

# Just B:

## The Resilience Program

*Be, Breathe, Believe*



**On Track Community Programs™**  
*connecting people to their communities*

# Just B:

‘B the change you want to C’

Mahatma Gandhi

- Authored by Chris Dickson
- *Funded by the Australian Government Department of Families, Housing, Community Services and Indigenous Affairs*



# Why another parenting program?

- We at Northern Kids Care (NKC) identified a gap in service provision with regards to parenting programs.
- We had found that in our experience most parenting programs were problem behaviour orientated and tailored towards highly cognitive and consistent family settings.
- Our consumers, parents living with a mental illness often reported feeling unable to fully comprehend the cognitive aspects of such programs and found that the consistency required to follow through with strategies was often lacking within their family environment.
- This often left our consumers feeling disempowered and less effective as parents.
- We at NKC therefore set out to design an accessible , experiential, consumer friendly and family orientated program which would attempt to strengthen and build upon the natural resiliency within the family unit.



# The goal of Just B is:

- **Positive adaption through the strengthening of family capacities to overcome adversity**



# Just B Program attempts achieve this goal through:

- Mental health education
- Identifying constraining beliefs
- Identifying and affirming strengths
- Strengthening relational bonds
- Increasing emotional intelligence
- Improving mindfulness
- Coaching self regulation
- Building resilience and capacity



# To encourage and promote wellness

- Just B Program is broken up into 10 modules which are broken up into these 3 sections;
  - Reflective Awareness
  - Mindful Awareness
  - Resiliency Awareness.
- 
- In order to be as flexible as possible and individually tailored to best meet the needs of the participant, these modules can be delivered individually, as sections or as a complete program.



# The Just B program:

## Section 1: Reflective Awareness:

- **Module 1:** Keeping Traxx, Mental Health Awareness:
- **Module 2:** Self-awareness within the Family System:
- **Module 3:** Overcoming Challenges:



## Section 2: Mindful Awareness:

- **Module 4:** Mindfulness and Self-Regulation:
- **Module 5:** Mindful Play and Parenting:
- **Module 6 & 7:** Mindful Play:
- **Module 7:** Mindful Play:



## **Section 3: Resiliency Awareness:**

- **Module 8: The Resource of Belief:**
- **Module 9: Patterns of Organisation:**
- **Module 10: Communication:**



# Parenting and Mental Health: *The Research:*

- Recent estimates from mental health prevalence studies suggest:
- 1 in 5 Australian adults will experience a mental illness at least once during their lifetime.
- 21 to 23% of Australian children have at least one parent who has experienced a mental illness. This equates to one million Australian children living in a household with a parent who has had a mental illness. (Maybery, D & Reupert, A. 2010)
- Most parents with mental health problems parent their children effectively. (Parrot, L, Jacobs & G, Roberts, D. 2008)
- Evidence suggests that 25% to 50% of children and young people who have parents affected by mental health problems or disorders will experience a psychological disorder during childhood compared to 10% to 20% in the general population. (NSW Department of Health 2003)



- These same children have a 10% to 14% chance of being diagnosed with a psychotic illness at some point in their lives compared with 1% to 2% for the general population. (NSW Department of Health 2003)
- Effective early intervention for the prevention of mental illness in young people includes interventions aimed at parents, children and the community. (National Research Council and Institute of Medicine, 2000)
- Parenting programs can prevent the onset of and provide early intervention and treatment for mental health problems and disorders for children and parents. (NSW Parenting Partnership: Resource and Literature review)
- Evidence shows that parenting is one of the most important factors for the mental health and wellbeing of children. (NSW Department of Health 2003)
- Effective parenting programs focus on the parent-child relationship rather than merely targeting behavioural problems in the children. (Patterson, 1982; Sanders, 1999)



- Resilience is the capacities within a person that promote positive outcomes, such as mental health and wellbeing, and provide protection from factors that might otherwise place the person at risk of adverse health outcomes. (Commonwealth Department of Health and Aged Care, 2000, p.63.)
- Factors that contribute to resilience include personal coping skills and strategies for dealing with adversity, such as problem solving, good communication and social skills, optimistic thinking and help seeking. (Commonwealth Department of Health and Aged Care, 2000, p.63.)
- Children's resilience is enhanced by a secure and reliable family base in which relationships promote self-esteem, self efficacy and a sense of control. (Parrot, L. 2008)
- A parent's resilience is enhanced by family (particularly children's) understanding, satisfying employment, good physical health and professional, community and personal support. (Parrot, L. 2008)



- Mindful parenting has been described as a fundamental parenting skill or practice. (Steinberg, 2004; Kabat-Zinn and Kabat-Zinn 1997)
- Mindfulness in the context of parenting and parent training is one avenue for improving the effectiveness of parenting interventions. (Dumas, 2005)
- Mindfulness meditation in the clinical context has been reported by Deatherage (1975), Walley (1986) and Kabat-Zinn et al (1992).

