

## Re-PEP New Zealand

Colleen McKay  
Manager- Outreach Services  
Haemophilia Foundation of New Zealand



## History of PEP in New Zealand

- 2007 PEP Train the Trainers in Canberra
- 2008 PEP Programme in Wellington
- 2009 PEP Programme in Christchurch
- 2010 Re-PEP



## Re-PEP Objectives:

- To **re-visit** PEP principles and provide a forum for self evaluation
- To further develop parenting skills in order to **re-vitalise** parenting
- To provide a forum for a PEP graduate reunion to **re-new** mutual support networks



## Re-PEP Programme:

- Ice Breaker Quiz – designed to re-visit and refresh PEP concepts in a fun way
- Re-cap 10 Sessions of the PEP Programme
- Discussion Questions
  - Which parts of the Programme worked?
  - Which parts of the Programme were most valuable?
  - Which parts of the Programme haven't you used?
  - What has gotten in the way?



## Re-PEP Programme:

- **Re-visit World View**
  - Which parts of the Programme worked?
  - Which parts of the Programme were most valuable?
  - Which parts of the Programme haven't you used?
  - What has gotten in the way?
- **Review of Parenting Styles**
  - Opportunity to role play various parenting styles
  - Opportunity to reassess personal parenting style



## Re-PEP Programme:

- **Opportunity to Re-visit and Re-write Blueprint**
  - What has changed for the child?
  - What is the next Step in achieving the Blueprint?
- **Opportunity to Re-visit and Re-write Action Plan**
  - What Action Points are necessary now?
- **Opportunity to Re-visit and Re-write Goals for Selves**
  - What new parenting behaviours should be adopted ?
  - What Goals do you set for yourself?



## Re-PEP Programme:

- **Brainstorm future of PEP in New Zealand**
  - PEP Train the Trainers
  - PEP Talk in 'Bloodline' Magazine
  - Regular reminders of PEP Concepts
  - PEP Brochure for New Zealand



## Conclusions:

- **Re-PEP helped participants to fulfil the goals they had set for themselves.**
  - Helped them realise that those set for family had been achieved sub-consciously
- **Participants felt guided to empower their children to be honest, independent and self-reliant people**
  - Able to make sensible and well-thought out choices for their own safety, wellbeing and wider community
- **All would recommend PEP**



## Excerpts from Evaluation Forms:



*"I feel empowered, supported and no longer isolated"*



*"I have a deeper connection with some special members from the Foundation from throughout NZ"*



*"I learnt a lot about myself and how to be a better parent"*



## Since Re-PEP:

- 2011 - PEP Train the Trainers – Auckland
  - 4 Outreach Workers trained
  - 4 Parents trained
  - 2 Haemophilia Nurses trained
- PEP Brochure for New Zealand developed



## What's Next?

- 2012 PEP Programme – Auckland
  - New Social Workers
  - New Parent Trainers
  - Haemophilia Nurse



## The End:

**Thank you for your attendance  
Please contact me should you require further  
information**

**Colleen McKay**  
**Manager – Outreach Services**  
**Haemophilia Foundation of New Zealand**  
[colleen@haemophilia.org.nz](mailto:colleen@haemophilia.org.nz)

