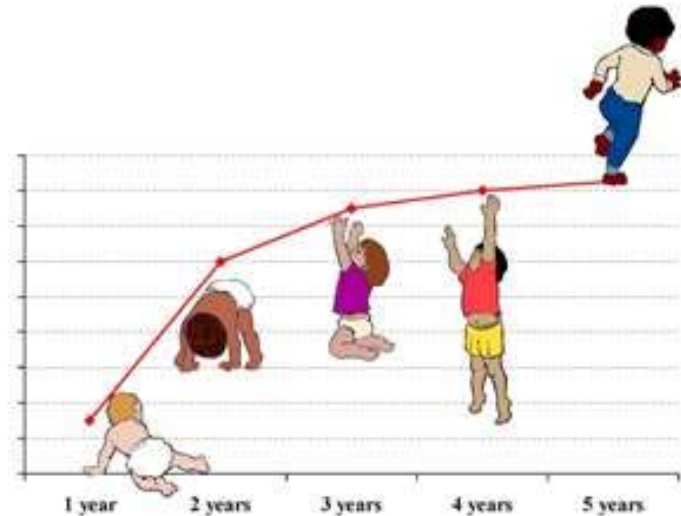


# Supporting the development of pro-social skills in children

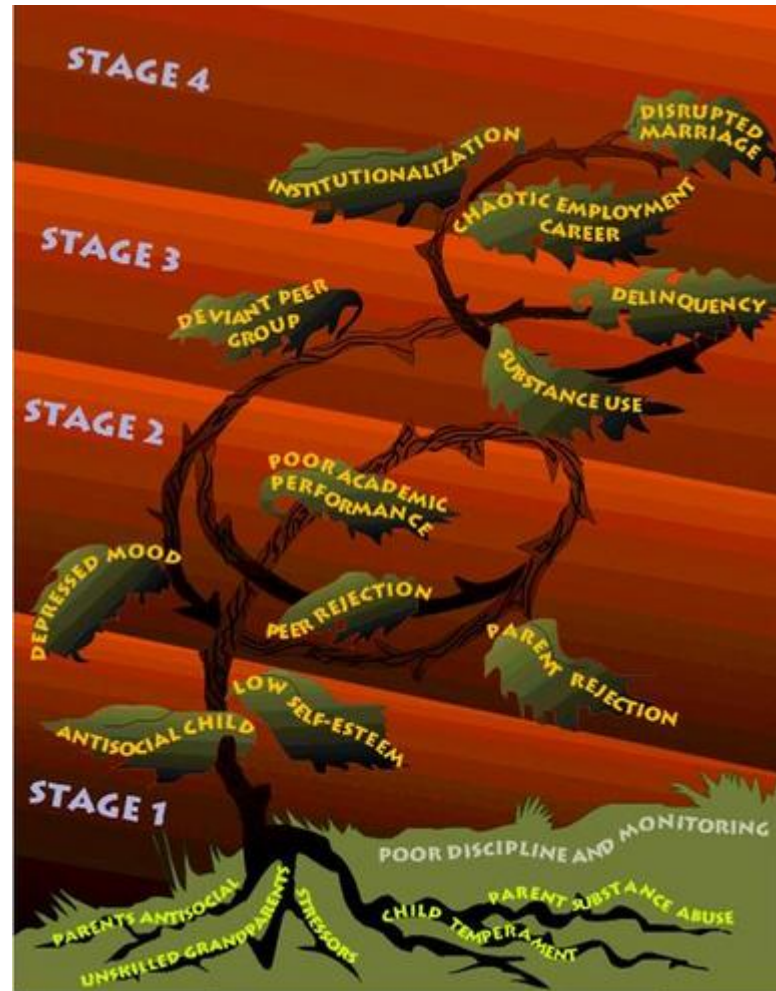
The Well child/Tamariki Ora and  
school based health programmes

# The development of prosocial or antisocial behaviour

- Antenatal
- Infancy
- Early childhood
- Middle childhood
- Teenage years



# Conduct disorder



# Antenatal impacts

- Positive
  - Antenatal education
  - High quality maternity care
- Negative
  - Toxins including tobacco
  - Other



# Postnatal and infancy

- Positive
  - Infant maternal bonding/breastfeeding
  - Development of attachment
  - Responsive parenting
  - Good parent mental health/relationships
- Negative
  - Harsh and punitive parenting/abuse
  - Parental drug and alcohol problems



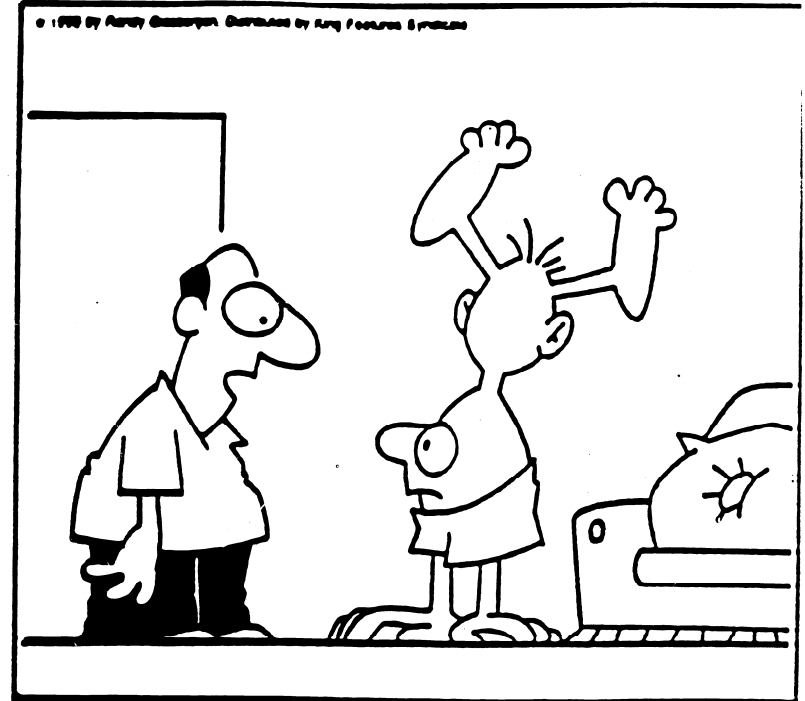
# Childhood

- Positive
  - Responsive parenting
  - Good parent mental health
  - Access to ECE
  - Strong family relationships
- Negative
  - Harsh and punitive parenting/abuse
  - Parental drug and alcohol problems



