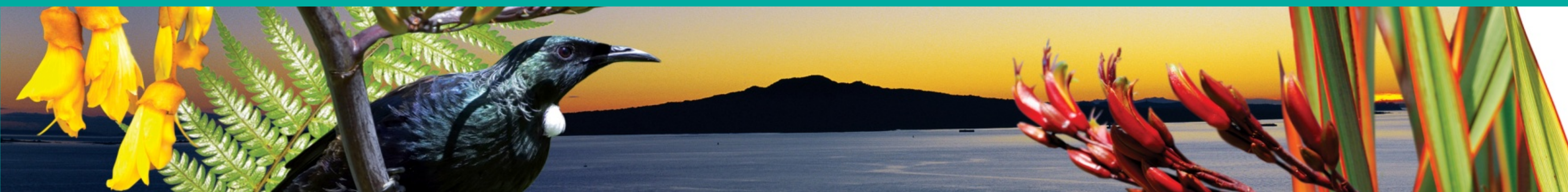


# A “4-8s” Pathway



*Improving mental health outcomes for  
children aged 4 to 8 years*

*Tania Anstiss, Clinical Psychologist,  
Marinoto West Child Team*



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# What did we want to do and why?

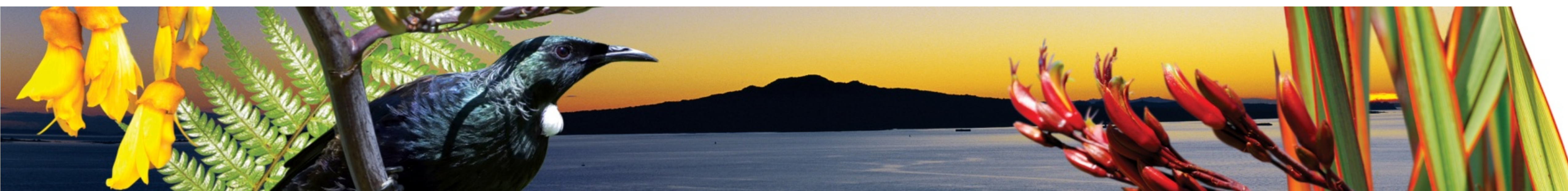
Address  
Increasing need  
in local  
community for  
**access to  
mental health  
assessment and  
intervention** for  
4-8 year olds

Recognised  
value of **building  
on existing  
collaborative  
community  
networks**

Growing  
**capacity and  
capability within  
team** to offer  
evidence-based  
interventions

