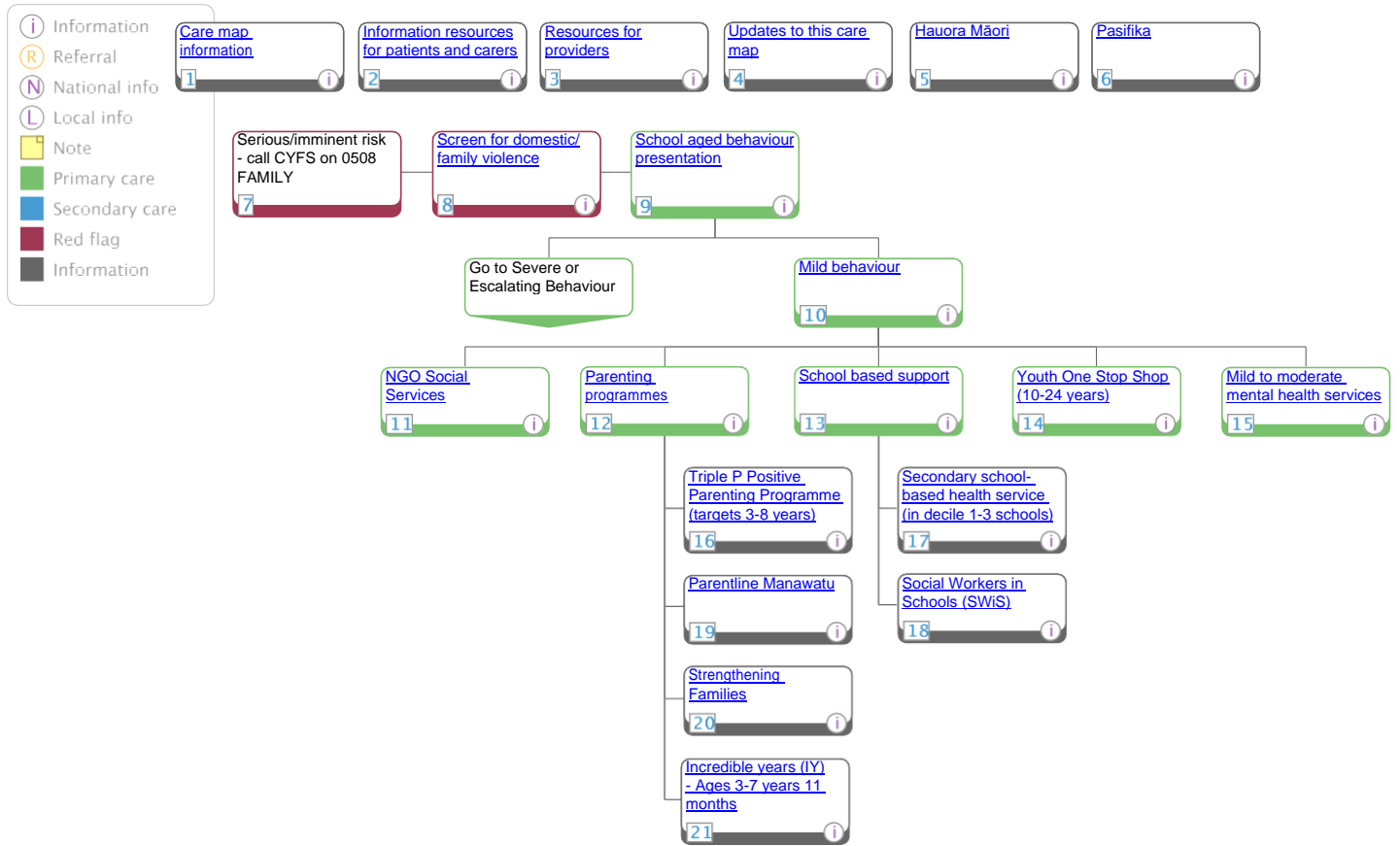


# Behaviour Issues – School Aged Children

Paediatrics > Child development > Behaviour Issues in Children



## 1. Care map information

This map covers children aged 5-18 years when there are concerns around behaviour.

