

Mental Wellbeing Navigator

Central Lakes

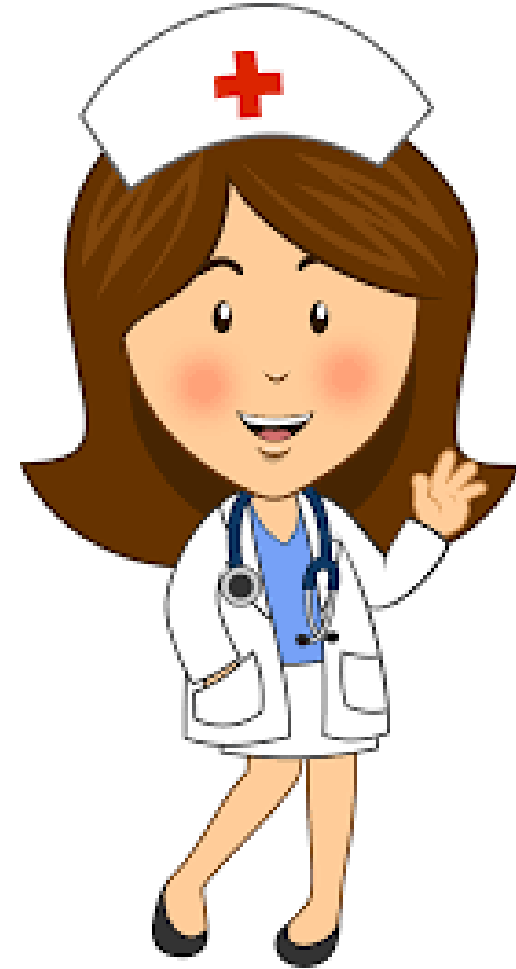


Supporting families and individuals to have healthy and positive relationships

Referrals to info@clfs.co.nz or 0508 440 255

Background

- 25 years working in neonatal units and paediatric wards as a Registered Nurse
- 3 years SPHC coordinator covering the Southern DHB area
- Currently Mental Wellbeing Navigator at Central Lakes Family Service in Queenstown (community funded)
- Studying towards my Masters of Health Science – dissertation focusing on perinatal psychiatry



Employed in March 2021 in response to the significant effect covid-19 has had on the mental health of the community

Report to: Te Hau Toka Southern Lakes Wellbeing Group – meet weekly

DHB

QLDC

Public Health South

Wellsouth

Mana Tahuna Trust

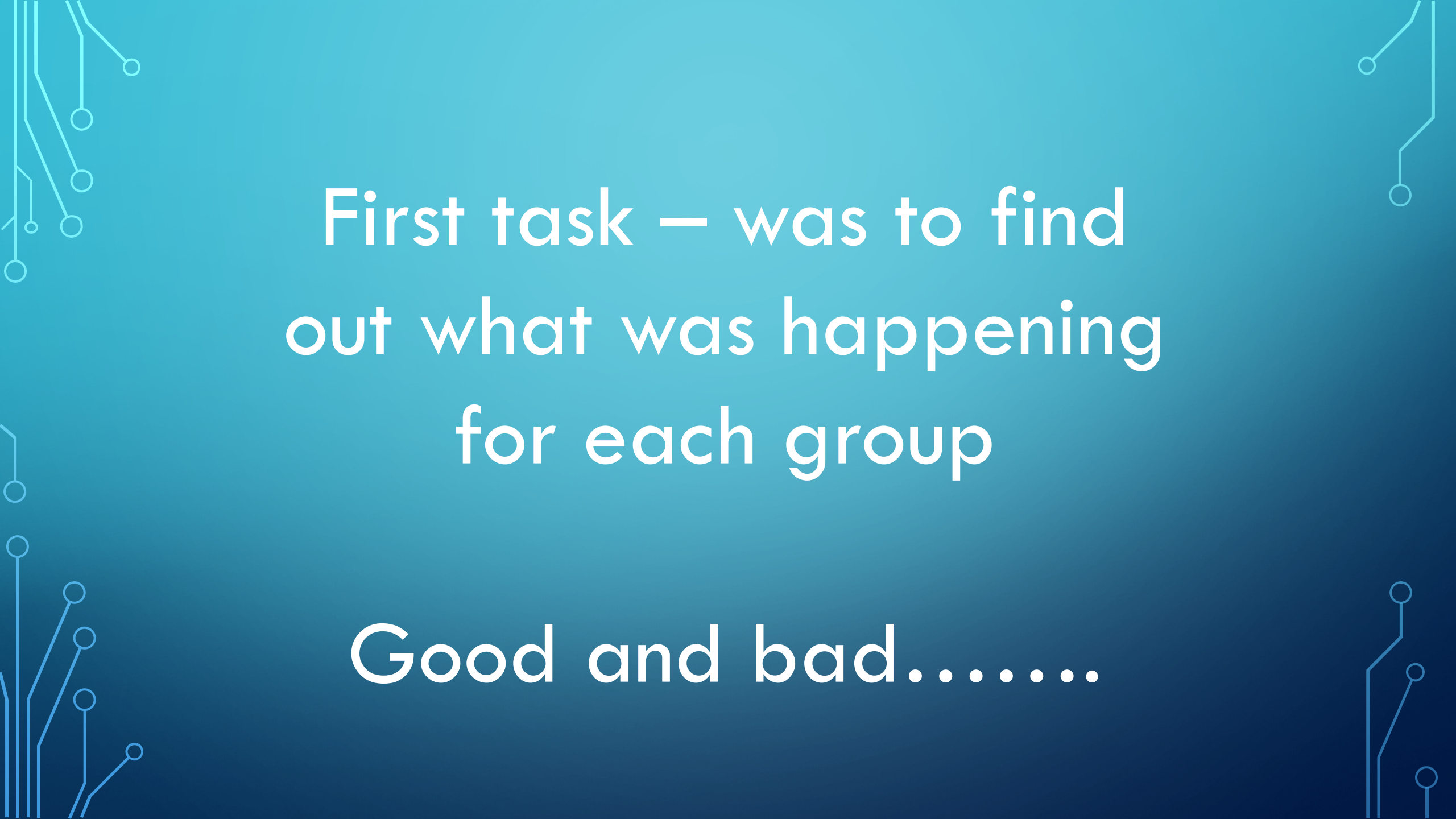
CLFS (employ me)