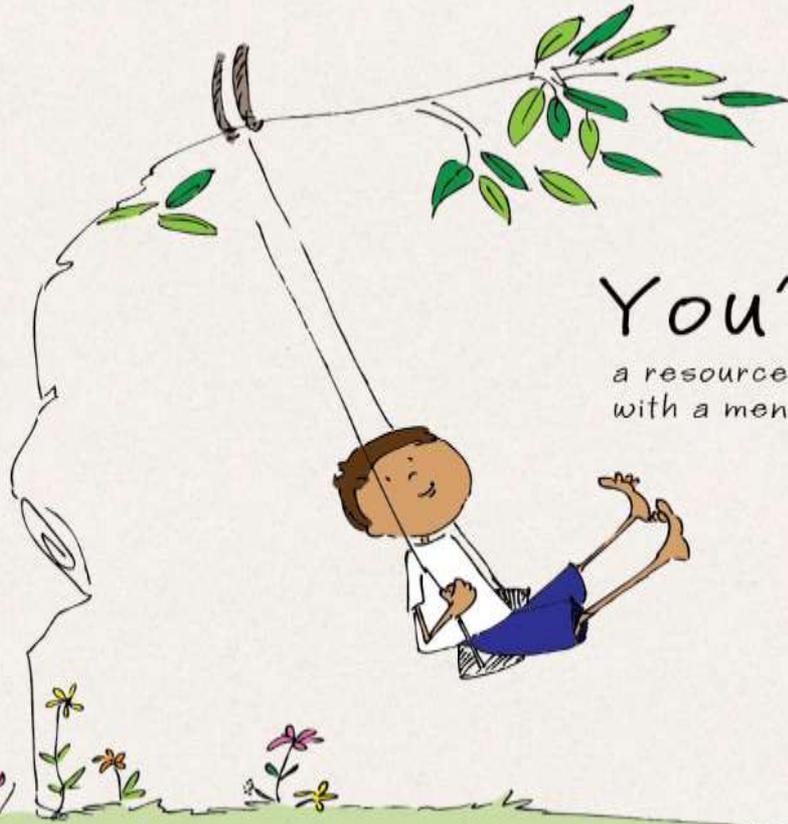


# The Just Be program attempts to acknowledge the difficulties of living with a mental illness.

- The program is designed in such a way as to take into consideration the emotional ups and downs of the individuals living with the mental illness and the impact this has on the broader family and community.
- As such the program is designed to constantly refer to a well-being base of a core set of mental health skills.
- These are:
  - Be
  - Breathe
  - Believe



