

# PARENTWORKS

## Information for Referral Agencies

**ParentWorks** is a partnership between Oranga Tamariki, Christchurch Methodist Mission (CMM) and parents with children (0 - 13) in care or where there are acknowledged care and protection concerns. It is a two stage intervention programme using both CBT and Triple P strategies, and provides a report at the end of Stage Two.

**Stage One** assists parents to understand and prioritise their children's needs; to recognize the impact their life choices have had on their children's development; to learn how to communicate for effective change and to decide whether parenting full time is in their children's best interests.

**Stage Two** highlights the importance of understanding and managing behaviour by using the group process to teach new skills and techniques. The home-based sessions with the children present, provide further teaching and coaching opportunities. A comprehensive report based on psychometric testing and observations from group sessions and home visits will be provided at the end of Stage Two, including recommendations.

## Cost and Referral Process

**Oranga Tamariki:** Social Work Service Units (**1 per ParentWorks Stage**). Accord referral plus ParentWorks Referral Form required.

**Community Referrals:** No charge (covered by Ministry contract). CMM Community Services Referral form and ParentWorks Referral Form required.

## PARENTWORKS STAGE ONE

**WHEN:** Twice weekly,  
Tuesdays and Thursdays  
7 August – 30 August 2018

**TIME:** 10am – 12:30pm

**VENUE:** City Mission,  
276 Hereford Street

## PARENTWORKS STAGE TWO

**WHEN:** Once weekly, Tuesdays  
18 Sept – 6 Nov 2018

**TIME:** 9:30am – 12:30pm

**VENUE:** City Mission,  
276 Hereford Street

For further information and to discuss a possible referral please contact:

**P. 03 375 1470** or [intake@mmsi.org.nz](mailto:intake@mmsi.org.nz)



## STAGE ONE (twice weekly for one month)

### How Stage One works:

- > A pre-programme meeting between the parent, referrer, and CMM will identify Stage One goals
- > Parent attends a twice weekly 2 1/2 hour group session
- > A review of Stage One will identify changes and plan for future needs
- > There is no reporting to referrer unless requested by the client or concerns are identified during the group

### Stage One supports parents to

- > Work through feelings of grief and loss
- > Prioritise the needs of their children
- > Increase knowledge of the impact of abuse and separation on children
- > Understand what it is like to be in care
- > Commit to a positive parental role
- > Build skills for quality contact
- > Increase communication skills and understand their responsibilities and rights

## STAGE TWO (weekly for eight weeks)

### How Stage Two works:

- > A pre-programme meeting between the parent, referrer and CMM to identify Stage Two goals
- > A weekly group focuses on personal development and positive parenting skills
- > A weekly home visit personalises the learning by coaching and supporting parents to try out the strategies taught. Referrer must organise regular contact during the week to facilitate this

### Stage Two supports parents to

- > Understand and manage emotions
- > Build attachments and strengthen relationships
- > Explore thoughts and attitudes about parenting
- > Learn positive parenting strategies
- > Understand the causes of children's behaviour
- > Manage misbehaviour
- > Develop and plan effective routines
- > Establish survival tips for difficult situations