

KARITANE TODDLER CLINIC

PREVENTION

Sue Morgan
Clinical Nurse Consultant, Early Intervention

KARITANE

SSWAHS

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Aim

- To facilitate positive changes in child behaviour by enhancing the parent-child relationship by;
 - Establish a more positive interaction pattern between parent and child
 - Decrease child behaviour problems with increase in pro-social behaviours
 - Increase parenting skills
 - Reduce parenting stress

Nature and Extent of the Problem

- Challenging Toddler Years
- Behavioural difficulties and family stress
- Evidence of the need Karitane Toddler Clinic
- Growing waiting List
- Referrals

Strategic importance

- Make Prevention everybody's business
 - Decrease child behaviour problems
 - Increase parenting skills
 - Establish a positive parent-child attachment
- Deliver culturally and linguistically diverse health care
- User friendly service which involves whole family
- Acknowledge early intervention
- Create better futures and work in partnership

Planning & Implementing solutions

- Established in February 2005 after Identified need
- Toddler Clinic Staff
- Presenting Problems
- Work in partnership with families using Parent-Child Interaction Model
- Early Intervention

Outcomes & Evaluation

- Clinically significant improvements in child behaviour
- Clinically significant improvements in maternal distress
- Highlights the complexity of families
- Ongoing referrals necessary

Table 1: Percentages of clients showing clinically significant child behavioral problems (CBCL) pre and post treatment (n=41)