# Complementary resources



You're not alone

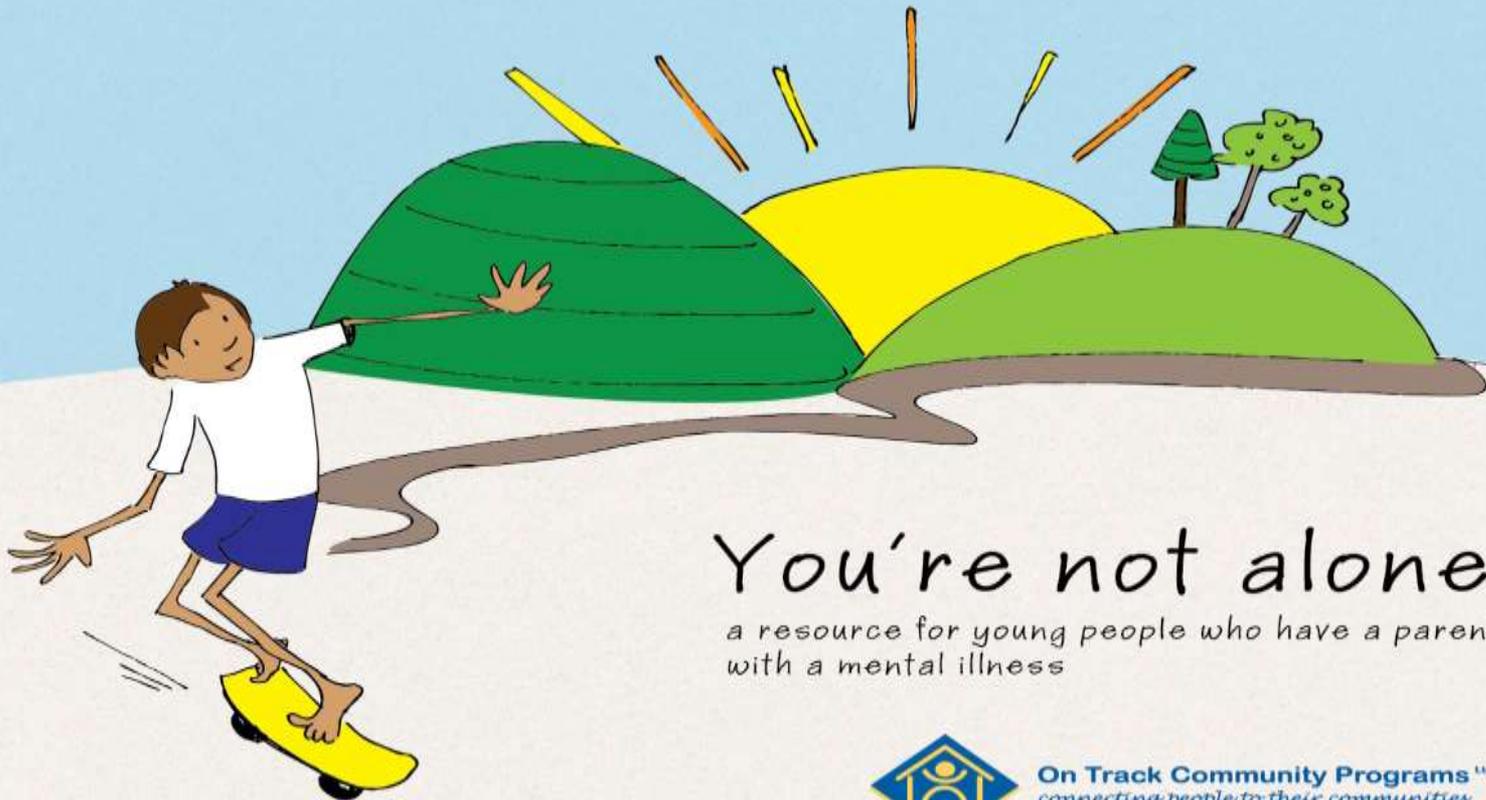
*a resource for young people who have a parent  
with a mental illness*



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Illustrated