Pegasus 2025

Kia atawhai ki te tangata

A MESSAGE FROM OUR CEO

Tēnā koutou katoa - Greetings to you all

This edition we are celebrating our tamariki and rangatahi. We take a look at a range of services in our community that exist to support whānau and young people, including Right Service Right Time, Te Whiri Ora, and Moana Vā.

COVID-19 continues to be at the front of our mind as many in our community continue to test positive. While our young people tend to experience milder symptoms, there are some teens and pre-teens who can't seem to shake the virus. We discuss long COVID in children, what to look for, and how to care for your child.

We are also excited to launch Pūawai Kai, our new wellbeing and nutrition programme that replaces Appetite for Life and Senior Chef. This is the result of a tremendous effort from the Healthy Lifestyles Team, and we will be sharing the stories of some of our pilot participants over the coming months.

Ko te ahurei o te tamaiti arahia ō tatou mahi.

Let the uniqueness of the child, guide our work.

MARK LIDDLE
MANUKURA /
CHIEF EXECUTIVE OFFICER

SHARE YOUR STORY

If you've got a Pegasus Health story you'd like to share, email communication@pegasus.org.nz

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TE PUĀWAITANGA
SEXUALITY AND RELATIONSHIP EDUCATION APP

A mobile app providing sex, sexuality, relationship, gender, and identity education for young Kiwis, aged 13 to 24, is under development at the University of Canterbury. Faculty of Health Lecturer Tracy Clelland, Masters student Cate Mentink, and Health Educator Jessica McQuoid are the driving force behind the app called Te Puāwaitanga: Beyond the Birds and the Bees.

"Te Puāwaitanga will be a one stop shop for young people for resources on relationships, sex and sexuality. In addition to quality written content, it will be an interactive app with features like flip cards and quizzes, as well as questions to prompt their thinking," says Jessica.

"There's nothing like this in Aotearoa and we are hoping that it will help to support and further extend relationships and sexuality education in this country."

The project began in 2020 with Cate Mentink completing focus groups with young people. The results showed that youth struggled to find quality, reliable information about sex, relationships, and sexuality. "They told us an app is what they wanted. In particular, it was highlighted that relationships and sexuality education has not been meeting the needs of our Māori and Pasifika rangatahi," says Cate.

With funding from KiwiNet and Pegasus Health, a working prototype has now been developed. The next step is to take this to young people to get their feedback and involve them in further co-development.

Irihāpeti Mahuika, Director of Hauora Māori and Equity at Pegasus Health, has a background in teaching and a passion for ensuring health education is accessible and in a form that young people are going to use.

"We are so pleased to be able to contribute to the work Tracy and Jessica are doing," says Irihāpeti.

For young people where social interaction is at the centre of their world, access to good health information is increasingly important.

"Te Puāwaitanga is an opportunity for our general practice teams to have something to refer our young people to," says Irihāpeti.

The app is due to launch in November 2022.

CANTERBURY DHB YOUTH ADVISORY COUNCIL

Canterbury DHB Youth Advisory Council (YAC) is a group of young people between 16 to 24 years old who voluntarily advocate for 12 to 24 year olds in the Canterbury Health System.

The council was formed in 2014 to advise the Canterbury DHB on youth-related matters in relation to policy and health services. They also support primary care through training for GPs on making their practice more youth-friendly. Council members represent the diversity of Canterbury youth and include Māori, Pasifika, CALD, disability representatives, and members of the rainbow community.

YAC Chairperson, Chelsea Skinner, draws on her own experience as a young person navigating the health system and feels strongly about empowering and uplifting the youth voice.

"YAC is an organisation by young people, for young people. As well as our own lived experiences, we are always engaging with and responding to the needs of rangatahi and whānau,

"We have a Transition Mentoring Programme which supports young people transitioning from paediatric to adult health services. This programme was developed in response to meeting with various whānau and young people. The transition can be quite traumatic for young people and we are there to help them understand the system and empower them to advocate for themselves."

