

Sunflower

Newsletter - October 2011

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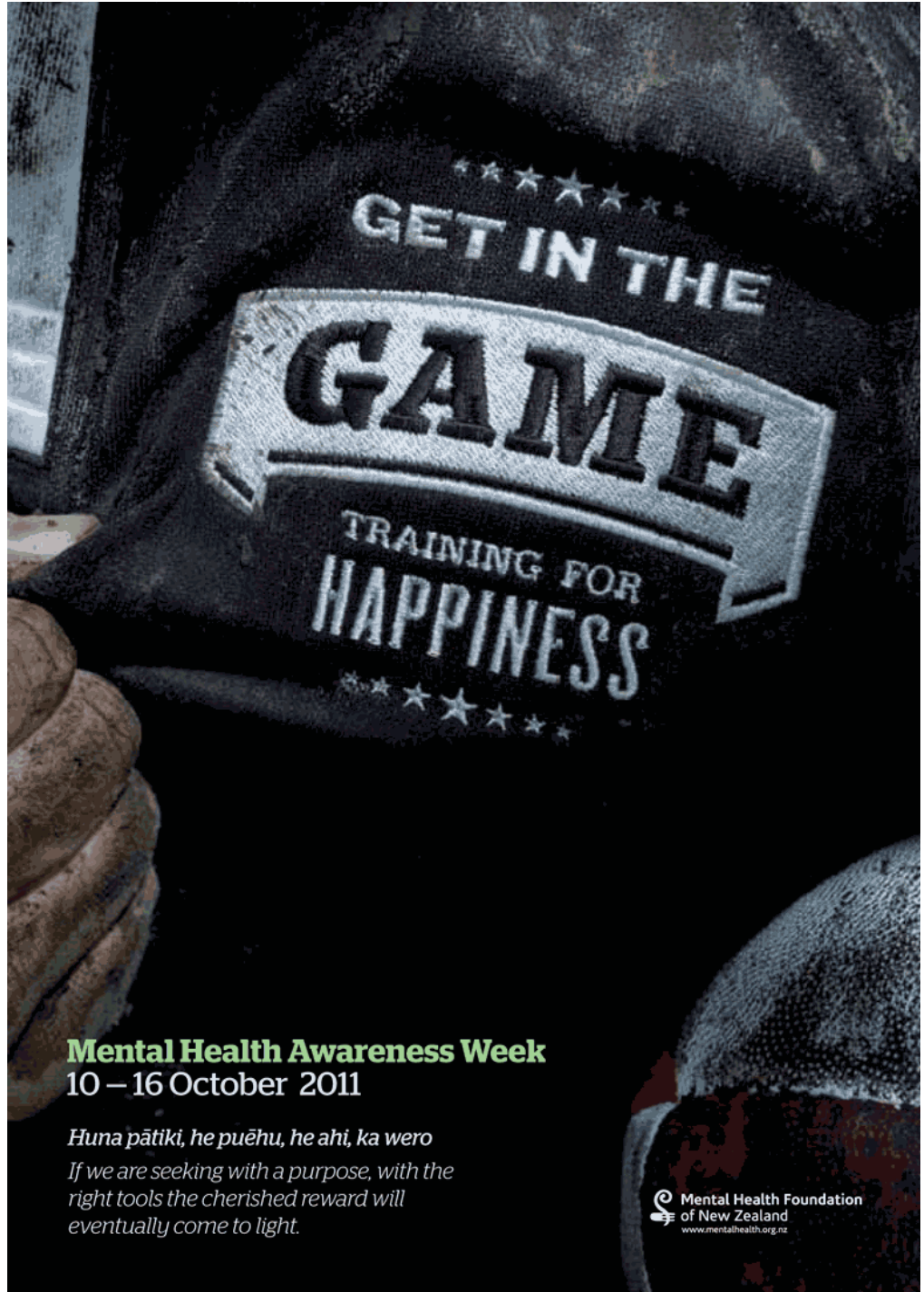
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If you would like to send us a letter article or comment on this newsletter, please post to:

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.



Mental Health Awareness Week
10 – 16 October 2011

Huna pātiki, he puēhu, he ahi, ka wero

If we are seeking with a purpose, with the right tools the cherished reward will eventually come to light.

 Mental Health Foundation
of New Zealand
www.mentalhealth.org.nz



Free phone: 0800 732 825
Ph: (09) 378 9134
Fax: (09) 378 6783
E: admin@sfauckland.org.nz
Web: sfauckland.org.nz

423 Great North Road, Grey Lynn
Auckland, New Zealand.
PO BOX 78-122, Grey Lynn
Auckland, 1245



Share your story – give hope

The stories of parents and whanau who have lived with a teen experiencing depression or other mental health challenges can offer reassurance and wisdom to those starting out in the journey.

