


KOANGA TUPU

A Service for Infants & their
Families/Whanau

Epenesa Olo-Whaanga
Sarah Laing
Kari Centre
Auckland DHB



Conception

- 2007 – proposal put forward to ADHB Funders and Planners by Sarah Colbeck (Service Manager, Kari Centre) to scope a Family Mental Health Project using underspend.
- Two arms – Children of Parents with Mental Illness (COPMI – Tu Tangata Tonu) and Infant Mental Health Service
- Project Co-ordinator roles created and advertised with option of job-share
- We were appointed in December 2007 with the following brief...

Project Co-ordinator Brief

- To co-ordinate a service-scoping exercise looking at the development of an Infant Mental Health Service within Kari Centre.


(IMH Project Co-ordinator Position Description, 2007)

- Project Co-ordinator role 0.5 FTE
- 2007/08 Funding = 1.8 Clinical FTE & 0.5 SMO for Family Mental Health Project

Available for Infant MH 0.9 FTE & 0.25 SMO

The Process

Information Gathering Overview

- Naming the 'Baby' – Koanga Tupu
 - Establish Steering Group
 - Referral & file audit – Kari Centre service provision
 - Needs assessment of Kari Centre staff
 - Consult key documents
 - Review of Literature
 - Identifying and meeting with key informants and stakeholders
- 

Naming the 'Baby' - Koanga Tupu

- Consultation with Maori & Pacific Cultural Workers at Kari Centre
- Concepts that related to both Maori & Pasifika
- Consultation with IMH Steering Group
- Consultation with Naida Glavish - ADHB Chief of Tikanga /Director of Maori Health
- **Koanga** ('Spring time') **Tupu** ('to grow')

Steering Group

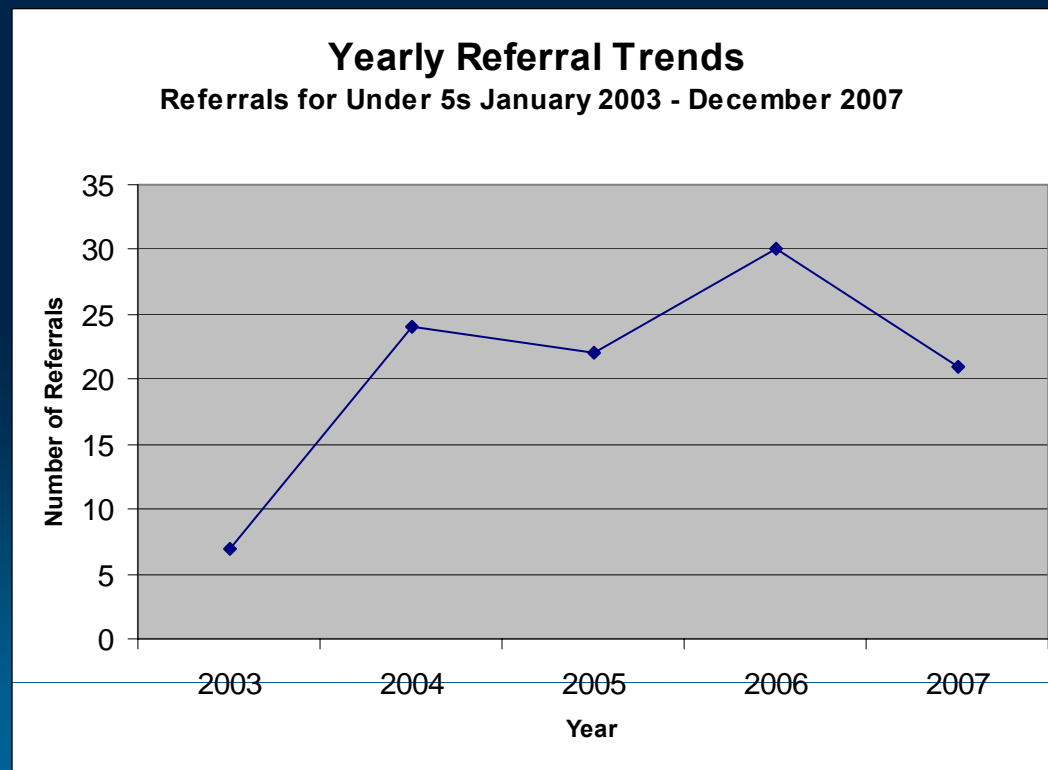
- Management representation
- Identified and approached interested Clinicians & Maori Cultural Worker
- ADHB Family Advisor
- Clinicians external to ADHB approached
- Monthly 90 minute meeting