### Out of Scope:

- children already diagnosed with autism spectrum disorder (ASD)

NB: all the service providers cater for slightly different age ranges - these will be highlighted throughout the map

### References:

See Provenance Certificate for full list of references.

## 2. Information resources for patients and carers

### Support services:

- [Primary Solutions \(Mental Health\) information brochure for patients and carers](#)
- Support or advocacy through [parent 2 parent](#)
- Special education - [Ministry of Education](#)
- [Women's Refuge](#)
  - Women's Refuge provides the support and information you need when you are dealing with violence in your life
  - freephone: 0800 REFUGE (0800 733 843)
- [The National Network of Stopping Violence Services](#)
  - works to enable all people in Aotearoa/New Zealand to live free of all forms of violence, abuse and oppression

### Te Ara Whānau Ora Brochure

- [Te Ara Whānau Ora Brochure](#)

## 3. Resources for providers

### Support services:

- [Zero to three website](#) for information on:
  - [Sleep challenges](#)
  - [Coping with Defiance](#)
  - [Tools and Tips on Play](#)
  - [Challenging behaviour tools and tips](#)
  - [Aggressive behaviour tips](#)
- Support or advocacy through [parent 2 parent](#)
- Special education - [Ministry of Education](#)
- [Women's Refuge](#)
  - Women's Refuge provides the support and information you need when you are dealing with violence in your life
  - freephone: 0800 REFUGE (0800 733 843)
- [The National Network of Stopping Violence Services](#)
  - works to enable all people in Aotearoa/New Zealand to live free of all forms of violence, abuse and oppression
- [The Incredible Years Information Sheet for Parents](#)

### Te Ara Whānau Ora Brochure

- [Te Ara Whānau Ora Brochure](#)

### 3. Resources for providers

#### Assessment/screening tools:

- [Denver Developmental Screening Tool Version II](#)
- MidCentral Health Behavioural Assessment:
  - [Home Questionnaire](#)
  - [School Questionnaire](#)
- Strengths and Difficulties Questionnaire (SDQ) (Robert Goodman, 2005):
  - [2-4 year olds](#)
  - [4-17 year olds](#)
  - [SDQ scoring website](#)
- NICHQ Vanderbilt Assessment Scales (used for diagnosing ADHD):
  - [questionnaire for parent informant](#)
  - [questionnaire for teacher informant](#)
  - [follow-up questionnaire for parent informant](#)
  - [follow-up questionnaire for teacher informant](#)
  - [scoring instructions](#)
- Adult ADHD Self-Report Scale (ASRS-v1.1):
  - [Symptom Checklist Instructions and Checklist](#) (the checklist takes about 5 minutes to complete)
  - [MCHAT Questionnaire](#)

#### Support Services:

- [Manawatu Abuse Intervention Network](#)
  - prevention of family violence through information, referral and intervention services
  - phone: (06) 351 3633
  - fax: (06) 351 3616
  - email: main.nz@gmail.com
  - availability: 9.00am to 4.00pm Monday to Friday
- [HALT \(Horowhenua Abuse Liaison Team\)](#)
  - a network of agencies working together to reduce family violence in the Horowhenua
  - does not provide direct intervention services itself
  - operates as a referral and monitoring service as well as a point of collaboration
  - referrals received by HALT come mostly through police reports of family violence - people or agencies can also refer people into the system
  - phone: (06) 366 0540
  - email: Coordinator@halt.org.nz
- MidCentral DHB Emergency Mental Health Team:
  - 0800 653 358
- [Child, Youth & Family](#)
  - Child, Youth and Family is a service of the Ministry of Social Development, and is part of a network of agencies aiming to build an environment where child abuse is not tolerated
- [Women's Refuge](#)
  - freephone: 0800 REFUGE (0800 733 643)
- [Voyage](#)
  - a nine week programme for children aged 5 - 11 years who have suffered abuse
  - suspected Child Abuse and Neglect: Recommended referral process for General Practitioners
  - for more information contact the VOYAGE Co-ordinator, Ruth Steven, on 06 356 5868 or 027-462-1987 (voicemail)

<http://autismnow.org/resources/tool-modified-checklist-for-autism-in-toddlers-revised-with-follow-up-m-chat-rt/>