I am writing a book that gives hope, guidance and encouragement to families affected by teens who have lost the plot.

When my son was 15 he struggled with a number of challenges life threw at him. I was afraid I would lose him, I was afraid I would never see him celebrate his 21st birthday, I was afraid his future would never be the dreams he had talked about forever.

I looked for information to help me understand what he was going through and to help him in his recovery. Little information was available, with most recommending we support him but nothing really explained how to provide support.

When we met others in a similar situation, and we shared our worries, learning, failures and successes, it was a turning point for all of us. My book aims to offer practical tips and stories from the heart to give confidence to those caught up in the turmoil of teen mental health.

If you would like to share your story I would love to talk with you.

I am a journalist but don't hold that against me. In the past I have interviewed families about Obsessive Compulsive Disorder and eating disorders and shared their struggle with the community.

Privacy will be protected with all content being anonymous. Those interviewed can read any content used from their interview before it is sent to the editor.

Please contact me for a chat – you never know where it might take us.
Jackie Russell
Ph (09) 537-1868
Wk (09) 270-8808

Te Pou
o Te Whakaaro Nui

Invitation to Mental Health Professionals

The Northern Regional Family/Whanau Forum is pleased to invite all mental health professionals who have a role of working with families and whanau to come along to a workshop with Te Pou on "Values and Attitudes" at the NDSA, 650 Great South Road, Penrose on Monday 17th October, 10.00am - 12.30.

Please contact
Leigh Murray
email: LMurray@adhb.govt.nz or
Emma Dore
email: emma@sfauckland.org.nz
for further information, or to
reserve a place.

Are you our next Volunteer Fundraising Advocate?

Supporting Families Auckland is excited to introduce to you a great new initiative in Fundraising.

Become a Volunteer Fundraising Advocate

- Join our Speakers Bureau for families willing to speak about their personal experience
- Speak at community organizations e.g. Lions, Rotary
- Host functions for your networks
- Facilitate meetings between your networks and SFMI Auckland
- Source items to be raffled or auctioned
- Organise fundraising events

These are just a few of the ways that you can get involved and help support the great work that SF Auckland continues to do. If you are interested in becoming involved or would just like to know more then contact **Emma Dore or Claire Cox On 378 9134.**



Training for Happiness Mental Health Awareness Week 10-16 October 2011

Mental Health Awareness Week this year (10-16 October) falls just after the Rugby World Cup quarter finals and concludes on the weekend of the semi-finals. Given this, the Mental Health Foundation has decided to embrace the Rugby World Cup and we have set our 2011 theme accordingly with 'GET IN THE GAME: Training for happiness'.

Details on this year's Mental Health Awareness Week theme and other supporting documents can be found on the Mental Health Foundation's website (www.mentalhealth.org.nz).

Fiesta in the Park

The Mental Health Foundation is proud to be supporting Fiesta in the Park, a free music and performance Fiesta for all the Family.

Enjoy an amazing line-up of national and local bands and performers including Andrew Fagan, Jupiter Project, Jan Hellriegel, Emma Paki, Ben Lummis and DJ Reminis, Abby Lee and Jae'O, Latin Aotearoa, samRB and special guests.

Music, Food and Entertainment together in the heart of Ponsonby, Auckland.

Fiesta in the Park
Saturday 8th October.
Western Park.
Ponsonby Rd.
10 to 4pm



EVENTS

Kia ora

Mental Health Awareness Week 2011 is only a few weeks away so here's a little heads-up for you and your diaries.

During Mental Health Awareness Week

Fiesta in the Park - Saturday 8 October, 10am to 4pm
- Western Park, Ponsonby

Enjoy an outstanding line-up of bands, musicians, food stalls, circus performers, and other entertainment in a celebration of community, and promoting wellbeing and understanding. There will be an information tent within to promote services.

Interpretations of text - opening Tuesday 11 October, 5pm - Toi Ora Gallery, 6 Putiki Street, Grey Lynn
Artist Tricia Hall has a solo exhibition at Toi Ora that will run from 11 October to 11 November. All are welcome at the opening on Tuesday.

2011 October Gig - Thursday 13 October, 8pm onwards - The Thirsty Dog, 469 Karangahape Road, Newton. A celebration of musicians and performers from the sector, and a great opportunity to enjoy the amazing talent who're amongst us.

