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| **Purpose** | The wellness/recovery plan will be informed by evidence based/best practice and include a variety of interventions and supports (refer also to ‘Good Practice’). |
| **Policy** | All service users have a plan that is determined by them. |
| Family/whānau involvement might requires family therapy in order to ensure the involvement is safe for the whole family/whānau. |
| The service users’ plans are based on their needs, not on the need of the service. |
| **Scope** | Service providers, service users and their family/whānau. |
| **Interventions/Treatment/Support** | |
| All service delivery will be informed by a set of beliefs and attitudes. Current best practices and approaches in the mental health field are promoted by several organisations and professional bodies.  For example: | |
| The International Society for Psychological and Social approaches to Psychosis made a [statement of shared core principles and positions](http://www.isps2017uk.org/making-real-change-happen) in 2017. | |
| The World Health Organisation has published a document: [Promoting Mental Health: Concepts, Emerging Evidence, Practice](http://apps.who.int/iris/bitstream/10665/42940/1/9241591595.pdf) that can be adopted to inform the services delivered. | |
| [United Nations report on human rights in mental health 2017.](http://www.ohchr.org/EN/NewsEvents/Pages/DisplayNews.aspx?NewsID=21689) | |
| (you need to include a statement here that reflects **your** services principles and values that underpin the work with service users –above are just examples) | |

**Interventions and Support**

**Participants**

**Throughout service delivery**

Options:

* family/ whānau
* support as identified by the service user
* cultural support
* advocate
* peer support
* interpreter
* other service providers

**Service providers & service users**

Service delivery is informed by approaches such as:

* [trauma informed care](https://www.tepou.co.nz/resources/trauma-informed-care-workshop-resources/226)
* [whānau ora](http://www.tpk.govt.nz/en/whakamahia/whanau-ora/)
* [best and evidence based practices](http://bpac.org.nz/Search.aspx?q=mental%20health#gsc.tab=0&gsc.ref=web_pages&gsc.q=mental%20health&gsc.page=1)
* [Mental resilience](http://www.calm.auckland.ac.nz/7.html)
* [Social inclusion](https://www.mentalhealth.org.nz/assets/Uploads/Stories-of-Success-26-05-14.pdf)
* [equally well](https://www.tepou.co.nz/initiatives/equally-well-resources/134)
* [recovery capital](http://www.recovery-partnership.org/uploads/5/1/8/2/51822429/building_recovery_capital_-_relationships___recovery.pdf)





**Service users can choose from a menu of intervention and support options (examples):**

* [talking therapies](http://www.tepou.co.nz/improving-services/talking-therapies) – [CBT](http://www.rcpsych.ac.uk/mentalhealthinformation/therapies/cognitivebehaviouraltherapy.aspx) – [DBT](https://psychcentral.com/lib/an-overview-of-dialectical-behavior-therapy/) – [Motivational interviewing](https://www.ncbi.nlm.nih.gov/books/NBK64964/)
* [brief interventions](http://www.integration.samhsa.gov/clinical-practice/sbirt/brief-interventions)
* [sensory modulation](https://www.tepou.co.nz/resources/sensory-modulation-factsheet/132)
* [exercises](http://www.health.govt.nz/your-health/healthy-living/food-and-physical-activity/physical-activity)/[meditation](http://www.how-to-meditate.org/)/[yoga](http://www.health.harvard.edu/newsletters/Harvard_Mental_Health_Letter/2009/April/Yoga-for-anxiety-and-depression)/[mindfulness](https://www.mentalhealth.org.nz/home/our-work/category/21/mindfulness)
* [art therapy](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2804629/)
* [occupational therapy](https://www.otnz.co.nz/public/about-us/governance-documents-2/otnz-position-statements/)
* [healthy eating](http://www.nutritionfoundation.org.nz/nutrition-facts/healthy-eating-for-all-ages)
* [budgeting](http://www.familybudgeting.org.nz/)
* [employment support](http://www.workwise.org.nz/employment-support)
* [training](http://www.workbridge.co.nz/?page=1222)
* [parent training](http://incredibleyears.com/)
* [Smoking cessation](http://www.quit.org.nz/?gclid=COvWtKvDy78CFVeXvQodOYAAiw)
* [Recovery practice and development toolkit](http://www.mylife4me.co.uk/admin/resources/rpdt-manual-aug12-pdf.pdf)
* [family therapy](http://www.systemicconsultationcentre.com.au/trainingcourses/evidencebaseofsystemicfam/)
* [Social behaviour and network therapy](http://gov.wales/topics/health/socialcare/working/ifst/ifsspublications/socialbehaviourreport/?lang=en)
* [Therapeutic community](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2791894/)









