



DIVORCE RISE
RESOURCES. INFORMATION. SUPPORT. EDUCATION.

~~10~~ 11 TIPS FOR
CO-PARENTING
WITH AN EX
WHO HAS A
MENTAL ILLNESS

Dr. Garin D. Vick

CO-PARENTING

TOOLS, TIPS & TACTICS

DISCLAIMER

The following resource is for educational and informational purposes only. It provides information in good faith, and we make no representation or warranty, whether expressed or implied, regarding the accuracy, adequacy, validity, reliability, or completeness of any information in this resource.

We're not liable for any loss or damage caused by the use of this resource or reliance on any information in this resource. Your use of this resource and reliance on any information in this resource is solely at your own risk.

Accordingly, we encourage you to consult with the appropriate legal professionals or licensed attorneys before taking any action based on such information. We don't provide any legal advice. Using or relying on any information contained in this resource is solely at your own risk.

This guide does not provide legal opinions or legal advice and is not intended to serve as a substitute for the advice of a licensed legal or mental health professional. This resource is also not intended to address custody or parental rights. Those using this resource are solely responsible for determining the applicability of any information in this resource to their situation and are strongly encouraged to seek professional legal/mental health assistance in resolving their co-parenting/divorce issues.

The content of this resource should not be taken as a replacement for clinical, professional advice, diagnosis, or psychological intervention. This resource is meant to provide helpful and informative material on the subject matter covered. Dr. Vick is not rendering professional services in this resource.

Reading or using the information in this guide does not create a therapist-patient relationship between you and Dr. Vick. A competent professional should be consulted if the reader requires professional assistance or advice.

Dr. Vick specifically disclaims any responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any content in this resource.

CO-PARENTING

TOOLS, TIPS, & TACTICS



"Helping families before, during, and after divorce."

SERVICES PROVIDED BY DR. VICK

FORENSIC SERVICES

(ALL require a court order)

Reunification Therapy
Family Integration Therapy
Court-Qualified Parenting Coordinator
FL Supreme Court Certified Family Mediator
Expert Witness Services
Professional Consultation
Collaborative Divorce Coach / Neutral Facilitator
Specialized Treatment & Consultation with Court-Involved Children & Families
Court-ordered Mental Health Evaluations / Psychological Evaluations
Competency Evaluations (Juvenile & Adults)

CLINICAL SERVICES

(no court order required)

Individual Therapy
Family Therapy
Psychological Testing
Giftedness Evaluations
Co-Parenting Divorce Consultant

***Accepting New Clients**

CO-PARENTING

TOOLS, TIPS, & TACTICS

Co-parenting with an ex who has a mental illness can be challenging, but it's crucial for the well-being of your child. It requires patience, empathy, and understanding. By prioritizing the well-being of your child and maintaining open communication, you can navigate this challenging situation successfully.

Here are 10 tips to help you manage this situation:

1. Educate Yourself:

Learn about your ex-partner's mental illness. Understanding their condition can help you empathize with their challenges and communicate effectively.



