

Rural Health and Research Congress

#RHRC2019

- **Brief overview**

who are we

who do we provide service to

how we have evolved our Parenting Group
over 5 years



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About Royal Far West

Sydney-based NGO dedicated to improving the health and wellbeing of children and families in rural and remote Australia.

"We go where the gaps are" - working closely with community and local providers.

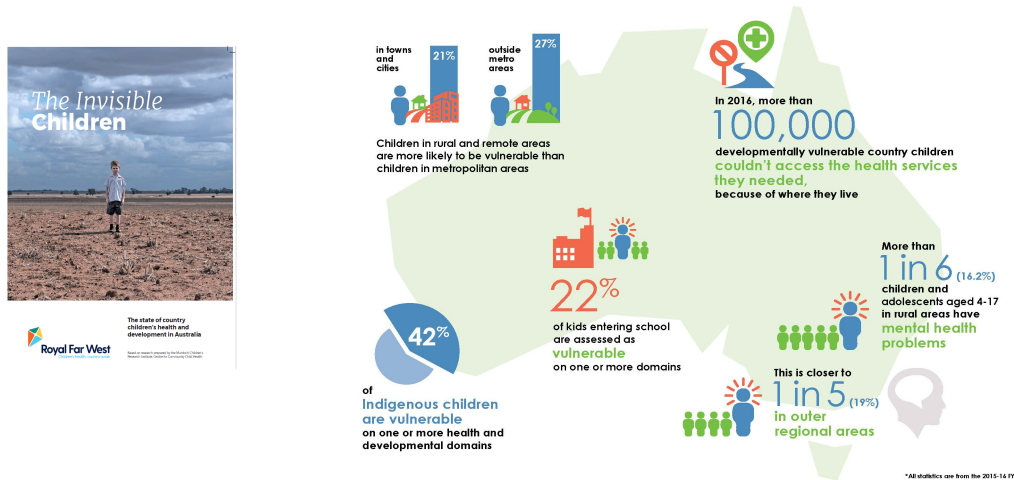


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The Invisible Children



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Royal Far West Paediatric Development Program

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- Parents/carers come from remote/rural NSW seeking support for their child's developmental, behavioural, and mental health challenges
- Stay for a week for specialist appointments with a paediatric multi-disciplinary team
- Access RFW School and recreation programs
- Focus on the developing child through a family-centred approach
- Trauma informed, evidence- and strengths- based approach and
- Common to find family stress and high rates of depression and anxiety
- Transgenerational patterns of poor relationships often create parents and carers struggling to emotionally connect

The team recognised a growing need for an evidence-based parenting program to provide to families to support their children and themselves



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Why Tuning Into Kids® group?

- *In 2014 a study was conducted by a consultant social worker to research parent programs available at that time*
- *Tuning in to Kids and Circle of Security were the top two recommended programs of choice after the evaluation*
- *Tuning in to Kids was chosen because of its ability to be more flexible in its adaptation for our unique RFW environment*
- *Tuning in to Kids was also appealing because the program developers were keen to work with us to make the teachings more specific to our client's needs*
- *Available in some rural and remote areas but found to be difficult to access across 6 weeks for many of our clients*



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Early approaches

In 2014 we started with...

Two social workers trained in the Tuning in to Kids program
Ran the program as a pilot the first year
6 sessions over 6 weeks were condensed into one week

Early progress

Created handbooks to give to parents
Modified the manual to draw out the key elements
Shared our learnings with the multi-disciplinary team at RFW



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Current Program

Now in 2019 all members of the social work team are trained in TIK or variants of (including Tuning Into Teens)

Program delivered on a monthly basis to 9-12 families


We have a long waiting list for families to join the groups

Use TIK resources as well as a variety of multimedia resources, including YouTube clips

The RFW Occupational Therapy team provide a complementary education session about regulation to enhance program attendees understanding

Recognised as a impactful intervention alongside the suite of services offered across the MDT at RFW

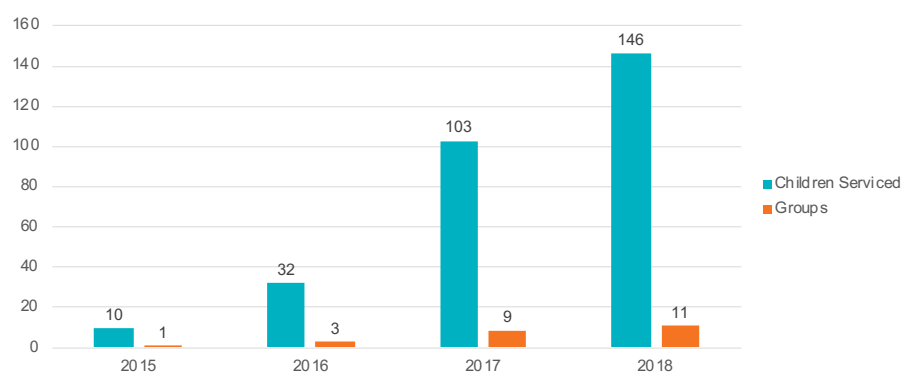
Check out our workshop for more!



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Our impact so far



Year	Children Served	Groups
2015	10	1
2016	32	3
2017	103	9
2018	146	11



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Feedback from participants

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- "Loved all of it! The OT talk was great. Also great to learn about adult relationships too; great job guys! Well presented"*
- "Delivered very well to allow parents/carers to engage at their level of understanding"*
- "Was explained really well, very in depth. Appreciate the step by step instructions"*
- "I learnt how to regulate myself, become less strict on time routine and relate more to kids emotions, and find different avenues to TOUCH- thank you!"*



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Conclusion

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- *Tuning in to Kids has become a vital intervention offered by the Client Care team at Royal Far West.*
- *We are committed to continuing to provide this service to our rural and remote families*
- *We continue to get positive feedback about the program and it's usefulness in reducing family stress and improving family relationships*



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