



Werry Workforce
WHĀRAURAU



Le Va



Improving mental health and wellbeing for infants,
children and young people through service improvement,
workforce development and advocacy.

Supporting Parents Healthy Children: Moving towards family-focused service delivery in Aotearoa, New Zealand

Are we there yet??



Setting the scene for today...



Briefly:

- ▶ The SPHC Guideline Implementation: Where it came from, what we aimed to do, what we have done, what we need to do

Are we there yet??

Where the Supporting Parents Healthy Children Initiative came from



- Years of 'getting to the starting line'
- Recognition that the children of parents with mental health and/or substance concerns in Aotearoa/New Zealand are an invisible population
- The Director's passion...
- The focus on family-inclusive practice across initiatives

What we know: back to the data:

- 50-70% of people experiencing mental health concerns are parents
- 15-30% of children have one parent who experiences mental health concerns
- 3-6% of children have parents who experience serious problematic substance use
- Oranga Tamariki estimate parental mental illness or problematic substance use is present in up to 80% of presenting children under 2 years of age

Royal College of Psychiatrists: Parents as patients: supporting the needs of patients who are parents and their children. College Report, January 2011.

Advisory Council on Misuse of Drugs. Hidden Harm: responding to the Needs of Children of Problem Drug Users, 2003.



We must remember...



The majority of parents with mental health or substance use concerns do not abuse their children

and

most adults who abuse children do not experiencing significant mental health or addiction concerns

However



- Children who have a parent experiencing mental health or addiction concerns are at increased risk of experiencing a range of poor outcomes.

And...



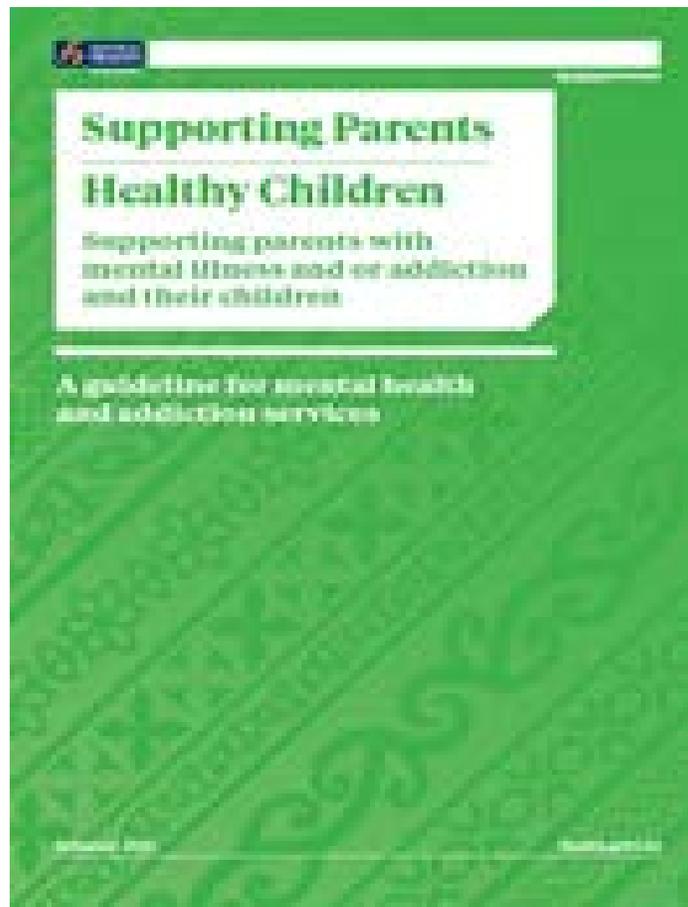
- A 2012 systematic review of preventative interventions in COPMIA concludes that the risk of mental illness in the child can be reduced by 40%.

The Supporting Parents Healthy Children Guideline: The Vision



A Mental Health and Addiction Service delivery that:

- Is family and whānau focused
- Takes responsibility for promoting and protecting the wellbeing of children
- Makes the rights and needs of children a core focus of all that they do



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Are we there yet??



- The expectation that...

by end Sept 2018, completion of Phase one, implementation of the Essential Elements:



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Organisational Essential Elements

- Family and whānau focused Implementation plans are in place
- Data is routinely collected (PRIMHD)
- Leadership team includes an identified champion
- Documented care and protection policies...

Essential Elements: Service Level



- A SPHC champion is in place to support leadership, training, support and advice
- Family focused service delivery is regularly audited
- Service Leaders working towards a family friendly environment
- Directory services available
- Resources for parents



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Essential Elements: Practice Level

- Conversations about children, parenting, family and whānau are routine. Service users are linked to local parenting and family support services
- Family inclusive appts are made routinely
- Family care plans developed as appropriate
- Focused support available for pregnant and post-partum women
- Staff feel confident to have conversations about parenting



- Forms and documents family focused
- Coordinated systems for post partum service users
- Access to specialist advice on care and protection issues
- Interagency planning processes in place

So are we (half way) there yet???