The past couple of years have had a large impact on young people in Aotearoa. Chelsea has seen a lot of frustration being felt by youth.

"Last year, we had the Two Shots for Summer campaign. Young people stepped up and got their COVID-19 vaccinations, but then still didn't get the summer they were promised. They are experiencing a lot of isolation and frustration but there's no voice for them or recognition of what they are experiencing. We have also seen mental health issues exacerbating since lockdowns began in 2020."

To learn more about YAC and how they can support you or your whānau, visit them on Facebook and Instagram, or come on down to Bark in the Park on Saturday, May 7 in North Hagley Park.

Chelsea Skinner (R) with backpacks that YAC provide to young people admitted to Christchurch Hospital.

MOANA VĀ PROVIDING SAFE SPACE FOR PACIFIC RAINBOW+ COMMUNITY

Pegasus Health is proud to support Moana Vā a new collective offering a safe space for the Pacific Rainbow+ community in Ōtautahi Christchurch.

Moana Vā wants to support the mental health and wellbeing of Pacific Rainbow+ community members of all ages by connecting friendships and mentorships, with a variety of Rainbow leaders, whose lived experiences have enabled them to flourish and will help them develop and explore how to be the best versions of themselves.

Founder Suli Tuitaupe says the collective's vision has always been to create a place of belonging for our communities where they can be themselves, connect with likeminded people, receive support, advocacy and friendship.

"After seeing the struggles Rainbow LGBTQIA+, MVPFAFF+ (mahu, vakasalewa, palopa, fa'afafine, akava'ine, fakaleiti, fakafifine) have been facing in the mostly conservative Ōtautahi Christchurch area, it was clear a space or vā for our communities, was necessary," says Suli.

Unfortunately, many of our Pacific Rainbow+ youth through to those in their early to mid-adulthood end their lives because they do not see the light at the end of the rainbow. Through fellowship, connectivity, events, and workshops we will be able to support our marginalised folks.

MahMah Timoteo who identifies as "any pronouns used with respect" says navigating being queer is one thing but being queer and brown is different again.

"Moana Vā provides this sense of safety and community for a group of people who may not have had it before," says MahMah.

"There are a lot of complexities with Pacific communities in the way we navigate our queerness. Religion plays a huge part in who we are and how we identify. It can be hard for Pacific peoples to present their whole self to the world, MahMah says.

Moana Vā officially launched on February 25, 2022, originally set to be an in-person event, a virtual platform had to be used due to COVID-19 restrictions.

Undaunted by having to accommodate the ever-changing climate around event holding, the Moana Vā Collective (the "Collective") invited Pacific Rainbow LGBTQIA+ MVPFAFF+ (mahu, vakasalewa, palopa, fa'afafine, akava'ine, fakaleiti (leiti), fakafifine) communities in the Canterbury Region and beyond to be part of the "Grand Coming Out" event.

The collective received 116 registrations to attend the online Zoom launch, with 68 participants attending on the night from all around the motu and several Canterbury District Health Board staff.

While the collective has big dreams for Moana Vā, Co-ordinator Lana Shields, who also works for Pegasus Health in the Equity Team, says the current focus is on relationship building within the local communities and providing visibility to Pacific Rainbow and their families.

"Our hope is our collective will help inspire other Rainbow+ communities around Aotearoa to form like-minded groups," Lana says.

Over the next six months they hope to encourage youth to join their programme, increase visibility of Moana Vā, build the team and grow their knowledge of what the local Pacific Rainbow+ community need and want.

Long term they hope to host workshops, train facilitators to present at local schools and to find a physical safe space where people can get together, to provide information sessions, events, workshops, and a place to connect.

You can connect with Moana Vā on Facebook: Moana Vā or Instagram: moana_va.

