

## About Karitane

### **Karitane Services comprises of:**

- Two tertiary level inpatient Residential Units – Carramar and Camden
- Three Parenting Centres - Liverpool and Randwick and Camden
- Karitane Careline a 7 day a week parent information service
- Jade House a specialised outpatient and day stay unit for parents (primarily mothers) with perinatal mood disorders;
- Toddler Clinic: an outpatient service that works with families with children aged 15 months to 4 years using Parent-Child Interaction Therapy (PCIT).
- Linking Families (LF) a group of community based services
- Connecting Carers NSW a state-wide service that provides support and education to foster carers and kinship carers.

## Contact Details

### **Head Office**

126 The Horsley Drive, Carramar NSW 2163  
All correspondence to: PO Box 241, Villawood NSW 2163

### **Carramar Residential Unit, Education & Research Centre, Jade House, Toddler Clinic**

Cnr The Horsley Drive & Mitchell Street Carramar (entrance via Mitchell Street)  
Ph: 9794 2300

### **Karitane Careline**

7 day telephone support line 1300 CARING (1300 227 464)

### **Karitane @Camden**

Menangle Road, Camden NSW 2570

### **Randwick Parenting Centre**

146 Avoca Street, Randwick NSW 2031

### **Liverpool Parenting Centre**

10 Murphy Avenue, Liverpool NSW 2170

### **Karitane Linking Families/PSP**

130 Nelson Street, Fairfield Heights NSW 2165

### **Connecting Carers NSW**

124 The Horsley Drive, Carramar NSW 2163



1923 Original Logo



Logo 1944



Logo early 90s



Previous Logo



Current Logo

## Karitane Mothercraft Society Founded by the Late Sir Truby King, C.M.G, M.B, B.Sc

Karitane had its beginning in December 1907 in New Zealand by Dr Truby King who was concerned with the high infant mortality rate. Although his motto was “BREAST FED IS BEST FED”, this was a time when there was no formula for mothers unable to feed their infants, hence the high mortality rate. He then commenced clinics and experimented with milk formula with great success.

Karitane is a place name in New Zealand, a beach township about 45 kilometres north of Dunedin. Dr Truby King founded the Royal Society for the Health of Women and Children in 1907 in Dunedin. He owned a house at Karitane, where he and his wife provided care for thirteen malnourished, ailing babies. Dr Truby King was able to put into practice his ideas about infant feeding when breastfeeding was impossible. He employed a trained nurse and taught her his methods. At the same time, with the help of Lady Plunket, wife of the Governor of New Zealand, he organised fundraising committees and established a centre offering advice to mothers (Plunket philosophy) and the training of registered nurses. This centre became known as a Mothercraft Hospital. Subsequently, a number of these Mothercraft Hospitals were set up in the larger cities and provinces of New Zealand.

Sir Truby King founded the “Australian Mothercraft Society” in May 1923. The Society adopted the same constitution, aims and objectives as the New Zealand Society and maintained an affiliation with the original organisation. A number of parents and their friends, whose babies had benefited from the work of the Plunket Society in New Zealand and London, formed the first Council of the Australian Mothercraft Society. These were the first Australians who raised funds and supported this vital area of maternal and child health.

The first Australian Mothercraft Home was opened in a cottage at Coogee in 1924. Miss McMillian was sent from New Zealand by Sir Truby King and became the first Matron. She also inaugurated the first baby clinic that year, which was located in the City at 283 Elizabeth Street. The Society grew rapidly and a larger hospital was established at Woollahra in 1927. Additional clinics were established throughout the outer areas of Sydney and as the population spread further, mobile clinics were provided to support mothers as far south as Wollongong and Picton, west to the new Hills district and north to Berowra.

Karitane moved to Randwick in 1974, where a Family Care Cottage still operates. Due to the increasing needs of parents in the South Western Sydney Region, Karitane relocated to its current location at Carramar in 1994 to support SWSAHS in meeting these needs. This move also included the establishment of a specialized day service that supports women and their families experiencing Perinatal mood and related disorders (Jade House), an additional Family Care Cottage at Liverpool and a Volunteer Support Program.

