



Werry Workforce
WHĀRAURAU



Le Va



Improving mental health and wellbeing for infants,
children and young people through service improvement,
workforce development and advocacy.

Supporting Parents Healthy Children: Single Session Family Consultation- The family/whānau voice in CAPA implementation

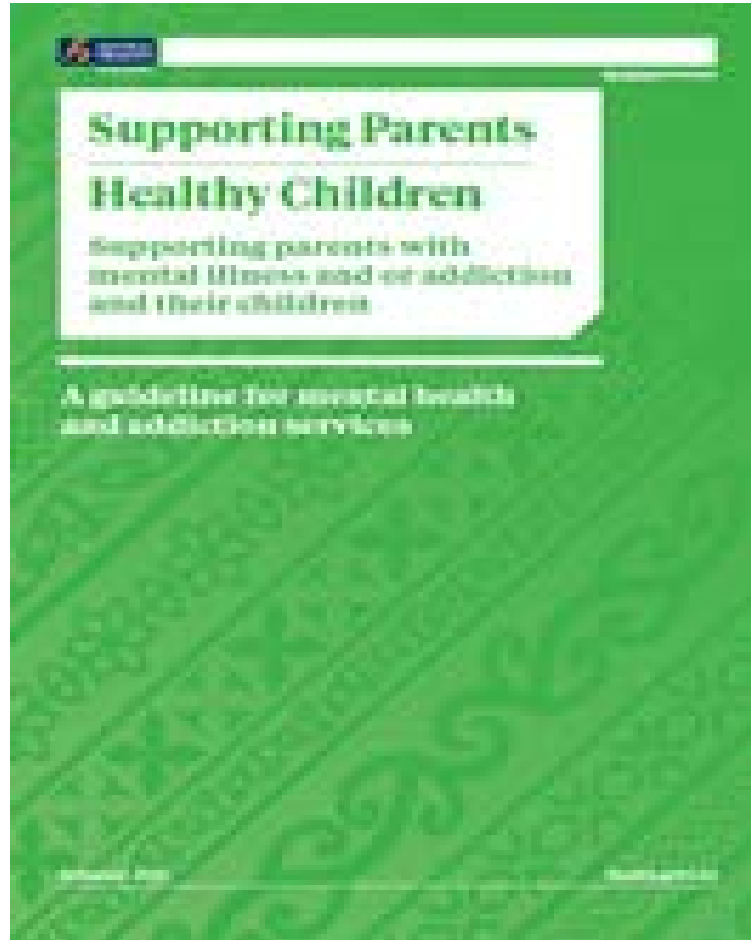




What we will cover this lunch-time

- ▶ The Supporting Parents Healthy Children Guideline Implementation
- ▶ Single Session Family Consultation (SSFC)- a brief overview
- ▶ SSFC and CAPA, a positive relationship

The Supporting Parents Healthy Children Guideline Implementation



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The Supporting Parents Healthy Children Guideline: The Vision



Mental Health and Addiction Service delivery that:

- Is family and whānau focused
- Takes responsibility for promoting and protecting the wellbeing of children
- Makes the rights and needs of children a core focus of all that they do



And most importantly..

- The mental health and addiction sector workforce is confident and competent to address the needs of children with parents with mental health and/or addiction concerns



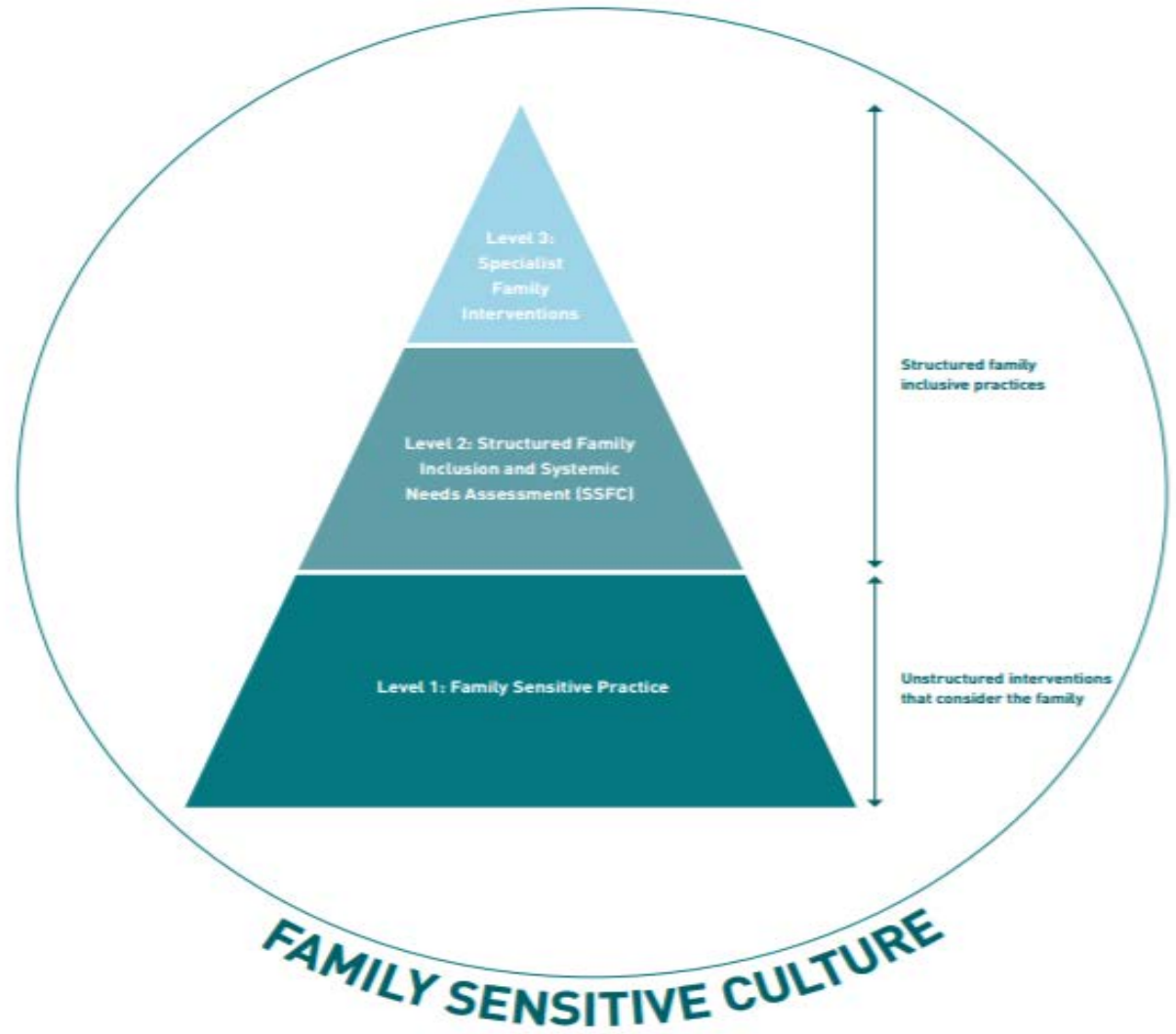
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Interventions