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By 2020: Best Practice Elements

- Organisation:
- KPIs to measure performance
- All strategic docs are Family focused
- Service:
- Written support pathways
- Established ICAMH consult
- Resources available
- Family friendly environments



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Practice

- Family focused practice embedded in all service delivery
- Evidence Based programmes supporting parenting and well-being available in all adult mental health and addiction services
- Specialised programmes for the most vulnerable
- Specialised programmes for pregnant women and infants

And most importantly..

- The mental health and addiction sector workforce is confident and competent to address the needs of children with parents with mental health and/or addiction concerns

How far do we have to go???



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Implementing the Supporting Parents Healthy Children Guideline



- Development of an Implementation Plan (Implementation Science)
- Using the 'Beacon' strategy (The Bouverie Family Centre)
- Adkar tools: Readiness measure: ADKAR: Prosci, 1994
 - -Awareness of the need to change
 - -Desire to change
 - -Knowing how to change
 - -Ability to implement strategies, skills and behaviours
 - -Reinforcement to sustain the change

Components of Implementation:

- Workforce Programme support
 - Steering groups
 - Practice Champions: Family and Whānau advisors, Consumer Advisors, Practitioners
- = Enhanced Family and Whānau focused practice = enhanced well-being for parents
- = Enhanced well-being for children and young people





Collaboration across services and sectors

Networking



Integrating

Coordinating

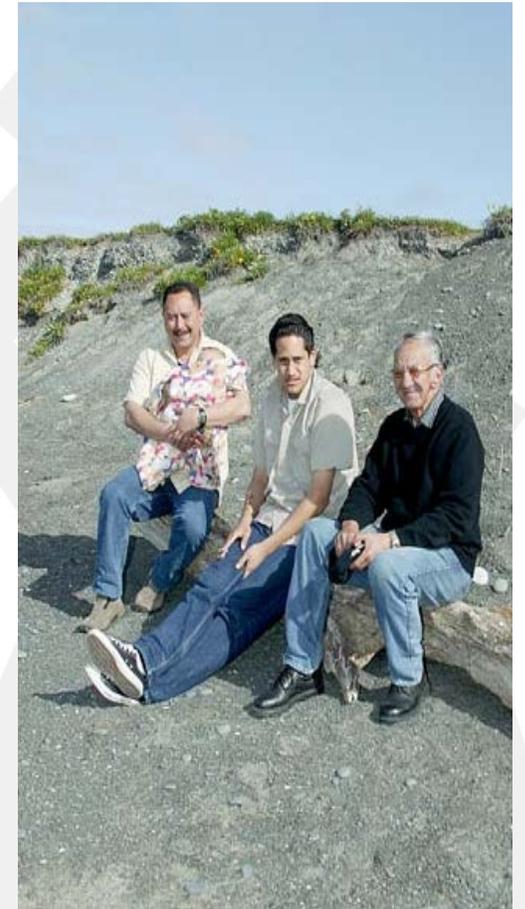
Cooperating

Resources

- Contact-liaison people from Project Team for each DHB area
- Tool development
- Working with steering groups
- Identifying practice champions/drivers/facilitators
- Web-sites, resources...
- Implementing interventions (5 Step, SSFC)
- Champion's network



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Uniservices
IDEAS TO LIFE

Yes but how do we know we are making a difference



- Practitioner Survey (Mayberry and Reupert)
- Outputs: Training etc
- Audits: files, interviewing staff, interviewing
- Data
- Evidence in annual district plans
- International networks, discussion



Resources





- Established a web-site:
- Domain name: www.Supportingparents.nz.org
- Trauma informed care training
- Implementation of Single Session Family Consultation model via a train the trainer model
- Implementation of the 5-Step Approach