Referral Audit

- Was an Infant Mental Health Service required?
- Referrals for Under 5s over 5 year period
(January 2003 – December 2007)
- Three recording systems within timeframe
= accurate data difficult to obtain
- Enough to provide us with two significant pieces of information

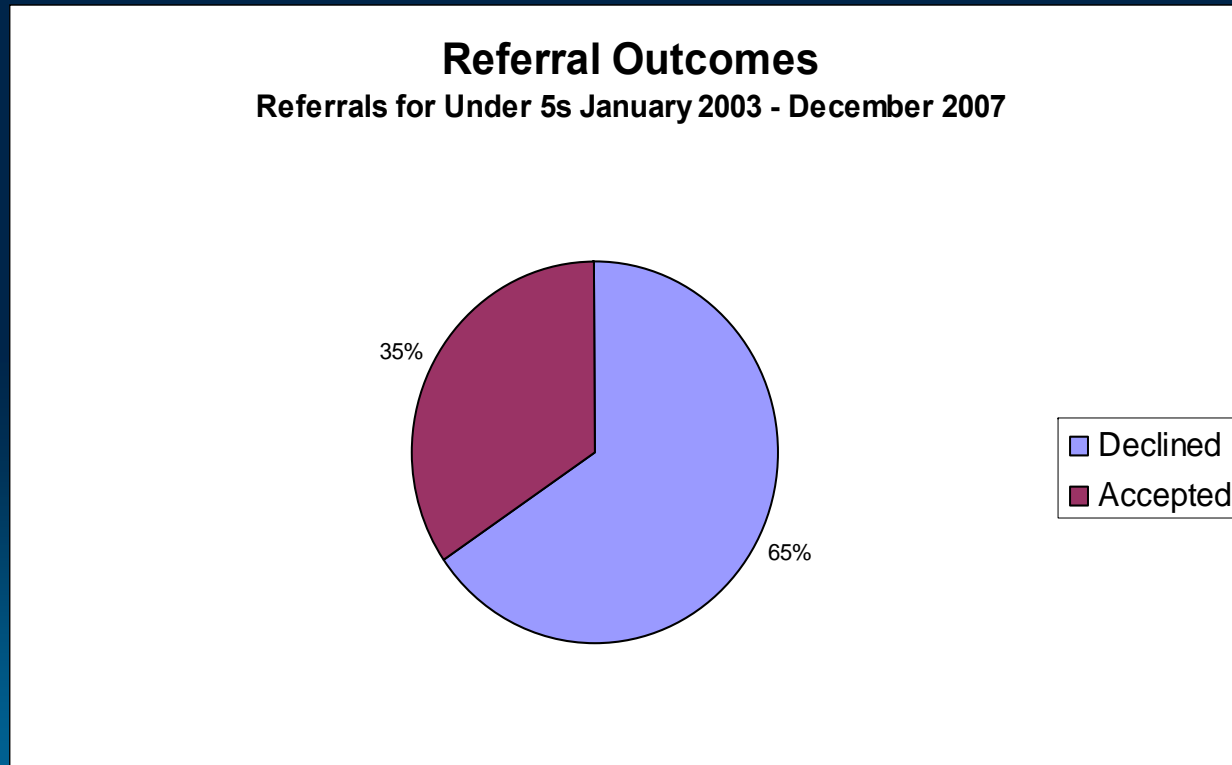
Referral Audit

- Over the 5 years referrals for Under 5s had continued to increase



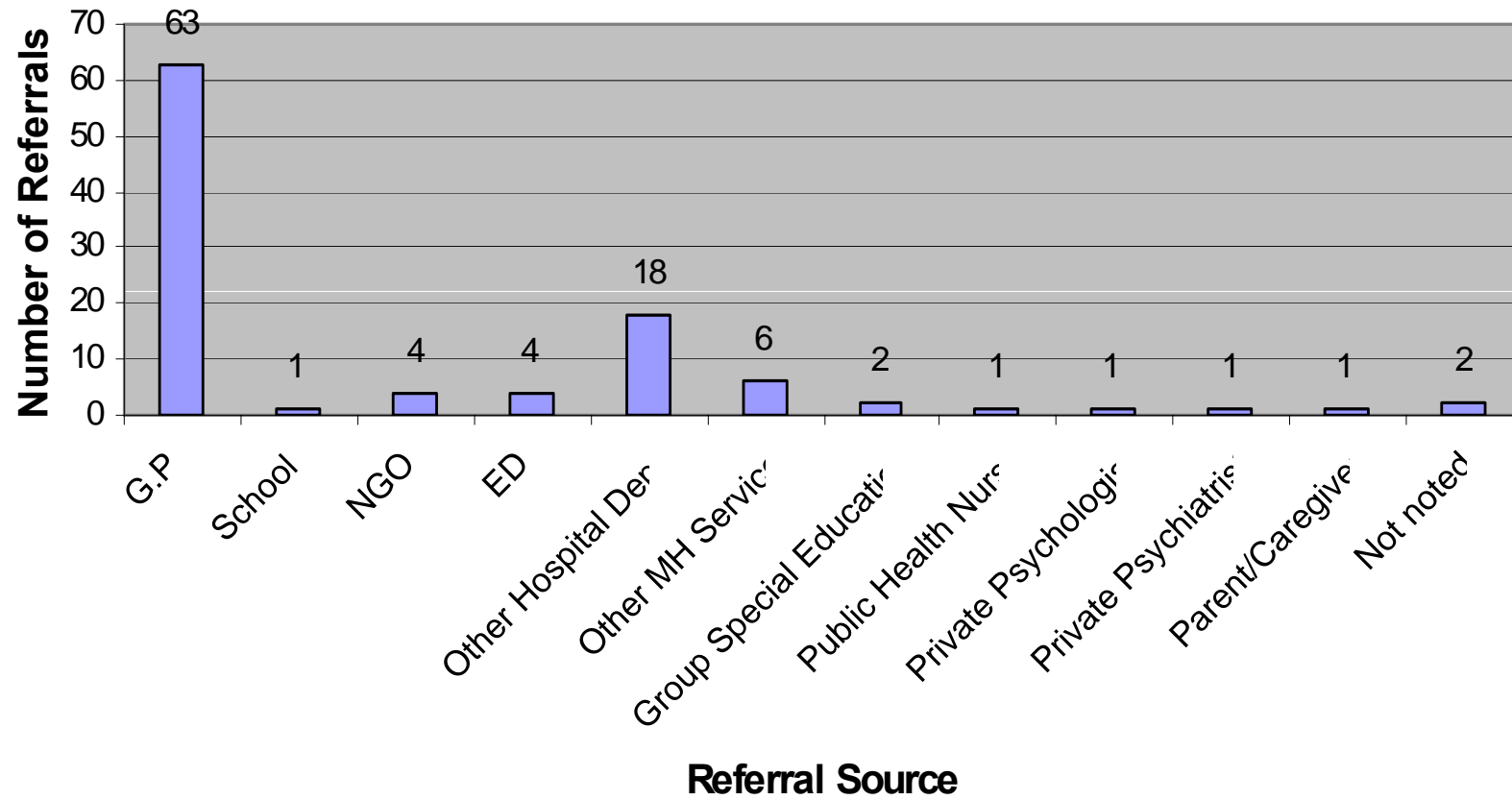
Referral Audit

- 104 referrals - 36 were accepted



