Health and Addiction, owns this programme and provides training.	Trimbos, the Netherlands Institute of Mental Health and Addiction, owns this programme and provides training.

## Mondriaan (continued)

	<b>KOPPKVO Tienergroep (COPMI&amp;A Teenage group)</b>	<b>KOPPKVO Jongerengroep (COPMI&amp;A Youth group)</b>
1. Children's age (age group)	12 – 16 years old	16 years and older
2. Parents' setting (at home, in institution, mixed)	Mixed, but mostly parents reside at home.	Mixed, but mostly parents reside at home.
3. Parent's problem (what kind of difficulties do parents have and how severe are they)	Mental / psychiatric problems.	Mental / psychiatric problems.
4. Type of entry (how do parents/children admit to the intervention)	Parents themselves can sign up their child. Care givers can refer the families to this programme too.	Youngsters can sign up themselves. Care givers can refer the families to this programme too.
5. Target group (parents, children or both)	Both children and their parents participate in the programme.	Youngsters. There are 8 sessions for children.
6. Content of the intervention	Recognition of own feelings and emotions, creating a realistic and positive self-image, illness of the parent, stressed environment, focusing on establishing healthy boundaries, social support, coping with difficult situations.	Recognition of own feelings and emotions, creating a realistic and positive self-image, illness of the parent, stressed environment, focusing on establishing healthy boundaries, social support, coping with difficult situations.
7. Structure of the intervention (number of meetings,...)	There are 8 sessions for children and one information session for parents. Parents are optionally coached individually.	8 weekly sessions.
8. Purpose of the intervention	Focusing on protective factors which are important in coping with psychiatric ill parents.	Focusing on protective factors which are important in coping with psychiatric ill parents and working on creating your own future.
9. Implementation conditions (is a license or training required)	Trimbos, the Netherlands Institute of Mental Health and Addiction, owns this programme and provides training.	Trimbos, the Netherlands Institute of Mental Health and Addiction, owns this programme and provides training.

## Mondriaan (continued)

	<b>KOPPKVO Ouderondersteuningsgroep (COPMI&amp;A Parental support group)</b>
1. Children's age (age group)	0 – 24 years old
2. Parents' setting (at home, in institution, mixed)	Mixed.
3. Parent's problem (what kind of difficulties do parents have and how severe are they)	Mental / psychiatric problems.
4. Type of entry (how do parents/children admit to the intervention)	Parents can sign up themselves. Care givers can refer the families to this programme too.
5. Target group (parents, children or both)	Parents. Their children mostly have participated in one of the other programmes.
6. Content of the intervention	Information about the development of children (cognitive and emotional), skills to talk with your child about your situation, how to praise your child and to set boundaries, social support.
7. Structure of the intervention (number of meetings,...)	8 weekly sessions.
8. Purpose of the intervention	The sessions provide support in raising their children. Parents have the ability to share their experiences and learn how to cope difficult situations within the family.
9. Implementation conditions (is a license or training required)	Trimbos, the Netherlands Institute of Mental Health and Addiction, owns this programme and provides training.