Parents on the outside –
A pilot study of a support group for parents who had their children removed

Intervention
A support-group model, “Parents on the outside” was developed in Australia to help parents of children with intellectual disabilities whose children have been removed (Mayes, Tozer, Elder 2011).

It was culturally adapted and tried at SUF-Resource center.

The aim of the support group was to help the mothers to find ways to better understand and handle their present situation and to get peer support in their ‘new’ parenting role.

Aim of pilot study
To examine a model for group support with focus on mothers’ health, self-efficacy and well-being.

Results
The pilot study gives preliminary positive indications for increased health and well-being.

Conclusions
The parents were very positive to the support group.
Further research is recommended to evaluate the effect of the model.

Why
Increased risk for children of parents with intellectual disability (ID) to be removed 40 – 60% (McCann et al. 2000)

Placement gives lifelong consequences for the child (Thomson & Thorpe 2000) and the parents (Mayes & Llewellyn 2009)

Parents have the right by law, to get support (Swedish law 8 kap. 7 § 4)

Participants: mothers from two support groups (n=7 & n=4) with cognitive limitations like ID, ADHD and ASD who had their children removed,

Contact: gunnel.janeslatt@lul.se
www.lul.se/suf

“Parents on the outside”

“We have gone through so much together, of course it has affected me. Sometimes we cried, and it was OK. It was so nice”

“I know another mom, who’s in the same situation as me – she has a child in foster care. She heard me telling about the support group. She said she has noticed that I’m feeling better. She also wanted to join a group like this”

“In spite of heavy subjects, many times – still we are happier now. I feel better today”

“My community care worker comments that I seem to feel better. She says I seem happy – a bit more playful – just like my true self”

“My mom says that I have become more calm. In the beginning I was very tired after the group”

“My partner says he noticed that I have stopped slamming the doors, he commented that I haven’t broken a single door since I joined the group”

“In spite of heavy subjects, many times – still we are happier now. I feel better today”