



Midland district health boards' shared services agency



MENTAL HEALTH & ADDICTION REGIONAL NETWORK

Service Development • Workforce Development • Partnerships & Relationships

Project Title	Supporting Parents Healthy Children Regional Support
Prepared by	Steve Neale (Workforce Planning Lead, MH&A)
Date	June 2018
Version	DRAFT v.5.3
Project Statement	<p><i>This project aims to enhance and increase the training, supervision and support of Clinicians and Support Workers, providing whānau support to loved ones and significant others of those who use mental health and addiction services..</i></p> <p><i>The project will provide the Midland Region with an accredited trainer in two proven, effective whānau interventions. The trainer will co- train with national / local trainers throughout the region and support delivery of the interventions by developing a support network of related professionals.</i></p> <p><i>Local capacity and capability will be built.</i></p>
Objectives	<ul style="list-style-type: none"> • Develop a regional Trainer in the Single Session Whānau Consultation and 5-Step Family Method methods • Establish a Supporting Parents Healthy Children (SPHC) Training group to oversee regional Single Session Whānau Consultation and 5-Step Family Method training in each DHB area • Provide a series of Single Session Whānau Consultation and 5-Step Family Method Training Sessions in each DHB area • Support development of whānau peer and self-help support in each DHB area • Strategically support ongoing Supporting Parents Healthy Children development throughout the Midland Region
Strategic Accountability	<p>The project will be guided by:</p> <ul style="list-style-type: none"> • Eseta Nonu-Reid (Project Sponsor) • Akatu Marsters (Project Support) • Steve Neale (Project Manager) • tbc Matua Rāki; Werry Workforce Whāraurau – Senior Suppliers • tbc - PM/CG representative – Senior User

Background and Rationale

Embedding family and whānau-focused practice in all services and organisations is the overarching aim of Supporting Parents Healthy Children (SPHC¹).

In order to meet the SPHC essential elements (June 2018), “Families and whānau (including children) [will be] included in appointments with staff – as and when appropriate. Staff within services [will] feel confident and competent to involve families and whānau (including children) in appointments when appropriate (p.25)”. In order to meet the SPHC best practice elements (June 2020), it is expected that “Service users who are parents [will] come in contact with a workforce that has had comprehensive training and support to work in a family and whānau-focused way. Staff [will be] confident and competent to address the needs of children of parents with mental health and/or addiction issues (p.27)”.

Both the Single Session Whānau Consultation² and the 5-Step Family Method³ are interventions supported by National Workforce Centres, Werry Workforce Whānau and Matua Raki. Utilisation of the interventions will assist DHB areas to become better equipped to deliver services for whānau, as defined within SPHC and recommended by the workforce centres.

To date we have been able to identify seven individuals in the Midland Region who have managed to access Single Session Whānau Consultation and/or 5-Step Family Method training. Of those, only one has achieved trained trainer status and none have the capacity to continue to deliver training and/or support it in an ongoing way. Neither the process to become an accredited trainer nor the timeline for ongoing training are available to us. With June 2018 rapidly approaching, there is a clear need to boost delivery in this area.

The Midland Mental Health and Addiction Regional Network have agreed to develop a trained trainer to support cross-region SPHC development. The trainer will provide training, supervision and support in an ongoing way across the region.

Approach

The two phased approach will include the following processes:

- Strategic support for development of SPHC practice ‘hubs’ in each DHB
- Development of a fully trained and supported trainer ‘in house’ for the Midland region
- Provision of training in each DHB
- Establishment of support networks within each DHB, supported by MRMH&A
- SPHC compliant practice will become self-supporting in each area by January 2020
- The project will commence with planning and lower intensity training in year one (2018-19), followed by more intense training in year two (2019-20)

¹ [Supporting Parents Healthy Children Guideline \(MoH, 2015\)](#)

² [Single Session Family Consultation \(Bouverie Centre\)](#)

³ [Copello, et.al '5 Step Method: Principals and practice'. 2010](#)

Completion Criteria	<ul style="list-style-type: none"> • Approved Single Session Whānau Consultation and 5-Step Family Method Regional Trainer • Range of Single Session Whānau Consultation and 5-Step Family Method workshops delivered throughout the region • Positive feedback through evaluations: quantitative and qualitative <ul style="list-style-type: none"> ○ Informative and useful ○ Future use of model presented • Whānau, peer & service user involvement fluent and engaged in the SPHC kaupapa: qualitative • Support networks to become self-supporting in each area within 24-months • Increased number of whānau worked with: quantitative • Whānau report positive outcomes (in-service outcomes reporting; 5 Step Whānau Questionnaire): quantitative and qualitative • Local stakeholder feedback: qualitative • Whānau practice hubs established • Number of local trainers trained: quantitative
Internal Stakeholders	<ul style="list-style-type: none"> • Midland Region Clinical Governance Network • Midland Region Portfolio Managers Network • Midland Region Addiction Leadership Network • Midland Region Te Huinga o Nga Pou Hauora Leadership Network • Midland Region He Tipuana Nga Kakano and Te Ao Whānau Leadership Networks • Midland Region Workforce Strategy Network
External Stakeholders	<ul style="list-style-type: none"> • Data analysts / researchers • MH&A NGO and DHB providers • Primary Care liaison • Service User Involvement / Peer Support • Tangata Whenua / local Iwi providers • Whānau/Family, Significant Other Support • Workforce Centres (Werry Workforce Whāraurau, Matua Raḡi, Te Pou and Te Rau Matatini) • Workforce Development leaders
Implications for Māori	<ul style="list-style-type: none"> • Provision of whānau support, advice and guidance will be more culturally referenced through continued mana enhancing practice focus • Whānau have better experience from improved whānau support provision and input into service configuration • Better recognition of whānau support work that has always been carried out in Kaupapa Māori Services
IM Implications	<ul style="list-style-type: none"> • Understanding of the data requirements and outputs
Resources & Project Structure	<p>The project will be led by Steve Neale, Midland Workforce Planning Lead and where possible, workshops will be held in each district</p> <p>The Midland Regional Director will provide project sponsor leadership to the project. Clinical Governance, Regional Portfolio Managers and the Midland Leadership Networks will provide stakeholder expertise to the project</p>

