



## Rollercoaster Parent Carer Peer Support Development Menu of Services

### 1. Introductory meeting (No cost)

### 2. Scoping meeting with parents, carers and system professionals in your area. To include:

- Publicity templates and recruitment advice to help with engagement.
- Introduction to the Rollercoaster model
- A facilitated space to discuss what is already happening, gaps, hopes and dreams for parent carer support in children and young people's mental health in your area, to ensure the support we offer can be adapted to fit with the local need.

### 3. Rollercoaster Training workshop-half day

This session will focus on the detail of the Rollercoaster model and implementing in in your area. A Parent/carer and professionals' joint session is preferred but can be offered in 3 stages if more relevant to your area which would include initial parent/carer session, staff session then a joint session.

### 4. Making it work for you

Planning session to develop an Implementation plan including the what, where, when and how to get your parent carer support established

### Adopt Rollercoaster model in your area

- Licence to use Rollercoaster model, brand and logo-(branded to your area)
- Rollercoaster model and guidelines manual
- Bank of Rollercoaster branded inclusive images for use in publicity to encourage engagement
- Bank of templates & resources including:
  - Group ethos & structure
  - Session records and evaluations
  - Publicity templates
  - Registration forms
  - Top tips for engagement
- Annual individual check in meeting and review of Memorandum of Understanding
- Access to quarterly network meeting to meet, share practice and ideas

### Additional support options:

#### Helping others like you

A 7-week course for parents and carers who have or are still supporting a child or young person with emotional or mental health problems and would like to help others in a similar position. The course will enable parents and carers to explore their own journey to help them decide if helping others is something they would like to do.

The pros and cons of offering parent carer peer support for managers, commissioners and staff. This 3-hour training session will provide a foundation for employing or introducing parent carer peer supporters in your workforce

Parent peer and staff support, mentorship and trouble shooting. This can be done as a team or one to one and can be offered face to face (depending on location), online or via telephone

Regular check in, email, telephone support, peer supervision for parent/carer and clinicians depending on needs

Consultancy and training focused on lived experience working in children and young people's mental health, coproduction and creative project ideas to support engagement

Setting up and running a Facebook group for parents or establishing a Facebook partnership group with Parenting Mental Health. This session is provided by Parenting Mental Health

**Please get in touch to discuss costs and a package tailored to your needs**