## 4. Updates to this care map

Date of re-publication: February 2016

This care map has been updated in line with consideration to evidenced based guidelines. Below summarises changes made to the pathway following review:

- service information updated
- inclusion of new/other services where relevant e.g. Horowhenua/Otaki Children's Team, Massey University Psychology services
- added guidance on screening for domestic/family violence
- added the following resources to improve usefulness and relevance of pathway:
  - assessment and screening tools to assist with initial diagnosis e.g. home and school questionnaires, strengths and difficulties questionnaires, ADHD screening tool for primary care
  - links to referral forms and information
  - inclusion of a new node 'resources for providers' to provide a one-stop-shop for all resources

For further information on contributors and references please see the care map's Provenance.

NB: This information appears on each page of this care map.

## 5. Hauora Māori

Māori are a diverse people and whilst there is no single Māori identity, it is vital practitioners offer culturally appropriate care when working with Māori Whānau. It is important for practitioners to have a baseline understanding of the issues surrounding Māori health.

This knowledge can be actualised by (not in any order of priority):

- acknowledging [Te Whare Tapa Wha \(Māori model of health\)](#) when working with Māori Whānau
- asking Māori clients if they would like their Whānau or significant others to be involved in assessment and treatment
- asking Māori clients about any particular cultural beliefs they or their Whānau have that might impact on assessment and treatment of the particular health issue ([Cultural issues](#))
- consider the importance of [whānaungatanga \(making meaningful connections\) with their Māori client / Whānau](#)
- knowledge of [Whānau Ora, Te Ara Whānau Ora and referring to Whānau Ora Navigators where appropriate](#)
- having a historical overview of legislation that has impacted on Māori well-being

**For further information:**

- [Hauora Māori](#)
- [Central PHO Māori Health website](#)

## 6. Pasifika

[Pacific Cultural Guidelines \(Central PHO\) 6MB file](#)

**Our Pasifika community:**

- is a diverse and dynamic population:
  - more than 22 nations represented in New Zealand
  - each with their own unique culture, language, history, and health status
  - share many similarities which we have shared with you here in order to help you work with Pasifika patients more effectively

The main Pacific nations in New Zealand are:

- Samoa, Cook Islands, Fiji, Tonga, Niue, Tokelau and Tuvalu

Acknowledging *The FonoFale Model (pasifika model of health)* when working with Pasifika peoples and families.

Acknowledging general pacific guidelines when working with Pasifika peoples and families:

- [Cultural protocols and greetings](#)
- [Building relationships with your pasifika patients](#)
- [Involving family support, involving religion, during assessments and in the hospital](#)
- [Home visits](#)
- [Contact information](#)

#### **Pasifika Health Service - Better Health for Pasifika Communities:**

- the Pasifika Health Service is a service provided free of charge for:
  - all Pasifika people living in Manawatu, Horowhenua, Tararua and Otaki who have long term conditions
  - all Pasifika mothers and children aged 0-5 years
- an appointment can be made by the patient, doctor or nurse
- the Pasifika Health Service contact details are:
  - Palmerston North Office - 06 354 9107
  - Horowhenua Office - 06 367 6433
- [Better Health for Pasifika Communities brochure](#)

#### **Additional resources:**

- Ala Mo'ui - [Pathways to Pacific Health and Wellbeing 2014-2018](#)
- Primary care for pacific people: [a pacific health systems approach](#)
- Tupu Ola Moui: [The Pacific Health Chart Book 2004](#)
- Pacific Health [resources](#)
- [List of local Māori/Pacific Health Providers](#)
- [Central PHO Pacific Health website](#)

## 8. Screen for domestic/family violence

#### **Screen for domestic/family violence:**

- be alert to the symptoms or signs of domestic violence
- give women the opportunity to disclose domestic violence in a secure environment

#### **Screening Questions could include:**

- has anyone in your family kicked, punched, scratched or physically hurt you in the past year?
- does anyone in your family put you down, make you feel small, make you feel like you are walking on egg shells?
- has anyone made you do something sexual that you didn't want to do?
- have you any concerns regarding a previous spouse?