Key milestones and timeline

(Wherever possible, describe deliverables as 'products' to be created as part of the project):

Phase 1 (2018-19):

Date	Deliverable
03 April 2018	<ul style="list-style-type: none"> Single Session Whānau Consultation training completed 5-Step Family Method training completed
01 July 2018	<ul style="list-style-type: none"> Regional SPHC Training Network established
01 August 2018	<ul style="list-style-type: none"> Approved Single Session Whānau Consultation Training the Trainer Status achieved
01 November 2018	<ul style="list-style-type: none"> Accredited 5-Step Family Method Trainer status achieved
03 December 2018	<ul style="list-style-type: none"> >10 Single Session Whānau Consultation Workshops completed (minimum of 2 per DHB area) 5 DHB area level Family/Whānau Practice Leads identified and networks developed
21 December 2018	<ul style="list-style-type: none"> First year of project evaluated

Phase 2 (2019-20):

Date	Deliverable
01 November 2019	<ul style="list-style-type: none"> >5 5-Step Family Method Workshops completed (minimum of 1 per DHB area) 5 DHB area level Family/Whānau Practice Leads supported and disseminating training and support in their DHB areas
01 December 2019	<ul style="list-style-type: none"> Project evaluated

Project relationships & linkages

Other projects or initiatives that this project relates to and key contact people that provide liaison:

Project	Contact
CEP Survey	SN
Whānau/Family/Significant Other Survey	SN
SACAT Implementation Project	SN

Financial Summary

Budget (one-off costs)

Phase 1: July – December 2018

- Existing resource through Midland staffing – Workshops 1 & 2

DHB Area	Venue / Catering	Travel	Accom / Meals	Other	Total	PP Cost 40pax
Bay of Plenty	1500.00	420.00	880.00	150.00	2950.00	73.50pp
Lakes	1500.00	420.00	880.00	150.00	2950.00	73.50pp
Tairāwhiti	1500.00	420.00	880.00	150.00	2950.00	73.50pp
Taranaki	1500.00	420.00	880.00	150.00	2950.00	73.50pp
Waikato	1500.00			150.00	1650.00	41.25pp
Total Costs	7500.00	1680.00	3520.00	750.00	13,450.00	67.25pp

Phase 2: January – December 2019:

- Existing resource through Midland staffing – Workshops 3 & 4

DHB Area	Venue / Catering	Travel	Accom / Meals	Other	Total	PP Cost 20pax
Bay of Plenty	1500.00	420.00	880.00	150.00	2950.00	147.00pp
Lakes	1500.00	420.00	880.00	150.00	2950.00	147.00pp
Tairāwhiti	1500.00	420.00	880.00	150.00	2950.00	147.00pp
Taranaki	1500.00	420.00	880.00	150.00	2950.00	147.00pp
Waikato	1500.00			150.00	1650.00	82.50pp
Total Costs	7500.00	1680.00	3520.00	750.00	13,450.00	134.50pp

Ongoing cost: Nil

Cost Savings:

Risk Management

Risks associated to project:

- Services not supported to provide Whānau friendly services [MEDIUM]
- 'Initiative Fatigue' from practitioners / managers [LIKELY]

Risk Response:

- Accept risk and continue – benefits from workshops apply to integrated treatment
- As above – workshops are aspirational and motivational and apply to good practice-values
- Be selective in choosing trainees and support workers for the project

Risks to region if the project does not proceed.

- DHB SPHC standards not achieved, or under-achieved to MoH recommended levels
- Whānau under-supported
- Clinical risk to practitioners/services working with whānau beyond their skill level

Quality

Quality will be facilitated through

- Five Step Family Method is building a robust effectiveness audit tool (Family Member Questionnaire – FMQ)
- Internal processes
- DHB feedback through Governance Networks
- Workshop Evaluation Forms

Project Opportunities & Benefits

- Improved outcomes for whānau
- Shared learnings for other treatment pathways
- Overall improvement in treatment
- Higher levels of practitioner satisfaction

Assumptions

The following assumptions have been made:

- That there is room for treatment pathway development, despite resource implications
- That there will be good stake-holder buy-in from interested clinicians and support-workers

Constraints	<ul style="list-style-type: none">• Resourcing within the sector is stretched and we have to rely on the good will of our stakeholders to deliver• The NGO sector is particularly affected by this
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Communication Plan	<ul style="list-style-type: none">• Issues relating to the project will be widely discussed through our range of stakeholder leadership forums• Project updates will be posted on the website• MoH are regularly communicating SPHC developments and providing resources and these are duly disseminated to our networks• Werry Workforce Whāraurau are supporting implementation of the Single Session Whānau Consultation and regularly communicate developments to the field, which are duly disseminated to our networks• Matua Raki are supporting implementation of the 5-Step Family Method and regularly communicate developments to the field, which are duly disseminated to our networks
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**Sign off
(signatures
required)**

Project Consultant	Date
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Project Sponsor	Date
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Regional Portfolio Managers	Date
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Clinical Governance Chair	Date
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