by Jody McGregor

# Complementary resource



You're not alone

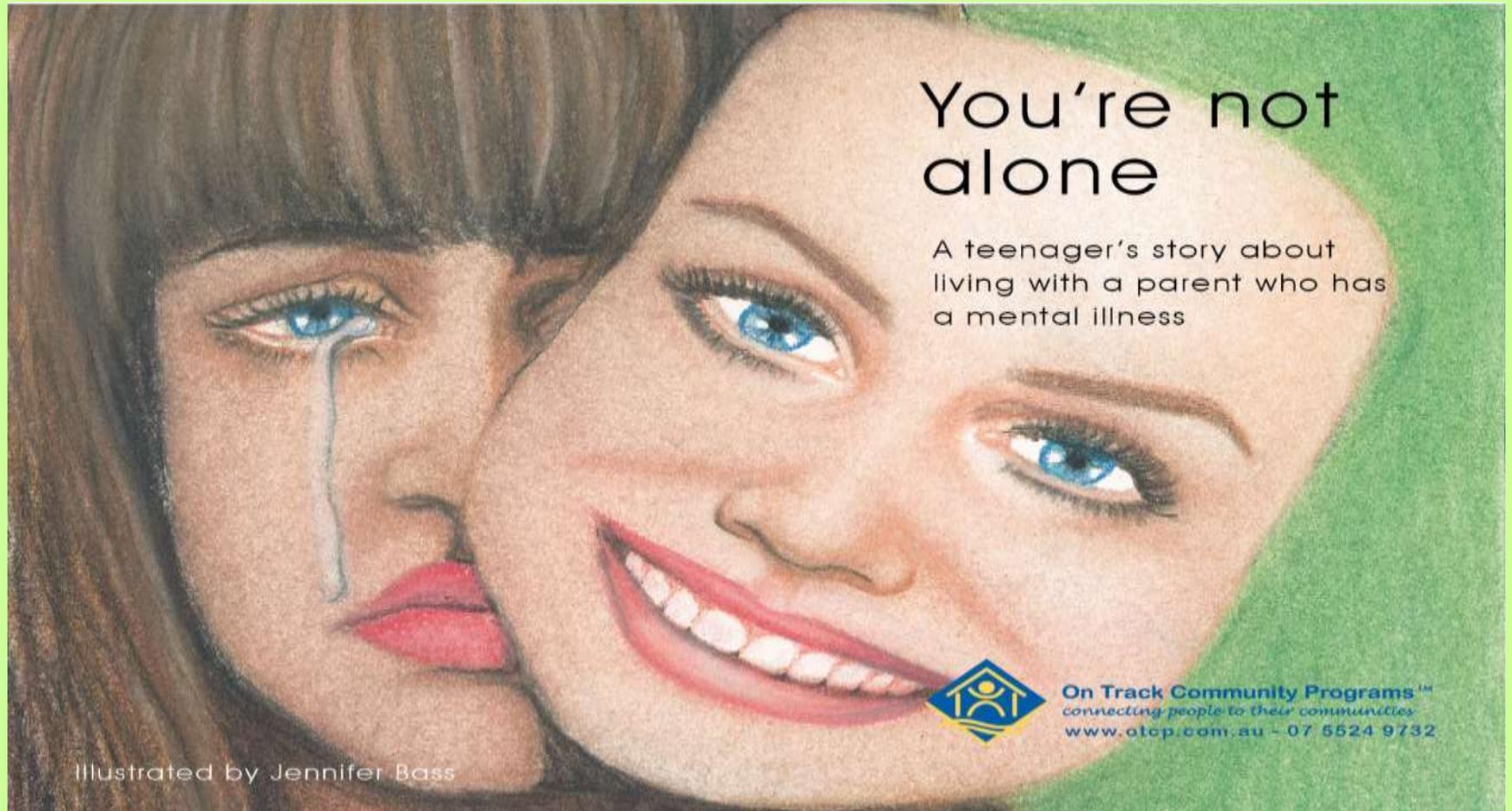
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# Complementary resource



