

Integrated Guidelines for SPHC Mental Health, Substance Use, Wellbeing Challenges and Their Tamariki

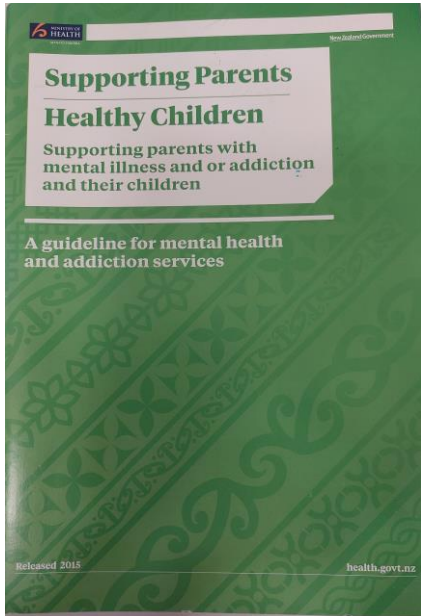
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KPI Programme
Mental Health
and Addiction
Aotearoa New Zealand



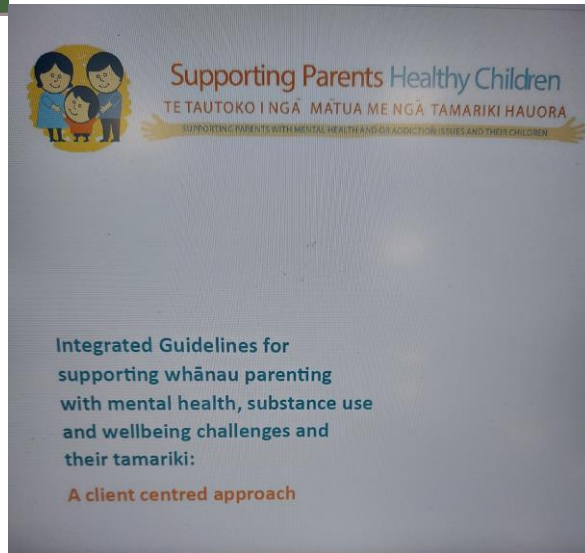
Agenda

SPHC across the motu

2015 - 2024 Guidelines

Models of Care

Implementation



Contacts

Motu SPHC Groups

Auckland

Waitemata

Capital & Coast

Wanganui

Nelson Marlborough

Southern

West Coast

- Leigh Murray - Family Advisor | Kaitohutohu Whānau | Kāhui o te Ihi | Te Toka Tumai | Auckland
- Melissa Roberts - Family Advisor/Clinical Supervisor | Waitematā District Hospital & Specialist Services
- Pip Bowler – (Family Advisor) MHAIDS | Capital, Coast and Hutt Valley
- Sarah Tomes - Family-Whānau Advisor | Waitaha Canterbury | Te Waipounamu
- Joanna Heap – Clinical Nurse Educator – COPMIA / MICAMHAS Clinician
- Susan Murray– Nelson Marlborough
- Adrienne Lee & Collette Ryan - Southern
- Kelly Shaw – Registered Social Worker | Supporting Parents Healthy Children (SPHC) Coordinator | Mental Health and Addictions Services | Allied Health West Coast

Key Updates



Comparison between the 2015 and 2024 SPHC

Tāngata whaiora

Updated evidence base

Expanded scope

Client/whānau-centered approach

Technology integration

Language used

- The revised guidelines **champion inclusivity, embracing a strength-based approach** that honours **diverse** perspectives.