Te Hau Toka

SOUTHERN LAKES WELLBEING GROUP

Target Groups

1. New and Expectant parents
(perinatal)
2. Migrant community
3. Business Community (includes
construction, hospitality, tourism,
agriculture)
4. Older Persons
5. Child and Youth

The background is a dark teal gradient. In the corners, there are decorative white line-art elements resembling circuit traces or neural network connections, with small circles at the end of the lines.

First task – was to find
out what was happening
for each group

Good and bad.....

New/Expectant parents in the Central Lakes area (Queenstown, Wanaka and Central Otago) - issues with lack of support

- difficulty securing a midwife
- limited access to antenatal classes no mental health content
- difficulty accessing lactation support (no public LC)
- increase in traumatic births/miscarriages
- no dads groups
- no family support (migrant families)
- GP practices expensive for non-residents
- fewer visits from Plunket - 0800 number sometimes inaccessible

Why provide Perinatal Support ?

- Approx 15-20% of women worldwide suffer from Postnatal Depression Defined as “ An episode of major or minor depression beginning from pregnancy to 1 yr post birth, lying between baby-blues and post-partum psychosis in severity” (Milgrom et al, 2016).
- Postnatal depression is a well-established risk factor for poor parenting practises
- Strong evidence shows women experiencing PND exhibit less maternal responsiveness or sensitivity, less verbal and visual interaction, and more intrusiveness (Tandon et al, 2018).
- Prevention and early intervention crucial during the first 1000 days
- Evidence also shows psychotherapy is preferred to pharmacology

Gap analysis

Employed to work at community level
Created directories in each area to see what support for
mental health was available

Large gap identified in the Perinatal space

Already working for a family service with contracts :

1. Family Harm
2. Sexual harm support
3. Social work support
4. Social workers in schools (SWIS)
5. Counselling
6. Mild/mod mental health
7. Parenting programmes

Based on the referrals coming through during the pandemic

- Central Lakes Family Service created a perinatal service out of need....
- Referrals came through from GPs, midwives, HIP, other social service providers
- Triaged through an intake process, screened EPDS if screened high sent back to referrers in a timely manner
- Offered choices based on need
 1. One-on-one counselling for mild/mod perinatal mental health related issues
 2. Referral to Strengthening Families if food/housing/immigration support required
 3. Attend one or all of the groups – Antenatal group, 4th Trimester group, weekly drop-in group (covers the whole perinatal period)

Three perinatal group programmes were created

1. Antenatal Support Group

- Screened prior to group (or on intake) using EPDS
- Facts and information about antenatal anxiety and postnatal depression
- How they affect our bodies
- What are the current worries expectant parents are experiencing
- The importance of dads and partners
- Where to go for help and support
- Guest speakers to discuss a particular theme at the time ie. feeding/pain/anxiety

Central Lakes New Parents Support Programme-
held over 2 weeks

- Week 1 issues and challenges
- Week 2 support and solutions



4th Trimester Group

- Acknowledgement of how overwhelming becoming a new parent can be
- Signs and symptoms of PND
- Importance of sleep
- Discussions on feeding
- Relationships (mother/baby/partner)
- What are the concerns for these parents
- How to access help and support
- Guest speakers depending on the theme



Central Lakes
Family Services

4th Trimester Group Education for New Parents



3. Drop-in Group

- Probably the most popular group!!
- 2 x CLFS staff
- Consistent safe space every week
- St Johns offer free room
- Local people bake/ donate food
- New Parents and babies drop-in
- Guest speakers come
- Generally just an opportunity to connect/normalize together
- Participants can request extra support if needed



Evaluations from participants

“After talking and you listening was like pain relief for us”

“Sharing and talking helped me to feel lighter”

“You are doing such a lovely thing to help people who can't talk”

“I liked the social aspect of the group most, talking together and meeting others going through similar situations”

“ I feel so much better after these sessions, they saved me!”

