

TRESILLIAN WINTER crier05

Tresillian Conference to feature PND expert from the USA

The 2005 Tresillian Conference is rapidly approaching.

The Conference Committee intends to continue building on the success of Tresillian's previous eight conferences. They have worked hard to ensure that the content has a strong clinical focus that deals with contemporary issues and provides new information for child and family health professionals.

The importance of child and family health is being increasingly acknowledged by Commonwealth and State Governments as a crucial health service. Child and family health nurses and other health professionals are now required to expand their clinical practice to meet the challenges of supporting parents in new and innovative ways. The Tresillian Conference will highlight information about clinical practice innovations, updates on clinical research, and an opportunity to develop knowledge and skills in the area of infant-parent attachment, development of relationships, dental health and the use of music with parents and young children. This Conference which coincides with World Breastfeeding Week, promises to be one of our most diverse yet.

The Tresillian Conference Committee invites you to join your colleagues and friends from around Australia at the Conference Workshop on the 4 August (at Rozelle hospital) and on the 5th and 6th August at the Hotel IBIS Olympic Park.

I look forward to your company.

(Dr) Cathrine Fowler
Manager of Education & Research
Tresillian Family Care Centres

Check out our "new look" website at www.tresillian.net

Tresillian Nepean pilots a Music Therapy Program

Much to the delight of staff, the Golden Stave Music Therapy Centre (also known as *The Centre*) approached Tresillian Nepean, following a grant they received from The St George Foundation and United Way. The Centre is a not-for-profit organisation attached to the University of Western Sydney, Kingswood Campus. They generously offered Tresillian a Registered Music Therapist for half a day per week for up to one year, to facilitate music therapy sessions to parents and their infants/toddlers staying in the Residential Unit. The sessions are intended to give parents an opportunity to see how music can be used to positively interact with their child. The sessions are interactive, with the music therapist providing a range of instructions to engage parents and their children. Staff are also welcome to attend and observe or participate. The sessions commenced in May and an evaluation process will be undertaken. To date they have been a popular addition to the Nepean Centre.

NSW Health to sponsor Conference

Tresillian is delighted to announce that NSW Health has agreed to be the major sponsor of our 2005 Tresillian Conference.

As the Tresillian Conference will be taking place in World Breastfeeding Week, this provides NSW Health with an excellent opportunity to reach a key group of health professionals to promote their new breastfeeding policy. Representatives from NSW Health, the Centre for Public Health Nutrition (CPHN) research, which has been instrumental in the policy development, the Baby Friendly Initiative (BFI) for hospitals and community based services, and the Australian Breastfeeding Association (ABA) will be available to discuss issues relating to the new policy, with delegates.



ATTENTION: CHILD AND FAMILY HEALTH PROFESSIONALS

2005 Tresillian Conference

4th, 5th & 6th August, 2005

IBIS Hotel, Olympic Boulevard, Sydney Olympic Park

Keynote Speaker: Dr Roseanne Clark from the USA



For details:

Tel: 02 9787 0869

www.tresillian.net



From the President.....

Bob Elmslie, OAM

The Council has commenced a number of initiatives in the last year.

The one that may have the greatest impact is the closer relationship we are developing with Karitane. This has been hastened by the fact that we are now both in the Sydney South West Area Health Service. In line with the letter we



have just sent to staff we have agreed that management will initially concentrate on the following common areas:

- Research
- Education
- Parents Help Line
- Quality Improvement

Whatever happens, staff will be kept fully informed. Some staff may have suggestions as to other areas we could consider.

The Council has also been reviewing our Corporate Governance practices so that Councillors can fully meet their role in the organisation. That role is to set strategic direction and to ensure operational efficiency but does not include participating in the day to day management process. This ties in with our recent review of the Strategic Plan process. After many interviews with staff both individually and collectively, our Consultant, Jill Hardwick presented her final report to Council at the May meeting. A summary of the Plan will be distributed.

Regarding the development of services in the northern area, we continue to review what is the best way to upgrade these services and the best location for those services. Once we have prepared a detailed proposal with our Consultant, we will then approach the NSW Health Department.

On Council matters, Dr John McDonald has resigned. John has been associated with Tresillian, first as Medical Director and then as a Council Member over many years. In recent years, he proved a most effective Chairman of the Quality Review Committee. Joining the Council has been the Staff Member, Janice Wright. Her experience and her interest has already proven valuable.