Beyond Mental Health Awareness Week

I for Invisible / I for Inclusion - Wednesday 26 October, 5pm - Artstation, 1 Ponsonby Road, Newton
Toi Ora's group exhibition for 2011 is an exhibition with a difference.

Interacting Festival 2011 - 28-30 October - Corbans Estate Arts Centre, Henderson. Toi Ora will have performances and artwork exhibited, as well as running three workshops each day of the festival. Look out for a collaboration between Toi Ora and cirq Group.

Thanks to David Mamea from TOI ORA LIVE ART TRUST

6 Putiki Street, Grey Lynn, Auckland 1021
09 360 4171 | 09 360 4172
www.toiora.org.nz

Proudly Supported by



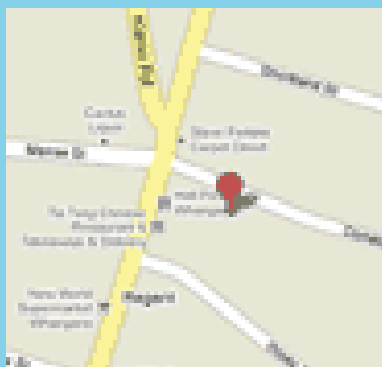
THE LION
FOUNDATION



**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

Northland Update

To celebrate Mental Health Awareness Week in Whangarei there will be a range of activities happening with the families of SFMI being very inter-active.



Mental Health Awareness Week

10-16 October 2011

The goal for SFMI Northland for Mental Health Awareness Week 2011 is to deliver a week long celebration of activity for families, people with mental illness and the Whangarei community. The week will cover; education, information, self care, promotion and celebration of milestones achieved.

The weeks activities are as follows:

DAY 1: Radio interview with families, Ngati Hine FM - Share information through local media with families through sharing of stories and tips that may help other families who have a loved one with a mental illness.

DAY 2: Class presentation, Northtec – SFMI fieldworker presenting to the 3rd year nursing students about family support and how this is important and taking the stigma away from those who have a mental illness.

DAY 3: LEAP training, Arataki Ministries Lounge - Create training opportunities for families and friends to better communicate and support their loved one with their illness

DAY 4: Promoting SFMI, The Strand Mall, Whangarei - To promote SFMI within the local mall of Whangarei, so the wider community is aware of such a service available to them.

**For more information contact SFMI fieldworker:
09 4303844 or email francil@sfauckland.org.nz**



Feedback From & For Families

Emma reports back from the Regional Consumer Network Forum, held on the 18th of August 2011

I was delighted to be invited to present at the monthly RCN Forum held at Western Springs back in August, although following in the footsteps of Dr Robert Miller the month before was indeed a hard act to follow! It was an amazing opportunity for SFMI to access an audience of around 60 mental health service users and guests, and get another perspective on what families and whanau need.

I was quickly forgiven for disrupting the meeting by rearranging all the tables and chairs, and settling everyone into small work groups, before asking the groups to discuss what they think families need, and what they feel are often common difficulties experienced by service users and families/whanau. Everyone worked hard, and each group presented back to the wider audience. Their feedback was awesome, and really helpful to us in developing our services, so I thought I might share a summary of comments and ideas here with you.

My most grateful thanks to everyone who participated, shared personal stories, wrote notes and presented, and my special thanks to Miles and Fleur at the RCN for supporting me and making this happen. You can contact the RCN on:

REGIONAL CONSUMER NETWORK: 762 Mt Eden Road, Mount Eden, Auckland. Post: P O Box 10256 Dominion Rd, Mount Eden Phone: (09) 623 1762

"What do you think family and whanau need?"

- Need to know where to get help
- Go along to doctors' appointments to get proper, accurate information
- Regular communication with services, especially if whanau is overseas
- Good relationship with family doctor
- Clarity about services
- Understanding of people in the system
- Access to private time in hospital for visits
- Understanding that it's hard for family members
- Included in Care Plan
- Education about mental health issues
- Practical help and support
- Transport to places
- Home help and respite – time out for fun activities/relaxation etc.
- Access to services for themselves
- Family mentoring
- Counselling & Relationship Tools
- Training courses for families
- Positive role models
- Peer stories - meet other families in the same boat
- Friends to help out; connect
- Government support for family members
- Kaumatua/Kuia/Support, spiritual support
- Advocacy
- Reduce shame, stigma and discrimination

"What Are Common Problems For Service Users and Families?"