Moana Vā are currently looking for Rainbow+ Pacific youth volunteers to join their team, if you are interested, please contact: moanava2022@gmail.com

RIGHT SERVICE RIGHT TIME CONNECTING WHĀNAU WITH SERVICES

Right Service Right Time (RSRT) is a community-based initiative that Pegasus Health supports which seeks to improve the well-being of tamariki, rangatahi and their whānau, whatever their circumstances may be, to get the right service at the right time.

Whānau seeking assistance may have multiple needs and require more than one programme. They often go to multiple locations, interact with a range of processes and workers and have to tell their story many times. Right Service Right Time, however, is a one-stop-shop that is easily accessible and responsive for whānau.

"Right Service Right Time is a longstanding collaboration of over 40 partner organisations that include kaupapa Māori, Pasifika, refugee and migrant services. We work to reduce barriers to ensure timely access to health and wellbeing support," says Donna Ellen, Community Support Manager at Pegasus Health.

Pegasus Health is a supporter of this integrated approach which ensures that health care services are coordinated around the needs of the diverse population of Canterbury.

The client feedback speaks for itself, with many whānau thanking Right Service Right Time for their help and support.

"The service I received was so welcoming, I got more assistance in a couple of weeks than I did in 3 years in the UK. Thank you so much and thank you for the referral for my youngest boy. You are all too kind," says one client.

"The Right Service Right Time Coordinator was fantastic to deal with. She explained everything clearly and quickly established all the necessary help we needed. Thank you all for your help and advice," says another client.

RIGHT SERVICE RIGHT TIME

To find out more go to: www.rightservice.org.nz

PCW SUCCESS STORY

LGBTQI+ YOUTH IN NEED

We received a referral from a Christchurch Hospital Social Worker for an 18-year-old who, while in hospital for a routine surgery, disclosed to staff that he was a transgender male.

The hospital staff were supportive, but his parents disowned him, so he was left homeless. A member of the community housed him, got him a bank account and helped him apply for a benefit.

The PCW did a home visit and made a plan to provide support. He has an emotional age much lower than his biological age, a diagnosis of dyslexia, dyspraxia, and generalised anxiety. He also struggles with phone calls, filling out forms, and basic life skills. The PCW provided the following supports for him:

- Provided transport, a healthcare voucher, and support for the initial GP appointment.
- Advocated for a referral to the transgender psychological package of care, a medical certificate for MSD to reduce work obligations, disability allowance to cover ongoing medical costs, and the depo provera injection to stop menstruation which is an ongoing distress for transgender males.
- Supported at a GP appointment to talk about his mental health. He had to change housing so moved into a different property and was struggling with his mental health, due to one of his parents contacting him and turning up at places he frequents.
- Transported and supported at a Health Improvement Practitioner (HIP) appointment where he spoke about his mental health and concerns about his personal safety. The HIP discussed safety options.
- Made an appointment with Community Law at The Loft and provided transport and support to discuss the option of a Protection Order.
- Provided caregivers with contact details for the NZ Dyspraxia Support Group as they were struggling with his lack of basic life skills in the home. The caregivers told the PCW that they were unsure if they could continue housing him due to his high needs.
- Facilitated an assessment with a youth worker at 298 Youth Health who supports transgender young people, to explain the situation and urgent need for mental health and life skills support. The Youth Worker arranged to have the transgender package of care referral transferred to them and an appointment was made for the following week.

A plan was made between the PCW, the youth worker and the young person. The Youth Worker took over as support person providing mental health and lifeskills support.

LONG COVID IN CHILDREN AND TEENS

Who can get long COVID?

Children are much less likely to get long COVID than adults.

It's very rare in children under 10.

What is long COVID?

Long COVID (or post-COVID-19 condition) is used to describe symptoms that continue for more than 12 weeks after a positive test. In children, it describes a level of symptoms that impact their everyday functioning.

What are the symptoms?