Most of you know that the Education and Research Unit has recently completed a pilot program of early parenting and support education to incarcerated mothers whose children are residing with them at Emu Plains Correctional Facility. A submission prepared by Tresillian and Corrective Services for a greatly enlarged program spread over three years at several Correctional Facilities has been submitted to the Federal Government. The total funding requested is \$450,000. At the invitation of

Correctional Services, I visited the Correctional Facilities at Emu Plains, Windsor and Silverwater. Both staff and mothers who attended the Course were very appreciative and enthusiastic. We await, with hope, the outcome of this submission.

Bob Elmslie OAM

President, Tresillian Family Care Centres

Tresillian presents at Melbourne Conference

Dr Cathrine Fowler and Julie-Anne Murphy recently presented a paper at the Australian Association of Maternal, Child and Family Health Nurses Conference held on the 29th and 30th April, 2005 in Melbourne. The paper titled "Understanding Motherhood from the Inside" was a collaborative project with NSW Corrective Services based on research undertaken at the Emu Plains minimum security corrective services unit where children from 0-6 years of age live with their mothers. The paper discussed the findings from Tresillian's two ten week programs which were based on Martha Erikson's STEEP program (a relationship based program for parents and their children, using Seeing is Believing Videotaping strategies where parent/infant interactions were videotaped and then used to identify strengths in their parenting).

Occupational Health and Safety Manager, Melanie Cosgrave also presented a paper, titled OH&S Systems in Child and Family Health - a presentation describing OH&S Systems and Risk Management Approaches implemented at Tresillian Family Care Centres.



L to R: Melanie Cosgrave, Catherine Fowler, Julie-Anne Murphy, Ruth Lawlor and Anne Partridge at the Melbourne Conference.

News from the Director of Social Work/Psychology

Director of Social Work/Psychology, Lisiane La Touche, reports that Post Natal Depression (PND) groups remain one of the most popular programs at Tresillian followed by parent-infant groups.

In a recent PND group, a consistent group membership of 14 mothers was maintained for 8 weeks. The partners night was so successful that the partners wanted a follow-up session which was also held. The mothers continue to meet in a mutual support capacity – some have offered to talk to groups, they have established their own website and have set up their own support network.....an amazing outcome.

Training requests for this program remain high with some Area Health Services in Queensland making it core business. We have run the PND Group Train-the-Trainer sessions as far afield as Mt Isa, Dubbo, Mackay, Ipswich and Rockhampton in the last two years.

In Dubbo we ran a perinatal mental health program, followed by a two-day intensive workshop on PND Train the Trainer. Nestle funded this project.

The evaluations were brilliant!

PND groups are held regularly at all Tresillian Centres. If you're a health professional wanting more information, contact your nearest Tresillian Family Care Centre or the Director of Social Work and Psychology Services, Lisiane La Touche on (02) 9787 0878.

Tresillian Nepean is a great place to work!

An informal survey was conducted at Tresillian Nepean asking what staff most enjoy about working at the Centre.

A poster was placed in the staffroom and staff were invited to write down their thoughts. Here's what they had to say:

- The social club involvement – celebrating events such as birthdays etc.
- We've got blokes on staff!
- We support each other – both professionally and personally.
- Carpark at door – free!
- Staff go that 'extra mile' for clients and each other.
- Great teamwork
- A brilliant boss!
- Beautiful cards made by Heather for when staff leave or have a baby.

If the staff at your Centre would like to tell us why they enjoy working for Tresillian, contact the Editor Anne Paton, on (02) 9975 4262 or apaton@internode.on.net

Putting Families First

(Excerpt from Inside HQ)

NSW Health has engaged Tresillian Family Care Centres to develop and implement the NSW Health Families First Statewide Education Project.

The two-year project which began in November 2004, will support the implementation of Health Home Visiting, Integrated Perinatal and Infant Care and the Family Partnerships Model.

The project is aimed at:

Child and family health nurses and midwives working directly with families and their managers

Clinicians working in mental health and drug and alcohol who will be providing support and supervision to primary health care staff working families.

Area health services are encouraged to take up the training offered through the Project and release relevant staff to participate. It is important that there are sufficient staff trained within each Area health service to sustain the training upon completion of the statewide project.

Guthrie Kids meets “Chicks R Us”

As far as kids are concerned at Guthrie Child Care Centre, Tresillian's Long Day Care Centre, the most exciting thing that has happened all year, is “Chick's R Us”!

