



Design and Feasibility Trial of a Co-produced Parenting Programme for Psychiatric Inpatients (COPPPPI): Bridging funding for ward poster

Dr Abby Dunn, University of Surrey



Summary

The COPPPPI project produced an intervention to support parents who were receiving treatment in psychiatric inpatient care. This was done in partnership with parents receiving treatment in these settings and with the involvement of clinical staff.

During this work, and in earlier work by the chief investigator, Dr Abby Dunn, it was apparent that parents did not feel staff were appropriately engaging with their experiences and needs as a parent. For example, one mother reported that a staff member expressed surprise that she was distressed after a contact with her child. Staff also expressed uncertainty about whether parents would want to talk about their parenting experiences. As such it felt there would be utility in developing a visible reminder that parents want their parenting identity to be engaged with and some simple guidance on how to do so. This led to the current project which aimed to work with parents and ward staff to design a poster which would

highlight the importance of identifying and engaging with parents receiving treatment on inpatient wards.

The text for a poster was developed with two parents and one carer of a parent, who had received inpatient treatment and two clinical staff. It communicates the following message:

“Being a parent is the most important thing to me”

There are simple actions you can take to help support parents on the ward.

Acknowledge they are a parent

Parents want their identity as a mum or dad to be recognised.

Be curious

Parents often want to talk about their parenting experiences and children.



Check in before and after their contact with their children

Contacts can be positive or distressing (and sometimes both).

Drop any assumptions

Every parent's experience is different.

A local design agency Chimney Design generously worked for free to create a striking visual design for the poster. The poster will now be printed and disseminated across mental health trusts in Kent, Surrey and Sussex where it will be displayed in inpatient unit ward offices.

Public and Community Involvement

The poster was developed in consultation with two parents who had received treatment in an inpatient hospital, and one carer of a parent, who had received inpatient treatment. Two clinical staff also contributed (a matron and a nurse). The parents and the carer discussed how they would have wanted ward staff to talk with them about their parenting experiences. The clinical staff then offered guidance on how these messages could be communicated clearly.

Impact and Implementation

As the poster has only just been completed the impact is not yet known. However, following distribution we will seek to explore acceptability and staff perceptions.

Publications

The original paper can be found [here](#).

A summary of the study can be found [here](#).

Download a copy of the poster [here](#).

What next?

It is planned that printed versions of the poster will be distributed to NHS trusts in the south-east with the aim of being displayed in ward staff offices as aid to good practice.