

RURAL HEALTH AND RESEARCH CONGRESS 2019



# Tresillian<sup>®</sup> 2U

*The Early Years Parenting Service*

# Going Mobile !








**Tresillian**  
*It's in our nature to nurture*

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## Emma's Story – Part 1

Baby & Toddler

Exhausted



Small town


Breastfeeding difficulties

Unstable housing


Relationship Strained

No Transport







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# Our Tresillian 2U Journey

The Early Years Parenting Service



Local Consultation

Steering Committee

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## Why a Mobile Secondary Level Service?



### Identified Need and Barriers to Access

61,00 Children & Young People 0-24 years in MNCLHD

- 9, 899 children living below the poverty line
- 6 of the top 40 most disadvantaged postcodes in the state Bowraville, Kempsey, Laurieton, Nambucca Heads, Dorrigo & Urunga

» Challenges facing these disadvantaged communities

- poverty
- high unemployment
- poor quality and access to housing
- lack of access to transport
- family dysfunction impacting parenting
- domestic violence
- mental health and substance misuse

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## Where did the idea originate?



- Joint MNCLHD & Tresillian Consultation Forums held April 2016
- > Broad range of Health and NGO and Government Stakeholders



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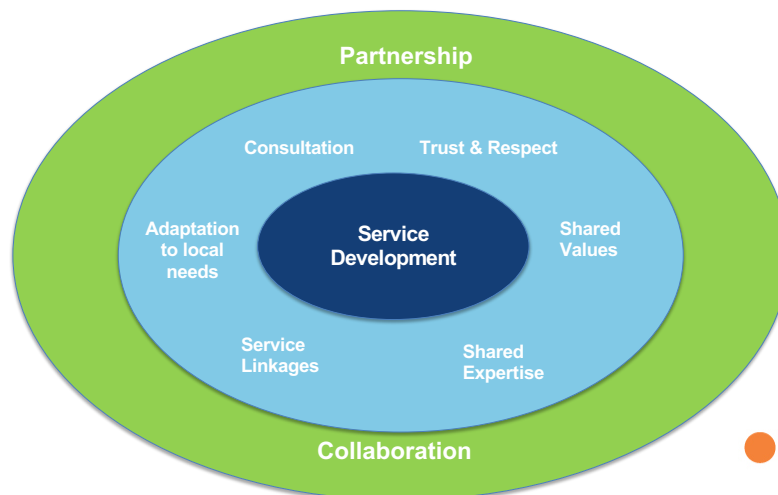
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## Service Development Conceptual Framework



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## Aims:



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- To **increase access** to a specialist service response for families in MNCLHD living in **areas of lower population density** experiencing early parenting difficulties and distress
- To provide a **referral pathway**
- To provide an **integrated seamless service response** for families in the critical early years of child's life

...with a focus on the promotion of **optimal child health and wellbeing outcomes**.



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## Mobile Service Model

### Partnership between Tresillian and MNCLHD

- Funding support from NCPHN & FaCS
- Level 2 Child & Family Health referral service to address complex parenting issues.

#### *Inter-professional Team:*

- RN with CFHN qualifications and Aboriginal Health Worker
- Advanced practice professional development provided by Tresillian



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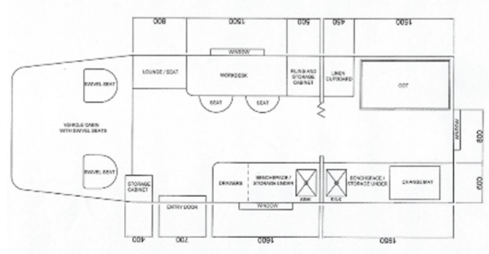


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## TRESILLIAN 2 U Mobile Van

Purpose Designed:

- consultation space
- infant settling space
- covered space for health promotion



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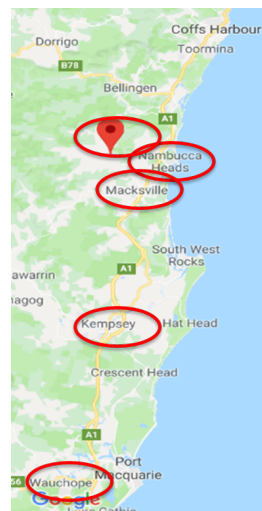
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## Taking the Service to Communities

Predictable scheduled rotation model

- Park next to locations frequented by parents
- e.g. community centre, preschool or health facilities



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## Working Together with Aboriginal Communities

- Listening to Elders and leaders
- Collaboration with local Aboriginal Health Workers
  - Co-design of group programs
- Partnering with Aboriginal Medical Services
- Aboriginal Health Impact Statement
- Mid North Coast Indigenous Accord



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## Achievements

- ✓ 500+ occasions of service
- ✓ 130 + contacts at Community Events
- ✓ NAIDOC week & PANDA week stall
- ✓ Partnership with community agencies
- ✓ Group programs
- ✓ MOU with local Aboriginal Corporation Medical Service



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## Feedback from T2U Families

- *I found the 2U service excellent having it close to home meant not much travel. The van was so good, well laid out. Plus the information was amazing*
- *Thank you, after 6-7 mths of not sleeping and a miserable baby we now have a baby who sleeps during the day and is getting better at sleeping at night*
- *The Tresillian 2U nurse was fantastic,... she understood what I was talking about and could suggest very helpful things...*
- *She was always happy to listen, which made me feel like I was being listened to and never made me feel judged. She's a real asset to the Tresillian 2U bus.*



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## Research



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- Doctoral research - Longitudinal study (formative approach):
  1. To evaluate this new and innovative service model in terms of the following key elements, drawing on research outcomes to refine and inform further service improvements.
    - a) Access and effective referral pathway
    - b) Parenting confidence and capacity
    - c) Parent-child relationships
    - d) Community connectedness and parental help-seeking
    - e) Service integration
    - f) Promotion of child health and family wellbeing
  2. To identify the potential for adaptability and transfer of the service model to other contexts.



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## Emma's Story – Part 2



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## Thank you

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