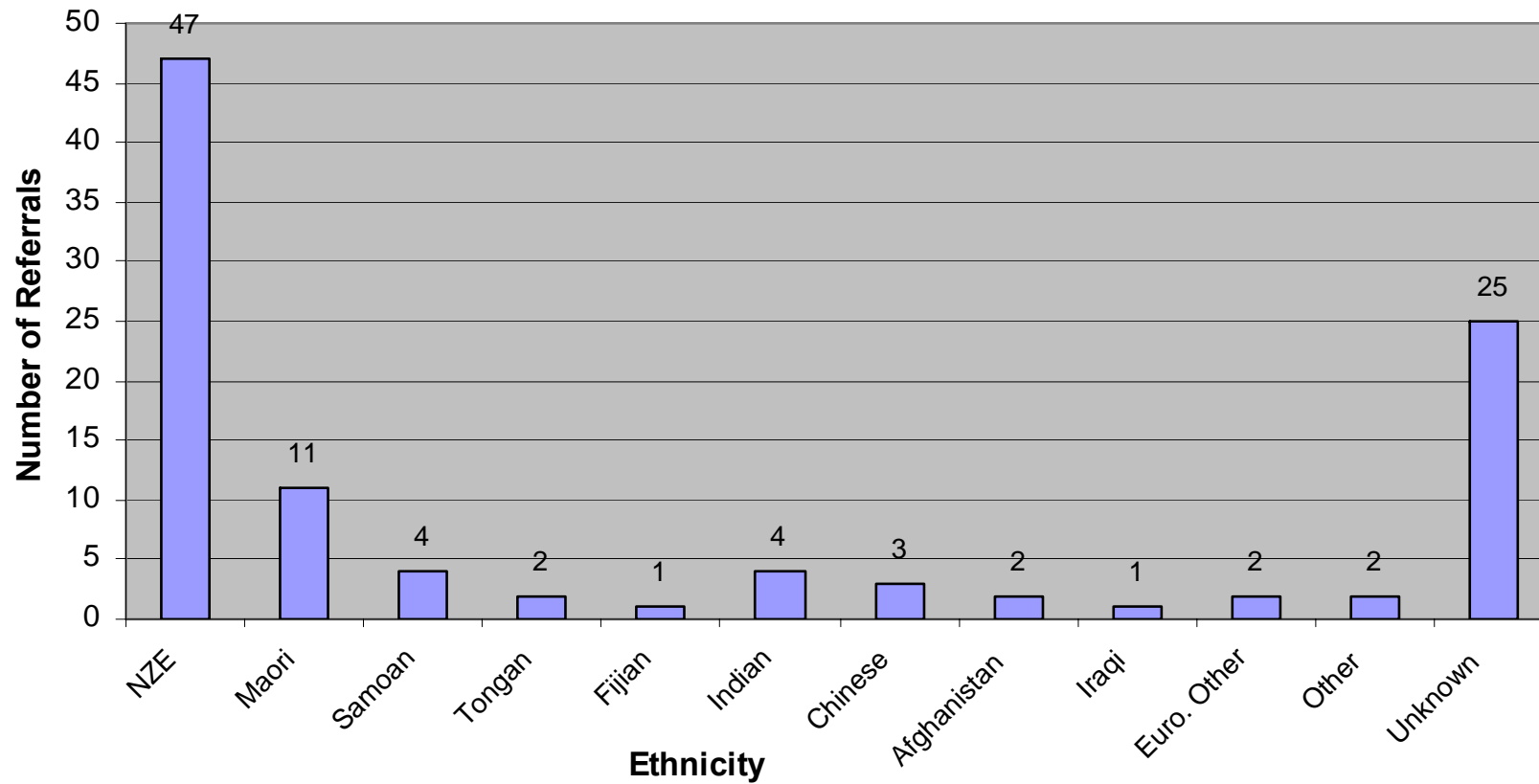
Referral Source Breakdown

Referrals for Under 5s January 2003 - December 2007



Ethnicity Breakdown

Referrals for Under 5s January 2003 - December 2007



File Audit

- Manual audit of files (random selection based on accepted referrals)
- Information elicited from these files included the referral questions/concerns, what service was received (eg assessment only, interventions etc.) outcomes, length of engagement, other issues identified for the family
- Overall what was identified from this process was that clinicians displayed a level of confidence in working with over 4 year olds and their families/ whanau, however were less so with the 0-3 year olds

File Audit

➤ Referral Concerns:

Sleep and eating disturbances

Behavioural disturbances

Parental Mental Health

Social skills

Parent/Child relationship

Fears & anxiety



File Audit

➤ Issues Identified on Assessment:

Parent/Child relationship

Parenting

Family relationships

DSM Diagnoses eg. ADHD, Separation Anxiety Disorder etc.

