

Criteria

People are eligible for the service who:

- ✘ Are over the age of 18yrs
- ✘ Live in the Rotorua region
- ✘ Have had a baby in the last year and still have the baby in their care
- ✘ Are experiencing significant emotional distress that is related to and impairs their functioning as a mother, father, or partner
- ✘ Are able to commit to attend the service on a regular basis
- ✘ Are able to participate effectively

Please note if the person is a) presenting with severe mental health concerns or b) has a history of significant mental health issues refer instead to the Perinatal Mental Health Team.

Referrals

- ✘ Referrals are initially for assessment only
- ✘ Need to be made in writing to:
Flourishing Families
PO Box 12069
ROTORUA 3045
email: tinabk.ff@gmail.com
or Fax 07 3477970
- ✘ When referral received, contact is made by phone/txt to arrange the initial meeting, to be held at their home or preferred location
- ✘ Referrers are advised in writing of the outcome of the initial meeting

FEEDBACK

"Group was very helpful – just knowing that I'm not alone with this."

"The group is positive and encouraging in so many ways."

"I have been impressed by the course and surprised by how much better I feel."

"Found all sessions helpful – especially being able to share with others who know where you're coming from."

"I think the group was excellent, to meet people in the same situation and to educate yourself on how to improve yourself and stop being negative."

"Group has been a focus for me, something to look forward to, time out from baby, two hours a week of me time where people listen without judging..."

For more information contact:

Tina Berryman-Kamp

Ph/text: 027 4326 117

(In emergency ph 0800 166167 –
24hr Crisis Assessment Team)

www.flourishingfamilies.net
[Facebook: Flourishing Families Rotorua](#)



GENERAL

- ✧ Service established in 2004
- ✧ All services free of charge (fully funded by Lakes District Health Board)
- ✧ Services are based on a holistic, recovery and strengths philosophy
- ✧ At [1427 Eruera Street, Rotorua](#)
- ✧ Initial meeting to determine needs, suitability of service, consider alternatives and set goals (involves supports/whanau if clients desires)
- ✧ Follow up meetings with other family members (dependent on client consent)
- ✧ Final individual discharge meeting - to review progress, determine ongoing needs and consolidate recovery plan
- ✧ Flourishing Families operates under the Health & Disability Commission Code of Rights, and has a detailed complaints procedure. Access to services is not compromised by the right to complain
- ✧ Flourishing Families is committed to health, and is therefore fully smoke free on site

THERAPY OPTIONS

Open Morning

- ✧ Meets weekly throughout the year
- ✧ Mothers and fathers, with children
- ✧ Thursday mornings 10-12 (parents come for as long as they want)
- ✧ Ongoing support option for after formal discharge from service, or for those who are new and wanting informal support
- ✧ Hosted by Service Support Worker

'Mother Matters' Group

- ✧ Meets weekly during school terms
- ✧ Tuesday mornings 10:00-12:30
- ✧ Limited to 6 participants
- ✧ Run by Perinatal Mental Health professional & Service Support Worker
- ✧ Relaxed forum to discuss current concerns while also learning new skills
- ✧ Educational and interactive sessions, with a practical focus
- ✧ Content adapted to meet the needs of the group
- ✧ Free on-site care provided for infants while mothers in group (via support staff & volunteers)

Individual therapy or Counselling

Determined by needs of client, duration and location negotiated to suit

Fathers Forum

A monthly evening group for partners of women accessing the service, or who are experiencing Perinatal Mental Health difficulties themselves

STAFF

- ✧ Mixture of mental health professionals and volunteers/support staff
- ✧ All involved have a passion for and commitment to providing effective, empowering and quality services to parents and their families
- ✧ Clinical Leader Tina Berryman-Kamp - registered Clinical Psychologist, over 20 years experience specialising in group therapy. 17 years Perinatal Mental Health
- ✧ Service Manager Eugene Berryman-Kamp - Experienced Health Sector Manager with whakapapa to Te Arawa, Ngati Awa & Ngati Manawa
- ✧ Cultural support provided by referral to relevant agencies, as appropriate
- ✧ Family/whanau support available via referral to appropriate agencies