

Sunflower

Newsletter - December 2011

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If you would like to send us a letter article or comment on this newsletter, please post to:

Newsletter,
SFMI Auckland,
PO Box 78-122,
Grey Lynn, 1245 or

Email: admin@sfauckland.org.nz

The opinions expressed do not necessarily reflect the views of SFMI Auckland committee, staff or members.

Merry Christmas & A Happy New Year!



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PO BOX 78-122, Grey Lynn
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Report from the SFMI Auckland Chair

Steve Clerk (Chair) of SFMI Auckland shared some of the activities and events from 2011 in his report to the Annual General Meeting earlier this year.

We have had a good year with a smaller committee but with quite a lot happening in the last 12 months. A special thanks to the entire team at SF Auckland. The team at SF Auckland is the best ever with our General Manager, Emma, running a great ship very ably supported by Ashley and Tatjana. All up we have approximately 15 staff members of whom 11 are contracted field workers and 3.8 are management/administration.

Quite separate from the statutory audit relating to our annual financial statements, we have been audited by Health & Disability New Zealand on behalf of the DHBs and last, but not least, by an independent quality improvement organisation, "Te Wana", and are now delighted to have been accredited officially by the Quality Improvement Council. In respect of all three audits we have passed with flying colours.

It is with regret that we record the fact that Max Lloyd resigned from our committee during the year as a result of ill health. Max, in addition to very ably chairing SFMI Auckland for the previous three years, represented us on the National Council and assisted SFNZ with it's strategic planning.

Highlights since the 2010 AGM:

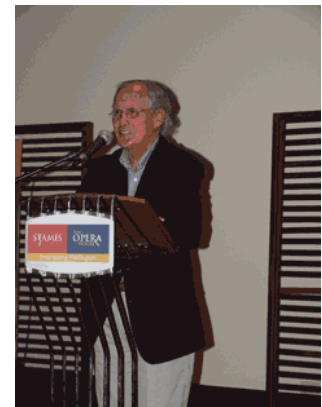
- Network Mosaic conference was held in Auckland in August 2010 and was well attended from people throughout NZ.
- In September 2010 SF Auckland hosted the SF NZ National AGM successfully.
- During the year Dr Xavier Amador introduced the LEAP™ workshop training which Auckland has successfully passed on to families with ongoing workshops with excellent feedback from families and whanau.
- In March Schizophrenia week was launched in Wellington. Speakers included Dr Xavier Amador (LEAP™), Judge Ken Mason, author of The Mason Report and patron of SFNZ, Memo Musa from the MoH, and Dr Paul Hutchinson,

MP, on behalf of the Minister of Health.

- During the year we have formed a closer alliance with Carers NZ – an organisation which traditionally has represented the disability sector.
- Kids Club, one of our major projects, is now well and truly established.
- In May, Benecura Software was purchased to provide us with a shared national database for all of our contracted work. This will allow SF Branches to align their processes.
- In August we held two strategic planning special meetings to set strategic plans including fundraising from other sources. These meetings were attended by additional stakeholders including SFMI Members and external business advisors.

Finally, thank you to all the committee members for their invaluable input in the last 12 months. We have some interesting times and challenges ahead, but I can assure you that both our committee and our sound financial position, are well placed to deal with issues arising in the future.

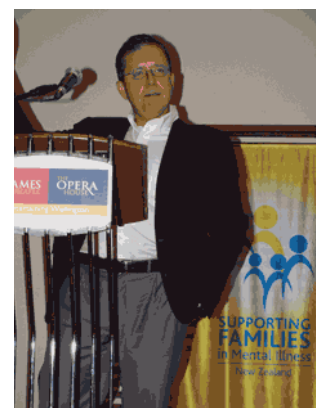
Thank you.
Steve Clerk
Chair



Judge Ken Mason



Te Wana Presentation



Dr Xavier Amador



Kids Club

Hi all and welcome to our latest Kids club update.

I cannot believe we have 1 session left for this year. Time is just flying by.

Since we last reported in we went on our 2nd full day outing for the year – on this occasion we took our club to the Auckland museum where we were treated to the great spectacle which was AQUA, and what a brilliant interactive show it was, all the way from Canada highlighting the fact that water is such a precious thing and that we all need to take better care of it. After the museum visit we headed back to the Regional Consumer Network where the team participated in group activities where they had to work together to achieve a good outcome (find the treasure).

We have learnt more about each other through different activities such as what is stress and what are ways that we each cope with stress. We also had a sharing exercise where each of us brought in items that were special to us and had special meanings for each of us.

We were extremely lucky to have had Snee come into our club and go through some yoga techniques with us teaching us ways to control our breathing so that we are relaxed.

Our kids club is for children aged 8-12yrs old and runs fortnightly on a Monday afternoon 3.30pm – 5.30pm.

We would like to thank the team at The Regional Consumer Network for the use of their building to hold our sessions.

We would also like to thank Snee for enlightening us with the yoga session it was really great!!!!