# Teenage years

- Positive
  - Strong and consistent role models
  - Sense of personal efficacy/resilience
  - Strong cultural affiliation
  - Clear boundaries
  - Good parent mental health
- Negative
  - Harsh and punitive parenting/abuse
  - Parental drug and alcohol problems
  - Dangerous peers



*'You're a teenager now, Lester. Your body is changing in ways that are hard to understand'*

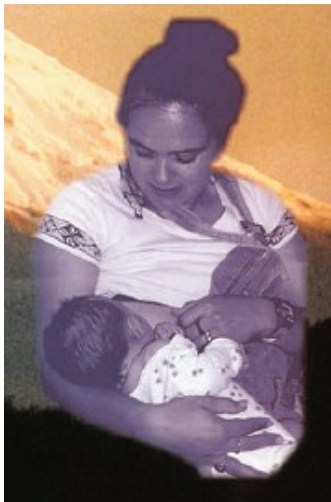
# How the health sector can help

- Promote healthy life trajectories
  - High quality universal healthcare for mothers and children
  - Creating healthy environments
- Identify difficulties and intervene early
  - Experienced, skilled and valued workforce
  - Effective screening and surveillance
  - Evidence based interventions

# The vision for maternity services

“Women will experience pregnancy and motherhood as normal life events with confidence in their ability to give birth.”

# Breastfeeding



- Breastfeeding supports mother infant attachment and reduces abuse
- The National Strategic Plan of Action for Breastfeeding is being published this week

# Postnatal depression

- Screening
  - Edinburgh Postnatal Depression screen
  - PHQ 2/3
- Treatment
  - Exercise/groups
  - Support and counselling
  - CBT
  - SSRIs (Antidepressant medication)



# B4 School Check

The B4 School Check  
prepares children for a  
healthy start to school.

# What's covered?



- Vision and hearing screening
- PEDS
- SDQ-P and SDQ-T
- Lift the Lip check
- Height and weight
- General health questionnaire
- Health promotion activities
- Immunisation catchup

# B4School and Conduct disorder



- Screening
  - Strengths and Difficulties questionnaire (SDQ)
- Treatment
  - Evidence based parenting programmes
    - Triple P
    - Incredible years
  - Psychotherapy/MST
  - Specific treatment for concurrent difficulties such as Anxiety, depression, ADHD.
    - Special education support
    - Medication

# Screening for behavioural problems is cheap and effective

- The SDQ identified over 70% of individuals with conduct, hyperactivity, depressive and some anxiety disorders,.
- Community screening programmes could the detection of child psychiatric disorders, thereby improving access to effective treatments.
- A number of studies have shown that, prior to school entry it is possible to halt antisocial development and accelerate prosocial development in 75% to 80% of antisocial children.

Goodman, R, et al. (2000) Using the Strengths and Difficulties Questionnaire (SDQ) to screen for child psychiatric disorders in a community sample  
*The British Journal of Psychiatry.* 177: 534-539

# School-based Youth Health Services

## *Vision*

*Young people have access to youth friendly, holistic health services within their school environment.*

# HEADSS assessment tool

- H Home environment
- E Education/employment/eating exercise
- A Activities and peer relationships
- D Drugs/depression/mood
- S Sexuality/Safety
- S Spirituality

# School-based health services

- Provided in conjunction with other primary and secondary services funded by the DHB.
- When fully implemented, the initiative could potentially provide services for up to approximately 34,000 students per annum.
- By mid 2011, as a result of the initiative it is estimated that there would be a new youth nursing workforce comprising of a total of 135 FTEs across all DHBs.

# School-based health services progressive rollout to:

- decile 1 secondary schools, teen parent units and alternative education facilities from the 2008/09 financial year
- extended to include decile 2 secondary schools from the 2009/10 financial year
- extended to include decile 3 secondary schools from the 2010/11 financial year

# Students that access the health service are:

- more than six times as likely to use the services of the social worker
- more than three times as likely to use the counsellor
- more likely to perceive the school listens to their problems.

Initial results 2008 evaluation of AIMHI schools PricewaterhouseCoopers (PWC)

# School-based services:

- are readily accessible for young people;
- focus on early identification of health issues and high-risk behaviours;
- address health issues that can have a significant impact on learning e.g. hearing, vision, mental health;
- contribute to better health choices that can have a lifelong impact e.g. diet, smoking, safe sex;
- enable follow up on health issues
- provide a safe environment for disclosure of family violence and sexual abuse
- impact positively on students' health status and educational achievement

# Three tips for the classroom:

- Use the SDQ-T to identify strengths and potential difficulties in preschoolers and use the results to plan an educational approach
- Develop ready access for young people, to a medical practitioner at least once per week
- Develop a collaborative team approach to student support services (educator, nurse, social worker and counsellor)

# Three key priorities for policy:

- Consider how best to:
  - Introduce evidence based assessments and interventions
  - embed an early intervention, preventive approach to service delivery
  - develop cross-sector approach to building resilience