

Creative Connections

It Takes a Village

CAMHS-ID Parent Wellbeing Hub




THIS WEEK WE EXPLORED

Week 3 invited parents and carers to reflect on what it means to raise a child with complex mental health and additional needs in a world that does not always understand.

Through conversation and creativity, we explored:

- ♥ Our roots – where we come from
- ♥ Our strengths – what helps us
- ♥ Our hopes – for our children and our future
- ♥ Challenges we face – and how we cope
- ♥ What helps us keep growing
- ♥ Moments of joy and gratitude

*Every leaf tells a story.
Every story helps
our village grow.* 



WEEK 3

Finding Strength in Community

Belonging, Understanding & Shared Experiences

OPTIONAL CREATIVE ACTIVITY

Three Women Standing Together

A symbol of community, friendship and shared understanding.




*Sometimes
the greatest
strength
comes from
knowing you
are not
alone.*



*Every
family
deserves a
community
that
understands.*



A creative and reflective activity that helped us explore our personal journeys, recognise our strengths and what keeps us growing. 



PSYCHOEDUCATION FOCUS

- ♥ Belonging and social connection
- ♥ Navigating public spaces
- ♥ Understanding stigma and judgement
- ♥ Being heard and understood
- ♥ Community support and advocacy
- ♥ Building confidence through connection



WHAT PARENTS TOLD US

"I don't have to explain everything here."

"It's easier when people understand."

"I realised other parents feel the same."

Being with people who get it makes a difference."

"I felt less alone."

"It helps to know there's a village around us."



CAMHS-ID CNS CORE COMPETENCIES IN ACTION



CLINICAL PRACTICE

Supporting parental mental wellbeing through therapeutic conversations and emotional support.



ADVOCACY

Amplifying parent voices and lived experience to influence and improve services.



EDUCATION & HEALTH PROMOTION

Providing psychoeducation on understanding stigma, self-care and advocacy.



CONSULTATION & COLLABORATION


Working in partnership with libraries, families and community



AUDIT, RESEARCH & EVALUATION

Listening to feedback and using insights to shape future services.

CNS expertise. Parent voices.

Stronger families. Better outcomes. 

WHAT WE LEARNED

- ✓ Parents need community too.
- ✓ Connection reduces isolation.
- ✓ Understanding creates safety.
- ✓ Families thrive when supported.
- ✓ Acceptance matters.
- ✓ Shared experiences build resilience.



MINDFULNESS & COPING STRATEGIES

- ♥ Connecting with supportive people
- ♥ Taking breaks from judgement
- ♥ Self-compassion
- ♥ Sharing experiences
- ♥ Creative expression
- ♥ Building your village

WHY THIS IS DIFFERENT

- ♥ Held in a neutral, community space (library)
- ♥ Non-clinical, welcoming and inclusive
- ♥ Focus on prevention and early support
- ♥ Empowering parents to build confidence and capacity
- ♥ Evidence-based, person-centred approach




A MENTAL HEALTH NURSING INTERVENTION

This is a clinically led mental health nursing intervention, not just a social group.

- ♥ Reduces isolation and emotional distress
- ♥ Improves parental mental health and wellbeing
- ♥ Builds capacity and confidence
- ♥ Supports children's outcomes through stronger, supported caregivers



*It takes a **village** to raise a child,
but it also takes a **village** to **support** a parent.*


When families are understood, accepted and connected, everyone grows stronger. 



WHAT THIS PAINTING REPRESENTED

The three women standing together became a powerful symbol of the Creative Connections journey. Parents spoke about feeling seen, supported and less alone in their journey.

The artwork represents friendship, community and brighter futures together.

It reminds us that no family should have to walk this journey alone. 



Creative Connections
CNS Led Initiative

In partnership with

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HOUSE
Services For People
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