Accessible transcript – PMMRC webinar 2023: Young parent support service

Link: <https://www.youtube.com/watch?v=7PtFEQgriOk>

**Visual: The video begins with an image of the Te Tāhū Hauora Health Quality & Safety Commission logo in white against a dark blue background. The logo is replaced with the words, ‘Ka awatea: A new dawn. PMMRC recommendations in action webinar. 8 June 2023.’ After a few seconds, the text changes to, ‘Young parent support service, Violet Clapham, Midwifery Resource Centre, Canterbury’. After a few more seconds, the screen changes to show a head and shoulders video of Jo Sorasio, Senior specialist advisor, PMMRC. She has long brown hair and dark-rimmed glasses.**

Audio: [Jo] The next slide is recommendation three, and I’m going to group recommendation three …

**Visual: The video of Jo shrinks up to the top-right corner of the screen and is replaced by a slide with the title, ‘Recommendation 3’ on a dark blue background. Below this are the words, ‘Te Whatu Ora – Health New Zealand districts to prioritise the development of evidence-based solutions in consultation with young mothers; maternity services that meet the needs of, and are acceptable to, mothers under 20 years old; and adequate resources for these services.**

Audio: [Jo] … and recommendation four together, because there's crossover between all the four recommendations that we talk about today, but particularly these two. And I'm not going to read them out entirely because you can see them, but this one is about meeting the needs of young mothers, so mothers under 20 years old, and making sure that there's adequate resources for them. And the next slide is recommendation four …

**Visual: The slide changes to one titled, ‘Recommendation 4’. Below this are the words, ‘Health practitioners to identify women with risk factors for perinatal related death and work individually and collectively to ensure that care is accessible and appropriate to the needs of these women. Equitable health care is a fundamental right. Risk factors that require particular focus include: pre-pregnancy care for known medical diseases, such as diabetes; access to appropriate antenatal care; antenatal recognition and management of threatened preterm labour; following evidence-based recommendations for indications for induction of labour; advice to women and appropriate management of decreased fetal movements’.**

Audio: [Jo] … which talks about early identification of women with modifiable risk factors and equitable health care, and there is a list of those down there, such as pre-pregnancy care for known medical diseases, appropriate antenatal care, preterm labour again comes up, evidence-based recommendations and advice and management for decreased foetal movements. Our next speaker is Violet Clapham. She continues to work incredibly hard with and for the community in which she lives. She's a coordinator of the Midwifery Resource Centre in Canterbury, which is a community-based service promoting access to continuity of midwifery care. Violet also practices as a home birth midwife in Ōtautahi and is currently completing her master's research project. She's strongly focused on improving equity of access to maternity care and services and developing initiatives —

**Visual: The head and shoulders video of Jo Sorasio enlarges to take up the whole screen.**

Audio: [Jo] … innovative, sorry, solutions together with the community to improve outcomes. So, welcome, Violet, and thanks for joining us.

**Visual: A head and shoulders video of Violet Clapham fills the screen. She wears a black turtle-neck shirt and has shoulder-length grey hair.**

Audio: [Violet] Tēnā koutou katoa. It's lovely to be here and be able to share a little bit with you about some work that we're doing in Waitaha to support young parents in our community. So, if we just go to the first slide in my slideshow, just to give you a little bit of background …

**Visual: The video of Violet shrinks to the top-right corner of the screen. The slide changes to one titled, ‘Young Parent Support Service at the Midwifery Resource Centre Canterbury’. It has a dark green background. Below the title are seven bullet points, which read as follows: Community drop-in service run voluntarily by midwives for over 25 years; Free pregnancy testing and information about maternity services; Navigation service; Co-ordination and support services for LMC workforce; 2017–2018 need identified regionally for improved navigation and wrap around support services for young parents (under 19 years); LinKids service established offering centralised referral and co-ordination of support services for young parents; MRC contracted to provide support and navigation services for young parents.**

Audio: [Violet] … the Midwifery Resource Centre that I coordinate in our region has existed since the 1990s and for a very long time was a community drop-in service run voluntarily by midwives in our community. And that service just across the board offers a free pregnancy testing service and information about how maternity services work and, increasingly over the last years, has stepped into the space of navigation into LMC midwifery care. In 2017, there were discussions starting to happen around how we support young parents in our community here, with the recognition that we weren't always getting it right within that community, and we were seeing that in terms of outcomes from maternity care and further on into the parenting stage of things. So, a working group got together and looked at what we could do. We also were aware that we had a rather sporadic approach to support services for young parents in our community, and we were wanting to know how can we improve that, how can we make the systems work better to improve the support and access for young māmā in our community. So out of that workstream, in 2018, we actually developed a programme called LinKids, and that service acts as a centralised coordination and referral centre for young parents in our community, and, as part of that work, the Midwifery Resource Centre was contracted to provide a very tailored and specific navigation and support services for young parents.

