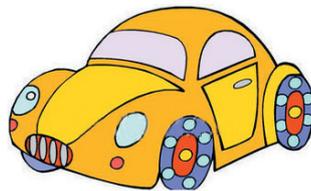


KIDS PLAN



A resource for families/whānau
Parents who are mental health consumers project



Kites. P O Box 9392, Marion Square, Wellington.

Introduction

Parents who have experienced mental illness have reported that they can face unique challenges in addition to the usual challenges of parenting such as housing, employment, financial constraints and childcare. Some parents have reported that it can be difficult to discuss their mental illness with their children and that mental health services do not always recognise their role as a parent.

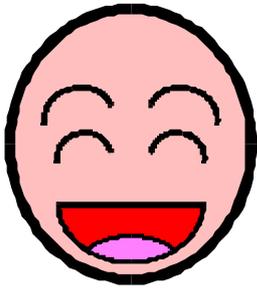
We hope this plan is a useful resource that can be adapted and used to suit you and your family. It encourages thinking ahead, to be prepared in the event your mental illness (or any other major illness) may result in difficulties responding to all the needs of your children for a period of time.

This resource was first designed in Australia by COMIC, a group of adults who as children grew up with a parent living with mental illness. They promote awareness of the needs of children in similar situations today. They put the original kit together with the aim of encouraging discussion of mental illness within families and maintaining the family unit.

COMIC have kindly allowed KITES to take their resource and adapt it for New Zealanders. For further information about COMIC, visit their website: www.howstat.com/comic

KITES is a Wellington based community development organisation. Our purpose is to seize opportunities, transform ideas and current problems into successful new solutions for people experiencing mental illness and/or using mental health services.

Financial contributions to develop this resource came from The Richmond Foundation and the High and Complex Needs Unit – a joint strategy of the Ministries of Health and Education and the Department of Child, Youth and Family Services.



MY PLAN

My name is _____

and I am a boy girl aged _____ years old.

I live at _____



My phone number is: _____

My parent(s) names are	Address	Contact phone number

I have these brothers and sisters:

Name	Brother or sister	Age



I live with:

If _____ has to go to the hospital
and I need someone to look after me for a while:



I will go and stay with one of these people

one of these people will come and stay with me

Name	Their relationship to me	Contact details

A grown up will make sure it's OK with these people/whānau

If I am going to stay with people (tick one):



I would like them to pick me up from home

I would like to be dropped off at their place by _____

I would like this to happen instead _____

While my parent is away they will be staying at _____

I can visit them at _____

or phone them on _____

My school is:



I can tell these people at school what is going on:

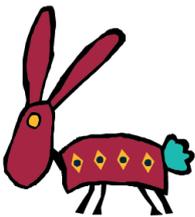
My doctor's name and phone number is: _____

These are the medicines that I take: _____



My special things

When I stay with people/whānau it is important to me that I take with me (include favourite toys, clothes, bedding, pillows, etc.)



I will get pocket money from: _____

My pet(s) names are:

Name	Type of animal	Items to be taken with them (food etc.)

My pet(s) will be cared for by: _____



If something is worrying me I will: _____

I would like to be told what is going on with my parent(s) by:

If my parent(s) is not feeling well I can talk to:

Other things I want to remember:



The person(s) who will put this plan into action if my parent(s) gets unwell is:
