



Supporting Families Projects

March 2009

NETWORKMOSAIC

Networkmosaic



- Promoting best practice for supporting children and youth whose family/whanau experience mental health or addiction issues

What is Networkmosaic?

- Networkmosaic is an initiative in the Northern Region with a focus on children and youth with family and whanau members experiencing mental health or addiction issues.
- A steering group of interested providers and agencies have identified the key functions of Networkmosaic as:
- Development of a Northern Region Network for youth sector services.
- A website resource for workers, children and youth, that recognises the diversity of New Zealand cultures.
- Advocacy on behalf of the mental health and addictions field.

Why the need?

- Australian research found that children and youth in families affected by mental illness face:
 - social isolation and stigma
 - increased risk of depression and anxiety
 - increased risk of homelessness
 - poor education outcomes
 - child protection issues

The children of parents with a mental illness (COPMI) initiative

- The children of parents with a mental illness have been described as “hidden” or “invisible”, due to the stigma associated with mental illness, the lack of awareness by health professionals of their needs and the fear by both parents and children, that if they ask for help the child will be removed into care.

The increased risks for children and young people

- Children of parents with mental illness are at increased risk of mental and physical health problems through a combination of factors. These include genetic inheritance, poverty, homelessness and social isolation, dependent on the age of the child, the nature of the mental illness, family relationships and their involvement with adults other than the mentally ill parent.

Young Carers

- The care provided by children for their parent or other family members with a mental illness (especially in sole parent situations) may greatly affect their participation in school and social life.
- However, risk does not equal destiny. Not all children in this situation will experience difficulties, but many would benefit from supports, information and respite.

What is Networkmosaic doing about this in New Zealand?

- Seeking sustainable funding under the umbrella of Supporting Families, Auckland Region.
- Establishing partnerships with other organisations and youth service providers.
- Networking to link youth services throughout the Northern Region.
- Holding a launch day in Central Auckland, 7 May 2009.
- Organising Quarterly public forums to involve the community in service growth for the future and provide workshop opportunities for youth sector workers.

Networkmosaic in June 2009

- A network of youth sector services in the Northern Region.
- Has sustainable funding.
- Website operational and widely promoted.
- Evidence of regular usage.
- Formal agreements and partnerships with other providers
- Part time webmaster appointed to update information and monitor talk boards once established.
- Quarterly Networkmosaic meetings providing workshops to improve skills in working with children and youth.

Networkmosaic future vision?

- Obtain additional funding to add child and youth friendly interactive functions to the website
- Answers questions by e-mail or text messaging
- Operates a talk board/information exchange
- Provides an information helpline and online bookshop
- Nationwide Service
- Reflects NZ culture with information in different languages
- Develops local peer support groups and buddies for children and youth affected by mental illness or addictions

Networkmosaic

- Thank you
- Questions
- For further information please contact:
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Family Inclusive Practice

Resources and training workshops for
mental health professionals in the
Northern Region

Project Overview

- The project acknowledges the work of KINA Trust, who have developed extensive resources and training to promote family inclusive practice in the alcohol and drug sector.
- The project purpose is to enable the mental health workforce to work more effectively with family and whanau, through developing a range of practical skills resources and training.
- A scoping exercise in DHBs and NGOs indicated the need for a series of “How Too” practical skills leaflets, covering different types of interventions.
- These will begin with a core group of leaflets, to be added to over time, which will compliment “Lets Get Real” Family Skills Training and support the achievement of National Mental Health Sector Standards.

The Scoping Exercise

- Presentations to and interviews with a range of mental health workers in mainstream services, both DHB and NGO and interviews with staff in Maori and Pacific Services.
- Asked about the current family interventions each service used, from education through to meeting the needs of individual family members?
- Checked Knowledge existing Family and Whanau Inclusive Practice Resources?
- Asked what would be in an ideal family and whanau resource?
- Asked about organisational training needs and how these could best be met?

Scoping Results

- People wanted an easy to use and access practical “How To” resource.
- One resource will not meet everyones needs, or differing service user populations.
- Family Inclusive Practice often came down to individual practitioners and varied between teams even within the same group of services.
- No consistency across service areas or types.
- Conflicting responses about whether or not services already work within family inclusive practice or not?

Scoping Results continued

- People often did not know about existing resources or did not use them.
- Other reasons given, no time, not our job, don't want to lose rapport with the individual client, confidentiality issues, caseloads too big, family work takes too much time; we know the theory but not how to do it in practice, the work isn't measured or recorded, not in contracts, keen individuals but little support within the wider team or leadership; little or no specific training.
- Yet clearly expressed need and desire to overcome these barriers.
- Pockets of excellent individual, team and organisational practice evident. Family Inclusive Practice clearly can be done well!

Training Requirements

- The resource must be supported by accompanying training.
- The training should have a workbook and follow up.
- FIP must be reflected in policy, be supported strongly by leadership, have recorded outcome measures and be part of organisational and team strategic and business plans.
- FIP should become part of regular individual and group supervision, annual individual and team objectives and be measured as part of annual performance appraisal.

Next Steps

- Draft descriptors of 9 FIP leaflets have been developed.
- Sector has been canvassed about the top 4 most urgently needed.
- Content is being developed through a reference group of DHB and NGO staff.
- DHBs and NGOs to be asked to endorse leaflets and training through logo inclusion on leaflets.
- Leaflets will be supported by corresponding fact sheets to be downloaded from the SF Auckland website.

Family Inclusive Practice

- Thank you
- Questions
- For further information, please contact Neil Kemp, Project Manager. T (09) 376 8599 or C 027 733 5956