

Let's get real
REAL SKILLS FOR PEOPLE WORKING IN MENTAL HEALTH & ADDICTION

Families.....

.....want to work with them but not sure how?



Working with families and whānau - ESSENTIAL SKILLS

This one-day workshop has been developed to assist mental health and addiction workers in the **Central region** to support families and to promote their inclusion in the recovery of service users. It explores best practice in working with families and focus on the challenges and benefits of applying these skills in everyday mental health and addiction services.

By the end of the workshop, participants will have a greater understanding of:

- Working with diverse families
- How to encourage family involvement with the recovery process
- Specific family inclusive strategies that they can use
- The impact that values and attitudes can have on this work
- Policies relevant to involving families
- Support and resources available to families in the community

This workshop is based on the *Let's Get Real* skill, **Working with families/ whanau**, and will cover the performance indicators at the **essential level**. It is most suited to workers developing their skills in family work and for more experienced staff who would like to reflect on their current practice.

Location	Date	Contact
Hawke's Bay	July 16th	Nicola Prendeville Nicola.Prendeville@hawkesbaydhb.govt.nz
Wellington	July 26 th	Kitty Marshall [CCDHB] Kitty.Marshall@ccdhb.org.nz
Hutt Valley	July 27 th	Sara Shaughnessy sara.shaughnessy@huttvalleydhb.org.nz
Whanganui	August 3 rd	Olive Redfern Olive Redfern@wdhb.org.nz
MidCentral	August 4 th	Jacqui-lee Gray jacqui-lee.gray@midcentraldhb.govt.nz

Registration: Registration is essential as numbers are limited.

To register please contact the person listed for your area.

Kina Families and Addiction Trust is working in partnership with Te Pou to provide this training.

Promoting wellbeing through the inclusion of families and communities in the process of change

www.kinatrust.org.nz