

## Children of parents with mental illnesses: a school-based workshop for healthy development and school success

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URI: <http://hdl.handle.net/10211.2/1648>

Date: 2012-07-17

### Abstract:


This interactive school-based workshop addresses the needs of children with mentally ill parents by offering middle school students with affected parents the opportunity to come together in a safe environment to learn, support each other, and receive the support of their school counselor. The ultimate aim is to promote the healthy development of this at risk population, leading to student academic success. The first component of this 2-hour workshop is psychoeducational, intended to educate students about mental illness, healthy coping skills (i.e. discharging feelings), promoting self-care, and offering other such information that may serve as a beneficial protective factor. The second component is focused on getting students acquainted with their school counselors as a source of ongoing support, as well as discussing pertinent information about academics and means of advancement for school success. Using PowerPoint slides, handouts, and worksheets to facilitate mini-lectures, coupled with interactive activities, it is hoped that school counselors and children of mentally ill parents will work together in promoting the development of healthy and successful individuals.

### Description:

Includes bibliographical references (pages 33-38)

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