As this will be our last update for 2011 Natalie, Lisa and myself wish you all a very safe and happy Christmas and look forward to seeing you all in the New Year.

By Kelz



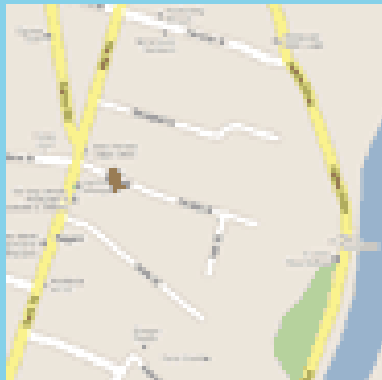


SUPPORTING FAMILIES

Northland

www.sfauckland.org.nz

09 430 3844



4 Donald Street
Whangarei

Fieldworkers:

Francil Tarau-Eagle

email: Francil@sfauckland.org.nz

Family/Whanau Support Groups

Whangarei Morning Group

6 Donald St, Whangarei
in the Arataki lounge.

4th Tuesday of the month
10.00am– 11.30am

SFMI Northland - Mental Health Awareness Week

What a big week it was for Northland Supporting Families in Mental Illness. The week consisted of radio interviews, live radio coverage, presentations to nursing students and a promotional stall for the service.



Two family members of Supporting Families in Mental Illness were interviewed by Ngati Hine FM, the local iwi station in Northland. In the interview questions were asked about their personal experience with their loved one affected by mental illness. The benefit of the interviews were to: inform other family members that they are not alone in the community, that there are support services available for them to access and to share some tips on ways to support their family members affected by mental illness as well as themselves.

A presentation was given to 3rd Year Nursing Students at Northtec by the fieldworker of SFMI Northland alongside Graham from Te Tai Tokerau Tangata Whai Ora Network. Helping to create a better insight for the students for when they become practising nurses, particularly in the mental health sector. The presentation discussed the service that Supporting Families in Mental Illness provides, alongside adding the personal experience of supporting a family member. Graham presented around his own personal experience and recited some of his poetry that he wrote pertaining to mental illness.

Challenge Trust organised a Health Expo where health providers could promote their service to the wider community. SFMI promoted our service by

using the theme of the Rugby World Cup, dressing the stall with balloons and flags like the decorations we saw in shops during the RWC. Instead using the SFMI logo and service information. SFMI Rugby jerseys were created so people could write down words of inspiration to family members and consumers.

Here are some of the things that were written down on the jersey:

- Keep smiling
- If together we are one, one is together
- Go for a walk, it will make you feel better!
- Alcohol doesn't solve your problems..... it just irrigates them. Kia kaha whanau
- Living and working together goes a long way with hope that brings sunshine and lasting experiences



FORGET THE BLING-BLING
Do The Whanau Thing!
XMAS 2011 CAMPAIGN

This campaign aims to encourage our communities to stay away from high debt and commercially driven ideas about celebrating Christmas and instead look at ideas for spending time with our families, whanau, and friends.

The campaign has been developed in Whangarei to promote messages at Christmas that reinforce the family centred origins of celebrating Christmas and provide practical alternatives to encourage families to spend less money and reduce stress. The campaign is now being implemented throughout Tai Tokerau and Aotearoa New Zealand.

The campaign intends to make links with as many communities in Northland as possible to share our ideas, tool-kit, and hopefully co-ordinate our actions.

If you run a group and you think your families would like to know more about our campaign, please contact Liz Moore at the contact details below and she will come out and give a brief presentation.

The main components of the campaign are:

- a poster
- vouchers promoting alternative money-free gifts
- a local TV/radio/newspaper campaign
- Young people from the 155 Community House are writing, producing, and recording a song for the campaign and this should be ready by mid-November
- We have developed a short cartoon called 'Christmas in Northland' created by local graphic designer Ashlee Rouse working with Channel North, Whangarei
- We also want to start collecting photographs of families celebrating together for a 'Forget The Bling-Bling' Calendar for 2012

If you have skills to share, ideas or tips for a good whanau based Christmas, or you just want more information call:

Liz Moore on 09 437 7535/021 858 066 or email her at: forgettheblingbling@gmail.com

Check out our Facebook page: [Forget the bling-bling, do the whanau thing](#) or visit www.manaiapho.co.nz/forgettheblingbling

Supporting Families in Mental Illness ~ Auckland

Christmas is coming...

Forget the Bling Bling
Do the Whānau Thing!

Connect Give Take Notice Keep Learning Be Active

Worried about Christmas spending?
 Stressed out about planning for the day?
 There are better ways to celebrate Christmas

**Time is the best gift of all.
 Hugs are free.**

For Advice
 National Gambling Helpline - 0800 654 656 | Family Violence Information line - 0800 456 450 | CAB - 0800 367 222
 Check out our Facebook page: Forget the Bling Bling do the Whānau thing

Your Local Contacts:

Graphic Produced by Ashlee Rouse for the 155 Community House, Problem Gambling Foundation, Nga Manu Pūnui, NZRN

You can use these Family Gift vouchers to increase your wellbeing at Christmas:

Connect Give Take Notice Keep Learning Be Active

The gift of your time and talents are more precious than 'Bling'.

Kids can give:

- A 30-minute massage
- Breakfast in bed
- A hug & a kiss every morning
- Waiata / story / dance

Adults can give:

- A bedtime story
- A whole week off jobs
- Playing sports games once a week
- 4 special trips to the pool/ park/beach

Hugs are Free **Merry Christmas**

For _____

This special Christmas Gift entitles you to _____

With Love from _____

Expires _____

Meri Kirimete

Ki a _____

Hei takoha ahurei ki a koe _____

Arohanui _____

Tae atu ki te ra o _____

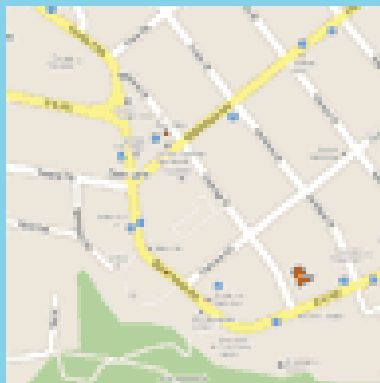


**SUPPORTING
FAMILIES**

Auckland

www.sfauckland.org.nz

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Fellowship House
423 Great North Rd,
Grey Lynn

Fieldworkers:

David Murray

email: David@sfauckland.org.nz

Evelyn Mufunda

email: Evelyn@sfauckland.org.nz

Natalie Heijm

email: Natalie@sfauckland.org.nz

Mona Tupuai

email: Mona@sfauckland.org.nz

Tina Haresnape

email: Tina@sfauckland.org.nz

Wendy Siu

email: Wendy@sfauckland.org.nz

Family/Whanau Support Groups

Pacific Island

Alternating meetings between:

423 Great North Road, Grey Lynn &

492 Great South Road, Otahuhu.

3rd Tuesday of the Month,

10:30am–12pm

Central Auckland

423 Great North Road, Grey Lynn

3rd Tuesday of the month,

6:30pm- 8:30pm

Central Auckland Update

Fiesta in the Park 2011

It seems a little while ago already since this year's Fiesta in the Park celebrations which narrowly missed the last issue of Sunflower!



The Fiesta in the Park is an annual event held in honour of World Mental Health Day and Mental Health Awareness Week in New Zealand. This year's event was held in Ponsonby's Western Park on 8th October.

The main attractions were Johnny Angel as compere and a great selection of home-grown musicians including Andrew Fagan, Jupiter Project, Ben Lummis, Abby Lee, Josh Leys, Latin Aotearoa and Emma Paki. Other highlights of the day were a selection trendy food and drink stalls, fairies and circus entertainers so something for everyone in the family/ whanau to enjoy.

Hats go off to the event planners for making it a great day and of course to Toi Ora, Regional Consumer Network, Clubhouse, Pathways, GROW and the Mental Health Foundation. See below some of our snaps of the day including SF Fieldworkers Natalie and Wendy helping with the Mental Health Information Tent!





Counties Manukau Update

Greetings from our South Office! As we near the close of 2011, we'd like to thank all those who have supported us throughout the year.

It's been one of many changes and highlights – 2 new Fieldworkers in the South office, the big move to our new premises at Matariki, our first LEAP™ training workshop in South, just to name a few. We have also recently started a counselling service with Manuela for family members in South.

Support Group Update:

Our last PI Support Group in South will be held on Tuesday 20th December 10:30 to 12ish. Also the last group meeting for this year's BPD Support Group will be held on Monday 5th December. There will be no Support Group for Pakuranga/Howick in December as agreed by the group due to a busy month for all. And both groups will not run for the month of January, back again in February 2012.

Youth Forum:

We will be holding a Youth Forum in East Auckland on Thursday 15th December, 7pm to 9pm. Our speakers will include Angus Maxwell, Psychologist from the Early Psychosis Intervention Team based at Whirinaki. Also Richard Gray from the Hearing Voices Network. Thanks to Howick College for funding this event as well as the previous 3 events so far.

Tiaho Mai:

We are still continuing our weekly visits to Tiaho Mai inpatient unit making us accessible to family members. Some of the staff have been really supportive in letting family members know we are on site. We are still piloting direct referrals as part of the admission process and are making headway in ensuring that families are informed of optional support from SFMI.

We'd like to wish you all a very Merry Christmas. May the New Year be a prosperous one for all. Happy Holidays and enjoy time with your families!

Coleman and Olivia

**Youth forum
Early Psychosis
& Hearing Voices
Thursday 15th December
7-9pm at St Johns Howick,
590 Pakuranga Road,
Howick.
Speakers: Angus Maxwell,
Psychologist from EPIT
Whirinaki (Speaking on
early psychosis) &
Richard Gray from Hearing
Voices Network (speaking
on hearing voices)**

**All communications to
Olivia SFMI 270 8543.**

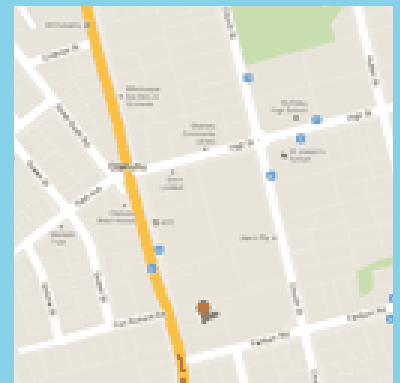


**SUPPORTING
FAMILIES**

Counties Manukau

www.sfauckland.org.nz

Ph: 09 270 8543



**Matariki,
492 Great South Road,
Otahuhu**

Fieldworkers:

Olivia Salanoa

email: Olivia@sfauckland.org.nz

Coleman Lam

email: Coleman@sfauckland.org.nz

Family/Whanau Support Groups

Howick & Pakuranga

Highland Park Community Centre

47 Aviemore Drive, Highland Park

3rd Monday of the month,

7:30-9:00pm

Borderline Personality Disorder

Friendship House, 20 Putney Way,

Manukau City

1st Monday of the month

7:00-9:00pm

Marine and Outdoor Adventure School Holiday Programme

Funding available for 24 young students

Here's the chance to gain some valuable outdoor knowledge as well as the opportunity to come away with Sir Peter Blake MERCs Achievement Credits. Based around the philosophies of Sir Peter Blake, the MERC Breakaway School Holiday programme is a structured programme that will equip young adults with real life practical and theoretical skills needed to tackle adventures on the water and land and give them confidence to achieve their dreams.

Activities include:

Kayaking, Rock Climbing, Archery,
Sailing, Canoeing, Abseiling,
Surfing, plus much more...

All activities offered by Sir Peter Blake MERC have been linked to the EOTC guidelines. The MERC Adventure Series is fully funded by the Ministry of Social Development for 11-13 year olds that meet the following criteria:

1. From one of the following areas:
Beach Haven, Belmont, Birkenhead, Northcote, Glenfield, Mt Albert, Mt Eden, or Mt Roskill.
2. Live in a low decile family.

Funding is available to 24 people each week, priority is given to those that commit to a full week.

- 19 - 23 December 2011
- 4 - 6 January 2012
- 9 - 13 January 2012
- 16 - 20 January 2012
- 23 - 27 January 2012

Those that miss out on a funded place are still welcome to attend, the fee for this is \$35 per person per day however as MERC is an OSCAR accredited provider subsidies will apply to those who meet WINZ criteria.

Please contact office@merc.org.nz or phone us on 09 473-0714 to register your interest in participating in this programme. Numbers of fully funded positions are limited.

Blue Messiah By Peter Finlay



Twenty years ago, Peter Finlay spent time at Lake Alice, the psychiatric institution. Shortly after leaving, he wrote the story of his hospitalization and his re-entry to civilian life. There's a police beating, medication haze, nefarious inpatient characters, strange thought-processes, and through it all, the calm voice of the writer, fully oriented to time, place and self, who explains what it was like in 1987 to come undone and get put in one of New Zealand's most infamous psychiatric hospitals.

SFMI Auckland now has a copy of this book in our library available for members to borrow.

Supporting Families in Mental Illness Auckland would like to thank the generosity of the NZ Lottery Grants Board in funding SFMI's family/ whanau support work.



NEW ZEALAND LOTTERY GRANTS BOARD





Waitemata Update

IMPORTANT check out the new address and phone number for the Waitemata team:

You can now find us at:
Yes Disability Resource Centre, Level 2
3 William Laurie Place
Albany
and ph: 414 2423

There has been quite a lot happening as we get settled into our new office. Highlights include running LEAP™ training and attending the NGO Open Day at Waitakere Hospital, this was an opportunity to share information with WDHB staff and other NGO's.

We want to thank Schnaelle a volunteer support at SF Central and Waitemata offices. She has been working from the Waitemata office every Tuesday from 15 November 2011 and we greatly appreciate the support Schnaelle brings to SFMI.

Check out the Bliss Ball recipe and information about nutrition for depression (on the next page) and the MERC Breakaway School Holiday programme (on the last page)!

Best wishes for the holiday season

From Annais and Peter

*“Celebrate the happiness
that friends are always
giving, make every day
a holiday and*

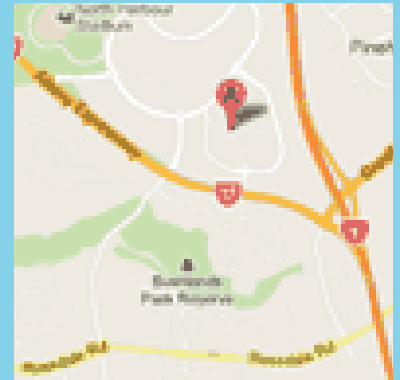
celebrate just living!”

