

## Background

Children with a family member who has a mental illness have been found to run a high risk of developing a serious disorder themselves. Many of them adapt well to the situation, they only need support sometimes. The adolescents in this group are hard to reach with the usual preventive care (support groups). Adolescents are capable users of the Internet.

## Purpose

The development of regional preventive E-support, according to the state of the art.

## Hypotheses

Via the Internet the target group will be in better reach. The site can be operated effectively from an Institute for Mental Health Care



## Materials

### Development of Survivalkid.nl:

- Literature review (Drost, Cuijpers & Schippers, submitted)
- (state of the art) Scripts for support groups, translated into web content
- Focus group testing
- Secluded website launched June 2006

### Modules

- Information about psychiatric illnesses, stories of living with a patient.
- Statements (linked with forum)
- Polls (linked with forum)
- Forum
- Tests
- Games to assist coping
- Moderated chat sessions
- Private chat sessions
- E-mail counseling.
- Online courses



### Part of wider care

- Explanations for parents, teachers etc. at the open home page
- Disclaimer to be seen at all pages (which help can be expected, which help not)
- Script for organizational processes
- Manual for counseling
- Procedure in case of (potential) calamities (suicidal utterances)
- Continuing education (interview) for members of staff
- Financial embedding

## Methods

### Data collection:

- Number of unique visitors to the secluded site (guaranteed anonymity)
- Characteristics of visitors (male / female, age, education)
- Number and duration of visits
- Test scores
- Contents chat and e-mail conversations

### Questionnaires

- Online questionnaire for visitors to the secluded site in July /August / Sept.'07
- Questionnaire for teens receiving regular care (2 groups of 5 in summer 2007)

## Preliminary results

297 unique visitors to the secluded site (June 2006 – June 2007).

245 Girls ; 52 Boys

12 - 16: 179; older than 16: 118

Education: practical (VMBO / MBO): 139;

Theoretical (HAVO + >): 111; No answer: 47

### Chatters from June 2006 – June 2007

55 chat sessions, 208 visits

4 visitors per session on average

Private chats with caretaker 32 (during chat session)

+ 8 on appointment

E-mail service: 7 caretakers sent 134 messages to 43 visitors

### Questionnaire results 2007

Frequent users in July: 24; August: 23; September 30;

Unique visitors: 53; Overlap: 24

Response from 21 site visitors out of 53

Response from 9 group members out of 10

### Best modules

Moderated chat sessions (11)

E-mail counseling (4)

### Interesting comment:

"I can't bear professional help, but this website is a straw to clutch at, if there is trouble at home."

## Conclusions so far:

It appears to be possible to implement a secluded and interactive website as part of regular care.

Via the website more adolescents from the target group were reached than with care as usual.

There seems to be a changing group of "heavy site users" going through "bad times"

These visitors especially seem to be happy with the online opportunity to find support.