## You're not alone

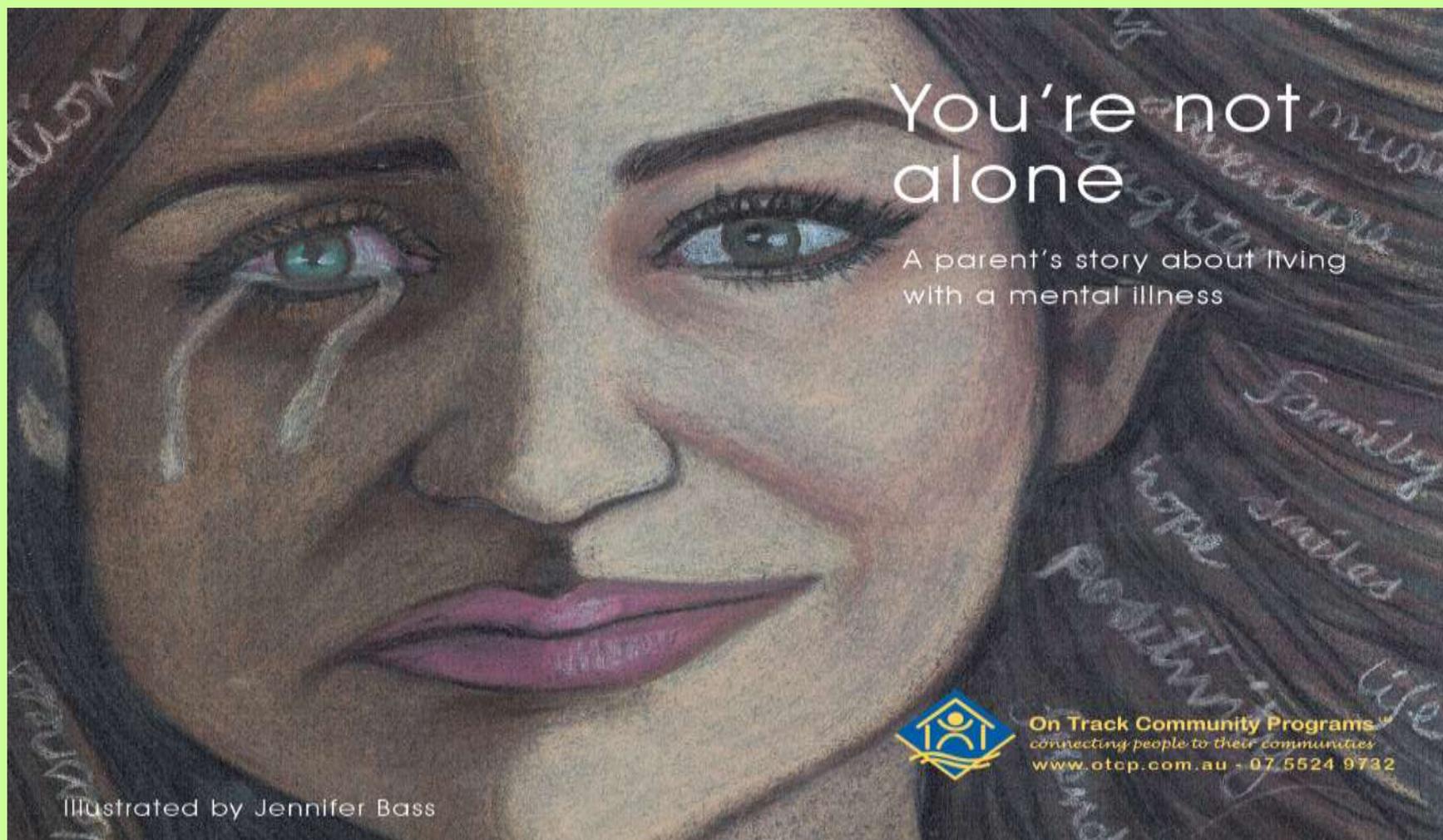
A teenager's story about living with a parent who has a mental illness