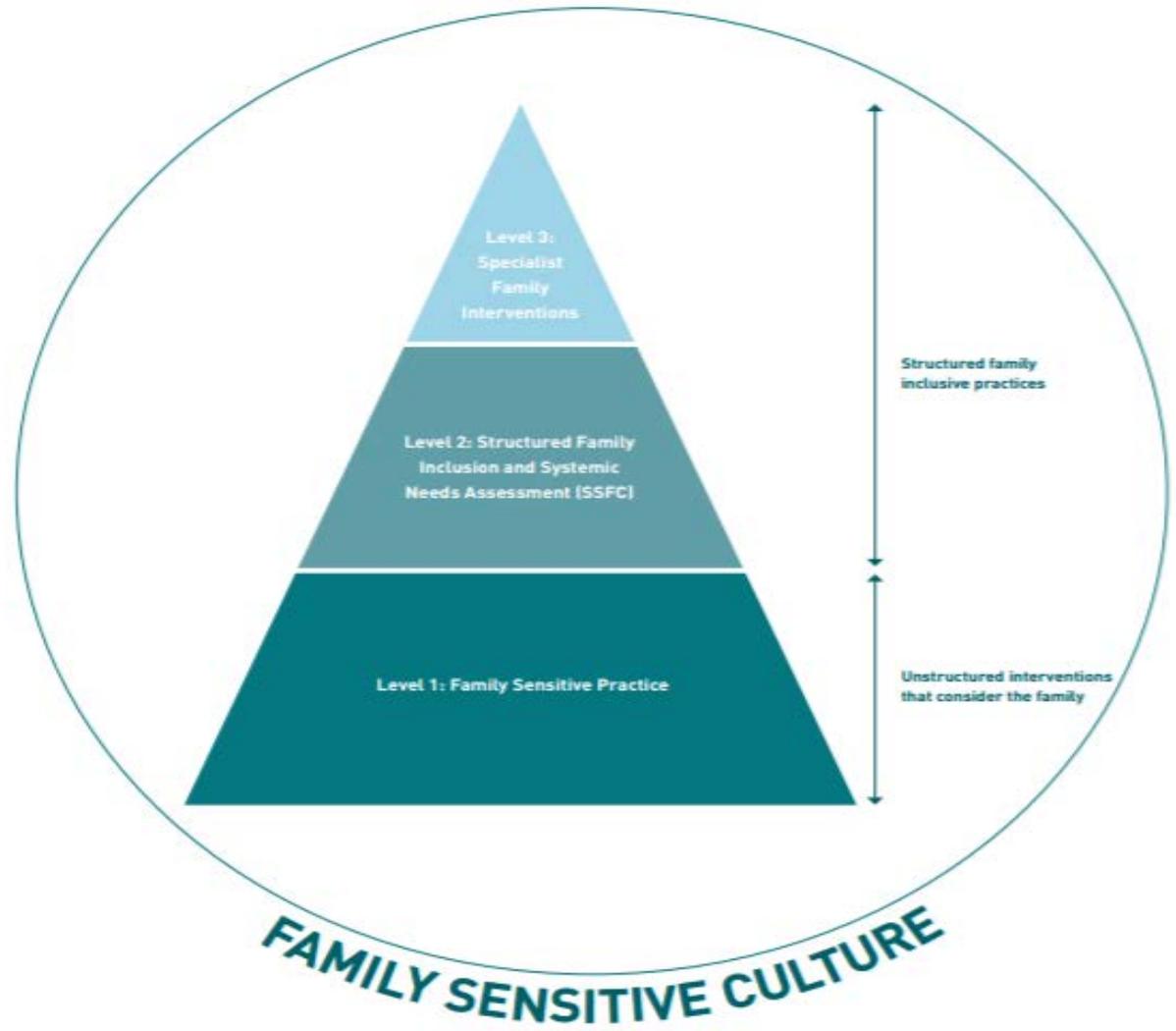
Single Session Family Consultation



- Developed at The Bouverie Family Centre Melbourne
- Combines Single Session Therapy and the Family Consultation Model

What is it?

- SSFC is a brief structured process for engaging and meeting with families/ whānau which aims to identify needs and find solutions



The 5 Step Model



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What we want to see...





What we want to see:

- Jill, a 33 year old mother of 3, whose youngest child is 18 months old, and oldest 6 years old, has been referred to her local integrated community mental health and alcohol and drug service for an appointment by her GP
- Jill is phoned by a person from the service and invited to suggest appointment times that suit her and her whānau.



- The appointment can occur at home, or anywhere suitable to Jill and her whanau
- The person on the phone asks Jill who is in her whānau as part of the phone conversation. She is also asked her ethnicity, and if there are other people she would like involved in the contact with the service.

- Jill decides to come into the service. She brings her 18 month old and her 3 year old children. Her partner is working and is unable to attend
- She arrives, along with her children, all are welcomed warmly



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- She and her children are shown to a whānau room with a kitchenette with fruit, snacks and drinks available. The room has bean-bags, toys and games, and comfortable chairs, and family posters on the wall.
- Jill and her children are introduced to the practitioner for the appointment. The practitioner checks if there is anything Jill needs for her children.
- Jill is offered that the children may stay in the whānau room with a worker if she would prefer, or is told they are welcome in the practitioners office with her.

- The practitioner's office is equally well equipped for Jill and her children.
- The practitioner engages Jill in a conversation about the [redacted] has attended.
- The practitioner is clear about what she would need to [redacted] any concerns for the children, but she is equally clear that [redacted] good mother even if she has addiction issues.



- The practitioner hears that Jill is engaged with a service that offers her whānau support, and that Jill has let this service know of her appointment today.
- The practitioner is confident talking to Jill about her mental health and addiction problems as well as her family and whānau, parenting and any concerns she might have about her children

- The practitioner is confident in talking to the children in a friendly and welcoming way (if they were older she would be able to help them understand their mothers issues in an age appropriate way)
- Jill feels that it is OK to continue contact with the service and feels able to talk about her children and her partner, who is able to attend the next appointment.



**Involving and valuing children, family and
whānau is everyone's responsibility.
Kei a tātou te tikanga.**

It's all about whānau...



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The workshop



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Consider policy in your country: Similarities 1-10

- What's the same?
- What's different?

Thinking service delivery: Similarities 1-10

- What's the same?
- What's different?

Thinking of the Children of Parents with Mental Illness and Addiction: What's working for your country?



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What needs to change?



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What are the potential solutions?



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What needs to happen to achieve these?



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Develop a plan...



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