• About 1 out of 5 children in the US have mental health problems, and mothers are usually their primary caregivers (National Institute of Mental Health, 2001).

• Services for these children have been decreased in an effort to reduce costs.

• Consequently, parents are faced with the increased responsibility to care for children with very severe mental health problems at home.

• Few studies have addressed the well-being of caregivers of children with mental health problems.

The purpose of this report was to describe the problems and goals identified by primary caregivers of children with mental health problems during a feasibility study to test the efficacy of Building Our Solutions and Connections (BOSC), a cognitive behavioral problem solving intervention for these caregivers (Gerkensmeyer et al., in press).

BOSC intervention focused on enhancing problem-solving skills of primary caregivers of children with mental health problems.

Participants were recruited over 11 months from community mental health centers, response to ads, and calls to the research team from information on fliers.

Problems and goals were identified by individual caregivers during a nine week problem-solving intervention that included a face-to-face one-hour intervention followed by eight half-hour telephone interventions.

Counted the number of times problem were identified.

### Sample Characteristics

**Total number:** 44 caregivers

**Gender:** 42 females and 2 males

**Age:** Ranged from 26-69 years with mean age of 43 years

**Race:** 57% Caucasian (n = 35), 39% African American (n = 24), 1% each Pacific Islander (n = 1), and 1% (n = 1) biracial

Next, a summary of the problems and goals selected by these primary caregivers is described in table 1 and figure 1.