## **Karitane History**

- 1923 The ***Australian Mothercraft Society - Truby King System*** was founded in May and the first Baby Clinic opened at 283 Elizabeth St, Sydney.
- 1924 The first ***Australian Mothercraft Society*** Home was established at 72 Howard St, Coogee
- 1927 As the Society grew, a larger hospital was purchased at 23 Nelson St, Woollahra, with additional mobile clinics supporting families in the outer areas of Sydney
- 1952 The Headquarters of the Society was transferred from 283 Elizabeth St to the Karitane Hospital at Woollahra
- 1970 The ***Australian Mothercraft Society*** changed its name to the ***Karitane Mothercraft Society***
- 1974 **The Residential Unit** moved from Woollahra to 171 Avoca St, Randwick
- 1993 **The Liverpool Parenting Centre** opened at 10 Murphy St, Liverpool
- 1994 **The Residential Unit moved** to 138-168 The Horsley Drive, Carramar
- 1996 The ***Karitane Mothercraft Society*** changed its name to ***Karitane***
- 1996 **Jade House Day Unit** for mothers experiencing perinatal mood disorders opened at 130 Nelson Street, Fairfield Heights
- 2000 **The Karitane Volunteer Home Visiting Program** commenced in Fairfield, Liverpool and Bankstown - funded by NSW Department of Community Services
- 2008 **The Karitane Carramar site** was redeveloped at a cost of \$4.5M and included a new Conference Centre capable of seating 140 people. Jade House was relocated to the newly developed Carramar site and the Volunteer program moved into 130 Nelson St, Fairfield Heights
- 2008 **Connecting Carers NSW** commenced to provide state-wide peer support and training to Foster Carers – funded by NSW Department of Community Services. A new building was purchased at 124 The Horsley Dr, Carramar
- 2010 **Karitane@ Camden** was opened providing an 8 bed residential unit for families with children 0 -18months situated at Camden Hospital

## **Karitane's Purpose**

**Our vision is for children to be safe, healthy and nurtured by confident families & communities.**

## **Karitane's Goals**

- Healthy and Vibrant Families
- Accessible Health Care for All
- High Quality Health Care Delivery
- Responsible and Equitable Resource Management
- An Energetic, Progressive and Innovative Organisation

## **Karitane's Values**

- Kids, family and community
- Accessible
- Respect
- Innovation
- Teamwork
- Accepting individuality
- Nurturing
- Empowering

## **Target Group**

Karitane services target families with children 0-5 who are facing parenting challenges and require additional information and support.

## **Function of the service**

### **General**

The service aims to provide education, information and support to families with children from birth to five years who are experiencing parenting difficulties. Areas that are addressed include but are not limited to: breastfeeding, bottle feeding, solids, sleep & settling, toddler behaviour, attachment (psychological) and perinatal mood disorders.

## **Residential Family Care Units**

The Residential Family Care Units are tertiary level public hospitals available for families living in NSW with children from 0 - 4years (Carramar) and 0 -18 months (Camden) that are experiencing parenting difficulties. Education, support and guidance are provided by a multidisciplinary team consisting of nursing and allied health staff on an inpatient basis. Karitane promotes a self-care model which is flexible and responsive to the families' individual needs. Referrals are from Health Care Professionals.

## **Careline**

The Careline is a 7 day a week state-wide telephone parenting information service which runs from 8am Monday to 4.30pm Friday and 9am-3.30pm Saturday and Sunday. For the cost of a local call - 1300 227 464 (1300 CARING) parents, carers and professionals can speak with a Registered Nurse with Child & Family Health qualifications and experience. The C&FH Nurse is able to answer questions relating to parenting children 0-5 years. A non urgent email service through Karitane online is available and the nurses will endeavour to answer emails within 7 days. All medical inquiries are referred to the appropriate services.