**Interventions and Support**

**Older people specific**

**Youth specific**

**Services will be considering:**

[UN Youth Declaration 2017](https://unyouth.org.nz/blog/category/the-youth-declaration-2017/)

[Werry Centre Resources](http://www.werryworkforce.org/young-people)

[Best mental health practices for children and young people](http://www.hdc.org.nz/media/199089/the%20legal%20framework%20for%20family%20inclusion%20in%20child,%20adolescent%20and%20youth%20mental%20health%20and%20addiction%20services%20paper%202.pdf)

[Family inclusion guidelines](http://www.hdc.org.nz/media/199089/the%20legal%20framework%20for%20family%20inclusion%20in%20child,%20adolescent%20and%20youth%20mental%20health%20and%20addiction%20services%20paper%202.pdf)

[Ministry of Health Youth Mental Health Project](http://www.health.govt.nz/our-work/mental-health-and-addictions/youth-mental-health-project)

[National Youth Health Nursing – Knowledge and skills framework](http://www.schoolnurse.org.nz/Attachments/pdf_files/bestpractice/Best_Practice_National%20Youth%20Health%20Nursing%20Knowledge%20and%20Skills%20Framework.pdf)

[Suicide prevention](http://www.health.govt.nz/our-work/mental-health-and-addictions/working-prevent-suicide)

[Le Va –Suicide prevention](https://www.leva.co.nz/our-work/suicide-prevention)

[Youth mental health resource guidelines](http://www.myd.govt.nz/documents/resources-and-reports/publications/youth-mental-health-resource-guidelines.pdf)

[Health professionals update on the Youth Mental Health Project](http://www.health.govt.nz/our-work/mental-health-and-addictions/youth-mental-health-project/youth-mental-health-project-news/health-professionals-update-youth-mental-health-project)

[Social Policy Evaluation and Research Unit (Superu)](http://www.superu.govt.nz/sites/default/files/YMHP_Research_Review_Summary_2015%20Superu.pdf)

[UN Health and wellbeing in older age](http://www.un.org/esa/socdev/ageing/documents/BriefingPaperHealthandWellbeing.pdf)

[Best Practice: Assessment and management of depression in older adults](http://www.bpac.org.nz/BPJ/2011/July/docs/bpjse_elderly_depression_2011.pdf)

[Evidence based practice in geriatric mental health care](https://cph.uiowa.edu/icmha/documents/BartelsetalEvidenceBasedPracticesinGeriatricMentalHealthCare.pdf)

[Talking therapy for older adults](https://www.tepou.co.nz/uploads/files/resource-assets/Talking-Therapies-for-Older-Adults.pdf)

[Psychiatry services for older people RANZCP](https://www.ranzcp.org/Files/Resources/College_Statements/Position_Statements/RPT-FPOA-Psychiatry-services-for-older-people-revi.aspx)

### [HOPE - Health of Older People E-resource (Mental Health Services for Older People)](http://www.networknorth.org.nz/e-resources/)

[Evidence based practices for treatment of depression in older adults](https://store.samhsa.gov/shin/content/SMA11-4631CD-DVD/SMA11-4631CD-DVD-Selecting.pdf)

[Mental health in older people](http://ec.europa.eu/health/ph_determinants/life_style/mental/docs/consensus_older_en.pdf)

[Mental Health and Addiction Services for Older People and Dementia Services](http://www.health.govt.nz/system/files/documents/publications/mental-health-addiction-services-20jun.pdf)

[Assessment processes for older people](https://www.health.govt.nz/system/files/documents/publications/assess_processes_gl.pdf)

# Consultation

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