

Creative Connections

It Takes a Village

CAMHS-ID Parent Wellbeing Hub

WEEK 4

The Tree of Life

Strength, Hope & Resilience

OPTIONAL CREATIVE ACTIVITY

The Tree of Life

A symbol of growth, connection, hope and strength.

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

PSYCHOEDUCATION FOCUS

- Strengths and resilience
- Understanding stress and overwhelm
- Coping strategies and self-care
- Hope and future planning
- Navigating supports and services
- Building self-compassion
- Celebrating small wins

WHAT PARENTS TOLD US

"This helped me see how far I've come."

"It reminded me of my strength."

"I felt proud of my journey."

"I have more hope for the future."

"It's good to focus on the positives."

"Each leaf is something important."

THIS WEEK WE EXPLORED

Week 4 invited parents and carers to reflect on our roots, strengths, hopes and the things that help us continue to grow, even during difficult times.

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.

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 organisations.



AUDIT, RESEARCH & EVALUATION

Listening to feedback and using insights to shape future services.

CNS expertise. Parent voices. Stronger families. Better outcomes.

My Strengths that help me grow

Hopes for the future

Challenges I face

What helps me keep going

My Roots: Where I come from

Moments of Joy

Still Growing

We grow one leaf at a time.

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

LEGISLATION & BEST PRACTICE

- UN Convention on the Rights of the Child (Article 24 – right to the highest attainable standard of health)
- Mental Health Act 2001
- Children First Act 2015
- A Vision for Change (2020)
- Sláintecare – Right Care, Right Place, Right Time

SELF-CARE: BUILDING CAPACITY OF CARERS & PARENTS

- You can't pour from an empty cup.
- Taking time for yourself is not selfish – it is essential.
- Small steps. Kindness. Grace.
- You matter too.

From isolation to connection. From surviving to growing. Together.



Creative Connections
CNS Led Initiative



ST. MICHAEL'S HOUSE
Services For People With Disabilities

Fingal Libraries

Creating spaces for connection. Supporting families. Building hope.