#### **Resources:**

- [Child and Partner Abuse \(Nov 2002\) - Family Violence Intervention Guidelines](#) (Ministry of Health)
- [Child Abuse and Neglect brief intervention](#)
- [Partner abuse framing questions](#)
- [Partner abuse risk assessment](#)

- [Te Manawa Services](#) (family violence - men and women)
- [Men Against Violence](#)

## 9. School aged behaviour presentation

Assess child's:

- history from caregiver and child/young person
- behaviour presentation
- previous/current engagement with other agencies

Strengths and Difficulties Questionnaire (SDQ) (Robert Goodman, 2005):

- [4-17 year olds](#)
- [SDQ scoring website](#)

Atypical presentation:

- outside expected age appropriate behaviour

Significant behaviour concerns:

- presence of aggression
- absence of age expected milestones (e.g. toileting, language)
- social milestones
- someone is concerned about the behaviour (parent, school)

## 10. Mild behaviour

Mild behaviour may include:

- parenting related behaviour issues
- sleeping issues
- behaviour that is minimally affecting the child's behaviour
- Consider:
  - abuse related factors
  - alcohol and drug addiction
  - TV and gaming - appropriate screen time/programmes:

see [www.commonsensemedia.org](http://www.commonsensemedia.org) for further information

## 11. NGO Social Services

Contact the local community social work services for support and intervention:

- [Directory of social services](#)

## 12. Parenting programmes

Contact the local community social work services for support and intervention:

- [Directory of social services](#)

## 13. School based support

Recommend to the parent to discuss with the school any issues.

Professional to consider contacting school to notify concerns (parental consent may be required).

Families need to be empowered to approach the school and teachers to find out what support services are available to assist them e.g. RTLB.

[Ministry of Education](#)

Support or advocacy through [parent 2 parent](#)

Consider option of accessing school counsellors.

## 14. Youth One Stop Shop (10-24 years)

The [Youth One Stop Shop](#) (YOSS) offers free information, support, advocacy, counselling, health services and preparation or life skills for young people aged 10-24 years of age that live in the MidCentral district.

YOSS also runs life skills programmes for 10-16 year olds.

### Hours:

#### • Palmerston North:

- 9am - 6pm Monday - Thursday
- 9am - 5pm Friday

#### • Levin:

- 10am - 5pm Monday to Wednesday

### Contact Details:

#### • Palmerston North:

- Phone: (06) 355 5906
- 31 Princess Street, Palmerston North
- email: [info@yoss.org.nz](mailto:info@yoss.org.nz)
- [YOSS website](#) (for referral information and form)

#### • Levin:

- Phone (06) 368 0863
- 152 Bath Street, Levin
- email: [info@yoss.org.nz](mailto:info@yoss.org.nz)
- [YOSS website](#) (for referral information and form)

## 15. Mild to moderate mental health services

### Primary Solutions Mental Health Programme (10 - 24 years):

This is a free service for young people aged 10 to 24 years which aims to improve access to health and social services for those with mild to moderate mental health illness or distress.

The service provides:

- assistance to the patient/whānau to identify any issues that may impact on their wellbeing

- information about services currently provided within their local area
- support to access services relevant to the patient's/whānau's need
- assistance to plan an individualised flexible package of care to meet the patient's identified need

Criteria apply for those over the age of 24.

For further information:

- [CPHO referral form \(referral can be by GP, community support agency or self referral\)](#)
- [information brochure for patients and carers](#)
- contact details:
  - Health on Main, 575 Main Street, Palmerston North
  - phone: 06 354 9107
  - [Central PHO Mental Health website](#)

## 16. Triple P Positive Parenting Programme (targets 3-8 years)

[Triple P](#) is one of the most effective evidence-based parenting programmes in the world, backed up by more than 30 years of ongoing research.

Triple P gives parents simple and practical strategies to help them confidently manage their children's behaviour, prevent problems developing and build strong, healthy relationships.

Triple P is currently used in 25 countries and has been shown to work across cultures, socio-economic groups and in all kinds of family structures.

