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| **Purpose** | The processes in this document provides directions on how the organisation positively impact the health status of children, adolescents and youth and their families/whānau where a parent is experiencing mental health and/or addiction issues. |
| **Policy** | The DHB and MOH service specifications state:  ‘*You adopt a policy with procedures identifying how you will support service users in your services with their role as parents/caregivers.’* |
| **Scope** | * Mental health and addiction services, adult and child services alike. * People engaged with our service who identify as a parent/caregiver. * Child in this context are persons aged 0-19 years of age. |
| **References** | |
| **Guidelines and Resources** | [COPMI website](http://www.copmi.net.au/)  [Information for children and young people, Werry Centre.](http://supportingparentsnz.org/children-young-people)  [Oranga Tamariki Resources](https://www.mvcot.govt.nz/resources/)  [Resilience – the biology of stress and the science of hope*.*](https://www.youtube.com/watch?v=v7stze3645s)  [Royal Australian and New Zealand College of Psychiatrists (RANZCP) Position Statement 2016](https://www.ranzcp.org/Files/Resources/College_Statements/Position_Statements/PS-56-Children-of-parents-with-a-mental-illness-Ma.aspx)  [Supporting Parents, Healthy Children, MOH](http://www.health.govt.nz/publication/supporting-parents-healthy-children), 2015.  [Werry Centre videos and resources](http://supportingparentsnz.org/) |
| **Organisations documents** | Vulnerable Children: Processes to protect. |

Provide [resources](http://www.copmi.net.au/find-resources/order-free-materials) and information:

* [Incredible Years](https://pb4l.tki.org.nz/Incredible-Years-Parent)
* [Videos to help you talk about depression/anxiety](http://www.copmi.net.au/parents/helping-my-child-and-family/talking-about-mental-illness/videos-depression-anxiety)
* [Parenting with a mental illness](http://www.copmi.net.au/parents/parenting-with-a-mental-illness)
* [Helping my child and family](http://www.copmi.net.au/parents/helping-my-child-and-family)
* [Talking about mental illness with your child](http://www.copmi.net.au/parents/helping-my-child-and-family/talking-about-mental-illness)
* [How can I help my child](https://www.flipsnack.com/copmi/how-can-i-help-my-child-fdzn2immv.html)
* [Groups that can support you](https://parents.education.govt.nz/learning-support/learning-support-needs/groups-that-can-support-you/)
* [Wellbeing at home and school](https://parents.education.govt.nz/secondary-school/wellbeing/mental-health/)
* [Kina Trust – Family focussed resources](http://www.kina.org.nz/for-professionals/more-fip-tools-and-links/)
* [Child adolescent and family therapy services](http://aucklandtherapy.co.nz/Counselling+services/Children+adolescent+family+counselling.htm)
* [Parenting well](http://www.parentingwell.org/resources)
* [Dulwich Centre - resources](http://dulwichcentre.com.au/mental-health/)
* [Dayspring Trust maternal mental health services](https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/dayspring-trust/)
* [CADS pregnancy and parental services](https://www.cads.org.nz/assets/Uploads-v2/feca682b0d/Pregnancy-and-Parental-Service.pdf)
* [Supporting families](http://www.supportingfamilies.org.nz/)

Be cognisant of and respect that there are different ways how family/whānau might be arranged.

# Consultation

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| **Group/Role** | **Date** |
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