CO-PARENTING

TOOLS, TIPS & TACTICS



2. Prioritize the Child's Needs:

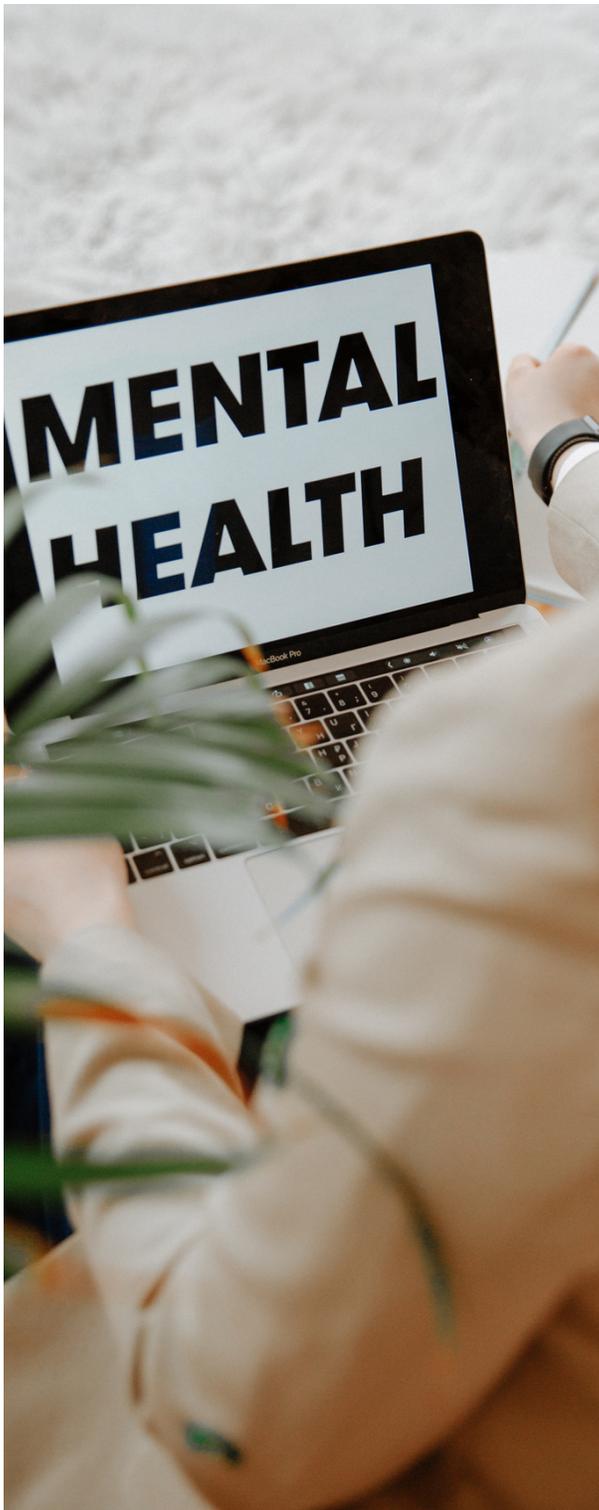
Always keep your child's best interests at the forefront. Focus on creating a stable and nurturing environment for them, even if it means making compromises with your ex.

3. Open Communication:

Establish clear and open lines of communication with your ex-partner. Discuss how the mental illness may impact parenting responsibilities and how you can work together to address any issues that arise.

CO-PARENTING

TOOLS, TIPS & TACTICS



4. Set Boundaries:

Clearly define boundaries and expectations for coparenting. This includes agreements on visitation schedules, decision-making processes, and how to handle emergencies related to the child.

5. Flexible Approach:

Be prepared to be flexible and adaptable. Mental illness can be unpredictable, so be understanding if plans need to change suddenly.

6. Seek Professional Help:

Consider involving a mediator or family therapist to facilitate communication and problem-solving between you and your ex-partner. A neutral third party can help navigate difficult discussions and find solutions that work for everyone

CO-PARENTING

TOOLS, TIPS, & TACTICS

7. Self-Care:

Take care of yourself both mentally and physically. Coparenting with someone with a mental illness can be draining, so make sure to prioritize your own well-being to be the best parent you can be.

8. Maintain Consistency:

Create consistency between households as much as possible. This includes routines, rules, and discipline strategies. Consistency provides stability for the child, which is especially important in this situation.



CO-PARENTING

TOOLS, TIPS, & TACTICS



9. Focus on Positives:

Acknowledge and reinforce positive behaviors and interactions with your ex-partner. This can help build trust and cooperation over time.

10. Seek Support:

Don't hesitate to reach out to friends, family, or support groups for guidance and encouragement. Coparenting with an ex who has a mental illness can feel isolating, but you're not alone.

CO-PARENTING

TOOLS, TIPS, & TACTICS

BONUS TIP:

11. In contemplating the cyclical nature of mental health issues, we must recognize the profound impact they can have, particularly during transitional periods such as starting anew after divorce. This juncture is fraught with apprehension and stress, compounded by the intricate dynamics of co-parenting.

To navigate these complexities, it behooves us to strategize for moments when our co-parents may grapple with managing their mental well-being. In such instances, proactive adjustments to the timesharing schedule and the provision of unwavering support and solace to our children become imperative.

Anticipation is key. By formulating a comprehensive plan in advance, we can cultivate an environment of stability and reassurance for all members of the familial unit. This proactive stance serves as a bastion of strength during turbulent times.

Moreover, the discourse surrounding mental health has evolved markedly in recent decades. Initiating conversations with our children about mental illness has become more accessible, thanks to a plethora of resources tailored to guide parents through this delicate dialogue. These resources, meticulously aligned with the developmental stages of our offspring, ensure a unified, age-appropriate narrative shared by both parents, fostering clarity and understanding.

CO-PARENTING

TOOLS, TIPS, & TACTICS

In conclusion, co-parenting with an ex who has a mental illness can be challenging, but it's crucial for the well-being of your child. It requires patience, empathy, and understanding. By prioritizing the well-being of your child and maintaining open communication, you can navigate this challenging situation successfully.