Parent Mental Health

Lack of family social supports

Acculturation

Trauma

Multiple stressors eg. Domestic violence, addiction

File Audit

➤ Interventions Provided:

Parenting

Play Therapy

Psychoeducation

Psychopharmacology

Liaison with other agencies

Case management

Advocacy

Referral on to other agencies

Kari Centre Staff Survey- Needs Assessment

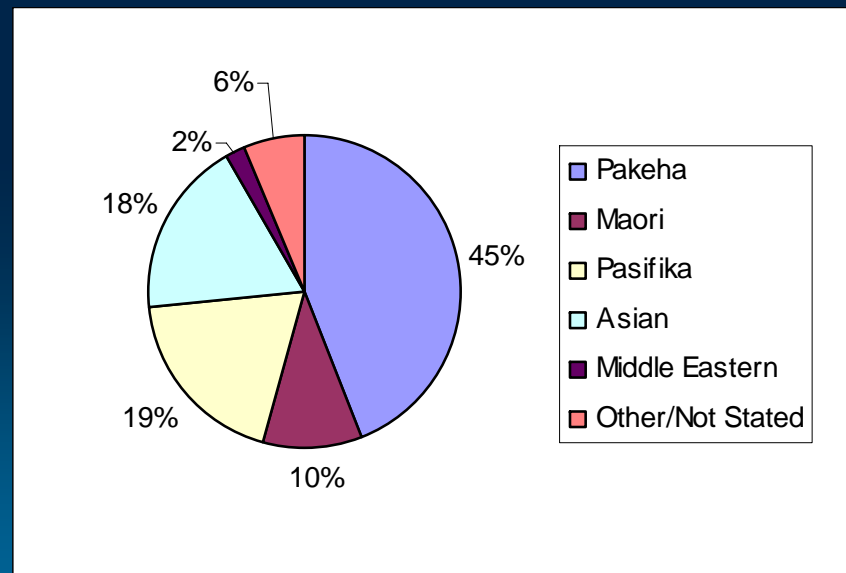
- Most believed they had inadequate or no training in IMH as part of their core professional training and hence did not have the clinical skills to adequately assess and provide intervention for this population.
- Most staff expressed interest in IMH however only a small number were interested in specialising in the area.
- Most staff indicated a preference for IMH to be located within a CAMHS service
- Some characteristics of IMH specialists as identified by staff included specialist training in assessment and intervention of infants, a working knowledge of child social, emotional and psychological development

Key Documents

➤ 2006 CENSUS

ADHB 0-4 POPULATION STATISTICS

26,058 ~ 0 – 4 years of age



➤ **Te Raukura - Mental health and alcohol and other drugs: Improving outcomes for children and youth**

MOH, December 2007 setting priorities for next 3 – 5 years

➤ **Blueprint for Mental Health Services in New Zealand - How Things Need to Be**

Mental Health Commission, December 1998

➤ **New Futures: A Strategic Framework**

MOH, June 1998



➤ **Te Puawaitanga: Māori Mental Health National Strategic Framework**

MOH, April 2002 but more adult focussed

➤ **Te Tāhuhu: Improving Mental Health 2005–2015: The Second New Zealand Mental Health and Addiction Plan**

MOH, June 2005

➤ **Te Kōkiri: The Mental Health and Addiction Action Plan 2006-2015**

MOH, August 2006



➤ **Stocktake of Child and Adolescent Mental Health Services in NZ**

Werry Centre, 2005

➤ **Maori Mental Health Needs Profile – A review of the Evidence**

Te Rau Matatini, 2008

➤ **Te Rau Hinengaro –The New Zealand Mental Health Survey**

MOH, 2006



Review of Key Literature

- **Kua whakawhenua te purapura ka puawai te taonga – Addressing the social & emotional needs of infants in Counties Manukau District Health Board: The CMDHB Infant Mental Health Project. (Merry et al.2007)**
- Additional readings by key authors eg. Zeanah, Newman, Ofosky, Stern, Olds, Muir etc.