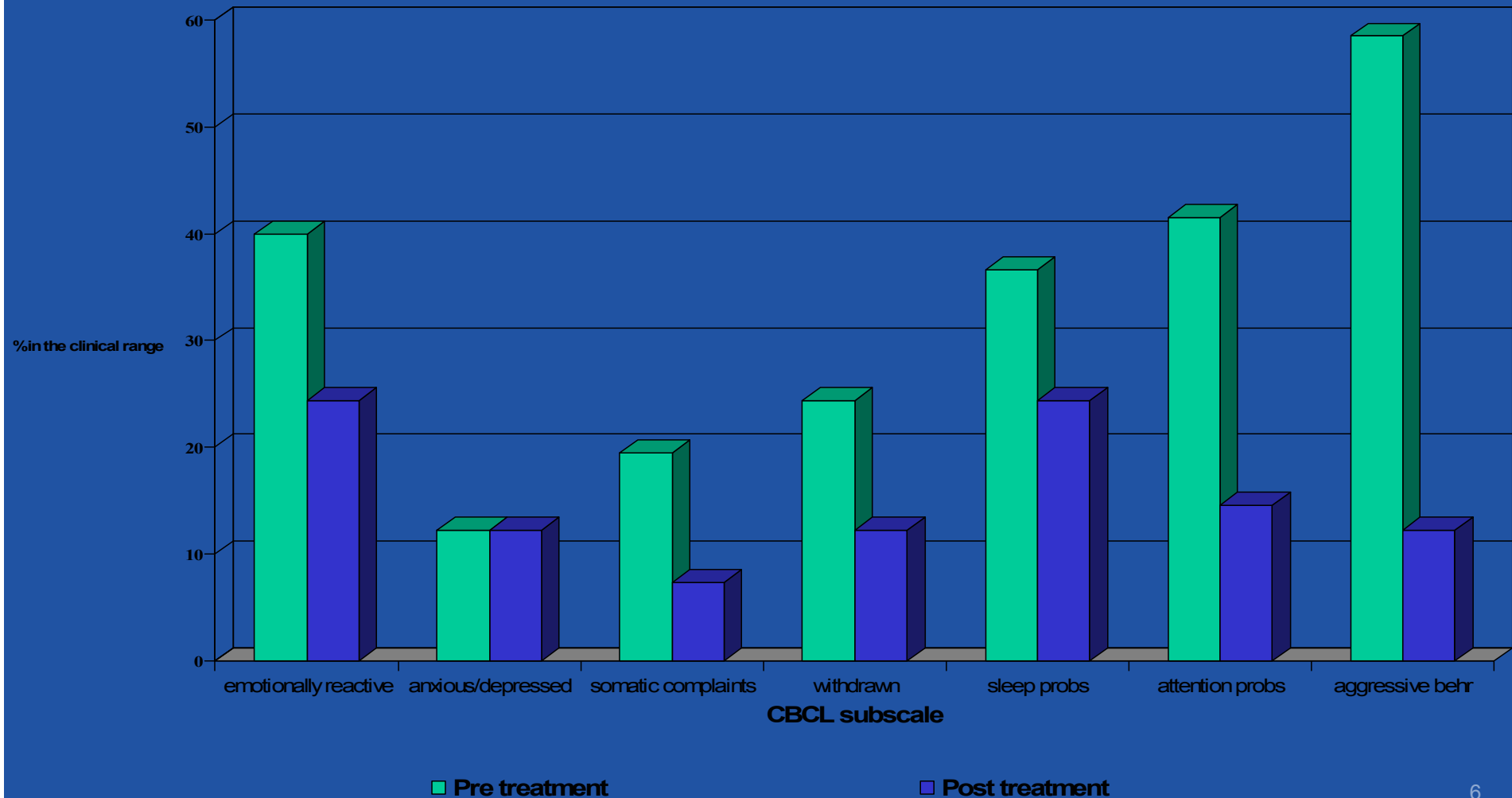
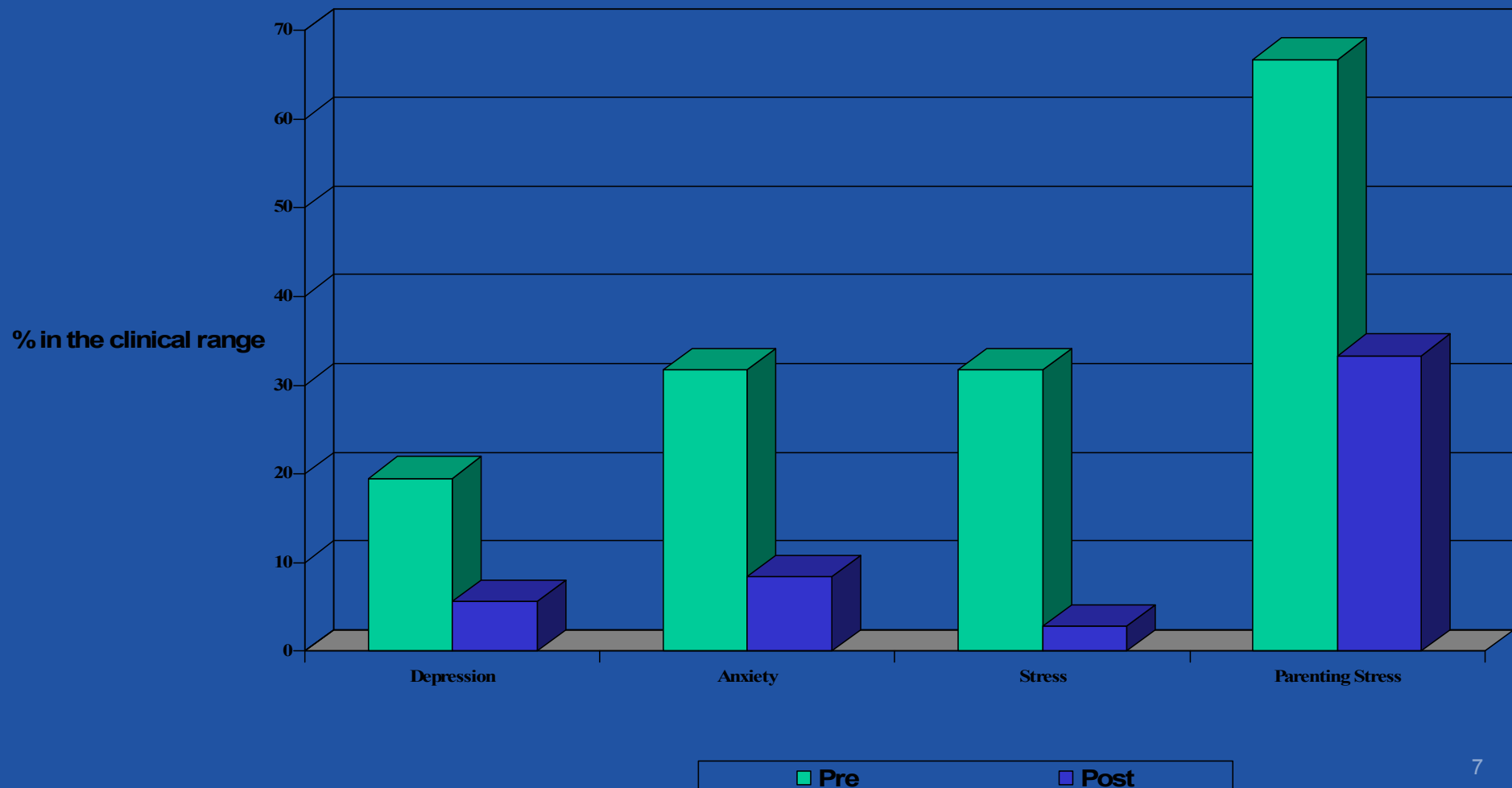


Table 2: Percentages of mothers showing clinically significant maternal distress (DASS scores: moderate, severe or extremely severe DASS scores & PSI-SF total >90) pre and post treatment (n=41)



Sustaining Change

- Program is designed to empower parents allowing strong skill acquisition and problem solving ability
- Discharge planning is from first point of contact
- Incorporation of all sibling to practise skills thoroughly
- Follow phone contact and additional booster session available

Lessons Learned

- Strength Working in Partnership with Families
- Secure Base for Families
- Being Positive and Reflecting on any change
- Praising is Powerful
- Realistic Expectations

Future Scope

- Response to positive outcomes -new purpose built facilitates
- Karitane Toddler Clinic is a leader in Early Intervention and education is priority
- CNC specialist training one day workshops are offered to health professionals local and state wide
- Further Training of CNC
- PREVENTION IS BETTER THAN CURE