

## Training and information about the Dutch preventive program children of mentally ill and substance abusing parents (COPMI)

### Trimbos-instituut

The Trimbos Institute is a centre of expertise on mental health and addiction.

The Trimbos instates support of prevention specialists in developing and implementing preventive intervention en research.

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### Training Parent-baby intervention

The parent-baby intervention is home visiting intervention for mentally ill parent and their babies untill 12 months. (Van Doesum, Riksen-Walraven & Hosman, 2005). The aim is to improve the quality of the parent-baby interaction and a secure attachment relation. Several methods are used including video-feedback and baby massage.

#### *Aims of the training*

- To give information about the impact of mental health problems of the parent on child development
- To learn to observe parent-baby interactions using the Ainsworth scales
- To design a support plan
- At the end of the training and supervision is able to use the parent-baby intervention in their own practice

*Targetgroup:* Professionals in the (mental) health who work parents with mental illness and infants (0-12 months).

*Location and organisation:* Trimbos-institute Utrecht

The total of the training is four days : two days of training, two days supervision

*Trainers:* Carla Brok and Karin van Doesum

Information in company training and English training please contact Karin van Doesum:  
[k.vandoesum@dimence.nl](mailto:k.vandoesum@dimence.nl)

# Training Family Talk Intervention

Family Talk Intervention William Beardslee's intervention translated in Dutch en exist of 6-8 sessions. The training also includes a short version of three meetings with mentally ill parents an children.

## *Aim of de training*

- To give information about the Family Talk intervention based on Dr. Beardslee's manual
- To practice the skills to use the intervention Family Talk and the three talks with parents and children.
- To discuss how to implement the Family Talk in the organisation

*Targetgroup:* professionals who work mentally ill or addictive parents and their children

*Trainers:* Petra Windmeijer and Charlotte Koster

The training covers two days. It starts twice a year and in Dutch.

*Information:* Trimbos – instituut: [Mdvries@trimbos.nl](mailto:Mdvries@trimbos.nl)

# Research on theory, development, implementation and interventions

Radboud University Nijmegen in cooperation with the Trimbos-institute

Behavioural Science Institute  
Montessorilaan 3  
6525 HR Nijmegen  
The Netherlands

Prof. Clemens Hosman, Karin van Doesum, PhD, Floor van Santvoort PhD-student

## Ongoing studies:

- Efficacy study on the support groups for children of mentally ill and substance abusing parents
- Review study on the impact of different mental disorders on child development.
- Effect study on the parent-baby intervention (Karin van Doesum)
- Cost-effectivenss study on the online groupcourse ([www.kopstoring.nl](http://www.kopstoring.nl)) for children 16-23 years in cooperation with Maastricht University
- Development of an intervention for pregnant women with a mental illness together with community mental health service Dimence in Deventer.
- Risk and protective factors in adolescents with a mentally ill or substance abusing parent (aged 10-16 years)
- Development of an online parenting self-help module for mentally ill parents, based on the online groupcourse ([www.kopopouders.nl](http://www.kopopouders.nl))

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## English Publications

- Hosman, C.M.H., van Doesum, K.T.M., & van Santvoort, F. (2009). Prevention of emotional problems and psychiatric risks in children of parents with a mental illness in the Netherlands: I. The scientific basis to a comprehensive approach. *Australian e-Journal for the Advancement of Mental Health*, 8(3).
- Van Doesum, K. T. M. (2007). *An early preventive intervention for depressed mothers and their infants its efficacy and predictors of maternal sensitivity* Radboud University Nijmegen, Nijmegen.
- Van Doesum, K. T. M., & Hosman, C. M. H. (2009). Prevention of emotional problems and psychiatric risks in children of parents with a mental illness in the Netherlands: II. Interventions. *Australian e-Journal for the Advancement of Mental Health*, 8(3), 264-267.
- Van Doesum, K. T. M., Hosman, C. M. H., & Riksen-Walraven, J. M. (2005). A model-based intervention for depressed mothers and their infants. *Infant Mental Health Journal*, 26(2), 157-176.
- Van Doesum, K. T. M., Hosman, C. M. H., Riksen-Walraven, J. M., & Hoefnagels, C. (2007). Correlates of depressed mothers' sensitivity toward their infants: The role of maternal, child, and contextual characteristics. *Journal of the American Academy of Child and Adolescent Psychiatry*, 46(6), 747-756.
- Van Doesum, K. T. M., Riksen-Walraven, J. M., Hosman, C. M. H., & Hoefnagels, C. (2008). A Randomized Controlled Trial of a Home-Visiting Intervention Aimed at Preventing Relationship Problems in Depressed Mothers and Their Infants. *Child Development*, 79(3), 547-561.
- Woolderink, M., Smit, F., Zanden, A.P. van der, Beecham, J., Knapp, M., Evers, S. (2010). Design of an internet-based health economic evaluation of a preventive group-intervention for children of parents with mental illness or substance use disorders. *BMC Public Health* 2010, 10:470
- Zanden, A.P. van der, P.A.M. Speetjens, K.S.E. Arntz & S.A. Onrust (2010). Online group course for parents with mental illness: development and pilot study. *Journal of Medical Internet Research JMIR*, 12 (5), 1-13.

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