‘Delivering Early Intervention Children’s Mental Health Services through an Integrated & Partnership Approach’

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Outline

Introduction to FMHSS framework
Overview of EYC – key components and focus
Family Wellbeing Service - service delivery model in terms of practice
One parents journey - our model in action
Key Learning's
Questions
FMHSS
Practice Principles

- Early Intervention
- Flexibility
- Partnerships
- Use of Technology
- Child at centre of service delivery
- Integration of Services

Child at centre of service delivery is at the centre of the principles.
EYC Services

• Maternal and Child Health delivered in partnership with Qld Health

• Early childhood education, including play programs, toy libraries, adjunct care, kindergarten and childcare and pre Kindy delivered in partnership with C&K, Ganyjuu and other early childhood education providers

• Family Support – including case management, in home visits, practical support, targeted play programs and links to universal programs

• Wellbeing Service – Mental Health for child and family through individual and group support. Partnership includes EYC, PHAMS, and Ganyjuu
A Journey towards Early Childhood Service Integration

The Journey
Process

Visioning

Sector Networks

Partners

Parents & Community

Team Building & Change

Processes

Centre for Community Child Health 2010
Community Development Approach to Promoting Mental Health

Delivered in (key) partnership

• CYMHS
• Ganyjuu
• PHaMS
• MCHN, CDS, Allied Health (Qld Health)
• Universal services (ECE)
• Targeted support (Family Support)
Family Wellbeing Service - What are we trying to achieve?

To build strong and healthy children, to help build resilience and identify emerging mental health issues early

To provide a way for families to get help for their children who are showing early signs of problems, or at risk of mental illness, outside of the clinical mental health system

To offer intervention and support for children and young people through strengths based and early intervention strategies that are evidenced based, holistic and family focused

To increase awareness and understanding of mental health issues in the community

To build the capacity and confidence for staff across the early childhood sector to identify children who may need support
Our ‘Child Aware’ Approach to Practice

- Ecological Approach
- Developmental Trauma Informed Practice
- Strengths Based and Skill Building Approach
Trauma Informed Practice

*Using a Trauma Informed Lens to Create a Perspective Shift*

- Safety
- Trustworthiness
- Choice
- Collaboration
- Empowerment
Understanding Childhood Development and Trauma: An Ecological Approach

Children’s experiences and development are products of the many relationships, settings and broader contexts they encounter.

We utilise an ecological perspective to understand the effects of, and influences on, childhood adversity.

We recognise the interdependence between the different settings and contexts in children's lives.
Building Children’s Strengths

We focus on building children’s awareness, coping skills and resilience through:

- Psychoeducation
- Emotional regulation skills
- Coping strategies
- Strengthening relationships with important people in their lives
- Making connections with their community and culture
When Can We Help?

**Depression**
Sadness, feelings of hopelessness, helplessness, loss of pleasure, social withdrawal, appetite changes, sleep changes, negative thoughts

**Anxiety**
Stomach complaints, headaches, fearfulness, nervousness, sleep problems, perfectionism, avoidance, worry, shyness, negative body image, separation anxiety, clinginess

**Behavioural Problems**
Aggression, anger, bullying, defiance, stealing, lying, irritability, concentration problems, school refusal, severe stubbornness, running away, risk taking or attention seeking behaviours
**Program Activities**

**Promotion and sector development**
- Community Education Programs and activities regarding mental health and wellbeing
- Building links with ‘first to know’ services
- Offering learning and development opportunities

**Prevention**
- Provide consultation to services
- Deliver prevention programs in early childhood settings
  - Fun Friends
  - SKIPS

**Early Intervention**
- Short term assistance
- One off assistance / information
- Single Session Work
- Family Focus Approach
- Casework (up to 12 weeks)

**Intensive assistance**
- KIDZ Club
- Fun Friends
- 123 Magic Emotion and Coaching
- Casework (up to 12 months)
Learning's so far... Key factors that make this work

• **A Belief Culture** – champions from all partners and all organisation levels. Use of theories to support understanding eg. ecological model and then building on this with trauma informed.

• **A Sharing Culture** – sharing resources and opportunities including common overarching practice frameworks, training and reflection.

• **A Change Culture** – monitoring, review and action. New services are seen as a lever for change eg. Family WellBeing Service levers change of intake process across all disciplines and move from only targeted to include universal.

• **A Innovative Culture** – all voices and views are heard. Parents are valued as co-producers of the service.
Outcomes of Service Integration

• Sense of Purpose
• Shared language, focus and commitment
• Established a shared understanding or working in an integrated context
• Orientated to Federal, State and Local Govt’ initiatives and social policy and links to International Models
• Common overarching practice frameworks
• Confident and skilled workforce
• Most of all – better outcomes for children and families!
One Parent’s Journey
Questions?? Comments??
Thank you

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