|  |  |
| --- | --- |
| **Purpose** | The processes in this document provides directions on how the organisation positively impact the health status of children, adolescents and youth and their families/whānau where a parent is experiencing mental health and/or addiction issues. |
| **Policy** | The DHB and MOH service specifications state:‘*You adopt a policy with procedures identifying how you will support service users in your services with their role as parents/caregivers.’*  |
| **Scope** | * Mental health and addiction services, adult and child services alike.
* People engaged with our service who identify as a parent/caregiver.
* 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.youtube.com/watch?v=v7stze3645s)[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/) |
| **Organisations documents** | Vulnerable Children: Processes to protect. |

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

* [Incredible Years](https://pb4l.tki.org.nz/Incredible-Years-Parent)
* [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)
* [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%2Bservices/Children%2Badolescent%2Bfamily%2Bcounselling.htm)
* [Parenting well](http://www.parentingwell.org/resources)
* [Dulwich Centre - resources](http://dulwichcentre.com.au/mental-health/)
* [Dayspring Trust maternal mental health services](https://www.healthpoint.co.nz/mental-health-addictions/mental-health-addictions/dayspring-trust/)
* [CADS pregnancy and parental services](https://www.cads.org.nz/assets/Uploads-v2/feca682b0d/Pregnancy-and-Parental-Service.pdf)
* [Supporting families](http://www.supportingfamilies.org.nz/)

Be cognisant of and respect that there are different ways how family/whānau might be arranged.

# Consultation

|  |  |
| --- | --- |
| **Group/Role** | **Date** |
|  |  |
|  |  |
|  |  |
|  |  |

### **Appendix 1**

### Plan for Caring for Children

Being a parent is an important role. This plan helps everyone support the children, family and whānau of people who are parents and who also use mental health or addiction services.

If children need care due to a parent’s illness or time in respite/rehab/hospital, it is good to record the wishes of everyone involved ahead of time. The plan is about being prepared and talking through possible processes and issues – the plan may never have to be used.

Take the time you need to work through the plan with staff and support people. Talk with your children, as appropriate, and with family and whānau. The plan is not legally binding; talk about any legal or custody issues with staff and support people as you work through the plan.

**This plan contains information to be used in the care of my/our child/ren, should I/we be unable to care for them temporarily.**

|  |
| --- |
| **Parents/caregivers** |
| My name(parent/caregiver) |  |
| Phone |  |
| Another parent/ caregiver’s name |  |
| Phone |  |
| **Children** |
| Child’s name |  |
|  | Date of birth: Male/Female (circle one)Phone: |
| Child’s usual address and who lives with them | (If child lives between two addresses, please note both): |
| Child’s name |  |
|  | Date of birth: Male/Female (circle one)Phone: |
| Child’s usual address and who lives with them | (If child lives between two addresses, please note both): |

(Include any extra children’s names and their details on a separate piece of paper and attach it securely to the top of this page.)

**Should I/we be temporarily unable to care for them, I would like the child/ren to stay with one of the following adults:**

|  |  |  |
| --- | --- | --- |
| **Name** | **Relationship to child/ren** | **Phone number/s:** |
|  |  |  |
|  |  |  |
|  |  |  |

This has been discussed with the people listed [ ]  Yes [ ]  No

The child/ren know how to get there (eg, bus, taxi, getting picked up) [ ]  Yes [ ]  No

I/we know how to contact them if they are there [ ]  Yes [ ]  No

**I/we do not want the following people to visit or care for the child/ren:**

If there are any current court orders in place preventing a person from visiting or caring for the child/ren, please attach.

|  |  |
| --- | --- |
| **Name** | **Other information** |
|  |  |
|  |  |
|  |  |

**Important people in the child/ren’s life who may need to be contacted:**

|  |  |  |
| --- | --- | --- |
|  | **Name** | **Phone** |
| Doctor |  |  |
| Support worker |  |  |
| Childcare |  |  |
| Other |  |  |
| Other |  |  |
| Other |  |  |

#### Other important information

|  |  |
| --- | --- |
| Children’s school details(name and year) |  |
| Medications or special health care requirements (eg, allergies, illnesses) |  |
| Regular things the child/ren are involved in (eg, sport, playgroup, marae, church – days/times/details). Also use the calendar on the next page if you like. |  |
| Any other information, eg, children’s likes/dislikes in food or activities; other favourite or important things, etc. (Use extra pages as necessary.) |  |

#### Calendar

Here is a calendar to detail the things your child/ren do each week (eg, after school activities, seeing friends, appointments, etc). Fill it in only if it’s useful and can be kept up to date.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Morning** | **Afternoon** | **Night** |
| **Monday** |  |  |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  |  |  |
| **Saturday** |  |  |  |
| **Sunday** |  |  |  |

**If a parent has to be away for a while (eg, in hospital), I/we would like the following to occur, if possible.**

|  |  |
| --- | --- |
| [ ]  | Children to visit when parent is well enough |
| [ ]  | To speak with the child/ren regularly by phone when parent is well enough |
| [ ]  | The opportunity for the child/ren and parent to write to/email/text one another |
| [ ]  | The opportunity for the child/ren and parent to have photos of each other |
| [ ]  | Other |  |
|  |  |
|  |  |

**Please add any other information.**

|  |
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#### Signatures

This is not a legally binding agreement, but a plan to support children. Talk to staff about the privacy and confidentiality of the people mentioned in this plan, to make sure privacy is maintained.

I, , am the legal guardian of

 (children’s names)

Signature Date

I, , am the legal guardian of

 (children’s names)

Signature Date

#### Details of people who have a copy of this plan

|  |  |  |
| --- | --- | --- |
| **Name** | **Organisation (if applicable)** | **Phone** |
|  |  |  |
|  |  |  |
|  |  |  |

This resource was developed by the Children of Parents with Mental Illness (COPMI) initiative and funded by the Australian Government. It has been adapted by the Werry Centre for trial purposes within selected services in New Zealand. Further information can be found at [www.copmi.net.au](http://www.copmi.net.au/) | © aiCaFMHa 2012.