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# Complementary resource



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alone

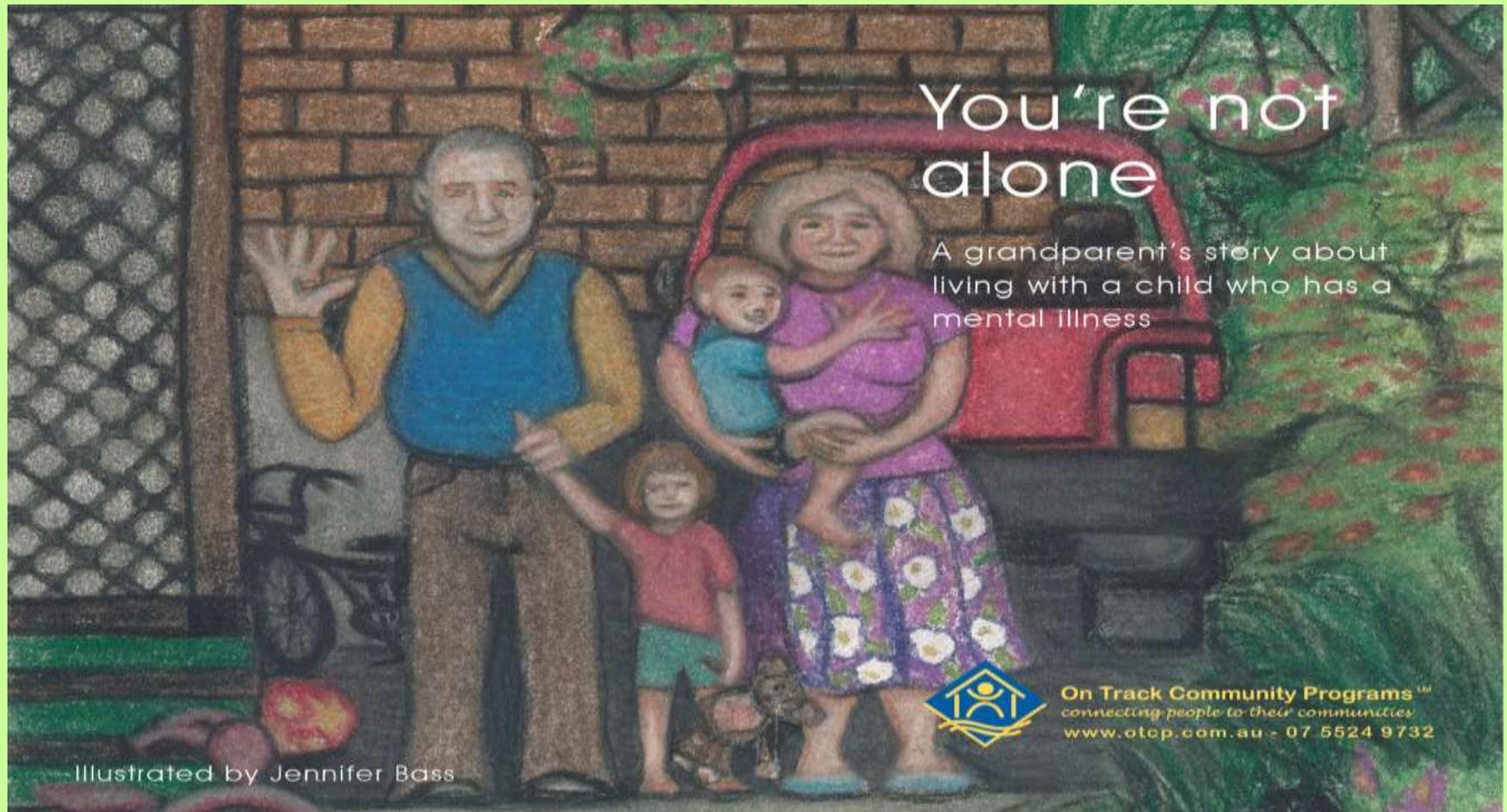
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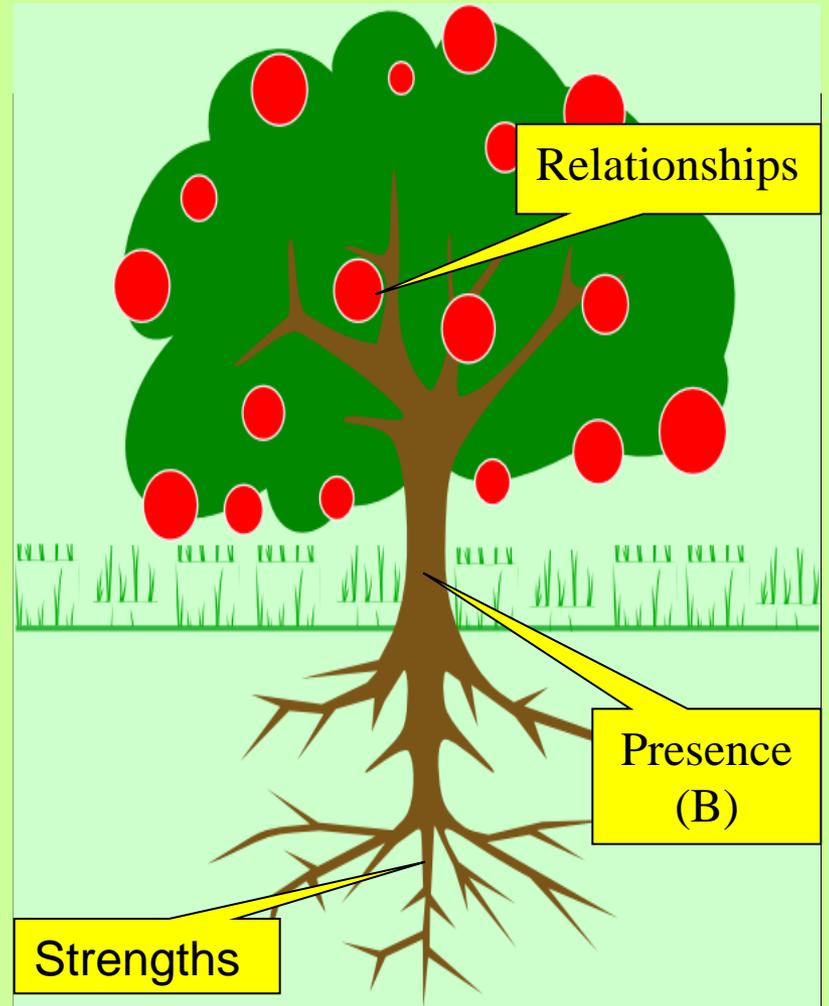
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# Complementary resource