This enterprising group delivered to Guthrie a dozen fertilised chicken eggs, incubator, heated pen and instructions for caring for the eggs and chicks. Not long after the eggs and equipment arrived, small cracks appeared in the eggs. After a lot of wriggling and squirming the first shell broke open and one bedraggled, damp, little chick rested in the incubator recovering. A few hours later this little chick was transformed into a fluffy little ball ready to moved into the warm sawdust pen.

The children took responsibility to help clean the pen and feed the chicks. They also had alot of fun naming the chicks. Peter Pan, Squishi and Pipi were popular choices! We all enjoyed following the progress of each chick and sadly after two weeks they went back to the farm but what a wonderful experience for a bunch of city kids!

If you are requiring information on Client Intake contact:

Ph: (02) 9787 0823
Tresillian Canterbury

Di Pope
Ph: (02) 8692 8332
Tresillian Willoughby
& Wollstonecraft

Christine Prouse
Ph: (02) 47 342 124
Tresillian Nepean



Willoughby

The Unit continues to be very busy. The Intake position which took on the Day Stay and Outreach referrals earlier in the year has unified the process across the Willoughby and Wollstonecraft sites and is working well.

Congratulations to staff who recently received awards for their years of service and dedication and commitment to Tresillian. These include; **Centre Manager Aileen Molloy, Kath McGovern, Michelle Dowling, Sue Maher, & Maria Fieramosca.**

Two Staff members **Sarah Bannister** and **Sue Gray** are studying very hard in preparation for the IBLCE exam in July which will accredit them for Lactation Consultancy status.

Staff in general are preparing for the OH&S Numerical Profile Assessment coming up in July.

Allison Buckley is studying toward obtaining the certificate 1V Endorsed EN Status.

Wollstonecraft

Our Occasional Care service is attracting new clients who are discovering the great care we offer to their young ones (Earlier in the year we had a number of regular users stop using the service as their babies were turning 14 months).

Centre Manager, **Marie Clifford** recently took some long service leave and spent 5 weeks overseas visiting Sardinia, Sicily & Capri. We are enjoying full employment at Wollstonecraft with our two part-time secretaries working well.

Nepean

We are delighted to announce that Tresillian Wentworth will be known in the future as Tresillian Nepean to reflect the location of our Centre.

We were lucky enough to have the main corridors and client areas in the Residential Unit, painted and our Security and Alarm system, updated.

Welcome to our new Intake Officer **Chris Prouse** who is working on Intake, Monday to Friday from 9am – 3pm. A belated welcome

About YOUR NEWSLETTER

If you have anything you would like included in the next newsletter, please contact:

Mrs Anne Paton, Public Relations Manager
Tresillian Family Care Centres

Telephone: (02) 9975 4262 Facsimile: (02) 9975 4279

Email: apaton@internode.on.net

We'd love to hear from YOU!

Tresillian Family Care Centres are located at Belmore, Willoughby, Wollstonecraft and Penrith. For information on services contact our Head Office in McKenzie Street, Belmore, on (02) 9787 0800. Parenting advice is available by calling Tresillians 24 hour Parents Help Line on (02) 9787 0855 or Freecall 1800 637 357.

to our receptionists **Jenny Harding** working Monday, Tuesday and Wednesday and **Del Dunlop** working Thursday and Friday. **Dr Phillip Kolos** replaces **Dr Stephen Pryde** as Visiting Medical Officer.

We sadly farewelled **Elizabeth Hauber** who had to leave for family reasons. Congratulations to **Rebecca Love** who recently gave birth to a baby girl.

Canterbury

Congratulations goes to the following staff at Canterbury for 15 years of dedicated service. **Patricia Gornall, Julie Apps, Julie Hawke, Lisa Bentley** and 10 years service **Robyn Darton**

Welcome to **Subachini Padayachee** who has accepted the part time psychologist position in Daystay.

Staff have just finished a Post Natal Depression Group and are busy planning the next one.

Congratulations to **Pam McLennan** who is the new Nurse Unit Manager for the Residential Unit and Parents Help Line.

The Parents Help Line continues to be busy with many calls. A supervision session was held with **Maxine Rosenfeld** for staff working on the Parents Help Line to assist with the many complex calls they deal with on a daily basis.

Guthrie Child Care Centre

A big welcome to **Jodie Oliver** our new Child Care worker and congratulations to **Hollie Patterson** who is in the final stages of her Diploma of Community Services Certificate.

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