



## Proactive Release

### Submissions on the Child and Youth Wellbeing Strategy

August 2019

The Department of the Prime Minister and Cabinet has released the following submission received during its public consultation on the child and youth wellbeing strategy.

Some of the information contained within this release is considered to not be appropriate to release and, if requested, would be withheld under the Official Information Act 1982 (the Act).

- Where this is the case, the information has been withheld, and the relevant section of the Act that would apply, has been identified.
- Where information has been withheld, no public interest has been identified that would outweigh the reasons for withholding it.

#### Key to redaction codes and their reference to sections of the Act:

- **9(2)a** – Section 9(2)(a): to protect the privacy of natural persons, including deceased people.

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## Child and Youth Wellbeing Strategy – Submission Template

This document is intended for individuals or groups who wish to make a formal submission on the child and youth wellbeing strategy.

Please complete this template and email it to: [childandyouthwellbeing@dpmc.govt.nz](mailto:childandyouthwellbeing@dpmc.govt.nz)

A guide to making a submission is available on the DPMC website <https://dpmc.govt.nz/our-programmes/child-and-youth-wellbeing-strategy>

Submissions will close on **Wednesday 5 December**.

**Please provide details for a contact person in case we have some follow up questions.**

<b>Contact Name:</b>	
<b>Email Address:</b>	
<b>Phone Number:</b>	
<b>Organisation Name:</b>	Private
<b>Organisation description:</b> (tell us about your organisation – i.e. who do you represent? How many members do you have? Are you a local or national organisation?)	<p>9(2)(a)</p> <p>I am a Social Worker with a 4 year Bachelor Degree from 9(2)(a)</p> <p>9(2)(a) I have education towards a Masters in Family Therapy and have practiced in Private Practice in 9(2)(a)</p>
<b>Executive Summary:</b> (Please provide a short summary of the key points of your Submission - 200 words)	<p>Children and Families need to feel supported in their communities. Evidence shows that human beings thrive and survive based on being in relationship/s with at least one other supportive person. Majority of families who struggle are those who are isolated and lonely and this creates significant vulnerability and leads to dysfunctional social circumstances, where stress levels are high and maladaptive coping strategies come into play. With education by educated, experienced professionals, meeting families where they are at, we could change the trajectory of children's resilience and therefore their lives long term. Attachment based research is evidenced based and predicts positive, long term outcomes for children and families. At a grass roots level, we should get educated professionals out in the public, breaking down barriers and promoting positive well being.</p>

## Submission Content

*Child and Youth well-being should be structured around educating families to address the signs of stress, avoidance and/or disconnect early on. This could happen in several ways. One way would be to support GP's to provide parents information on child development and provide information on where to seek support as part of their standard assessments at child health checks.*

*A second way is to provide free parenting sessions at school, where a Social Worker, Psychologist or other child health professional is employed to focus on relationship and well being and the importance of attachment. Perhaps schools could also offer ongoing weekly support groups on challenges and strengths based ways to provide healthy, strong, resilient children. If we are looking at enhancing children's emotional well being, this is done through relationship and connection, which in turn builds long term skills of building positive relationships.*

*For example, offering an expert Social Worker, Psychologist or Health Nurse to provide parenting support through the "Circle of Security" parenting program is a way to help parents feel supported in their role and supports them to build better relationships with their children. There is a great deal of evidence to support attachment based interventions and this is key to building life long resilience.*

*Another way is for experienced, trained and educated child health professionals to be employed to reach out to families in their home. A good place to screen for this is at schools where children have to be. GP clinics is another good place.*

*Mindfulness based interventions with children, their families and their schools is an evidenced based way to promote long term strategies to cope with stress and trauma. Adverse experiences are best managed in a system working together.*

*All of the above strategies go hand in hand with Maori teachings (and most Indigenous cultural teachings), of "it takes a village to raise a child". In order to create a village, we need to build relationships. In order to tackle mental illness, we need to decrease isolation, loneliness and vulnerability of these people by being present in our schools, health centres, hospitals etc. where people are. This is where we can come together to promote empathy, compassion and hope for our children and their future.*

*Social Workers are passionate about this. As a Social Worker, I feel we could be utilised as systemic counsellors and educators in schools, health facilities and NGO's to promote the village mentality to decrease vulnerability and improve outcomes for our children.*

Please note that your submission will become official information. This means that the Department of the Prime Minister and Cabinet may be required to release all or part of the information contained in your submission in response to a request under the Official Information Act 1982.

The Department of the Prime Minister and Cabinet may withhold all or parts of your submission if it is necessary to protect your privacy or if it has been supplied subject to an obligation of confidence.

Please tell us if you don't want all or specific parts of your submission released, and the reasons why. Your views will be taken into account in deciding whether to withhold or release any information requested under the Official Information Act and in deciding if, and how, to refer to your submission in any possible subsequent paper prepared by the Department.