

Corporate Services



5 August 2021

(name and contact details redacted)

Dear (name redacted)

YOUR OFFICIAL INFORMATION ACT (1982) REQUEST HBDHB REF: OIA2021080

I refer to your Official Information Act request dated 13 July 2021 where you requested information from Hawke's Bay District Health Board (HBDHB). Your questions and HBDHB's response is provided below:

- 1. What programmes are the DHB currently running to support youth with their mental health specifically.***
- 2. As well as this any other statistics on youth mental health in Hastings would be greatly appreciated.***

In response to question one, Hawke's Bay DHB are currently running the Worry Busters programme, COPE programme and ADHD parenting programme.

Child, Adolescent and Family services (CAFS) which is part of Hawke's Bay DHB runs these group sessions in conjunction with Birthright Hawkes Bay.

Worry Busters is a 7-week group programme that uses Cognitive Behavioural Therapy (CBT) to teach children and their parents' strategies to manage anxiety. CBT has been shown to be the most effective treatment for anxiety in children.

The group covers what anxiety is, how it looks in our brains, how it affects our bodies, relaxation and mindfulness, how to "balance" worried thoughts and how to gradually increase courageous and helpful behaviour.

Parents attend to act as "coaches" for their children as well as learning about how anxiety works and specific parenting strategies to help parent anxious children. The strategies are also useful for parents to learn to manage their own anxiety as well.

Sessions are fun, active and child-centered with an emphasis on practicing skills in session. It is also really important to practice skills in between sessions to get the most out of group.

COPE is another programme Hawke's Bay DHB run through Emerge Respite House. Below is the content covered at each session.

Session 1: Riding the Wave of Emotions (COPE)

- Welcome/Mihi/Whakatauki/Whakapapa of Te Whare o Te Whare/Introductions/House-keeping
- Warm up – Web of connections – what we like, what do we want from group? (animal cards/ball of string/relationships/name/intros).

C H I E F E X E C U T I V E ' S O F F I C E

Hawke's Bay District Health Board

Telephone 06 878 8109 Fax 06 878 1648 Email: ceo@hbdhb.govt.nz; www.hawkesbay.health.nz
Corporate Office, Cnr Omaha Road and McLeod Street, Private Bag 9014, Hastings 4156, New Zealand

- Group expectations/Ground Rules/Safe Space etc.
- Metaphor “Feelings are much like waves, we can’t stop them from coming but we can choose which one to surf”
- COPE – Acute presentations/short term brief intervention: we focus on helping adolescents and their parents/support person learn and experience how to ride the waves of difficult emotions and not to be swept away by them. Our goal is to help find effective ways, ‘skills’ to help them ride the wave so they feel safe.
- Introduce COPE workbook. Explain sessions 1 & 2.
- What have we tried? – Brainstorm everything on the board, what has it worked & ways of coping from the group members (use of post-it notes and white board).
- Cover TIPP Skills, identify individual TIPP skills COPE Plan
- Use of distractions out of workbook. Identify a new strategy as a goal/homework for the week
- Review of session – Brainstorm on board what they remember.
- Closure/karakia/whakatauki – what is one thing they would like to take away from today’s session?

Session 2: Sensory Stations

- Welcome/Introductions/Warm up
- Recap – Riding the Wave of Emotions (COPE) – what did they learn, what worked for them?
- Sensory Stations – the purpose of the group is to give participants an experiential learning opportunity to identify what sensory strategies they can use for self-soothing.
- Introduction and use of Sensory Stations.
- Review of session & complete program evaluation & certificates.
- Closure – what is one thing they would like to take away from today’s session?

Hawke’s Bay DHB also runs an ADHD Parenting course with the following content covered:

Week 1

- Introductions
- Psychoeducation regarding ADHD
- Ideas re accommodating for ADHD symptoms
- Other resources

Week 2

- Info re medication
- Recognizing sensory difficulties related to ADHD and meeting sensory needs,

Week 3

- Recognizing underlying needs and emotion management.
- Encouraging desired behaviour

Week 4

- Encouraging desired behaviour

Week 5

- Diet and learning
- Build an example behaviour management plan for a priority problem behaviour

In response to question two, the question is very broad in scope and for Hawke’s Bay DHB to supply statistics you require, the question needs to be narrowed. Please refine your question with due particularity.

I trust this information meets your needs. If you would like any further information or clarification please phone me. If you are not satisfied with this response you may contact the Office of the Ombudsman, phone 0800 802 602.

Please note that this response, or an edited version of this response, may be published on the Hawke's Bay DHB website after your receipt of this response.

Yours sincerely

A handwritten signature in black ink, appearing to be 'Chris Ash', written in a cursive style.

Chris Ash
Chief Operating Officer

cc: *Ministry of Health via email: SectorOIAs@moh.govt.nz*
oia@hbdhb.govt.nz