Desire to **reduce  
silos and  
facilitate  
linkages** within  
services

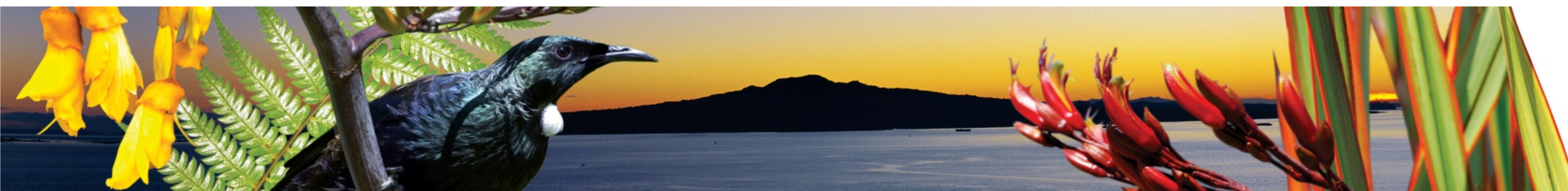
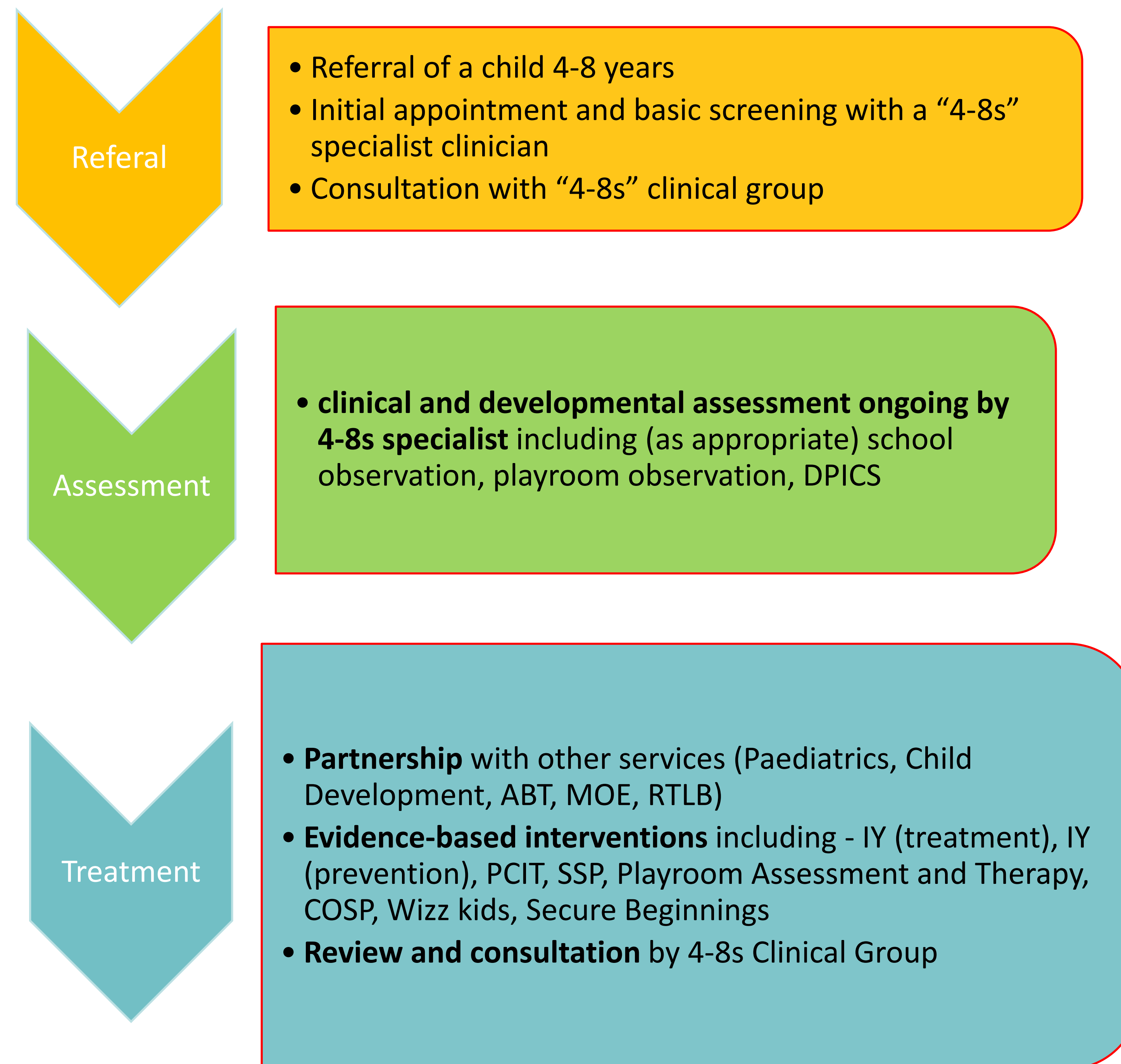
Need to create  
**seamless and  
timely access** to  
appropriate  
interventions