The most common symptoms in children are:

- changes to sense of taste and smell
- unusual tiredness/fatigue
- headaches
- difficulty concentrating/brain fog

They may also have:

- muscle aches
- joint pain
- cough
- low mood
- dizziness
- difficulty sleeping
- chest pain
- breathlessness
- fast-beating or pounding heart
- new or worsening urinary symptoms

How to care for tamariki with long COVID:

See your GP if symptoms persist beyond 4 weeks.

Aim for gradual gains, like getting out of bed, gentle exercise and a slow return to school work.

Have a routine in place.

Help your child maintain social connections with friends and whānau.

GET YOUR JAB

Director of Nursing, Michael McIlhone, on why it's so important to get the flu vaccine this year.

COVID-19 ROUNDUP

In March 2020, Pegasus Health was contracted by the Canterbury District Health Board to oversee community based assessment and testing. Learn what other activities Pegasus Health have undertaken in the past 27 months to support the COVID-19 response in Canterbury.

NOW

RAT Testing Introduced — FEB
COVID-19 testing shifted away from PCR to self-administered RAT testing.

Paediactric vaccines — JAN
The first paediatric COVID-19 immunisations begin across NZ.

17 August 2021 — AUG
Second national Alert Level 4 lockdown begins.

First vaccinations — FEB
Rollout of first COVID-19 vaccinations to port and airport workers, followed by family and close contacts.

PEGASUS CEO seconded — JAN
Vince Barry seconded to Ministry of Health to lead the COVID-19 vaccine rollout across the South Island.

2021

Orchard Road CBAC — AUG
First COVID-19 testing at Orchard Rd, near the airport.

25 March 2020 — MAR
At 11:59pm, New Zealand moves to Alert Level 4, and the entire nation goes into self-isolation.

First COVID-19 case in NZ — FEB
After following the virus' international journey, it lands on our shores.

2020

14 First 6 months 14 CBACs operating concurrently across rural and urban Canterbury, including two mobile units.

200 Over 200 nurses and doctors stepped up to staff CBACs in first 6 months.

2.8 A 2.8km queue for RAT kits on 3 March 2022 at Orchard Road Community Testing Centre.

1,130 PCR tests conducted in a single day at Orchard Rd (28 October 2021).

4,500 PCR tests across general practice and CBACs in one day (February 2022).

95% Of all general practices in Canterbury have contributed with PCR testing.

900 From March to July 2020, Pegasus Health actioned over 900 requests for PPE gear across Canterbury.

140 140 primary care COVID-19 vaccination clinics account for up to 80% of vaccinations delivered in Canterbury.

CBAC = Community Based Assessment Centre.
Pegasus Health acknowledge the incredible effort by the Canterbury Primary Response Group in planning, supporting and leading the primary care response to the COVID-19 pandemic.

NOW

RAT tests are sourced and distributed free to vulnerable communities in Canterbury.

Extra drive-thru sites set up

Jan 2022: Omicron outbreak. CBAC established in Wigram, with addditional RAT distribution sites in Rangiora, Christchurch Arena and Rolleston.

FEB

Hauora Coordination Hub

CPRG clinical leads assist in the establishment of Canterbury Hauora Coordination Hub to support general practice to care for COVID positive patients.

JAN

CBAC pop-ups

Pop-up testing clinics set up in response to community need, including New Brighton and the University of Canterbury.

Supporting vaccination effort

People from across Pegasus step up to help out vaccine rollout including a focus on equity such as development of a vaccination programme for Māori.

Border testing

May 2020, commenced onsite testing of border workers (airport, sea port and MIQ staff) plus supported testing of people returning in to NZ (MIQ) and foreign sea workers.

AUG

Webinars for young people

Young people invited to ask questions and ease their mind about the vaccine.

COVAX team established

Pegasus COVAX team leads the establishment of COVID-19 vaccination clinics within primary care, including general practice and community pharmacies.

eSmall Groups begun

CQE quickly respond to lockdown and move to online small group education to ensure ongoing professional development.