- Too many people living in one house
- Not helping with chores
- Jealousy
- Drugs and alcohol
- Not paying rent
- Hygiene issues
- Lack of money (finance)
- Talking about; resolving past issues
- When someone chooses not to have treatment
- Overstepping boundaries
- Dealing with the cycle being repeated
- Trying to change family habits/behaviours
- Medication
- Acceptance of condition
- Impatience
- Acceptance of autonomy
- Taking meds – Different views
- Feelings of non-support
- Different opinions causing division
- Outside stigma and discrimination
- Being taken advantage of
- Misunderstandings
- Anger & Conflict
- Lack of success
- Being away too long
- Ambitions vs. nurturing
- Family incomes comparatively
- Assumptions
- Social pressures
- Different values and thoughts.
- Expectations. Roles
- Excluded from family gatherings

Things that cause families to fall out:

- Joblessness- including money issues
- Not contributing to family
- Lack of communication
- Different expectations by family-greater – lower (can be a real issue)
- Basic daily stuff (small things)
- Mental health issue can be basis where in another situation would be unacceptable (eg. behaviour) – can be destructive
- "Go away and take your happy pills"
- Threat from family if you go into hospital 1x more time, will leave you
- "Snap out of it" – then finally understand when they go through depression too
- Come off medication with agreement and knowledge of GP as med.
- Leaving a person out of family decision making
- Family talking as though I don't exist
- Abuse of alcohol and drugs
- Lack of communication
- Self-image
- Isolation
- Negative thinking
- Not being included in family events because of mental illness might occur
- Worried about self- image

Central Auckland Update



The ADHB family steering group has been busy since the last newsletter hosting an afternoon tea and a family forum in September and early October.

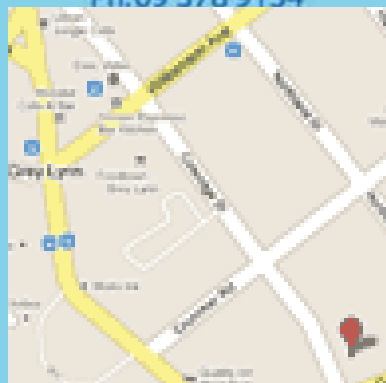


SUPPORTING FAMILIES

Auckland

www.sfauckland.org.nz

Ph: 09 378 9134



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Fieldworkers:

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Mona Tupuai

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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

Staff members of Te Whetu Tawera, the acute mental health inpatient unit in Auckland DHB, were recently provided with a delicious afternoon tea, by a group representing the families of people who have stayed in the unit.

This is the second year the ADHB family steering group have put on an afternoon tea as a gesture of appreciation to staff for their input into the care of those loved ones who have needed treatment at the unit. Staff and family members gathered in the foyer of Te Whetu Tawera where family members were able to express their gratitude with a few words of thanks and a table full of tasty finger foods.

The ADHB family steering group is made up of mainly family members and its purpose is to enable the family member perspective in service improvement of ADHB MH services. The family steering group also organizes the Family Participation Forum, creates the Te Whetu Tawera family information pack, and runs surveys that provide feedback to inpatient service management.

If you would like to know more or go on the direct email list for family participation forums. Please contact your field worker or ph: 37891634

Information for Carers

A Guide for Carers

He Aratohu mā ngā Kaitiaki

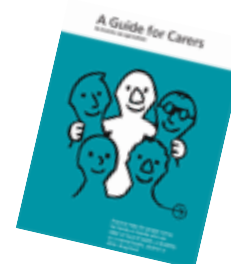
On 23 May 2011 the Associate Minister for Social Development and Employment, Hon. Tariana Turia, launched an updated version of A Guide for Carers.

This is practical help for people caring for family or friends who are older or have ill health, a disability or a mental health, alcohol or other drug issue.

The guide includes information on the government-funded services and supports available for carers, such as:

- financial help
- needs assessments (NASC)
- help at home
- help if you need a break
- help related to children with special education needs
- making and resolving complaints
- equipment and modifications.

This resource has been updated by Carers New Zealand, the Ministry of Social Development and other government agencies. Hard copies can also be sought by phoning Work and Income 0800 559 009.





Counties Manukau Update

Talofa Lava and Ni Hao from South Office!

Rugby World Cup fever has really taken off here in South AKL with a sea of red, white and blue flags!



It's been amazing to see the support for the Pacific teams (mainly Samoa and Tonga) in the RWC as well as the All Blacks – go AB's!

We're now well and truly settled into our new premises, Matariki. We had our first LEAP workshop here for our families in Counties Manukau. Thanks to Lisa and Tina for their awesome presentation and training. We've received some really positive feedback from this and look forward to having another workshop in South in the near future. We also had our first Pacific Island Family Support group here and are looking at ways to get this up and running as there is a high number of Pacific people in Counties Manukau area. We've been liaising with our Counties Manukau DHB Family Advisor Sue Cotton and are now underway with a regular timeslot at Tiaho Mai mental health unit at Middlemore Hospital. We are trying to make SFMI presence known to family members down at the unit as they may not know that they can access support for themselves. Thanks to Sue and Libby King at Tiaho Mai, for their support in this.