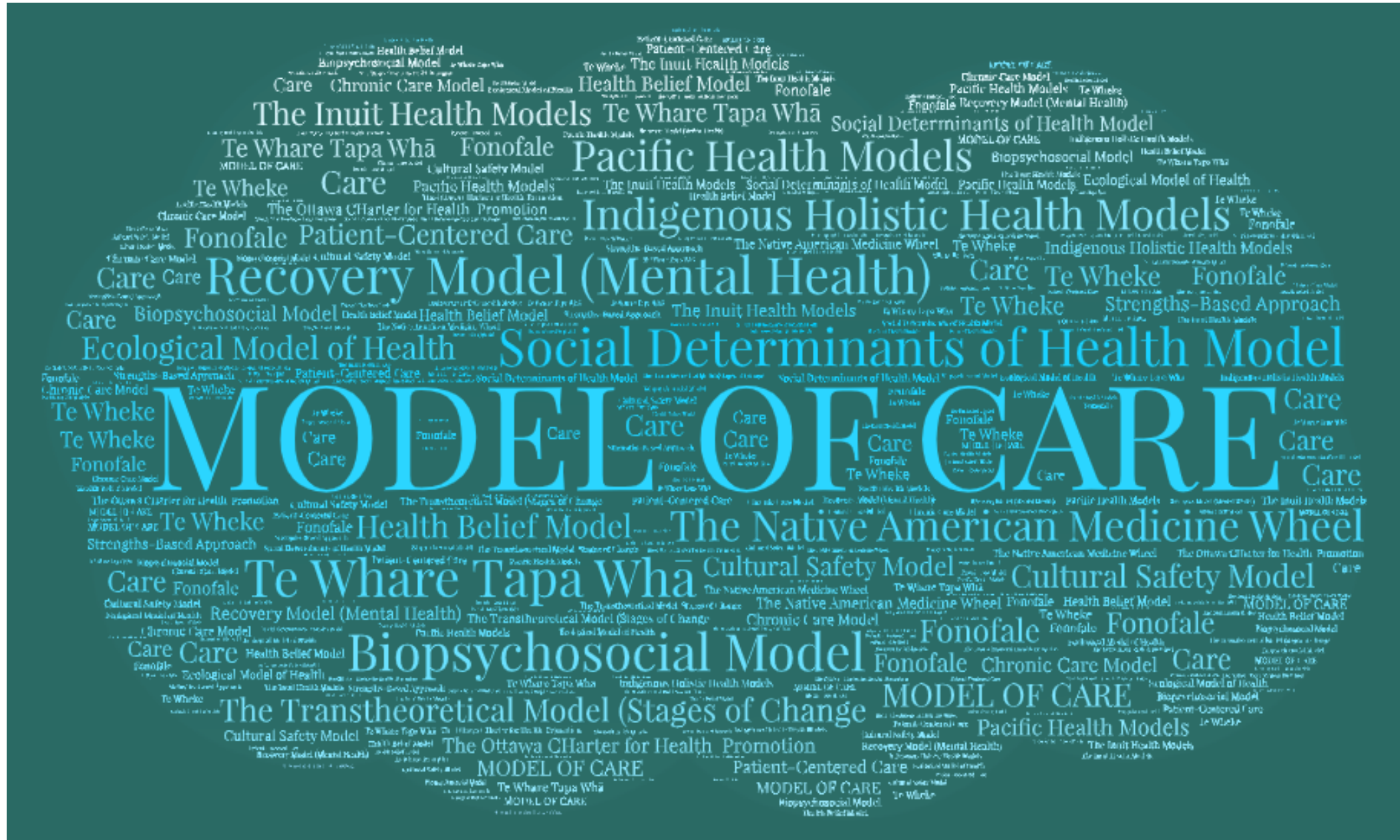
Cont...



**Revised Risk
Assessment Protocols**

**Implementation
Strategies**

**Interprofessional
Collaboration**



Models of Care - Disclaimer:

There are many models of care available, and we encourage you to find the ones that work for your whānau and you."



Acknowledgement of various models, practices, and theories that may apply.



The content reflects the organisation's best understanding at the time of publication.



Encouragement to consult professionals for specific advice.



No endorsement of one model over another.



Approach selection should be based on individual needs and professional guidance.

Name the model...

Taha Tinana (Physical health): Focuses on the body's well-being and physical health.

Taha Hinengaro (Mental health): Emphasizes mental and emotional well-being.

Taha Whānau (Family health): Highlights the importance of family and social connections.

Taha Wairua (Spiritual health): Acknowledges the role of spirituality and a sense of purpose.

Wairua (Spirituality): Acknowledges the role of spirituality in health.

Hinengaro (Mental health): Focuses on emotional and psychological well-being.

Tinana (Physical health): Emphasises the importance of physical health.

Whānau (Family): Highlights the significance of family and social connections.

Mauri (Life force): Represents the vital energy that sustains life.

Hā (Breath of life): The physical and spiritual connection to life and health.

Aroha (Love and compassion): Central to relationships and well-being.

Rangimarie (Peace): Encourages harmony and balance in life.

Family: Central to the model, representing support and cultural values.

Culture: Encompasses the cultural context and heritage that influence well-being.

Physical: Refers to physical health and well-being

Spiritual: Acknowledges the importance of spirituality in overall health.

Mental: Focuses on emotional and psychological health.

Environment: Considers the impact of external factors like social, economic, and physical surroundings.

How ..

Holistic Approach:

Practitioners use models like Te Whare Tapa Whā, Fonofale, and Te Wheke to consider physical, mental, spiritual, and family well-being.

Collaboration: Engaging with tamariki, children, and whānau to explore strengths and challenges across all health dimensions.

Strengths-Based: Identifying and leveraging strengths within each component to support families in achieving their wellbeing goals.

Cultural Sensitivity: Recognising the importance of culture and family in health and decision-making.

Encouraging: Strengthening families to take an active role in their health journey, using models that reflect their values and aspirations.

Platter of Health Models

Holistic & Cultural Models

- Te Whare Tapa Whā
- Fonofale
- Te Wheke
- Indigenous Holistic Health Models
- The Native American Medicine Wheel
- Pacific Health Models
- The Inuit Health Model

General Health Models


- The Ottawa Charter for Health Promotion
- Social Determinants of Health Model
- Chronic Care Model
- Health Belief Model
- The Transtheoretical Model (Stages of Change)
- Biopsychosocial Model
- Recovery Model (Mental Health)
- Ecological Model of Health

Patient-Centered and Strengths-Based

- Patient-Centered Care
- Strengths-Based Approach
- Cultural Safety Model

Implementation

Keen to hear how you are implementing the revised guidelines...

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What has your focus been on?

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How have you implemented this?

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It's about tāngata whaiora



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Thank you





Pātai - Tutala