### Local Providers:

- [ACROSS Te Kotahitanga o te Wairua](#)
  - 0800 ACROSS (0800 227 677)
  - Telephone: 06-356-7486
  - Fax: 06-357-4988
  - Triple P Co-ordinator: Carlyne Jeanes (CJeanes@across.org.nz)
- [Parent Line Manawatu](#):
  - ph: 06 355 1655
  - fax: 06 355 1722
  - 24 Hour HELP Line: 0800 432 6459

## 17. Secondary school-based health service (in decline 1-3 schools)

Available in the following low decile secondary schools:

- Horowhenua College (Levin)
- Manawatu College (Foxton)
- Waiopahu College (Levin)
- Queen Elizabeth College (QEC) (Palmerston North)
- Otaki College

The [service](#) is also provided to alternative education and teen parent units.

## 18. Social Workers in Schools (SWiS)



Social Workers in Schools (SWiS) is a school-based community social work service, working in low decile schools (decile 1-4).

The SWiS service is aimed at:

- children who have poor attendance or engagement in school
- children with social or behavioural problems
- children experiencing grief or loss
- families who may be struggling financially, or with issues such as overcrowding, gambling etc.
- at-risk families, including those who have been referred by Child, Youth and Family for community based support.

**Referrals can be made by the children or family themselves, the school, or community or Government agencies:**

- referrals need the consent and engagement of the family
- [SWiS referral form](#)
- scan and email referral form to [alanas@rauakawa.iwi.nz](mailto:alanas@rauakawa.iwi.nz) or mail to PO Box 586, Levin, Attention: Alana

The service is available in the following schools:

- Levin:
  - Taitoko
  - Levin School
  - East School
  - St Joseph School
  - Levin Intermediate
  - Levin North
- Foxton-Shannon:
  - Porotawhao
  - St Marys
  - Coley Street
  - Foxton Primary
  - Foxton Beach School
  - Rongotea
  - Shannon School
- Palmerston North:
  - Takāro Kura
  - Somerset
  - Awapuni
  - Monrad Intermediate
  - Terrace End School
  - Roslyn St School
- Feilding:
  - Lytton Street School

## 19. Parentline Manawatu

Parentline Manawatu is a Palmerston North based not-for-profit community organisation offering counselling, parenting groups, and a parenting support phone line to parents and caregivers.

For more information:

- [website](#)
- ph: 06 355 1655

- fax: 06 355 1722
- 24 Hour HELP Line: 0800 432 6459

## 20. Strengthening Families

Families often need support from several different organisations. [Strengthening Families](#) is an established process where multiple organisations come together with a family/whānau to plan and organise services. The people helping a family may be a budget advisor, truancy officer, social worker, medical specialist, counsellor, teacher or other support worker.

Strengthening Families can be used by any family/whānau in New Zealand:

- with a child, children or young person(s) in their care
- who needs help from more than one agency

The process is free and 100% voluntary. It builds on a family's strengths and dreams.

To link a family with Strengthening Families, you can:

- encourage a family/ whānau member to ask an agency they're working with to refer them
- suggest they get in touch with a local Strengthening Families coordinator ([list of local co-ordinators](#))

## 21. Incredible years (IY) – Ages 3-7 years 11 months

Appropriate if significant risk factors.

Incredible Years is a 14-18 session programme for parents.

Parents come together each week and develop approaches to use at home with problem behaviours, such as aggressiveness, ongoing tantrums and acting out behaviour, such as swearing, whining, yelling, hitting and kicking, answering back and refusing to follow rules.

### Referral forms and information sheet for parents:

- [The Incredible Years Referral Form - Horowhenua area](#)
- [The Incredible Years Referral Form - Manawatu and Tararua area](#)
- [The Incredible Years Information Sheet for Parents](#)

### Contact information:

- co-ordinator: Di Thomas
- email: [di.thomas@minedu.govt.nz](mailto:di.thomas@minedu.govt.nz)
- phone: 350 9859

[More information is available through the Werry Centre for Infant, Child and Adolescent Mental Health](#)

# Behaviour Issues in Children

## Provenance Certificate

[Overview](#) | [Editorial methodology](#) | [References](#) | [Contributors](#) | [Disclaimers](#)

### Overview

This document describes the provenance of MidCentral District Health Board's **Behaviour Issues in Children** pathway. This pathway is regularly updated to include new, quality-assessed evidence, and practice-based knowledge from expert clinicians. Please see the Editorial Methodology section of this document for further information.