FEB

Testing expanded

Expanded CBAC capacity with general practice teams also providing COVID assessment and testing.

JAN

Work site surveillance testing

Conducted surveillance COVID-19 testing with Police, Fire, St John, Aged Residential Care workers and other critical workers.

2021

Mass testing set up

First mass public COVID-19 surveillance testing to determine prevalence of COVID-19 in the community. Over 400 people tested at Pak N Save carpark.

Phone consultations for mental health

Primary mental health moved to phone consultations to maintain engagement with patients.

AUG

Telephone triage call centre

Telephone triage call centre established. Triaged incoming calls from general practice and Healthline calls for Canterbury.

CBAC Clinical Lead Role

CBAC clinical lead role for COVID-19 response established ensuring uniformity of processes across the regions CBACs.

MAR

Pegasus admin support

Pegasus HR and BIS teams support CBACs with recruitment, rostering, contracts, funding and claims.

First EOC stood up

17 March 2020, Canterbury stands up their first primary care Emergency Operations Centre (EOC) covering this COVID-19 response..

FEB

2020

AN INTRODUCTION TO THE HEALTH SYSTEM REFORMS

Two new national health organisations will be introduced on July 1, 2022: The Māori Health Authority and Health New Zealand (HNZ), and on this date, District Health Boards (DHBs) will be disestablished.

Pegasus Health Strategic Advisor, Gary Allen, has spent over 25 years working in the Canterbury health sector and over the past few months has been providing leadership and guidance as Pegasus Health prepares to operate in the new environment.

"The goals of the reform is to improve the health and wellbeing of all New Zealanders and to achieve this by focusing on equitable, accessible, cohesive, people-centred services," says Gary.

Health New Zealand is being established as the key government entity that will own all hospitals and run them on a day-to-day basis, commissioning services within our communities and providing access to care, similar to the current role of DHBs.

The Māori Health Authority's focus will be on bringing the voice of Māori to the health system, by commissioning Kaupapa Māori services that will working closely with Health New Zealand to provide a whole range of services for the community.

"The important thing for Cantabrians to know is that health services will continue uniterrupted. The hospital will still be there, and your GP won't change. What is intended is that health system will become more connected and cohesive. Providers will start to work as networks, working together they will achieve common goals and outcomes for the communities they are serving," he says.

The key objective is to build stronger links between your primary health care, mental health, dieticians, physiotherapists and hauora Māori services.

Learn more about the reforms at www.futureofhealth.govt.nz.

PUĀWAI KAI LIFESTYLE EDUCATION AND COOKING

Sydenham retiree Robyn xx has struggled with balancing her sweet tooth and her diabetes. Living alone, she finds it difficult to cook nutritious, cost-effective meals for one.

Robyn was a participant in the new Puāwai-Kai healthy lifestyle and cooking programme. She was referred to the free, eight-session course by her GP. The course gives participants information on developing a healthier relationship with food, cooking and trying meals with cost-effective seasonal ingredients, the importance of sleep and exercise, and stress management skills. Experienced facilitators deliver the course to groups of up to 16 people.

Since completing the course Robyn has felt more in control of her diabetes, and enjoyed sharing her new knowledge about food and recipes with her granddaughter.

"I have gained quite a lot of knowledge about food and the things I should keep away from, and the things I should be using to help me with the diabetes. I'm cooking for my granddaughter quite a lot when she comes to stay with me. It's a learning thing for her too. She is prone to (being) overweight like I am."

Robyn says one of the best things about the course was getting out of the house and meeting others in similar situations.

"Perhaps like me they had lost confidence or had been part of a partnership and not been the cook."

If you want to do a Puāwai-Kai course, ask your GP for a referral. Or to find out more or register for a course go to puāwai.org.nz.