Our Support groups are still running with steady numbers and support but with the cold winter evenings I'm sure a lot of people would prefer snuggling up cosy at home! But thanks to the family members who attend. Judy Reynolds, nurse from the BPD Support group who volunteers her own time, provides some skills and techniques which are helpful for carers when supporting their loved one, such as mindfulness, expression, validation. Hugely welcomed by those who attend the group.

Someone (a carer) mentioned to me that she listens to the Nutters Club regularly on radio and really enjoys the content. She didn't realise that the programme is played on Maori television on Friday evenings also, so just a prompt for anyone else who may be missing out. Great show and the topics are relevant to what some family members may have experienced of their loved ones. This is hosted by Mike King with regular appearance from psychiatrist Dr David Codyre.

Till next time, keep well and safe!

Olivia & Coleman

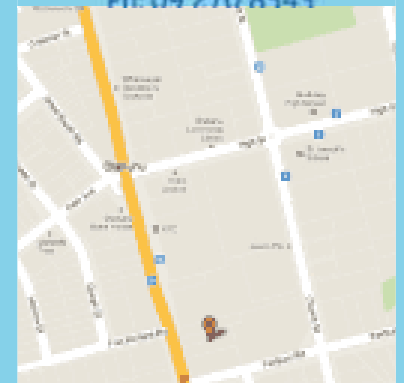


SUPPORTING FAMILIES

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

Invitation - Learn to LEAP!™ FREE LEAP™ Training Workshop

Presented by Supporting Families in Mental Illness

The LEAP™ one day training program teaches families and whanau how to better understand and strengthen their relationships with a loved one, and how to assist them in engaging with people who are trying to help them. LEAP (Listen-Empathize-Agree-Partner™) shows you how to quickly gain the trust of someone you are in conflict with. When you Listen-Empathize-Agree-Partner™, you stop trying to force your adversary to say he/she is wrong and begin to listen in a new way that immediately lowers anger and defensiveness, conveys genuine understanding, empathy, and respect for his point of view, even when you disagree with it.

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.

SFMI Auckland has already run training for families in Northland, the North Shore, Central Auckland and South Auckland with very positive responses:

“Great ideas to deal with stressful situations”

“I learnt how to react to different situations”

“Well prepared, clear, encouraging”

**The next Training is scheduled
for Waiheke Island on the
10th of October.**

Contact SFMI on 3789134



Building Better Relationships - Learn to LEAP™

Leaping to Waiheke

A small group of SFMI staff and LEAP™ Trainers had the privilege of travelling to Waiheke Island to promote the upcoming LEAP™ training there. We also had a very special guest with us Anne, a family member and the true inspiration for the day and our work.

Anne made the day by sharing her experience with all of us there. As a Trainer for LEAP™ it was amazing to hear first hand how much help Anne had got from attending our training. I am a huge fan of LEAP™ and believe it can transform relationships. To hear Anne's story just made it even more real for me.

Anne explained she had been supporting her son since 1997 when he was diagnosed with Schizophrenia. She had experienced resistance, anger and violence over the years, having to have her son compulsorily committed. Anne explained “I decided love would get us through, and it did up to a point, but I had no training or understanding of the illness”.

It wasn't until this year when she was referred by victim support Anne discovered SFMI and with the support of her fieldworkers attended LEAP™ training. Anne described how she felt, “In one or two hours, it was like all those years of hard yards had come to a stop. Doors flew open”. Anne went on to talk about the change for her whole family, she described a calmness that had entered her home and the changes in her son.

We went through how the training worked with Waiheke Island Supported Homes Trust (WISH) manager and staff from Piritahi Hau Ora and answered questions about the training. It was an awesome experience, meeting such passionate and caring workers as well as being able to share such an amazing story with Anne.

I cannot do Anne's story justice here but want to acknowledge and thank her. For all those other family members out there still doing the hard yards give us a call. SFMI Fieldworkers are there to support you.

We also want to say Thank you to [Waiheke Island Resort](#) and [Fullers](#) for their kind support for our LEAP™ training for families at Waiheke on 10th October.



CMDHB Family Advisor - Sue Cotton



Sue Cotton
Family Advisor
Mental Health Services
CMDHB

At CMDHB we are pleased to welcome SFMI Fieldworkers, Olivia Salanoa and Coleman Lam to the Mental Health sector in Counties Manukau. Olivia and Coleman are already contributing to two key initiatives at Tiaho Mai that are aimed at engaging with family and whaanau of patients who require admission to the acute inpatient unit.