- A 2012 systematic review of preventative interventions in COPMIA concludes that the risk of mental illness in the child can be reduced by 40%.



Components of Implementation

- Workforce Programme support
- Leadership- Quality governance
- Steering groups
- Practice Champions
- Development of resources



Resources

- Steering groups
- Family Champions
- Established a web-site: www.supportingparents.nz.org
- Trauma informed care training
- Implementation of Single Session Family Consultation model via a train the trainer model
- Implementation of the 5-Step Approach



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Uniservices
IDEAS TO LIFE

Single Session Family Consultation



- Developed by the Bouverie Family Centre in Melbourne
- Combined Single Session Thinking (Moshe Talmon) with Family Consultation (Jewell)
- Demonstrated at 'Cutting Edge' conference
- Significant process of cultural consideration regarding alignment for Aotearoa
- Cultural contextualization of the training delivery, the training resources
- Great feedback from practitioners and increasing feedback from tangata whaiora and whānau



SSFC: What is it?

- Brief model of family/whānau engagement and inclusion (initial 1-3 sessions and then as needed)
- A consultative meeting between a practitioner, tangata whaiora/rangitahi/tamariki; and family/ whānau



The aims:

- To partner with the family/whānau and provide and guidance to identify and respond to whānau needs
- Clarify how the family/whānau will be involved in the tangata whaiora's care
- Make the most of the time spent together using Single Session Work (SSW) principles and techniques



The process:

(1) Consultation with tangata whaiora

- Discussion with the tangata whaiora/rangitahi
- Agreement to proceed with a family meeting(s)
- Reasons for meeting clarified
- Clarifying the agenda- What's in and out...
- Exploring whānau members who would attend
- Permission to contact whānau members

(2) Pre-meeting consultation with each whānau member



- Contact established with each person coming to the meeting
- Exploring their interest and reasons to meet
- Being curious and open
- Discussing proposed agenda
- Identifying what's in and out
- Setting up the meeting- logistics...



(3): The whānau hui

- Culturally focused opening
- Whakawhanaungatanga
- Outline to the meeting
- Address confidentiality and safety-Housekeeping
- Keeping focused on the agenda
- Strengths based-solution-focused
- Developing a plan

(4): Follow up consultations

- Tangata Whaiora
- Each family member:
 - What was the experience of the meeting
 - What has happened since the meeting
 - Is another meeting required??



CAPA: CHOICE



- The key CAPA philosophy is focusing on the young person and family/whānau viewpoint and wishes.

Choice is about engaging the young person and family/whānau, supporting them to make choices about what they need and working together on issues that matter to them

Choice skills

- ✓ Excellent engagement skills
- ✓ Ability and comfort working with a range of therapeutic modalities
- ✓ Core assessment skills
- ✓ Able to formulate with families/whānau
- ✓ Ability to collaboratively develop goals
- ✓ Able to develop Pre-Partnership work



Choice skills continued



- ✓ Competent with risk assessment
- ✓ Outcome focused (includes use of routine outcome measures)
- ✓ Knowledge and awareness of local services
- ✓ Knowledge of practice-based evidence and ability to communicate this clearly to young people and family/whānau

CAPA (Choice) and SSFC: Key similarities



- Philosophy
 - Offering choices and working in Partnership
- Values:
 - Person and family/ whānau at the centre
 - Family/whānau inclusive
 - Strengths-based
 - Culturally aligned

Similarities continued

- Delivery
 - Engagement is key
 - Goals based, outcomes focused
 - Strengths based
 - Intentional
 - Structured and flexible
 - Time limited
 - Contributes to Partnership



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In Summary



- SPHC Guideline implementation focuses on all service-delivery being inclusive of families/ whānau
- One of the key interventions being implemented in Aotearoa to support enhanced family/ whānau inclusive practice is SSFC
- Some services that have implemented CAPA use SSFC in place of or as an adjunct to Choice and Partnership (CAPA)
- CAPA and SSFC share similar Philosophies, values and practices



**Involving and valuing children, family and
whānau is everyone's responsibility.
Kei a tātou te tikanga.**

It's all about whānau...



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