

Let's Talk about Children

optimism - hope - empowerment - strengths - parental empowerment - simplicity and structure - effect



Structured psychosocial intervention for working with families.

It focuses on supporting children and adolescents in families who have to cope with certain vulnerabilities, such as a parent's mental illness. It aims to prevent the development of difficulties of children by strengthening parental competence and support in areas of strengths and vulnerability on the part of the child. LTC focuses on shared understanding, giving space and encouraging communication within the family about the difficulties that parents are experiencing.

Structure of work with LTC method

- **invitation to participate:** introduction of LTC and offer of support
- **first session:** identifying strengths and vulnerabilities (structured interview using logbooks)
- **second session:** drawing up an action plan (specific actions or steps and specific persons responsible for their implementation)
- **network and follow-up meetings:** if necessary, other professionals or people from the family's environment are invited to support the implementation of the action plan

Logbooks

Trained workers and the family have logbooks to guide the interviews and develop an action plan, divided according to the age of the child being supported (including families expecting the birth). They include a series of questions focusing on the child's characteristics and interests, relationships and practical family functioning, and how the child is doing at home and in school, nursery or other settings. It also includes texts explaining the importance of communicating about challenging topics in the family and practical tips on how to open up about these topics with children.



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LTC can be used by professionals from different fields, such as **social workers, nurses, doctors, peer workers, psychologists and teachers.**



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The method was developed by child psychiatrist Professor Tytti Solantaus and is widely used in Finland and other countries. In the Czech Republic, the first 18 mental health professionals for adults as well as children and adolescents were trained and used LTC in their practice in the period from June 2023 to February 2024.

How do trained Czech experts perceive and characterize LTC? How has LTC enriched their work?

It supports dialogue between parents, children and other family members.

It focuses on children, even though it may not always work directly with them.

It can move hope and courage to change things. It can be the first step that supports a family in making further positive changes.

It brings the opportunity to ask about the expectations of all family members.

We look at the client in all areas of their life, but until now we have not dealt with how they feel as a parent.

It supports the development of competence and confidence in parenting.

It works with hope for parents.

The method is simple and structured. It provides a guide that can be followed and can be quickly learned to work with.

The family is considered to be the expert on their life.

Brings optimism to challenging situations such as a parent's hospitalization in a psychiatric hospital.

It can serve as a platform and common language for different professions.

Even when a family is facing serious difficulties, we are able to find something small and concrete to work with.

We work with the family, but we used to look at the situation from the parents' perspective, and now we are working with it from the perspective of the children, who also perceive mental illness in some way. What is new is inviting children to participate and focusing on strengths and vulnerabilities.

The LTC method is evidence-based and has been the subject of a wide range of research in different cultural contexts. For example, see the article [An Evidence-Based Practice Developed in-situ: Let's Talk About Children and a Consolidation of Its Evidence Base.](#)



Are you considering using LTC in your practice or would you like to be in touch?

<https://www.cmhcd.cz/centre/our-activities/current-projects/lets-talk/>

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