



Extended Home Visiting Information for Referring Agents

Introduction

Tresillian Extended Home Visiting (EHV) offers a short duration home visiting program (6-12 visits) for parent/carers who require additional support to develop their capacity to parent due to identified vulnerabilities that compromise or potentially compromise parent-infant interaction. The main focus of the home visits is to provide an intervention that enhances the carer's ability to respond sensitively to infant's behaviour and therefore improve the quality of the interaction. The home visiting care plan uses an inter-sectoral partnership model with a strong commitment to building community capacity and to ensure that families receive consistent messages about optimal parenting.

Aim

To assist parents with multiple issues that impact on their ability to parent and the quality of the parent-infant relationship. To foster opportunities for nurturing the parent infant relationship and promote child development.

Program Eligibility Criteria

All families will have a parenting issue that cannot be addressed by a level 1 primary health service response,

Families residing within the identified geographical area (see page 2)

- Families with children 0-3 years of age including siblings up to 3 years old
- Priority will be given to families with a child 12 months or under.
- Parent in a rehabilitation program e.g., drug and alcohol and transition services from the criminal justice system.
- Parents with substance and alcohol use disorder, currently being managed by a

case worker e.g., involved in a methadone or similar program.

- Parents with current or past treatment for mental ill-health, but not in an acute phase at the time of admission to the service.
- Families will have identified life stressors/risk factors that may be impacting on their parenting capacity and the quality of the relationship with their child
- Families that may benefit from more intensive short-term support.

Examples of family risk factors include but not limited to:

- parent with a learning difficulty, depression, anxiety, poverty, recent migration, trauma
- a previous intervention from child protection services
- previous history of substance use disorder, domestic/family violence
- parents under 20 years with no other supports
- grief and loss associated with the death of a child or other significant family member
- history of or current mental health problem
- a child with a disability
- newly migrated

Exclusion criteria

Acute conditions that interfere with the cognitive and emotional ability of parents to focus on their parenting skills including:

- Exacerbation of mental illness that requires acute specialist mental health interventions (the family will be accepted into the program once acuity has subsided).
- Carers in the relapse stage of alcohol or drug dependence that is not being actively managed
- Counseling needs only

- Not residing in the geographical area.
- Obvious need for a case manager that is not in process of being addressed

and would impede delivery of Tresillian service

Duration

It is anticipated most carers will receive an average of 6-12 visits. The first 2 visits will be dedicated to engagement and assessment. The frequency and time between visits and the possibility of receiving the full 12 visits will be flexible enough to accommodate the specific needs of the families.

Interventions

All evidence-based activities/interventions have a strong relationship and strengths based focus, drawing and building on the parent's existing knowledge and skills. An essential component of the project is the linking of the parent with or maintaining the link with appropriate community services, supports and resources.

The main focus of the program is to provide support to enhance maternal sensitivity and parent and infant interaction. It is essential that the existing coordinating service maintains their coordinating roles and that there is clear communication channels between Tresillian and the other service providers.

Referrals

Referrals are accepted from: CFHNs, Midwives, GPs, Perinatal Mental Health Workers, Drug and Alcohol Workers; Community Services, Brighter Futures, Non-Government Parenting support services

- All referrals will be assessed for appropriateness and the referral agent will be notified if the family is accepted or declined.
- If the parent declines the service, the referring agent will be notified.
- Referrals are active for 12 months but may require re-clarifying of referral information prior to acceptance for home visits.

For any further information use the following contacts below:

Catherine Pearson:

Child and Family Health Nurse, CNS

Karen Griffin:

Nurse Unit Manager

By phone:

02 5943 2713 (message service available)

By email:

MLHD-TresillianFCC@health.nsw.gov.au

To make a referral please use the Tresillian website:

<https://www.tresillian.org.au/>

Tresillian in Murrumbidgee Extended Home Visiting areas:

Coolamon 2701

Junee 2663

Mangoplah 2652

Marrah 2652

Old Junee 2652

Uranquinty 2652

The Rock 2655