Amanda Bradley



**SUPPORTING
FAMILIES**
in Mental Illness
Waitemata

www.sfauckland.org.nz
Ph: 414 2423



**Yes Disability Resource Centre,
Level 2
3 William Laurie Place
Albany**

Fieldworkers:

Peter Grace

email: Peter@sfauckland.org.nz

Annais Allen

email: Annais@sfauckland.org.nz

Family/Whanau Support Groups

North Shore

Lion Foundation House, Level 2

3 William Laurie Place, Albany

2nd Thursday of the month,

7:00-9:00pm 11 Aug & 8 Sept.

West Auckland

Waitakere Community

Resource Centre

8 Ratanui St, Henderson

1st and 3rd Thursday of the month,

10:00-12:00 pm 4 & 18 Aug, 1 & 15 Sept.

Depression is a complex condition; however there are nutritional strategies that can help

- Most importantly refined carbohydrates (sugar, white flour products, cakes, biscuits etc) need to be minimised and the complex carbohydrates (fruits, vegetables and whole grains) need to be increased.
- Omega 3, particularly the DHA component of fish oil should be increased and if you have a family member that won't eat fish then supplementation is essential. For vegetarians flaxseed oil can be used.
- Fast foods and processed foods should be limited as the trans and saturated fat content are not supportive to brain and nervous system health.
- Try to avoid artificial sweeteners and additive laden processed foods.
- If tiredness/ fatigue and mood swings are present then blood sugar regulation needs to be addressed- so again reducing refined carbohydrates and increasing protein in meals and snacks and eating regularly plus other strategies can be helpful.
- If anxiety is present then B vitamins can be useful. These vitamins are readily available in many foods however supplementation may be required depending on the individual.
- Excess hormones can contribute particularly if liver function and/or bowel function is sluggish which means the used hormones are not being removed from circulation and this causes imbalances. Increasing fibre particularly soluble fibre (cooked apple, prunes, psyllium, oats, seaweed, flaxseeds) will be of benefit.
- Cocoa, brown rice, cottage cheese, meat, peanuts and soy products are beneficial for depression because they contain the amino acid Tryptophan which makes the neurotransmitter known as serotonin, which promotes positive feelings. A good intake of Vitamin B6 and C, plus folate and magnesium also helps in the conversion of tryptophan to serotonin.

To get the best results regarding nutrition and depression it is advisable to see a qualified Nutritionist who can tailor a plan to suit the needs of the individual. Thank you to Sandra Perry a Nutritionist for this information and the recipe for Bliss Balls

Sandra Perry (Dip.Nutrition)
Nutritionist

Albany Tennis Park | Oteha Valley Road Extension|
Albany 0632

p: 09 415 2676 | m: 021 1546999|

e: nutrition360@xtra.co.nz

Simply throw your ingredients into the blender, whizz away and then roll teaspoon-fulls of mixture into balls. Optional: then roll in dessicated coconut or sesame seeds, and refrigerate.



Chocolate (cocoa) and Cashew Bliss Ball:

- 1 cup raw cashews or almonds blended until smooth
- 2 TBSP. of agave nectar (available in organic shops) or swap for honey or rice syrup
- 1 tsp vanilla extract (not essence)
- 6 medjool dates- these fresh dates are available from organic shops and some supermarkets in the vege section, remove the pits
- 2 TBSP cocoa (Equagold Premium Dutch Cocoa is top quality ie. low saturated fat and best for flavour)

Sunflower and Almond Bliss Ball:

- 1 cup of raw almonds
- ½ cup of sunflower kernels
- A small handful pitted dates (use normal dates)
- A small handful sultanas or raisins
- 2-4 TBSP of honey

Nut-Free Bliss Ball:

- 1 C rolled oats (or gluten free alternative)
- 140g pitted dates (approx 1 doz. medjool dates)
- 140g dried apricots (approx 2 cups)
- 2 tsp vanilla extract (not essence)
- 2 tsp cocoa (Equagold Premium Dutch Cocoa)
- 1 tsp cinnamon for second half mixture, or 2 tsp for whole mixture
- Optional: 1 small handful raisins

1/3 C dessicated coconut for rolling into

Method:

1. Combine all ingredients in a food processor and pulse until the mixture becomes sticky and clumps together.
2. Roll teaspoon-fulls of the mixture into balls and then roll in the coconut or sesame seeds.
3. Store in an airtight container in the fridge.

Makes around 24.



PODCASTS

Sick, Screwed Up or Just Lazy? 2011 Adelaide Festival of Ideas

Determined advocacy has put the mental health of young Australians front and centre on the public agenda. But child psychiatrist Professor Jon Jureidini is concerned. He's outspoken about the way his profession is interpreting and responding to young people's distress - distress, dis-ease or disease?

