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# LETTING GO

By Anneke Bylsma & Rebecca Purdon



# US – The Team @ TRK

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- Whangarei Northland –The Winterless North
- We are a secondary Mental Health Service and our team consists of Administration Psychiatrist, Registrars, Registered Nurses, Psychologists, Occupational Therapist and Social Workers
- We have integrated MDTs with Oranga Tamariki (Child Youth and Family) and Mahi Tahī (The governing body of primary services)
- We also have MIMHs and PPS under the Te Roopu Kimiora umbrella and are able to integrate the benefits of our services when needed
- The service covers the entire Northland, however there are 3 separate teams across this area who all work separately.

# The Service

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## **Whangarei Cliental Ethnic Breakdown**

NZ/European	47.5%
Maori	25.1%
Not recorded	21.8%
Pacific Islander	2.4%
Other	1.5%
Asian	1.2%
African	0.3%

The service is catered to see the top 3% however we are currently seeing approximately 7%

-this is why letting go is so important and something we always need to work on getting better at



# What are the principals of **Letting Go?**

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- The CAPA activity of ‘letting go’ refers to the case closing and ending of an episode of care, where the young person and their family/whānau transitions out of the service.
- The ability to let go is important in helping children and young people and their family/whānau to regain control of their lives; and assists teams to achieve a smooth flow through their services.
- Letting go should not be thought of as an ending, but a beginning.
- Having a systematic approach to letting go and understanding the CAPA service model and all its elements is essential in assisting services to meet the needs of children, young people and their families/whānau.
- What’s going on for the client and their whanau



# What holds us back from **Letting Go?**

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- Not setting goals and or using care plans
- Not trusting the whānau or young person to be able to continue after discharge
- Not doing the work on issues that are goal focused or Finding more 'issues' to work on
- Establishing a co dependence
- Parents (unrealistic) expectations
- Attaching to the client
- Risk
- Other agencies requesting of on-going MH service
- Build up of reliance to services



# What is the reality of **Letting Go?**

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## **Negatives**

- Can be hard
- Paperwork
- Resistance from other services
- Resistance from client or family

## **Positives**

- More room to work with others
- Highlighting the work the YP has done
- Empowering to the client and their Whānau



# How can we be better at **Letting Go?**

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- Having achievable goals that stem from the needs of the client and their whānau
- Being open about the process and plan from the start
- Using the sessions to focus on growth and forward momentum
- Measuring progress and giving this feedback
- Making the letting go a win for the client
- Having the MDT backing
- Bring up the topic regularly
- Having the whānau involved and aware of the letting go plan
- Setting review sessions
- Use our therapeutic skills and engaging the whānau and client
- Having confidence in your own ability. You are the clinician!



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QUESTIONS?