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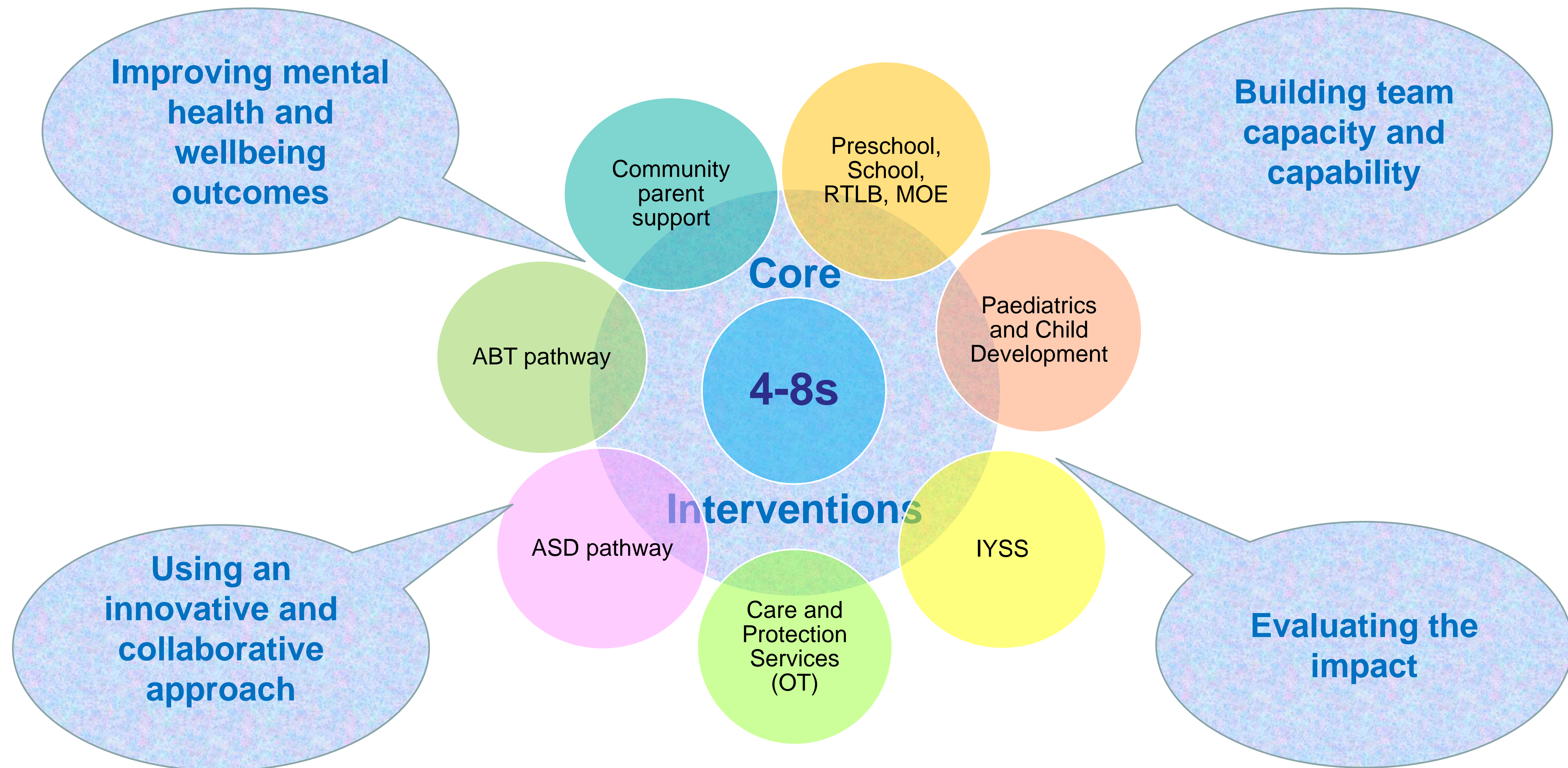


# What does the 4-8s pathway look like?

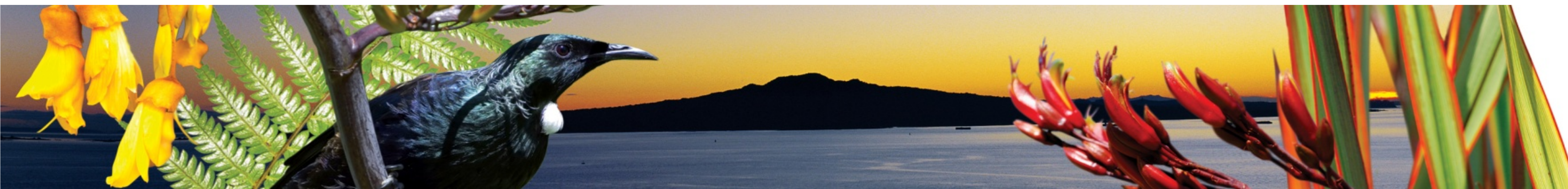




# Wrap-around services for 4-8s



*Fostering seamless, timely, evidence-based mental health services for 4-8s*



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# What have we **achieved** and how are we continuing to **fine-tune**?



- Improved mental health outcomes for 4-8s
- Increased engagement with community
- Identification of 4-8s “experts”
- Increased engagement within team about needs and best interventions for 4-8s
- Fine-tuning decisions for providing the best intervention for that family at *that* time
- Increased access to training in evidenced interventions
- Integration of ongoing outcome measures
- Ongoing supervision and support to maximise best practice
- Regular ‘4-8s clinics’ to strengthen collaboration, peer support and skill development
- Regular 4-8 ‘project meetings’ to address barriers and build stronger linkages with other pathways within service and outside