Sick, screwed up or just lazy? The provocative title of a talk given by psychiatrist John Jureidini at the Adelaide Festival of Ideas this month. A child psychiatrist at the Women's and Children's Hospital and Professor in Psychiatry and Paediatrics at the University of Adelaide, John Jureidini is something of an activist in his profession. He's a spokesperson for the group called Healthy Scepticism which takes aim at misleading pharmaceutical drug promotion in psychiatry and medicine.

In the last couple of years you won't have failed to notice that mental health, particularly the mental health of young people, has been placed front and centre on the agenda in Australia. Psychiatrist Pat McGorry's stint as Australian of the Year last year certainly contributed to that focus. As did the Get Up campaign which mobilised loudly around mental health in the lead up to the 2010 Federal election. But despite the mental health of young people being his core concern and passion, Dr Jon Jureidini's worried, as he'll explain.

Hear the podcast or read the transcript on ABC National Radio, All in the Mind web page: <http://www.abc.net.au/rn/allinthemind/stories/2011/3340004.htm>



Family Psychoeducation: Interview with Carol Anderson, Ph.D.

[Episode 27] In today's podcast, I speak with Carol Anderson, who along with Gerry Hogarty, developed a family-based approach to working with people with schizophrenia called Family Psychoeducation. Family Psychoeducation is only one of a handful of treatments that has been empirically validated to improve the lives of people with serious mental illness. According to the American Psychiatric Association, when people with schizophrenia are involved in family psychoeducation while taking medication, there is a significant reduction in relapse and unemployment. In today's podcast, Carol describes the 5 stages of psychoeducation, distinguishes between psychoeducation and other forms of family therapy, provides some anecdotes about family psychoeducation treatment, and provides some information for people interested in learning how to do family psychoeducation.

Carol Anderson, Ph.D. is a Professor of Psychiatry and Social Work at the University of Pittsburgh Medical Center. Her current research focuses on access to mental health care, barriers to services, and issues of engaging low income mothers and other clients in treatment. She has long-term interests in marital and family therapy and the impact of mental illness on families. She is a prolific contributor to the field of family therapy, has served as President of the American Family Therapy Academy, and has received national awards for her distinguished contributions to the field. She has authored and coauthored over 40 articles and several books including Women in Families, Mastering Resistance, Families and Schizophrenia, and Flying Solo. She is also a Distinguished Daughter of the State of Pennsylvania.

Hear the podcast or read the transcript on The Social Work Podcast:

<http://socialworkpodcast.blogspot.com/2007/10/family-psychoeducation-interview-with.html>

On the 15th November 2012, Navigate organised a pre-election debate for political parties to engage with the public about mental health and addictions issues and policy.

Navigate's aim was to increase awareness of mental health and addictions issues with political parties, raise issues of concern to the Mental Health and Addictions sector, particularly community organisations, and demonstrate to political parties that there is high public interest in this area.

The candidates were Maggie Barry, National; Ben Clark, Labour; Saffron Toms, Green and Robyn Stent ACT. The event was chaired by Chris Kalin and hosted by Windsor Park Baptist Church. There were approximately 175 people there, surprising the candidates and demonstrating that this is a serious community issue. It was disappointing that the parties did not send their main representatives to speak on mental health.

Each candidate had been given questions from the chair prior to the meeting covering their parties policies on Mental Health and addictions, as well as funding of Non-Government-Organisations (NGOs). There were also several questions from the floor about how each Party would look to address concerns around funding mental health services, reduce the suicide rates in New Zealand and look to generally improve the access to services.

With election results putting National into Government some of the comments from Maggie Barry a have been summarised below as a possible indication of what we may see occur over the next 3 years:

What does your party believe is the best approach to treating Mental Health issues?

MB: Improving access (fast flow) to specialised services, aiming for timely and early intervention (primary care) and measuring outcomes. Supporting workforce development and voluntary bonding scheme to involve mental health nurses. Party sees value in NGO services.

How will your party ensure the sustainability of the NGO sector and will your party ensure that a Cost of Living increase is written into all contracts with NGOs so that DHBs must pass that on?

MB: Government has put a \$4m top-up into dementia care. Under the current system DHBs determine the services and contract the NGOs and what to pay. This is an operational matter for the DHBs and Government cannot dictate, however they understand the concerns.

NZ has one of the worst suicide rates in the world which is disgraceful. What three concrete things would your party do to reduce this rate in NZ?

MB: Agree there is a need to be more open about suicide, but the causes only and not describe the methods because of the risk of copycat acts. Need openness about the stresses and problems in society, particularly young people and join together to address the situation, i.e. parents, schools and health professionals. Training is needed for these three groups. It is a very complicated issue and a challenge that we need to address.

The Government's stand-off stance with the DHBs appears to be a relationship of "all care and no responsibility" with ring-fencing being removed. "Efficiency" does not mean fewer services and pulling funding from already stretched services, e.g. youth. How can National convince us that there will be no more of the same?

MB: National is committed to the mental health ring-fence – money committed to mental health will be spent on mental health.