“Thankyou for creating a group, a safe space we didn't even know we needed”

Other perinatal events:

All staff at CLFS complete perinatal training

Brazilian antenatal classes with Brazilian midwife

Dads night facilitated by 2 male social workers

Professional development opportunities (PADA)

Funded by Te Hau Toka

- Cromwell
- Fiordland
- Wanaka
- Maori and Pasifika focused – Queenstown

Blue Stories Project - Queenstown



THANKYOU FOR
LISTENING TO MY
PRESENTATION

ANY QUESTIONS?



In an immediate and serious situation when you are concerned for your safety or the safety of those around you:

Phone 111 and ask for the police.

If the situation does not require an immediate urgent response contact Southern District Health Board crisis line (emergency psychiatric team) on **0800 467 846**. Press 1 for Southland (includes Queenstown) or Press 2 for Otago. The service is for people who need crisis mental health emergency treatment, assistance, and information.

Phone **111**
and ask for
the police

Waea **111**
me pātai mō kā
Pirihimana



Medical clinics

Queenstown

Mountain Lakes Medical
(Queenstown/Frankton) 03 442 7188

Queenstown Medical Centre
(Queenstown/Frankton/Arrowtown) 03 441 0500

Wakatipu Medical Centre
(Queenstown/Lower Shotover) 03 442 2288

Wānaka

Wanaka Medical Centre 03 443 0710
Aspiring Medical Centre 03 443 0725

Cromwell

Cromwell Family Practice 03 445 4666
Cromwell Medical Centre 03 445 1119
Junction Health 03 445 4688

Fiordland

Fiordland Medical Practice 03 249 7007

More great resources

Community Networks Wanaka, 34 McDougall St,
Wanaka or communitynetworks.co.nz

[www.healthpoint.co.nz/mental-health-addictions/
central-lakes/](http://www.healthpoint.co.nz/mental-health-addictions/central-lakes/)

qldc.govt.nz/community/community-wellbeing

wellbeing

Manaakitia i tō oraka

Keeping well
Kia piki te ora

Extra support
He taupua ano

Immediate crisis
Mōrearea ināianeī tonu

Proudly supported by
Te Hau Toka Southern
Lakes Wellbeing

 **Southern
Health**
He hauora, he kuru pounamu
www.southernhealth.nz

Keeping well

Kia piki te ora

Maintaining your wellbeing is important. It's a bit like keeping physically fit – something that you work on throughout life.



Connect with the people around you: whānau, friends, colleagues, neighbours.



Keep Learning. Try something new, or rediscover an old interest.



Be Active. Go for a walk or run. Step outside. Garden. Play a game.



Do something nice for a team mate. Thank someone. Volunteer your time.



Remark on the unusual. Notice the changing seasons. Savour the moment.

Apps and online learning

There are lots of great free wellbeing apps and online learning to support you.



A free app, empowering you to become your strongest self.
melonhealth.com



Helping young Kiwis recognise and understand depression or anxiety.
thelowdown.co.nz



Free courses on anxiety, depression, and managing stress.
justathought.co.nz

When you need some extra support

So you're not feeling great?

It's been a tough time and some of us who may not have needed support previously could do with a helping hand. There's support out there if you need it. **A good first step is to see your GP (listed overleaf).**

Some GP practices offer the free services of:

Health Improvement Practitioners. These are qualified, registered health professionals who help people of all ages take positive steps in improving their physical and mental wellbeing.

Health Coaches, for support understanding healthy choices, goal setting, managing medication, and chronic conditions.

Community Support Workers, who help people to lead healthy lifestyles, and assist with social engagement, paid work, housing and money matters.



Mēnā e pīraki he āwhina anō

Your GP may be able to refer you to:

Mental Health Brief Intervention Service

Up to five free sessions with a counsellor for adults 20 years and above with mild to moderate mental health issues, including, stress, anxiety, depression, and alcohol and drug misuse. In person, phone or video counselling options are available.

Youth and Family Services

Professional counselling services for young people aged 12-24 years. Includes supporting them and their whānau in dealing with alcohol and drug issues and/or mental health difficulties. Sessions can be face to face, by phone or video call. Self-referral can also be made to Central Lakes Family Services or Adventure Development.

Kaupapa Māori Services

Mana Tāhuna delivers services for both Māori and non-Māori in the Whakatipu, which value Māori tikanga (cultural values, processes and beliefs). Mana Tāhuna's mission is to improve the overall wellbeing of Māori people within the Tāhuna community. Visit manatahuna.co.nz or phone **027 778 3935**.

SDHB Community Mental Health Services

Providing a range of specialist mental health and addiction services in the community for adults and child/adolescent/youth.

Phone and text services

1737

Free phone or text **1737** for support from trained