

## Towards Wellbeing (TWB)

### Towards Wellbeing Youth Suicide Consultation and Monitoring Programme (TWB)

Towards Wellbeing (TWB) is a suicide consultation, assessment, and monitoring programme, delivered by Clinical Advisory Services Aotearoa (CASA), that aims to reduce the number of suicides and suicide attempts in young people in care under Oranga Tamariki – Ministry for Children.

TWB has a national team available on [help@twb.org.nz](mailto:help@twb.org.nz) Monday to Friday during working hours. TWB Clinical Advisors are assigned to each Oranga Tamariki site and work with social workers who have young people on their caseloads where there are concerns around suicidal behaviour. TWB Clinical Advisors also work with residence staff when young people are placed in these settings. The focus of TWB is on managing suicide behaviour, addressing risk factors and increasing protective factors towards improving wellbeing.

If you have any queries about a young person or the TWB Programme, please contact the Clinical Advisor allocated to your office or YJ facility or email the TWB Help Desk.

Feedback questionnaires are sent to social workers at the completion of their involvement with the Clinical Advisor. If at any other stage you wish to give feedback about the programme, please contact the Clinical Manager TWB- Lauren Gaffaney: [lauren.gaffaney@twb.org.nz](mailto:lauren.gaffaney@twb.org.nz)

#### What is the role of the TWB Clinical Advisor?

- Provide specialist advice and support to the social worker in identifying and assessing suicidal behaviour.
- Assist the social worker in the development of a dynamic management plan for the young person and their family/whanau focusing on increasing current safety and addressing risk factors.
- Regularly review the young person's needs with the social worker and update plans in place to address suicidal behaviour and increase wellbeing.
- Provide knowledge in mental health including understanding of mental health disorders and their management.
- Assist the OT SW with accessing mental health services and/or psychosocial supports for the young person
- Assist the OT SW with case closure planning to minimise risks when Oranga Tamariki are closing the case.

#### What is the role of the social worker?

- Identify young people who may be at risk for suicide using SKS screening tools and/or through conversations with young people and/or observations from others, young person talking about suicide or having made an attempt.
- Contact TWB via the Help Desk at [help@twb.org.nz](mailto:help@twb.org.nz) or directly with the Clinical Advisor for your office.
- Share your knowledge of the young person, whānau/family, community, resources and supports in place to address their suicidal behaviour and improve wellbeing.
- Implement recommendations made and implement tasks as agreed in the Risk Management Plan.
- Liaise regularly at the agreed timeframes for TWB Review of the young person to update, modify and review the young person's needs and the risk management plan as required.
- Inform the Clinical Advisor of any event occurs which increases risks for the young person (e.g., relationship break-up, transitions, placement breakdown, discharge from service, school exclusion etc.).
- Collaborate with the Clinical Advisor on a case closure plan to minimise vulnerability to suicidal behaviour following closure from Oranga Tamariki.

The frequency of contact between the Clinical Advisor and social worker depends on the needs of young person and their suicidal behaviour, varying from weekly to monthly. As young people change over time, there may be times when a young person can move to TWB Case Note Monitoring (four monthly) where the young person's CYRAS notes are monitored frequently and the focus is on case closure planning. The average duration of TWB involvement is around two years or until Oranga Tamariki case closure.

### **Working with a young person at risk of suicide**

If you are working with a young person at risk of suicide it is important that:

- Their whānau/family/caregivers are made aware of your concerns and how to respond to suicidal behaviour and increase their safety (TWB CA's have information to help with this).
- Other relevant agencies involved with the young person are made aware of their risk (e.g., school, GP, Mental health services).
- The young person and whānau/family/caregivers (where appropriate) are informed and information sheet- What is TWB? Is provided.

### **Contact between TWB, Oranga Tamariki and other agencies**

There is an awareness of the importance of, and challenges in, identifying and managing the often complex issues in this population. A focus of the TWB programme has been to encourage a flexible approach and good communication between involved agencies to ensure risks are addressed and young people do not 'fall through the gaps'. TWB does this by:

- Supporting Oranga Tamariki to identify realistic expectations of what each agency is able to provide and supporting Oranga Tamariki to work alongside other agencies to reduce the risk of any gaps in service provision.
- Supporting Oranga Tamariki to encourage and support community agencies to maintain involvement with high-risk young people.
- Encouraging clear communication between agencies through
  - Assisting Oranga Tamariki with how to make referrals to other agencies;
  - Encouraging Oranga Tamariki to share their important background and assessment information;
  - Encouraging Oranga Tamariki to share management plans and to record who is coordinating what tasks from risk management plans; and
  - Encourage Oranga Tamariki to share any information that may indicate a possible increase in risk with other agencies involved.