# The B Tree



# The Game of Method

- <http://youtu.be/D7Za4B60BgU>

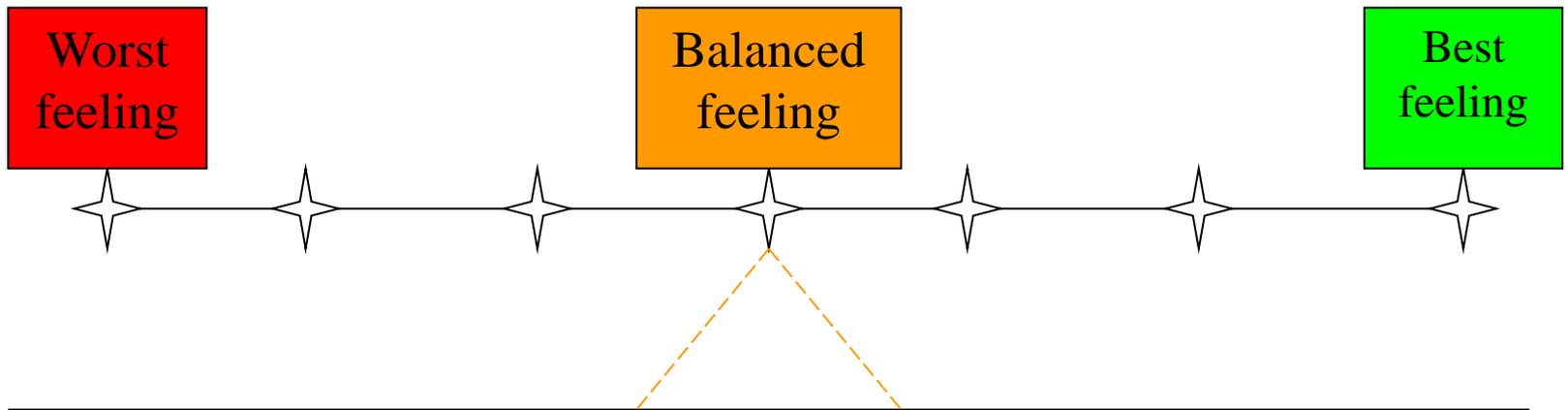


# Emotional intelligence

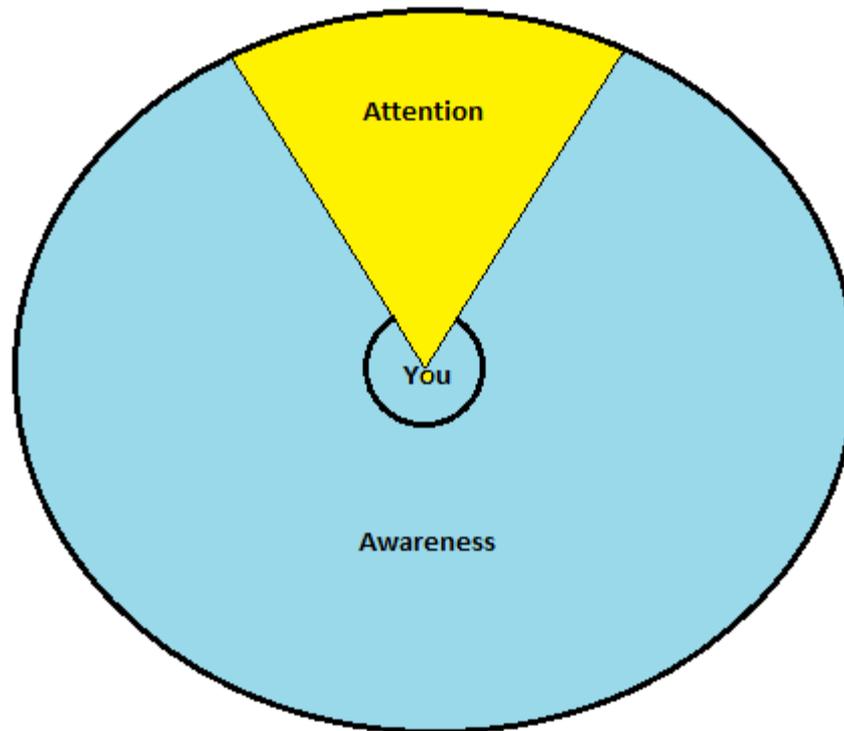


# The How R U scale:

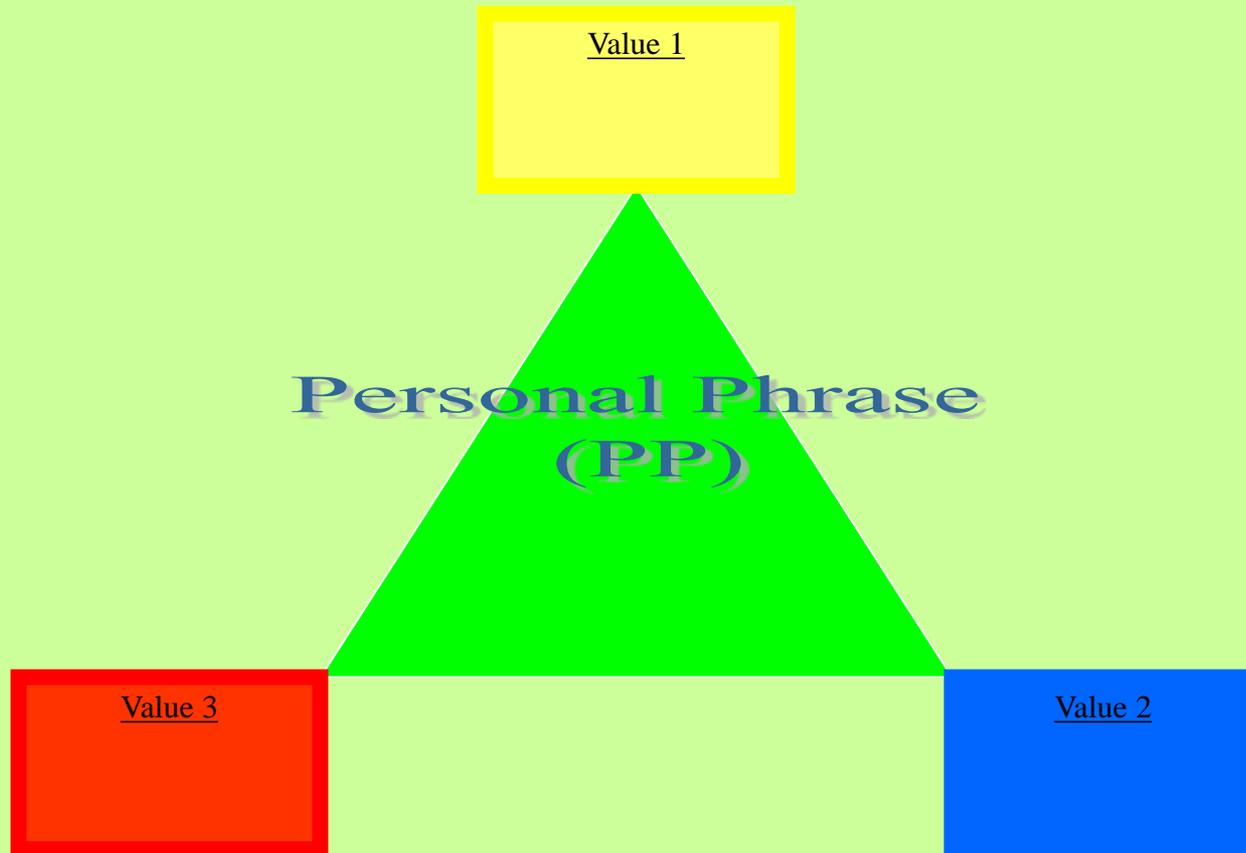
The How R U scale:



# The Attention Awareness Link



# Belief and Values exercise:



# Self-Regulation Exercise:

- Now we are going to ask you some ourselves some questions. As you ask yourself these questions I would like you to pay close attention to what and how you feel, **keeping that body scan open if you can.**



# Questions:

- **What do you feel that your greatest fears of connecting with another person may be?**
- Now think of an experience in your life, recent or in the distant past when you found communication with another person was challenging, as you do, ask yourself ...
- **What was going on for you at that time?**
- **What did you find most distressing about the interaction, are there any particular signals sent by the other person that still stand out for you today?**



# Questions:

- **How did you feel about this difficult interaction?**
- **How do you feel right now?**
- **Now if you can could you think of a time when someone had a difficulty connecting to you!**
