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| **Purpose** | This overview supports the guidelines *Supporting Parents Healthy Children* 2015 (MOH)[[1]](#footnote-1) that need to be implemented in line with DHB agreements and necessary practices.  This will ensure that the wellbeing of children is everyone’s responsibility, not just infant, child and adolescent services. |

‘*Children who have a parent with mental health and/or addiction issues are at increased risk of a number of poor health and social outcomes.’*

‘*The quality of caregiver relationships in the first three years of life have a critical impact on physical, social and emotional outcomes in childhood and later life.’*

A number of interventionsare thought *to ‘improve short- and longer-term outcomes for children of parents with mental health and/or addiction issues’.*

Use this assessment as an ongoing audit tool.

**By 1 April 2018**

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| **Scope** | All mental health and addiction services, adult and child services alike, with the mandate to work in a family focused way.  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.tepou.co.nz/news/resilience-the-biology-of-stress-and-the-science-of-hope/1048)  [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/) |
| **Organisational documents** | Vulnerable Children: Processes to protect. |

[**Organisational self - assessment**](http://www.werryworkforce.org/sites/default/files/2016%2003%2007%20SPHC%20Checklist%20I.pdf)

**Governance/organisational leadership**

[Community services checklist](http://www.health.govt.nz/publication/supporting-parents-healthy-children)

[Residential/Housing and recovery/respite](http://www.health.govt.nz/publication/supporting-parents-healthy-children)

[checklist](http://www.health.govt.nz/publication/supporting-parents-healthy-children)

The results of the community and residential assessments will inform the organisations service improvement/quality plan.

**Governance/organisational leadership**

**By 1 July 2018**

**Service specific self-assessments**

[Use the template provided](http://www.werryworkforce.org/sites/default/files/2016%2003%2007%20SPHC%20Checklist%20I.pdf)

The completion of the template is part of the organisations service improvement/ quality plan.

**Collecting data**

**By 1 January 2018**

**Service delivery leader/quality and IT staff**

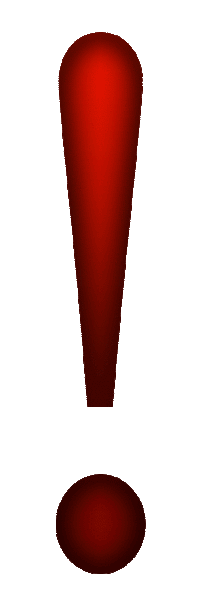
All current service users and those entering the service from 1 November 2017 will be completing the ‘[Plan for caring for children’](http://www.health.govt.nz/publication/supporting-parents-healthy-children) template.

A system is put in place that collects and collates the data on:

* Number of parents receiving services.
* Number of children those parents have.
* The age of the children.

**Training and knowledge base**

**Yearly**



The collated and analysed data will be:

* Reported to the Board.
* Informing strategic and business planning.
* Informing service delivery

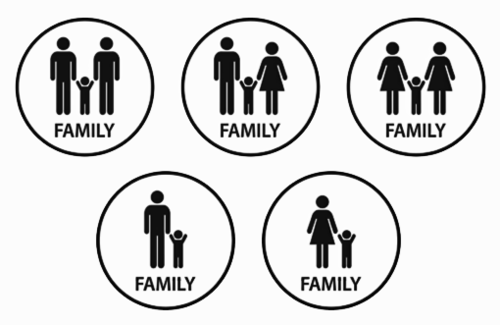
Be cognisant and respectful of the various parental arrangements that do not always have a biological foundation.

**By 1 July 2018**

The champion will attend [training](http://www.copmi.net.au/professionals-organisations/how-can-i-help/professional-development/elearning-courses) on the subject of supporting parents – healthy children.

* A selection process will identify a champion to lead and oversee the implementation of
  + The MOH guidelines.
  + This document.
  + The service improvement plan.
  + [Resources that are accessible to all staff.](http://www.copmi.net.au/find-resources/order-free-materials)
* Participate in regional and national initiatives.

**Governance/organisational leadership**



All service delivery related documentation will be reviewed to include processes to ensure that service users who are parents - and their children - receive adequate supports to gain and/or maintain healthy relationships and wellbeing.

**Service delivery leader/quality and IT staff**

**By January 2020**

**Service delivery pathways**

**Service delivery components**

**By January 2020**

**Service delivery staff**

**For the parent**

**P**

**For the child**

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

* [Incredible Years](http://incredibleyearsnz.co.nz/basic-training)
* [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)
* [Werry Centre resources](http://www.werryworkforce.org/node/18)
* [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/)
* [Auckland – wide services](http://www.werryworkforce.org/service/locations?tid=167)

Provide resources and information:

* [When your parent has a mental illness](https://www.flipsnack.com/copmi/when-your-parent-has-a-mental-illness-fdnqd000c.html)
* [Kids and young people – about mental illness](http://www.copmi.net.au/kids-young-people/about-mental-illness)
* [Werry Centre – info for children and young people](http://supportingparentsnz.org/children-young-people)
* [COPMI – kids and young people](http://www.copmi.net.au/kids-young-people)
* [Ruby’s Dad](https://order.hpa.org.nz/products/ruby-s-dad-parents)

Refer or facilitate access to:

* [Incredible Years](http://incredibleyearsnz.co.nz/basic-training)
* [Dayspring Trust maternal mental health services](https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/dayspring-trust/)
* [CADS pregnancy and parental services](file:///C:\Users\sue.erby\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\V9OQB4RI\CADS%20Pregnancy%20and%20Parental%20Service)
* [Supporting families](http://www.supportingfamilies.org.nz/)

Offices, waiting rooms, housing services and facilities were programs are delivered display:

* Posters, leaflets, info sheets for parents and their children.
* Provide a child and youth friendly environment:
* Reading material, videos, play area.

**Governance/organisational leadership**

**By January 2018**

**Environment**

**Organisational leadership**

**By July 2018**

* The needs of the parent and their child(ren) is paramount and precedes organisation – centred practices.
* We make arrangements with other service providers to ensure parents we provide services to and their children receive the services they need to ensure the families/whānau wellbeing.

Those service providers are from a [range of organisations](http://www.werryworkforce.org/service/locations?tid=167) and include:

* Mental health and addiction services – NGO and DHB.
* Oranga Tamariki
* Primary Health Organisations
* Cultural specific organisations and agencies.

**Interagency collaboration**

**Organisational leadership**

**By July 2018**

**Staff training**

25% of staff will have completed:

[Child aware practice](http://www.copmi.net.au/professionals-organisations/how-can-i-help/professional-development/elearning-courses/child-aware-practice)

or

[Keeping families and children in mind](http://www.copmi.net.au/professionals-organisations/how-can-i-help/professional-development/elearning-courses/keeping-families-and-children-in-mind)

The organisation will develop a training plan with the aim that all staff with direct service user contact have completed one of the two e-learning modules.

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# Consultation

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| **Group/Role** | **Date** |
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1. sentences in italics are citations from this publication [↑](#footnote-ref-1)