WHAT'S ON THIS MONTH

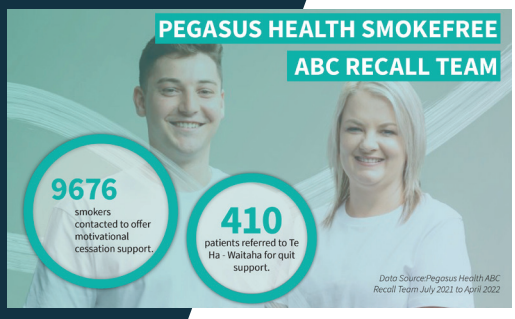
Perinatal Mental Health Awareness Week
1 TO 7 MAY

International Nurses Day
THURSDAY 12 MAY

This International Nurses Day, we are recognising the hard mahi of nurses across the Pegasus network. We have six $100 vouchers to give away. Watch Hayley Lotter, Nurse Educator, and email nursingteam@pegasus.org.nz to nominate a deserving nurse.

Pink Shirt Day
FRIDAY 20 MAY

World Smokefree Day
TUESDAY 31 MAY



PREGNANT MOTHER QUITS SMOKING

With the help of a Te Hā - Waitaha quit coach, Bromley mother of four Maria Cornell is putting in the mahi to stop smoking and give her newborn and teenage children a better future.

While going smokefree has been a challenge, Maria says she's determined to be a better role model for her teenagers, who smoke, and give 5-week-old son Kempton a healthier start to life.

With the support of Te Hā - Waitaha quit coach Josh Grenfell, Maria stopped smoking during her pregnancy.

"I smoked all the way through my pregnancies with the other kids but I really wanted to do things differently with this baby and give him a better chance."

Maria says recognising the influence her smoking had on her teenagers also provided a strong motivation to quit.

"When my teenagers asked me for smokes I thought 'oh my god, they are following in my footsteps.' I decided I wanted to be good role model for them not a bad one. As well as trying to make things better for my kids, I started to see my body as a taonga that should be treated with more respect."

Maria says she feels well-supported by her quit coach and motivated by the incentives Te Hā - Waitaha has for hapu māmā working to be smokefree.

"Josh (Maria's quit coach) is really good. He is regularly in communication with me, is very supportive, but most importantly he keeps me accountable. He visits me, or texts, and he also got me a pēpipod (flax cot) for baby."

Maria says she feels confident about the future and her ability, with support, to stay smokefree.

"It's been hard mahi but I look at my baby and absolutely know I'm doing the right thing. I also feel and look better, and food tastes better. The effort to give up is so worth it."

If you want to quit for your tamariki, ask your GP about Te Hā - Waitaha or contact them directly. They have quit coaches that work with you and your whānau to become, and stay, smokefree.

Specific support is available to you if you are Māori, Pacific, pregnant or living with a pregnant woman. Te Hā – Waitaha also has a Pregnancy Incentive Programme that provides incentives to celebrate smokefree milestones:

- A $50 voucher for all pregnant women who attend an initial session with Te Hā - Waitaha.
- Further vouchers are provided at certain points in the smokefree journey.
- Wahakura, which encourage safer sleep, are available FREE to all pregnant women through the programme.

LIVING WITH PERINATAL MENTAL HEALTH

Mother of two, Kat Anthony, and her GP, Dr Joan Leighton, both agree that asking for help when you're experiencing depression is one of the hardest things to do.

Kat spent six weeks as an inpatient at Mothers and Babies Mental Health Service after the birth of her second son. She credits the nurses at Princess Margaret Hospital, her husband, and her Pegasus Health GP for helping her get through her severe post-partum depression.

"My GP was awesome in supporting my choices. She helped me access counsellors when I was experiencing post-partum depression after the birth of my first boy," Kat says.

Dr Leighton, supported Kat from positive pregnancy tests through two children and paediatric care. She has a range of supports and services that she offers mums who might be struggling.