- **What was this like for you, how did it make you feel?**
- **Have you ever been ignored, dismissed or misunderstood? If so how did you react when you were being treated this way.**

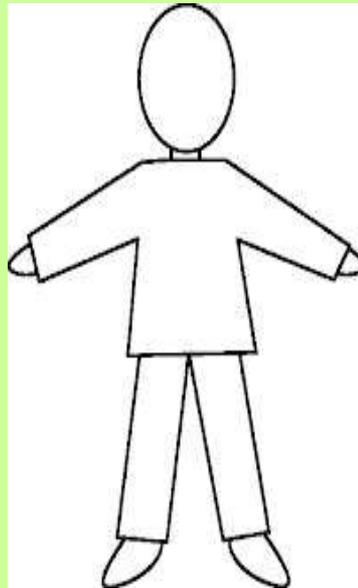


# Questions:

- **Thinking about it now what do you think were the possible reasons the other person was unable to connect with you?**
- **How do you feel right now?**
- **Can you indicate in the picture below where you might store unwanted feelings?**



# Questions:



# Creating your Personal Mindful Practice (PMP)

- Now that you have been through this process you can now create for your self your own Personal Mindful Practice (PMP).
- Today we have explored a number of mediative practices. The next exercise involves you choosing the three most helpful mediative processes for you and creating your own system.
- Your PMP will need to be made up of 3 parts these are
  - **A Concentration exercise**
  - **A Mindfulness exercise**
  - **An Inquiry exercise**



# Who Am I?

- <http://youtu.be/kUtH0DDJorM>



# For inquiries and information about the Just B: The Resiliency Program

- Please don't hesitate to contact Chris Dickson on the below details.

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