

Supporting Parents Healthy Children

Northern Region



Supporting Families NZ

It takes each of us to make a difference for all of us.

It's whānau ora, and it's the foundation that inspires every aspect of our work.

After 40 years of working with people around New Zealand, we know that if family and whānau of a loved one with mental distress are correctly supported and empowered, the path they walk leads to increased wellbeing for the whole whānau.



Where are we up to?

Where are you at with progressing 2015 SPHC guidelines?

- Governance structures in place?
 - SPHC incorporated at all levels
 - All documentation includes children as part of the whānau
 - SPHC set item on team and support workers meeting agendas
- Training/mentoring/resources provided to staff?
 - SPHC Champions within the team to lead work
 - Staff share examples of working with children
 - All Together Now – training for other organisations
- Resources/groups available to parents, children and whānau accessing service?
 - Groups in development with other regional branches
 - Individual support to all whānau and tamariki

How we are measuring progress

How are you tracking or measuring progress?

- Number of children seen is monitored each month
- No measurement for children supported indirectly

How are you using this data to improve SPHC delivery?

- Sharing of anecdotal data to support improved practice
- Build team enthusiasm for work with children

How can we build on the progress we've made?

What are your priorities moving forward?

- **Continuing effective individual support**
- **Exploring groups for kids**
 - What are the challenges?
 - Shifting current knowledge to focus on children
 - What support will you need?
 - Training from diverse sources