

Community Checklist

Being a parent is an important role. This checklist invites staff to think about the children, family and whānau of people who are both parents and users of mental health and/or addiction services.

	Please indicate Yes or No, or Don't Know (DK) or Not Applicable (NA)	Comments
Our environment		
1. Is there a baby changing facility at our service?		
2. Is there a safe play area with age-appropriate resources in waiting areas? In consultation rooms?		
3. Are there family-friendly appointment times (eg, can a service user with school-aged children get an appointment during school hours)?		
Coming in to our service		
4. When assessing people, do we routinely ask if they are parents?		
5. Do we ask if they or their partners are pregnant or intending to be?		
6. Do we use culturally appropriate family and whānau assessment tools, or at least take note of children's ages, locations, carer relationships, etc?		
7. Do staff make children feel welcome if they visit our service (eg, speak to them directly and at their level, not just to the adults with them)?		
While parents are part of our service		
8. Are parents encouraged to talk about their children?		
9. Are children included in the parent's care plan or, where necessary, in a plan of their own? (See www.werrycentre.org.nz for examples.)		
10. Are children/young people able to talk with staff/have their questions answered (given parental permission to do so)?		
11. Are parents supported in regularly communicating with their children (as appropriate)?		
12. Are children/young people included in discharge planning, as appropriate?		
Information and support		
13. Are age-appropriate information resources/booklets about mental health and addiction issues available for parents to share with their children? Or websites/online resources that staff can recommend?		
14. Are there culturally appropriate resources about mental health and addiction issues available for parents to share with their children?		
15. Is the parent supported to discuss with their child's school how the child could best be supported during the parent's recovery?		
16. Are there staff in our service who specialise in COPMIA* and who are available to children, family and whānau, or to advise staff?		
17. Do staff have up-to-date information about local services to which they can refer people for parenting, family and whānau support?		

* COPMIA stands for 'children of parents with mental illness and/or addiction'. See www.werrycentre.org.nz