[comment from floor that the opposite has happened in the last three years, e.g. this money has funded pay rises, nursing]

MB: The Government needs to enforce this with the DHBs, i.e. that the money stays where it should.

NB: The statements above are not verbatim but are notes made from the evening's proceedings.

Proudly Supported by



Disability Innovation Fund

The Fund is for innovative projects from the employment sector, NGOs or disabled people's organisations to get disabled people into jobs or to retain them in jobs.

About the Disability Innovation Fund

The Disability Innovation Fund was announced by the Government in November 2011. We recognise that while disabled people want to work, and can with the right support, their employment rate is about half that of non disabled people. The disabled people that the Fund is designed to assist must not be able to access existing employment programmes and assistance from Work and Income or ACC.

The Fund is available to employers, non-government organisations (NGOs) and disabled people's organisations (DPOs). The disabled people don't need to be receiving a benefit.

Innovative proposals

The Innovation Fund is looking for innovative proposals from:

- employers to retain current employees who have an existing disability or who have acquired a disability (including chronic health condition or mental health condition) while employed
- employers to employ disabled people
- the NGOs and disabled people's organisations DPOs to support disabled people into self employment.



Key Dates

- 16 December 2011
Applications for the first round of funding must be received.
- 13 January 2012
Applications for the second round of funding must be received.
- 31 January 2012
Applications will be reviewed by a panel and decisions on the first funding round will be made. Further funding rounds will be announced.

If you have any questions please contact:
Anne Hawker on 04 978 4142 or
email Anne.Hawker011@msd.govt.nz

For more information visit: www.msd.govt.nz or
www.workandincome.govt.nz and search Disability
Innovation Fund.



LEAPING into the New Year

In March this year Dr Xavier Amador came to NZ and presented a full day LEAP™ (Listen-Empathize-Agree-Partner™) workshop for families and professionals in Auckland and Wellington. This was a fantastic experience for all who attended. The LEAP™ one day training program teaches families and whanau how to better understand and strengthen their relationship with a loved one, and how to assist them in engaging with people who are trying to help them.

Dr Amador's time in NZ was also spent training SFMI staff and other professionals to deliver his workshop. From June this year SF Auckland LEAP™ trainers have delivered ten workshops to family members in the Auckland and Northland areas, the responses have been very positive.

SFMI are accredited LEAP™ Trainers, and provide free training to families and Whanau around the country. You can register for LEAP™ Training through any Supporting Families in Mental Illness branch.

The next trainings are scheduled for Whangarei on the 14th December 2011 and Counties Manukau 14th February 2012

Contact SFMI on 09 3789134

Information for Families, Whānau in Auckland DHB area.

Changes to the way that Non-Government Organisations (NGOs) Deliver Support

If you are a family, whānau member supporting someone who uses a NGO mental health service you may have heard that changes are taking place in the way that residential support, packages of care and community support services are delivered.

- The first point to emphasise is that there will continue to be ongoing support where it is required but it will be delivered in a different way.
- The Mental Health Needs Assessment Service Co-ordination team (NASC) in the Community MH teams regularly review service users support needs in consultation with the family, whānau, clinical team and NGO service.
- In the wider national context the mental health service specifications that indicate what accommodation services are purchased, no longer mention the levels of care that are to be provided e.g. Level 4 (24 hour awake staff) or Level 3 (24 hour support with staff sleepover). The focus is on providing 'Intensive Residential Rehabilitation' and 'Housing & Recovery' facilities. Sleep-overs are being faded out at many current level 3 facilities but NGOs are expected to have a sound on call response system instead. There will continue to be residential rehabilitation services which have staff awake at night for service users who need this level of support.
- Supported Independent Living options for individuals or Shared Independent Living options will be explored with each service user in consultation with their family, whānau, clinical team and NGO provider. This ought to be in place for most NGOs by 1st July 2012.
- The new model allows the service users' needs to be better matched to their recovery journey. Service users requiring a targeted short-term

programme of Intensive Rehabilitation will have this option, while others may require a long-term supported home environment with daily support. Independent Living options will continue to be accessible with additional support hours available under this more flexible model.

- Up to now there has been a variety of community-based options offered by different NGOs, i.e. Community Support Work, Peer Support Work, Intensive Support Services, Packages of Care or Intensive Packages of Care. This has often meant that if a service user required a different amount of support hours they had to change provider. Instead the Support Hours are being streamlined so there will be no need for a service user to change NGO providers. Service Users will still be able to self-refer to Mind & Body for Peer Support services.
- NGOs are beginning to reconfigure their services to the new service specifications. Some of them are doing this now, and others will engage in the process during the next year or two.
- If families, whānau are unsure please contact ADHB's Family Advisor Leigh Murray.

Lynne Ah Kan,
ADHB Mental Health Services Clinical Co-ordinator
– Recovery Support. MH-NASC

“As we struggle with shopping lists and invitations, compounded by December's bad weather, it is good to be reminded that there are people in our lives who are worth this aggravation, and people to whom we are worth the same.”