Key Informants

- Identifying and meeting with key informants using our own networks and their recommendations of who we should speak with

- Those spoken with and interviewed include (to date):

Denise Guy	-	Psychiatrist
Mary Ryder	-	Starship Consult Liaison
Hilda Fa'asalele	-	ADHB Pasifika Team
Mike Watt	-	Paediatrician
Alison Leversha	-	Pediatrician/B4 Schools Check

Stakeholders

- Identifying stakeholders
- Construction of a semi-structured interview schedule to help elicit information and to keep us on task
- Elicited feedback on proposed Referral form
- Scheduled meeting with stakeholders

➤ Those consulted to date include:

ADHB Maternal Mental Health Service – Clinical Team

WDHB Pregnancy and Parental Mental Health Service – Marijke Cederman

Pasifika Psychology Fono

Anglican Trust for Women and Children - Michelle Ball

Family Start Auckland- Michelle Ball and Judy Matai'a

Plunket – Auckland Region Management Team

➤ **Scheduled to meet:**

ADHB Maori Mental Health – Manawanui

Child Youth & Family

GSE – Early Intervention Team

ADHB Child Development Team

ADHB Pacific Island Mental Health Service- Lotofale

PHO's

Refugee and Migrant Service

Service users - current and past

ADHB Midwives

Starship Consult Liaison Team

Teen Parent Unit

Preschool Education Providers

Other Key Event Contributions


- Auckland IMHAANZ- hosted by various agencies this year- Whirinaki CMDHB, Kari Centre ADHB, ATWC
- Hutt Valley 0-5 Team 2-day Workshop
- Hutt Valley invitation to sit in on a reflective supervision session
- WAIMH - Japan Conference August 2008
- WMCI and Crowell Training

Issues for Delivery

- Referral Criteria
- Specialist Team vs. General Team
- Training
- Resources
- Sustainability – Future Proofing
- Evaluation



Referral Criteria Issues

- Age band – what should this be?
 - Infant presentations vs. child/adolescent presentations
 - Thresholds & capacity
- 

Specialist Team vs. General Team

- Develop a specialist Infant Mental Health team

OR

- Up-skill and train existing clinicians to be Infant Mental Health specialists within the current general teams

Specialist Team vs. General Team

- Ultimately we need to be mindful that the 'service' proposed could meet the needs of the referral population but also be something that the Kari Centre infrastructure could support.

Training

- No current set competencies for an IMH specialist
- Work is being done in Michigan/NSW on developing these
- Need for continual upskilling & being able to implement multiple modalities
- Majority of trainings based overseas at the beginning of our project

HOWEVER

- Circle of Security – October 08, 1 day / May 09, 10 day intensive
- Watch, Wait, Wonder – February 2009
- Developmental, Individual-Difference, Relationship-Based (DIR) – online training
- Werry Centre – Infant Day October 17th
- IMHANZ -Massey University Infant Training

Resources

➤ **Environment:**

Making Kari Centre infant 'friendly'

- Carparking
- Mother & baby friendly surroundings – facility to breastfeed
- Family friendly surroundings – feeding, nappy changing facilities
- 'Pram parking' areas
- Baby proof clinic – safety considerations

**PARENTS
AND
YOUNG
CHILDREN**





TOILET



Baby change table in here

Resources

➤ **Materials:**

- Video recording and playback equipment both fixed and portable
- Vehicles for home visiting
- Psychometrics
- Toys – age appropriate
- Baby Equipment – eg. change table, high chair, nappies & disposal units

Baby Change
mat




Baby change table




Resources

➤ **Staffing:**

- Infant Mental Health Specialists
 - Administrative support
 - Specialist supervision
 - Research support
- 

SUSTAINABILITY

- How do we make the 'service' future proof?
 - How do we retain the skills and skilled staff?
 - IMH Monthly Interest Group
 - Inservice training
 - Radical acceptance...accepting that we may not always be able to do this
- 

EVALUATION

- Ongoing evaluation of the 'service' with set review periods
- Consumer feedback
- Clinical audit and evaluation
- Pre and post evaluation at entry and exit
- The importance of capturing both qualitative and quantitative data

Acknowledgements

- Koanga Tupu Steering Group

Sarah Colbeck (Service Manager), Mike Butcher (Clinical Director), Anaru Roberts (Maori Cultural Worker), Briar McLean (Clinical Psychologist), Meggan Lam (Psychologist), Leigh Murray (Family Advisor), Andrew Cox (C & A Psychiatrist), Tanya Wright (C & A Psychiatrist)

- Denise Guy

- The Team at Hutt Valley- Seonaigh Stevens, Sara Shaughnessy

- Auckland IMHAANZ

- Michelle Ball - ATWC

- Seema Woollaston (Tu Tangata Tonu)