A recent review of the Visitors Guidelines and visiting patterns at Tiaho Mai informed the decision to have a SFMI Fieldworker in the unit on Wednesdays between 3:30 - 5pm. This was the second most popular family and whaanau visiting time, after Sundays.

The Visitor Review also showed an increasing trend for visitors to be in Tiaho Mai earlier in the day, as family

and whaanau become more involved in the Multi Disciplinary Team Reviews of patients' progress towards discharge.

Tiaho Mai's Visitor Guidelines have also been updated (see below) with an increased focus on making family and whaanau members feel welcome in the unit and letting them know about the best parking options for them on the challenging Middlemore Hospital site.

Another exciting initiative between Tiaho Mai and SFMI is the introduction of a process to make direct referral of family and whaanau to the SFMI Fieldworkers as a standard part of the admission process. Initially we had approached Tiaho Mai about trialling this on just one of the three wards however Manager, Christine Pipe, showed her strong support for engaging with family and whaanau by rolling this new initiative out across all wards in Tiaho Mai.

It is still very early days but through this initiative we do expect to see a steady increase in the number of family and whaanau who take up the option of SFMI supports as a result of their family member being admitted to Tiaho Mai.

Our Child & Youth Services have undergone a period of incredible growth and development over the last 18 months and one of the most exciting appointments, soon to be announced, is that of a Youth Consumer Advisor at Whirinaki.

I am personally very excited at the potential for working alongside the new YCA. Their personal expertise in connecting with young people will provide the service with valuable information to guide how Whirinaki Youth Services can build resilience in the families and whaanau of young people in Counties Manukau.

Visitors/Manuhiri
Haere Mai ki Tiaho Mai
Welcome to Tiaho Mai



Visiting Hours All Wards:

Monday – Friday:

3.30pm – 8.00pm

Weekends and Public Holidays:

10.00am – 8.00pm

For visiting outside these hours, please contact the ward to make arrangements. Please be aware, at times you may need to wait, however we will try to keep this to a minimum.

Family/Whanau: Are very welcome to talk with our staff at any time.

Children Visiting: Please contact Tiaho Mai in advance if young children are coming to visit, so suitable space can be made available.

Parking: Please use the main Middlemore Hospital visitor parking areas. Tiaho Mai has limited designated visitor parking at the AT&R area, just before the second parking barrier.

Personal Belongings: Please check with staff if personal items are suitable to be brought to the ward (this includes personal property, valuables and medications).

TIAHO MAI is an Alcohol, Drug and Smoke Free Environment
Haere Mai ki Tiaho Mai





**Would you take part
in a research project about
parenting programmes
for people who
experience mental
illness?**

Kia ora!

I am a social work student at Massey University and I'm doing a research project on parenting groups. I am hoping to interview parents who experience mental illness and who have a child or children aged 6-14.

If you are interested in participating in a short interview and would like to find out more please contact me on:
Natalie Heijm (researcher)
Ph: 09 378 9134
Email: Natalie@sfauckland.org.nz

Look
inside
mindnz

The facts

Getting well

Staying well

Need help?

Mindnz.co.nz

WELCOME TO MINDNZ

Things like friends and family, a stable home, a job or career are important to all of us. But if you live with mental illness reaching these goals can sometimes be tough.

This site aims to explain what mental illness is about and how it affects people. In particular, this site is about psychosis including schizophrenia.

The good news is that there are ways to manage this illness and get on top of it so it doesn't hold you back. Recovery is about increasing the chances of staying well, and helping to avoid symptoms from coming back, so you can get on with living your life.

So if you have psychosis or know someone who is suffering from psychotic illness, this site is for you.



Grandparents Raising Grandchildren Conference

The Grandparents Raising Grandchildren Trust New Zealand is hosting its second Grandparents Raising Grandchildren National Conference at the Ellerslie Events Centre in Auckland, on Wednesday and Thursday 16th and 17th of November 2011.

The theme of the conference is Growing Stronger Together. The conference will be an opportunity to hear from experts in family law, mental and physical health professionals, welfare, parenting and education experts.

We have also recently secured Minister of Social Development Hon Paula Bennett as well as Hon Annette King to give a welcoming and keynote address.

The Conference will provide a forum for members, professionals, community organizations and government agencies to meet, discuss and learn from one another.

Where: Ellerslie Events Centre
When: 16th and 17th of November 2011

For more information and for a registration form please visit the GRG website www.grg.org.nz

For any enquiries please contact:
Di Vivian on 09 4806530 or
on office@grg.org.nz



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.