This localised pathway was last updated in February 2016.

For information on changes in the last update, see the information point entitled 'Updates to this care map' on each page of the pathway.

One feature of the "Better, Sooner, More Convenient" (BSMC) Business Case, accepted by the Ministry of Health in 2010, was the development of 33 collaborative clinical pathways (CCP).

The purpose of implementing the CCP Programme in our DHB is to:

- Help meet the Better Sooner More Convenient Business Case aspirational targets, particularly the following:
  - Reduce presentations to the Emergency Department (ED) by 30%
  - Reduce avoidable hospital admissions to Medical Wards and Assessment Treatment and Rehabilitation for over-65-year-olds by 20%
  - Reduce poly-pharmacy in the over-65-year-olds by 10%
- Implement a tool to assist in planning and development of health services across the district, using evidence-based clinical pathways.
- Provide front line clinicians and other key stakeholders with a rapidly accessible check of best practice;
- Enhance partnership processes between primary and secondary health care services across the DHB.

To cite this pathway, use the following format:

Map of Medicine. Medicine. MidCentral District View. Palmerston North: Map of Medicine; 2014 (Issue 1).

### Editorial methodology

This care map was based on high-quality information and known Best Practice guidelines from New Zealand and around the world including Map of medicine editorial methodology. It has been checked by individuals with front-line clinical experience (see Contributors section of this document).

Map of Medicine pathways are constantly updated in response to new evidence. Continuous evidence searching means that pathways can be updated rapidly in response to any change in the information landscape. Indexed and grey literature is monitored for new evidence, and feedback is collected from users year-round. The information is triaged so that important changes to the information landscape are incorporated into the pathways through the quarterly publication cycle.

## References

This care map has been developed according to the Map of Medicine editorial methodology. The content of this care map is based on high-quality guidelines and practice-based knowledge provided by contributors with front-line clinical experience. This localised version of the evidence-based, practice-informed care map has been peer-reviewed by stakeholder groups and the CCP Programme Clinical Lead.

|   |   |
|---|---|
| 1 | Contributors representing the Child Health Behaviour Issues Collaborative Clinical Pathway Working Group – MidCentral DHB (2012)  |
| 3 | Mental Health and Conduct Disorder Available at: <a href="http://www.webmd.com/mental-health/mental-health-conduct-disorder">http://www.webmd.com/mental-health/mental-health-conduct-disorder</a>  |
| 4 | Ministries of Health and Education. (2008). New Zealand Autism Spectrum Disorder Guideline. Wellington: Ministry of Health  |
| 5 | New Zealand Guidelines Group. (2010). What does ASD look like? A resource to help identify autism spectrum disorder. Wellington: New Zealand Guidelines Group.  |
| 6 | Ministries of Health and Education. (2013) Autism Spectrum Disorder (ASD) Quick Card for Referral. Wellington: Ministry of Health Available at: <a href="http://www.health.govt.nz/publication/does-person-have-asd-quickcard">http://www.health.govt.nz/publication/does-person-have-asd-quickcard</a> |

## Contributors

MidCentral DHB's Collaborative Clinical Pathway editors and facilitators worked with clinical stakeholders such as front-line clinicians and pharmacists to gather practice-based knowledge for its care maps.

### The following individuals contributed to the update of this care map:

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- Jacqui Moynihan, Police
- Dr Garth Bennie, District Manager, Ministry of Education
- Sally Hogg, Service Manager, Service Manager, Regional Operations, Ministry of Education
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- Dr Naomi Dunwoodie, General Practitioner (Primary Care Clinical Lead)

## Disclaimers

### Clinical Board Central PHO, MidCentral DHB

It is not the function of the Clinical Board Central PHO, MidCentral DHB to substitute for the role of the clinician, but to support the clinician in enabling access to know-how and knowledge. Users of the Map of Medicine are therefore urged to use their own professional judgement to ensure that the patient receives the best possible care. Whilst reasonable efforts have been made to ensure the accuracy of the information on this online clinical knowledge resource, we cannot guarantee its correctness and completeness. The information on the Map of Medicine is subject to change and we cannot guarantee that it is up-to-date.