

FOI 0353/2023 Response

This national survey is being undertaken at the University of Exeter. This study aims to find out about the mental health services and interventions available specifically for parent carers and the pathways involved in accessing support or interventions. The research is funded by the National Institute for Health and Care Research (NIHR) and has been reviewed and given favorable ethical opinion by the Health Research Authority [East Midlands, Derby].

By completing this freedom of information request (FOI), you will help us gather valuable information, which will be used to find ways to improve access to mental health support and services for parent carers experiencing mental health difficulties in the future.

Part 1: Demographics

1. What is the postcode of the place where you work/your organisation?

Birmingham and Solihull

2. What NHS region do you work in?

- a) East of England
- b) London
- c) Midlands**
- d) North East and Yorkshire
- e) North West
- f) South East
- g) South West

3. Do you see commissioning services for children or young people with SEND and/or their parent carers as part of your role?

Birmingham and Solihull (BSOL) Mental Health Provider Collaborative commissions services for Children and Young People (CYP) with SEND (special educational needs and disability) and their parent carers and additional mental health needs.

4. How would you best describe your current role?

- a) Commissioner NHS Healthcare**
- b) Commissioner Social Care
- c) Other (please specify)

5. For which age group do you commission services?

- a) Children and Young People**
- b) Adults
- c) Both
- d) Other/Comments (please specify)

Part 2: Mental health services for Parent Carers

6. Do you currently commission any specific services for parent carers* mental health? *By parents carer we mean parents of children or young people with special educational needs or disabilities
- a) Yes
 - b) No**
7. If yes, what mental health interventions/services do you commission for parent carers?

Forward Thinking Birmingham and Solar (Child and Adolescent Mental Health Service) are the two main providers in BSoI, both provide parenting support to enable parents to understand their child's presenting needs and support their child.

8. Are there any specific barriers to commissioning mental health services for parent carers?

Please note that currently the Trust does not have enough data to confirm the barriers to commissioning mental health services for parent carers.

Part 3: Mental health interventions available for parent carers of special educational needs and disabilities in your local area.

9. Are you aware of any sources of mental health support or interventions specifically for parent carers in your local area?
- a) Yes
 - b) No

Please note that the Trust is unable to respond to this query.

This is because the question is opinion based and therefore does not fall into the remit or spirit of an FOI request, which is to provide factual information.

10. If, yes, who offers this support or interventions in your local area? Please check all that apply. Please include as much information/examples as you can, e.g., name of organisation
- a) NHS (please specify the service/intervention)
 - b) Social care (please specify the service/intervention)
 - c) Private therapy/counselling (please specify the service/intervention)
 - d) Charity/Third sector (please specify the service/intervention)
 - e) Other (please specify the service/intervention)

Please refer to question 9

11. Are you aware of any support available specifically for parent carers for their mental health, nationally, or remotely?
- a) Yes
 - b) No
 - c) Not sure

Please note that the Trust is unable to respond to this query.

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12. Who offers this support or interventions nationally or remotely? Please add any details you are aware of, e.g., name of organisation(s) and service(s)/intervention(s)

Please refer to question 11,

13. Are there any types of mental health interventions or support that you think may be particularly helpful for parent carers?

Please note that the Trust is unable to respond to this query.

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14. From your professional point of view, how could access to appropriate mental health support for parent carers be improved?

Please note that the Trust is unable to respond to this query.

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15. Do you have any other comments you would like to add about anything related to this research?

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