

What might my options be?

A whole range of things!

Like:-

- You feel able to work on the problem yourselves with support e.g. things to read and try
- You feel you can manage on your own. Talking has helped!
- We agree on some helpful advice and you go away to act on it. We might meet up again to hear how you got on.
- We identify another group or agency who are best placed to help with your problem
- We agree that some form of specialist assessment may be needed and we make a referral for that.
- We agree that a particular therapy is right and we refer you to that.

Your time in the 'Choice appointment' will end and you may not meet those people again.

Finally...

We hope this leaflet answers some of your questions about what we mean by a 'Choice' appointment. If not, make a note of your questions and ask the workers who you meet at your appointment OR ring our Duty Clinician on (09) 489 0555

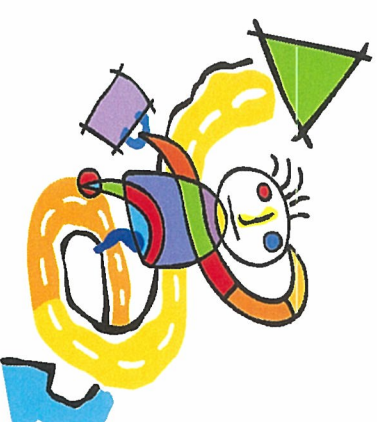
Please feel free to bring along any support people that you would like to invite. This may be your Kaumatua, Pastor, friend etc. If you would like cultural support please contact us and we will endeavour to co-ordinate this with Moko services and/or Malaga Services

We look forward to seeing you all soon!

Your Guide to

'CHOICE'

Appointments



*Welcome to Marinoto North
Services!*

Who are Marinoto?

We are a part of Waitemata District Health Services. We offer a range of services to support Children, Young people and their Families/Whanau who may be experiencing emotional and behavioural difficulties.

These services are FREE! (if you are a NZ citizen or Resident. If not, please ask us!)

Why is Marinoto contacting me?

You or someone acting on your behalf (like a GP or School Guidance Counsellor) have some concerns about one or more of your children and are seeking extra help. If you are over 16 you may be asking for support yourself.

You may be asking to meet with us to see if we are the right people to be supporting you at this time.

Together, we will agree a time to meet you so we can hear more about your current concerns. If you are over 16 you may want to do this on your own.

So, what exactly is a 'CHOICE' appointment?

Our service is looking to be more accessible and responsive to families/whanau. We are wanting to work with you in ways that

- Seek to understand what is going on for you all right now
 - Help to identify what the problem might be
 - Decide together on who are the best people to help you with that
- A "choice" appointment is:-

- 1 or 2 sessions to work out the concerns. Each will last about an hour.
- A choice of day, time and venue that is more convenient for you (from a range that we have available)
- A chance to decide, with our help, if you have a problem and define what it is
- A chance to figure out what is the best form of help
- A chance to decide what to do about it!

There are a whole range of different options about who or what may help and what you might want to do next!

Who will I meet at the appointment?

We have a wide range of skilled professionals that you might meet, from

nurses to Occupational therapists, from Clinical Social workers to Clinical Psychologists, from family therapists and Psychotherapists to Psychiatrists. Whoever you meet will want to help you figure out the same thing:

"do we have a problem? What do we want to do about it? Who is best to help us?"

So, what happens during the 'Choice' session?

We will have 1 or 2 times together to figure out and agree on

- Why it is thought Marinoto might be the right place for you
- What your concerns are **right now?**
- What do you want from us?

At the end of this time we will hopefully have a shared understanding of these things so you can make a choice about what comes next.