Distributor of NZ Lottery Profits
NEW ZEALAND LOTTERY GRANTS BOARD

AGM 6th October 2011

Supporting Families in Mental Illness - Auckland Annual General Meeting

Date: October 6th. 2011

Time: 6:30pm

Venue: The St Columba Centre,
40 Vermont Street, Ponsonby

ph: 09 3789134 for more information



New Zealand Children's Experiences Of Stress And Coping

Skylight invites you to the latest Research at Work seminar with Dr Fiona Pienaar. Skylight is partnering with researchers around the country to bring you the latest findings in the areas of grief, loss and change. You will learn how to turn research and knowledge into everyday practice.

New Zealand children's experiences of stress and coping: Evidence based practice:

- Date: 20 October 2011
- Time: 1:00pm - 4:00pm
- Location: The Mercy Centre, 104 The Drive, Epsom, Auckland
- Cost: \$75 (includes afternoon tea, Skylight resources and handouts)

Registration form is available online at www.skylight.org.nz or by calling 0800 299 100

This seminar is for anyone who works with or lives with children!

Fiona will share the findings of her recent study with children aged 8 to 12 years old, from around New Zealand, about their understandings of stress, the personal stressors they identify and the wide range of coping strategies they employ. The children's voices will be prominent in the presentation.

The findings from this project will be valuable for parents, teachers, counsellors and all those who interact with children in any context in life. Importantly, the findings will generate discussion about how to utilise the information the young participants have given us, in our day-to-day professional and personal interactions with children.

Facilitator Fiona Pienaar has a background in tertiary education, primary and intermediate schools as a teacher and RTLB, and has counselled students of all ages. Currently she is working as a Project Manager at the Centre for Child and Family Research at the University of Auckland, as well as delivering a Post Grad paper, Children's Stress and Coping, as a Teaching Fellow. She also runs her private practice, Pienaar Consultants, offering counselling, supervision and educational and wellbeing consultation. Fiona has a special interest in children's voices, particularly in the areas of stress and coping and awareness of global stressors. Fiona has co-authored a set of publications with Skylight's Tricia Irving Hendry including *What are you worried about; Annoyed, mad and angry; and When parents break up.*



Skylight

Helping children, young people, adults and their families through change, loss, trauma and grief.

Enrol to Vote!



VOTING

Recently, the EEC sent out enrolment packs to everyone on the roll at the end of May, make people aware that the election is on its way and to check their enrolment details. If you didn't get one, you aren't enrolled to vote, and should Freetext your name and address to 3676, get a form from a PostShop or call Free-phone 0800 36 76 56.

The EEC encourages everyone to spread the word about the need to enrol amongst whanau and wider communities.

Local Registrars of Electors will be leading the charge in 2011. They will target local community groups and outreach organisations with enrolment and voting messages. They will also coordinate promotional activities at festivals and events, aimed at getting as many people as possible on the electoral roll.

The goal is to make people aware that enrolling to vote is the first step to participating in the election, which gives voters their chance to have their say on who runs the country.

And this year it's more important than ever. Not only will New Zealand be voting for the politicians and political parties who will lead the country, we'll also be voting on the system we use to choose those politicians.

More information about enrolling and voting is available at www.elections.org.nz, and details about the referendum can be found at www.referendum.org.nz.

So spread the word. And if you or anyone close to you isn't enrolled yet, go to the above sites for all the information you need to sign up!



Blueprint II

for Mental Health and
Addiction Services

In my role as Chair Commissioner for the Mental Health Commission I have been asked by the Minister of Health to lead the development of a new Blueprint for Mental Health and Addiction services.

This work will update the 1998 'Blueprint for Mental Health Services in New Zealand: How Things Need to Be'. The original Blueprint document has been guiding mental health and addiction resourcing and service development for the past decade and sector feedback is that it now needs updating to better reflect today's challenges, evidence and innovation.

We need to ensure that we build on the gains already made for mental health services in New Zealand. It is our expectation that the new Blueprint will remain the core national resourcing framework for mental health and addiction services in New Zealand, and will aim to provide a clear pathway for aligning need, services, resourcing and performance measures. It will also guide ongoing improvements and innovation for mental health and addiction services over the next decade.

For the project to be successful we are planning to deliver:

1. A sustainable national resourcing pathway for mental health and addiction services, including advice on any ring-fence modifications.
2. Clear direction for long-term evolution of mental health services to improve access, responsiveness, productivity and outcomes, including quantification of goals and KPIs in accordance with existing strategies.
3. Mechanisms to assess current performance, evidence-based resourcing and service development decisions across the health continuum.
4. Advice on district-level flexibility and accountability to achieve an effective and efficient local response.

