

Comments from Parents

"Thank you for all the work you have put into the programmes. My child really enjoyed the camp and the recreation days and has been encouraged knowing other children live with similar challenges. It has been helpful too, in knowing that mental illness is recognized as an illness that impacts on family members, especially children. You're doing a wonderful job and will be a blessing to many children and families."

"I believe my daughter has been able to have an insight to understanding my lack of energy or alternatively energized behaviour. I believe that she has knowledge around depression and also now knows she is not the only one with a Mum like me, thanks to Caroline Reid Family Support Service."

"My child feels more at ease coping/acknowledging her feelings for the more difficult aspects of mental illness... We all enjoyed the fun and laughter, observing the open atmosphere that had been created, and the support the children had absorbed."

"He (child) was positive about the whole thing, and was understanding. That felt great to me (maybe I wasn't so complicated after all)."

Our vision for the future is to grow and expand our services within Christchurch, so that we can reach more children and families.

Referrals

For more information, or to request a referral form, see our website: www.stepstone.org.nz or contact 03 3386390

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**stepping
stone trust**

Te Roopu o te Taumata Kohatu

COMMUNITY MENTAL HEALTH
RECOVERY SERVICES

Caroline Reid
Family Support Service
Strengthening Families
Building Relationships

A service for children and families
affected by parental mental illness



Who are we?

We're a passionate and dedicated team supporting children aged 7-16 years (and their families) where a parent is affected by mental illness. We aim to develop a trusting relationship by providing a range of services so we can respond to the needs of each child engaged with our service. Our team of professional staff come from a range of backgrounds including Education, Social Work, and Psychology.

Our Mission

- To work together in building consistent, stable and trusting relationships with the children and families utilising our service
- To provide positive and diverse experiences for children and their families affected by mental illness
- To ensure children and families have good support
- To educate children and family members regarding mental illness.

Key Aims and Services

- Peer support for children
- Regular recreation programmes for children
- Annual camps for children
- Information, books and visits to assist children in their understanding of mental illness and life issues
- Support for parents and other family members – home visits, telephone calls
- Liaison with other agencies
- Parent support group
- Advocacy for children and adults
- CUMI (Children Understanding Mental Illness) course.



Short Term Service

A three month intervention which focusses on supporting the family with care planning, education, liaising with other services, and the children attending the CUMI (Children Understanding Mental Illness) course.

Long Term Service

Offered to families with children from age seven, the family can remain with the service until the child turns 16. The long term service includes:

For the children/young people...

- Weekend recreational programmes held monthly
- Annual camp
- Individual visits with the children's workers.
- CUMI course

For the parents...

- One to one support for the parent. The Family Support Worker visits the parents monthly and works toward a planned intervention of support for the parent around maximising their mental health and wellbeing.

