



Kina
Families & Addictions Trust




Midlands Regional Addiction Forum

Promoting wellbeing through the inclusion of families and communities in the processes of change

www.kinatrust.org.nz



When a person has an alcohol, drug or other addiction problem it is also a family and community issue, and involving family in the process means more chance of successful recovery (Kina Trust, 2004)



Kina Trust

Fostering family inclusive practice through:

- **Keeping families and social networks 'on the page'**
- **Supporting inclusive service development**
- **Aligning with current research**
- **Resources, teaching and training**



Community Collaboration



Robust practices Resilience

AOD issues parenting and childhood?



Through the 'Lens of Promise'



Engaging with Children about Family Mental Health and Addiction Issues

Training and resource development



LIVING WELL

Exploring strategies for the family and friends of people using alcohol and drugs.

Supported by ALAC and the Mental Health Commission

What we know about youth substance misuse

- ❖ Alcohol and cannabis are the main drugs of concern in NZ
- ❖ Impacts on youth and whānau health and wellbeing
- ❖ Use may be normalised in both peer and family cultures
- ❖ Recognising the 'relational' nature of youth substance use
- ❖ Few evidence based interventions especially in the NZ context

(NDARC, 2004; Todd, 2007; Ozechowski & Liddle, 2000).



Youth Interventions

- How we engage our youth matters -it's about the workers
- Involving family and peers = *better outcomes*
- Brief interventions –a range of interventions
- Behavioural approaches

Youth development approaches

- ✓ Culturally appropriate
- ✓ Strength- based
- ✓ Combined approaches, more 'ecological' - links with community

- ❖ Improving *access, retention and outcomes* by delivering comprehensive approaches

(Diamond et al., 2002; Liddle et al., 2002; NCAT,2009)



Midlands Youth AOD services

What's happening with Sam.....

A 15yr old boy talented in music, basketball and rugby

Family violence history - living with Mum who is Maori his Pakeha Dad is in prison

Attending Alt Ed - excluded from mainstream schooling for cannabis use

Cannabis use has increased, dropped attendance and now involved in burglaries to fund use



Sam.....

Mum

Dad

Mates

Ed provider

YJ worker

AOD counselor

NGO Mentor/Youth worker





FAMILY & WHĀNAU INCLUSIVE PRACTICE: A Pan HBDHB project

Fostering family and whānau Inclusive Practice in Addiction Services HB

Engaging families and whānau as agents of change



Sharing the Kete

- *A social model* – behavioral, ecological, resilience ideas
- *Validating* young people and whānau capacities
- *Ecological approaches* -a contextual view of young people their families and whānau
- *Engagement* is the key to success
- *Responding to the tensions* between individual and family needs
- Acknowledging a *historical context* to present issues



Points of difference?

- A primary focus on engagement.
- A focus on whānau strengths at all stages
- Visual, ‘hands on’ and interactive processes.
- Reciprocal knowledge and information sharing.
- Whānau regularly assess the processes and outcomes



Whānau Stories

Youth outcomes – in a range of domains

Family member’s outcomes – influencing substance use

Whānau outcomes – stronger relationships



Youth FIP

Working *with* families

‘Sharing the Kete’

Collaborative focus

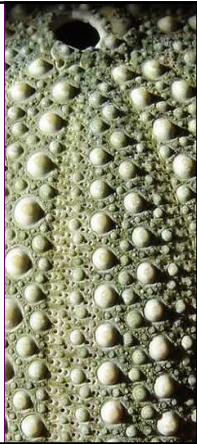
Regional initiatives



**Midlands Youth
MH&AS**

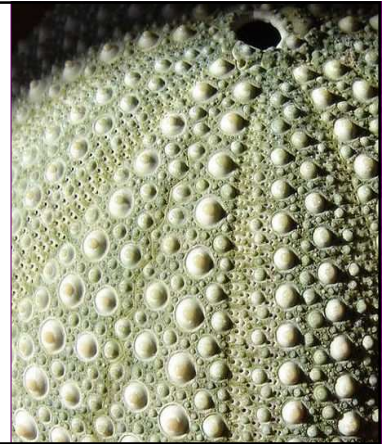
*Who else is in the
picture?*

*Local and regional
consistency?*



**Midlands
Youth
MH&AS**

*The next
steps?.....*



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