The new Blueprint will align with the priorities established in the Service Development Plan being developed by the Ministry of Health, due for release this year, and the recently published Health Workforce New Zealand leadership on future service models and workforce needs.

The new Blueprint development will be led by the Mental Health Commission with external support. There is a joint governance structure including the Ministry of Health, Health Workforce New Zealand and Mental Health Commission representatives, that will oversee the alignment of these projects. In addition, a team of sector experts has been established to provide the Commission with expert clinical, policy, funding, management, consumer and family advice specifically for this project.

www.mhc.govt.nz/new-blueprint

I consider that an inclusive and transparent process is critical to the success of this project, hence we plan to communicate with you regularly and share draft materials with you early so you can be part of the process. I welcome your critique and suggestions as we proceed and look forward to you helping us develop high-quality outputs.

Key dates

- A draft concept document released for sector feedback (October 2011): Release of a concept document which outlines the proposed scope for the new Blueprint. Feedback from the sector to inform the development of the draft discussion document.
- A draft new Blueprint discussion document for consultation (December 2011): Release of an initial 'discussion document'. Consultation with the sector throughout early 2012.
- A final new Blueprint document and associated resources (May 2012): Release of final new Blueprint document and associated advice on policy settings and implementation.

Getting involved

- Read regular updates on our website www.mhc.govt.nz/new-blueprint
- Contact us to receive regular email updates info@mhc.govt.nz
- Provide feedback to draft documents online
- Attend presentations and discussions with key sector groups
- If you have any further questions about how to get involved phone us on (04) 474 8900

This work is of importance and must deliver real value to the sector and our consumers. The timeframes to complete this work are constrained, but with your help we can make this project successful. I welcome your support and know that the work will greatly benefit from your expertise, so please do get involved.

I look forward to working alongside you over the coming months on this critical piece of work for the mental health and addiction sector.

Lynne Lane
Chair Commissioner
Mental Health Commission

Kids Club

Hi all and welcome to our latest Kids club update.

Wow we have been busy since we last updated, we have just finished session 11 Gardening with Adriane and what a wonderfully interesting session that was.

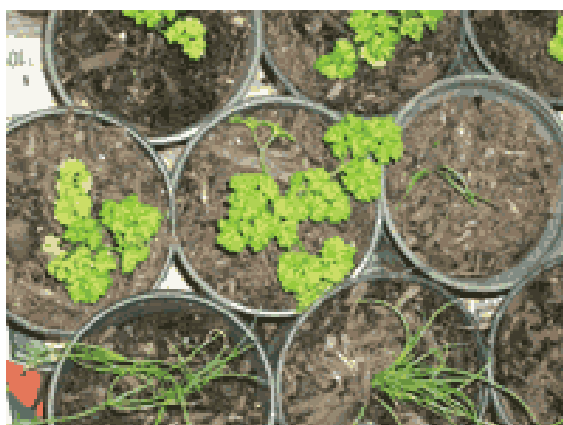
We thoroughly enjoyed two wonderful sessions at Toi Ora live art Trust. We have created our own birthday frame and we are looking forward to our next full day outing with our Kids club - to a secret location yet to be revealed....

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 the team at Toi Ora live Trust for a great mosaic-ing time where we all created some really cool mosaic tiles.

And thank you also to Adriane Grace for teaching us how to prepare our bucket gardens and tips on how to care for our plants to ensure we get a crop of strawberries and herbs for cooking and salads – yum yum!!!!



Family/Whanau Support Groups

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–12 noon
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: Evelyn 378 9134 or Alan Kipling (Manaaki House) on 5706519

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

Family/Whanau Support Group

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

Howick-Pakuranga

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
Corner of Bentley Ave & Glenfield Road
2nd Thursday of the month, 7-9pm
Contacts: Peter or Annais on 440 9812

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 440 9812

Peer Support for Parents Who Experience Mental Illness

423 Great North Road, Grey Lynn

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

Whangarei Morning

Family/Whanau Support Group

6 Donald St, Whangarei in the Arataki lounge.
4th Tuesday of the month, 10.00am– 11.30am
Contact: Francil on 09 430 3844



**SUPPORTING
FAMILIES**

www.sfauckland.org.nz

Ph: 0800 732825

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 \$ _____ Receipt NOT required?
(Donations of \$5 or more qualify for a tax rebate)

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 _____

This information is kept confidential to SF Auckland and SFNZ for statistical purposes and for direct distribution of SF Auckland SFNZ material.