Donald E. Westlake



Family/Whanau Support Groups

If you are a family member or carer of someone with a mental illness, you are not alone. Our support groups offer a forum for support and encouragement for people who are on the same journey. Join us and others who face the same challenges to share, to learn and to grow in our understanding of mental illness.

Pacific Island Family Support Group

Alternating meetings between:
423 Great North Road, Grey Lynn &
492 Great South Road, Otahuhu.
3rd Tuesday of the Month, 10:30am **20th Dec**
Contact: Mona on 378 9134

Central Auckland Family/Whanau Support Group

423 Great North Road, Grey Lynn
3rd Tuesday of the month, 6:30pm- 8:30pm
Contacts: David or Tina on 378 9134

Manaaki House

Family/Whanau Support Group
1 Pilkington Rd, Panmure (Community Hall)
1st Tuesday of the month, 5:00-6.30pm
Contacts: Everlyn 378 9134 or Alan Kipling
(Manaaki House) on 570 6519

Yan Oi Sei

Chinese Family Support Group
East Health Trust 260 Botany Road Howick
1st Tuesday of the month, 10am -12 noon
Contact: Wendy on 378 9134

SFMI/Affinity

Family/Whanau Support Group
Affinity Services, 300 Great South Rd,
Greenlane
3rd Tuesday of every month, 2:00 - 3.30pm
Contact: Cindi on 526 0320 Ext. 9339

Borderline Personality Disorder (No Jan. Meeting) **Family/Whanau Support Group**

Friendship House, 20 Putney Way,
Manukau City
1st Monday of the month 7:00-9:00pm **5th Dec**
Contacts: Olivia on 270 8543 or
Judy on 261 3700

Howick-Pakuranga (No Dec/Jan Meeting)

Family/Whanau Support Group

Highland Park Community Centre
47 Aviemore Drive, Highland Park
3rd Monday of the month, 7:30-9:00 pm
Contact: Coleman Ph: 270 8543

North Shore

Family/Whanau Support Group
Glenfield Community Centre
Yes Disability Resource Centre, Level 2
3 William Laurie Place, Albany
2nd Thursday of the month, 7-9pm
Contacts: Peter or Annais on 441 2423

West Auckland

Family/Whanau Support Group
Waitakere Community Resource Centre
8 Ratanui St, Henderson
1st and 3rd Thursday of the month, 10am-12
noon
Contacts: Peter or Annais on 441 2423

Peer Support for Parents Who Experience Mental Illness **423 Great North Road, Grey Lynn**

If you are interested in this group please con-
tact Natalie Heijm at SFMI on 378 9134 or
Fleur Crarer: Regional Consumer Network
on 623 1762

Whangarei Morning (No Dec. Meeting, next in Jan.) **Family/Whanau Support Group**

6 Donald St, Whangarei in the Arataki lounge.
4th Tuesday of the month, 10am- 11.30am
Contact: Francil on 09 430 3844



MEMBERSHIP REGISTRATION FORM



If you would like to become a member of Supporting Families in Mental Illness Auckland and support our work please post this form with subscription to:
SF Auckland, PO Box 78 122, Grey Lynn, Auckland 1030.
Ph 3789134 or visit www.sfauckland.org.nz for more information.

BENEFITS OF MEMBERSHIP

- An informative two monthly newsletter with information and articles on Mental Illness, Mental Health, Support Groups, upcoming Forums and Conferences, stories from families, a roundup from the various Supporting Families teams of events and happenings in your community, DHB Family Advisor reports and much more.
- Access to our well resourced and popular library of books, CD's, DVD's and tapes.
- Extensive information that may be hard to source from other agencies available under one roof. This has been an asset for students who have found the library extremely helpful with their studies and assignments.

Unwaged..... \$10, Individual \$20, Family/whanau..... \$30, Corporate..... \$30

CONTACT DETAILS

Title: Mr / Mrs / Miss / Ms / Other _____

New Member Yes No

First Name & Initials _____ Last Name _____

Address _____

Email _____

Contact Telephone Numbers _____

Reason for joining (Optional)

- Family/Whānau/Friend with mental illness
- Consumer of mental health services
- Professional interest
- Other

ANNUAL SUBSCRIPTION

Tax Invoice

GST# 45 580 547

I enclose the annual (July 1 to June 30) subscription of \$ _____

\$30 Organisation membership \$30 Family/Whānau membership
\$20 Individual membership \$10 Unwaged/Beneficiary

VOLUNTARY DONATION

I enclose a donation of \$ _____
(Donations of \$5 or more qualify for a tax rebate)

Receipt NOT required?

Signed: _____

Date: _____

You may pay by cheque or deposit directly into our bank account: ASB Grey Lynn 12-3022-0347383-00. If depositing please give the bank name and what the deposit is for. Please also post, fax or e-mail this form for our records.

For office use only

Amount Received \$ _____ Receipt No _____ Date Posted _____

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