## **Jade House**

### **(Perinatal Mood Disorder Unit)**

Jade House Unit is a specialised day stay and counselling unit for women who have a diagnosis of, or who are at risk of developing, a perinatal mood or anxiety disorder (including pre & postnatal depression), and are pregnant or have a baby up to 12 months of age. (NB: This is not a crisis service)

The following services are provided by a multidisciplinary team:

- Individual and couple supportive therapy
- Day stay service providing parenting support and guidance
- Blue book infant and child developmental assessments
- Parent / Infant interaction group
- Stay and Play parent infant interaction group
- Circle of Security parenting group
- Outreach perinatal service offered at Camden
- Psychiatric assessments and review of medications if required

## **Karitane Toddler Clinic**

The Karitane Toddler Clinic is an outpatient service that works with families of children aged 15 months to 4 years using Parent-Child Interaction Therapy (PCIT). This evidence-based program facilitates positive changes in toddler behaviours by enhancing the parent-child relationship.

Families are referred to the clinic by health professionals and attend an initial assessment where a detailed history of the current behaviour and/or attachment difficulties is discussed. During this visit and with the families' consent, a parent-child play interaction is observed. Treatment programs range between 6 to 12 weekly sessions, depending on the age of the child and the severity of the challenging behaviours. It is expected that parents practise their skills at home with their child between their visits to the Toddler Clinic.

### **Connecting Carers NSW (CCNSW)**

CCNSW is funded by the Department of Community Services (DoCS). This service provides foster, kinship & relative carers across NSW with access to ongoing training, education and peer support.

Carers are given up-to-date advice and information to support them in caring for children and young people in Out of Home Care. Carers can also access 24 hour support through the CCNSW Support Line.

### **Linking Families/Parent Support Program (previously known as Karitane volunteer programs KVP)**

Linking Families is funded by FaCS (FNSW) and donor support and manages 4 Programs in the Liverpool, Fairfield and Bankstown LGA.

- Supported Playgroups Plus program offers supported playgroups for vulnerable families for a period of 2 years to support, inform and build capacity to integrate into the community. . Young Parent Family Worker (YPFW) offers sustained home visiting to young clients 25 years and under. The YPFW is able to visit young parents antenatally and postnatally to provide support and referral to appropriate programs.
- Early Intervention Placement Prevention Program (EIPP) offers short term case management to clients with low risk vulnerabilities who need assistance and referral to address parenting issues. Some vulnerability includes clients from CALD backgrounds, refugee families and families with limited or no family support.
- The Volunteer Home Visiting program (VHV) offers practical support to families with children 0 - 3 years living in the Liverpool, Bankstown and Fairfield Local Government Areas. The program trains volunteers and then matches them with families in the community. The role of these volunteers is to provide support to the families who may be isolated and have minimal English skills.

Referrals are accepted from Health Care or Community Agency Professionals or clients can self refer to any program.

### **Parenting Centres**

#### **Randwick and Liverpool and Camden**

Parenting Centres provide a secondary level service for parents in Liverpool and Randwick 5 days a week and Camden one day a week. Education, support and guidance are provided by a multidisciplinary team. The service offers one-on-one consultations, education groups, therapeutic groups or outreach according to client needs. Referrals are accepted from Health Care Professionals with the exception of the parenting groups for which clients can self-refer.

## **Education Services**

Karitane's education department provides *professional* education, clinical placements and consultancy services in the field of Child & Family Health. Education sessions, seminars and workshops are designed and delivered for health, other professionals and community groups within Sydney and rural NSW. Industry recognised post graduate speciality training is delivered in partnership with universities, colleges, community organisations and other RTO's for nurses and other professionals working with families with young children.

Parent education is a high priority for Karitane delivering a variety of parent education sessions tailored to local need. A range of evidence based information brochures and resources are developed and distributed to support parents and are available on the Karitane website and my baby and the My Baby and Me mobile website.

## **How clients access our service**

Referrals are from health and community service professionals eg. Child and Family Health Nurses, General Practitioners, Allied Health Personnel, maternity units and community support services. Parents are able to self-refer to specific sessions e.g. breastfeeding sessions and Sleep & Settling sessions held at the Parenting Centres

## **Cost**

Cost is dependent upon the service accessed. With Residential Care Unit admissions the infant/child/ren are admitted under Medicare (if eligible) or private health insurance. Mothers, partners and other significant carers pay a nightly boarding fee to cover accommodation and meals.

## **Funding**

Karitane is an affiliated health organisation, funding is received from the NSW Ministry of Health (MOH) through South West Sydney Local Health District (SWSLHD), Department of Community Services (FaCS) and other government bodies, as well as through donations and fund raising events.

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