"Some people might just need a chat and others may need support through Plunket or a phone line. Further again, a patient may need a referral to talk therapy or the Mothers and Babies unit."

When Kat's youngest child was born, just 15 months after her first, her post-partum depression skyrocketed.

"I was so far removed from reality, I think that is the insidious thing about depression, it lies to you. I believed I could do everything, and I could not ask for help not even from my own husband," Kat says.

Dr Leighton remembers when Kat's husband brought them to see her when baby Connor was three weeks old.

"It's very difficult for partners. People don't have all the answers and acknowledging that you need outside help is a very uncomfortable place to be in," Dr Leighton says.

Within three hours of seeing her GP that day, Kat was admitted into the C-Ward at Princess Margaret Hospital.

"My GP really listened to what Ian, and I were saying, she showed us so much respect and understand and leapt into action to help secure the safety of my family, says Kat.

Although Kat still struggles with depression today, she knows exactly where to get the help and support she needs.

"Support is out there, I know first-hand that asking for help is one of the hardest things to do, but if I have one message for mums, mums-to-be or dads, it is that it's ok to ask for help," says Kat.

Common Symptoms of peri-natal depression include:

- Tearfulness, weeping frequently
- Panic attacks & anxiety
- Being unable to sleep or feeling exhausted even when you have had sleep
- No sense of enjoyment
- Feeling grumpy, irritable or angry
- Constant worry over your own health or that of your child/children
- Not feeling any emotion to your baby
- Thoughts that you may harm your child or a member of your family either accidentally or deliberately
- Feelings of being overwhelmed
- Feeling numb & lack of emotion
- Putting on a brave face, or "mask", to hide how you feel
- Feeling like a failure and a "bad mother"
- Feeling of wanting to escape and that your family would be better off without you
- Self harm
- Suicidal thoughts and feelings

From https://perinatalwellbeing.org.nz/

Where to get help:

Your GP can help. They can refer you to other services if more specialised help is needed.

1737, Need to talk? Free call or text 1737 to talk to a trained counsellor.

Perinatal Wellbeing Canterbury run support groups that are safe and supportive.

The Plunket Postnatal Adjustment Programme (PNAP) offers home visits, phone and group support.

PARENTAL MENTAL HEALTH AND WHĀNAU

Master's of Nursing Science student, Lobna Falestine - originally from Egypt - is passionate about both the impact of mental health on whānau and the impact of whānau on mental health recovery. Her lived experience with post-partum depression steered her toward her thesis topic: the impact of parental mental health illness on tamariki, partners, whanau and the community.

"Parents with mental illness often don't want to ask for help, or don't want to reveal how impacted they really are by their mental illness. They love their children and can often feel real fear of losing their children if they open up about their illness or their challenges with parenting," Lobna says.

Lobna spent the summer doing a studentship with Pegasus Health. In this time, she had the opportunity to interact with several young people and adults who came from families where mental illness, addiction and more were present.

"I visited Te Puna Wai (Youth Justice Facility) and many of the young people there have parents with mental illness, or drug or alcohol addiction. Parents can be afraid to ask for what they need, they can feel incapable of looking after their children at times, and we are seeing the trans-generational impact with children from these families demonstrating conduct disorders," says Lobna. Another client she met during her studentship was a man who, in his mid-30s, is just getting his life on track.

"He grew up with a father he now believes had undiagnosed schizophrenia, and spent many years moving around the foster-care system. His family is now scattered and even spending time with his sister triggers his social phobia. He does not understand relationships and does not care if he has people around him or not," she says.

"This young man's outcomes could have been much better with a family-focused approach which offers practical and emotional support to parents, partners and children. Family-focused practice supports parents by improving their parenting skills and supporting parents' recovery by focusing on recognising and building their strengths and capabilities. Of note, it improves parent-child relationship and whole family communication and dynamics," says Lobna.

Lobna Falestine (far left) with fellow Pegasus Health summer students.

Pegasus™

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