**Visual: The slide changes to show a screenshot of a form titled, ‘Referral to a Young Parents Support Service’.**

Audio: [Violet] So, the next slide will just show you the referral form that is used to refer into the Young Parent Support Service, and what I think is important to note here is that the age that we're focusing on is young parents 19 years and under. And also, just to note, the background information section on the form allows anybody that's making a referral into the service to identify those things that, when you take a more holistic view, might be significantly impacting wellbeing for those whānau. So, if you're working with someone who happens to be hapū but also is needing support around their alcohol and drug use, or they're having issues accessing a good housing option or transport, or they're needing social supports, all of those things are able to be identified in this collectivised referral form, and then you can also indicate the level of support that you think that whānau needs, so whether they are just at that lower level or they're needing more intensive education and support or they're needing quite strong continued support around their wellbeing. So, what this contract has enabled us to do at the Midwifery Resource Centre, you will see on the next slide that we've identified that there are some specific things …

**Visual: The slide changes to one titled, ‘Young Parent support service’. The title sits on a dark green background on the left side of the slide. On the right side of the screen are the titles of different concepts and details below each, which Violet speaks to. The concepts are whakapapa, whanaungatanga, mana and manaakitanga.**

Audio: [Violet] … that really make a difference when we're working with these young māmā and their whānau, and those really for us focused around these key cultural concepts of whakapapa. So, we take that time right at the very beginning of our contact with them to have an initial discussion about who they are, who is their whānau, what is it that they are going to need to support an individual care plan and to help them navigate their way into a satisfactory care arrangement through their maternity journey.

Looking at whanaungatanga often with these young māmā, some of them are 13, 14 years old. This might be their very first interaction with the health service. They may or may not have engagement with primary care services. But often that's quite an intimidating thing for them, to be in that role of the person receiving health care, to be asked questions about their wellbeing or their medical history. And we find that throughout the entire interactions that we have, it's very, very rare that these young people are on their own. They almost always have someone there with them for support, maybe a whānau member, often a māmā or an aunty. Sometimes it's a social worker who's bringing them in, because they've not got that whānau support. And that's a really key part of what we do, is not just taking that individualised approach with the young person, but looking at who else is sitting around them, who else is their support. So, we receive referrals in from anywhere. It could be general practice. It could be Well Child services. It might be social agencies. It's often social workers. Or we accept self-referrals also.

I just want to highlight that navigation into a continuity of care midwifery arrangement is really key, and the reason why that's so important is the next bit around protecting the mana of that young māmā, the face-to-face interactions. Allowing time and a safe space to build a relationship, to engender trust with the care that they are receiving is really important. So, we meet with them first. We then find an LMC midwife who is going to be a good match for them and then we follow-up with both the midwife and the young parents afterwards to make sure that that care arrangement is actually working and meeting their needs.

And then there's that wider manaakitanga which looks at the other support linkages that they might be in need of, things like housing, education, income, mental health support. Often, we find with these young parents, they don't actually have their own transport and they may be in need of a midwife who can do home visits for them. And actually, they're often transient as well, so where you see them at one gestation, might be different at the time you get to the next visit. So having that flexibility around how the care is delivered is key. And so just finally, I wanted to share with you a snapshot of who we're dealing with at this young parent support service.

**Visual: The slide changes to one titled, ‘Ethnicity of Young Parents supported by the MRC’. Below this are two pie graphs. One is titled, ‘Young parent ethnicity’ and is split into four sections with the following labels: Unknown 29%, Māori 36%, NZ European 21%, Pasifika 14%. The second pie graph is titled, ‘Canterbury birthing population’ and is split into four with the following labels: Asian 16%, Māori 13%, Pasifika 5%, NZ European/other 66%.**

Audio: [Violet] So, this is really just capturing from an ethnicity perspective where we're seeing the majority of these young parents. And what I think is really interesting here is just to have a comparison with the young parent population and the wider Canterbury birthing population. So, we're dealing with, 36 percent of our work is with young Māori māmā, whereas Māori māmā on the whole represent 13 percent of the Canterbury birthing population.

So, you can see that there's a much higher number coming through our service. And the same with Pasifika. Yeah, so I think that that ties in with some of the other things that you're talking about today, that we get it right for these young parents as early as we possibly can. So yeah, tēnā koutou katoa. Thank you all very much. It's lovely to be with you today.

**Visual: The head and shoulders video of Jo returns to fill the screen.**

Audio: [Jo] Thank you, Violet. When I introduced you, I said that you're focused on developing innovative solutions together with the community, and your presentation is evidence of this. So, thank you for your presentation and for almost literally picking up a PMMRC recommendation and making it happen. So, thanks.

**Visual: The screen changes to show the Te Tāhū Hauora Health Quality & Safety Commission logo in white against a dark blue background. After a few seconds, the logo is replaced with the Te Kāwanatanga o Aotearoa New Zealand Government logo in black against a white background.**

**The video ends.**