

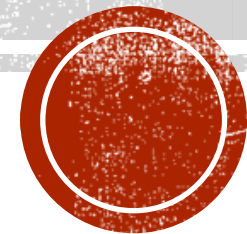
ROLLING WITH RESISTANCE

Parallels with SPHC Implementation in a DHB setting

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West Coast DHB



Supporting Parents Healthy Children

TE TAUTOKO I NGĀ MĀTUA ME NGĀ TAMARIKI HAUORA

SUPPORTING PARENTS WITH MENTAL HEALTH AND OR ADDICTION ISSUES AND THEIR CHILDREN

ROLL WITH RESISTANCE?

“Roll with Resistance” is one of the key principles of motivational interviewing – an approach to helping people change habitual behaviour which is causing problems for them or others.’

Sounds like a good fit for SPHC
Implementation for parents, families
AND for clinicians!





ROLLING WITH *SPHC* RESISTANCE

Why does resistance occur?

- From *parents*

Don't know
its part of
our role

Unaware of
resources and
supports

Feeling
exposed
and
vulnerable

Fear if they over
disclose
-Oranga Tamariki
-Inpatient Unit

Past negative
experiences





ROLLING WITH *SPHC* RESISTANCE

■ From *clinicians*

Lack of awareness of
resources and supports

Lacking confidence and
perceived skills

It will create
a barrier

Resisting change in
general
-extra work
-don't have time

Might
make
things
worse

Lose the
therapeutic
alliance

Not our job

Assumptions that clients don't want
to talk about children





WHAT DOESN'T WORK

Authoritarian

- Expectations/auditing
 - Ministry targets



- Remote and disconnected

Persuasion

- Urgency
 - Benefits of change



- Increases resistance

Correction

- Fix the problem
 - Creates pushback

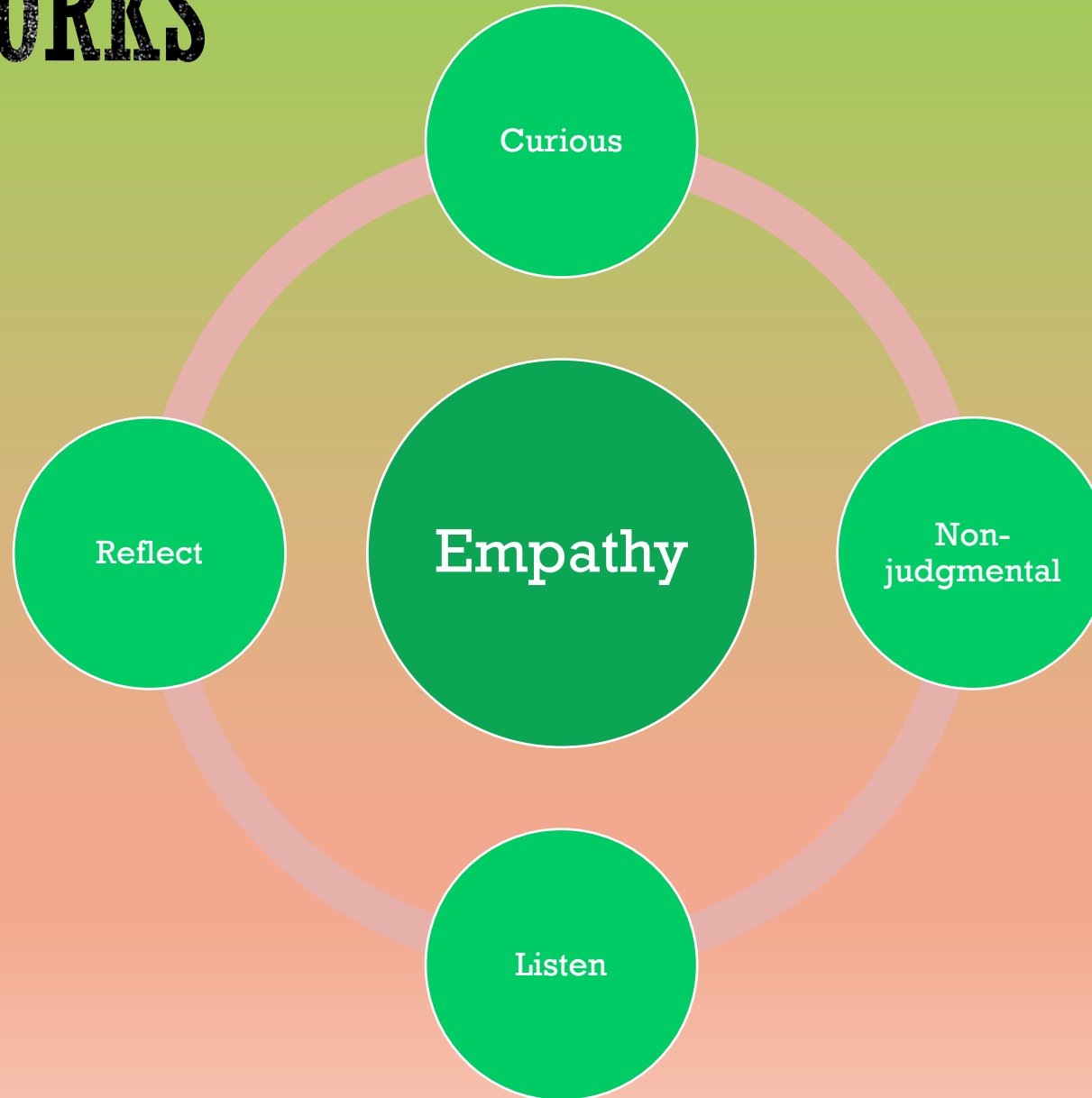


- Arguments and reinforces status quo





WHAT WORKS





Develop Discrepancy

Values/Goals

Behaviour

Define

Widen the
gap

Realisation





SUPPORT SELF-EFFICACY

Person-focused

Flexibility

Support
conversation

Where are they?

Pathways

Need

Ability

Resources

Talk

We've done this
before

Transferable

Share
experiences

Build confidence



HOW CAN WE 'ROLL WITH RESISTANCE'?

(PARENTS EDITION)

Remember our goals

Just say it, make it normal

Flexibility in our approach

Sensitivity and persistence





Reduce
assumptions

Address fears
and negative
past
experiences

Find out what
matters

Meet them
where theyre at

**ROLLING
WITH
CLINICIANS**



ROLLING WITH RESISTANCE

WHAT IT LOOKS LIKE FOR US

Parents, children and families

- Posters, signage, SPHC leaflet and resource display in public waiting space
- Newspaper articles
- WCDHB public website and Facebook page- coming!
- Capable, connected support services

MH and AOD workforce

- Survey to gauge confidence and comfortability
- SPHC leaflet and resource clip
- NGO's and support services providing education sessions across sites.
- Intranet site as a hub for information
- Seeking feedback and trialling ideas
- Supporting MDT's and face-to-face appointments

