



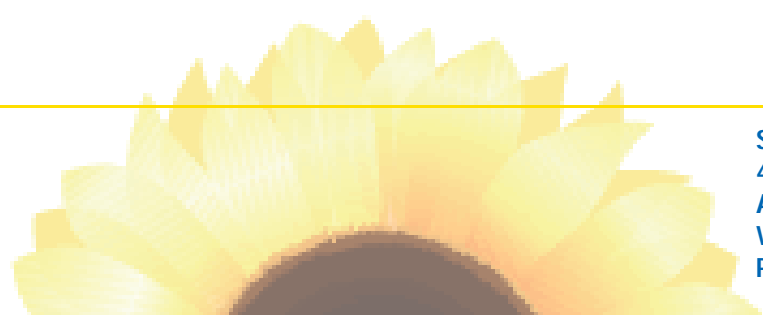
NEWSLETTER

February

2010

FEATURES:

- Schizophrenia Awareness Week & Free Workshops
- The Mental Health (Compulsory Assessment and Treatment) Amendment Bill
- ADHB & WDHB Family Forums
- Free Holistic Pulsing
- & MORE



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We would love to hear from you so please send letters and other contributions for the newsletter to:

Newsletter,
SFMI Auckland,
PO Box 78-122,
Grey Lynn
or email admin@sfauckland.org.nz

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

If you are interested in advertising in our newsletter please contact our office
Ph: (09) 378 9134 or
email: admin@sfauckland.org.nz



I don't know about you, but for me 2010 has started with a bang! And it promises to be a very interesting year for Supporting Families in Mental Illness on a local and national level. No doubt the noises that the government (or more correctly certain parts of that body – it's

like parts of the stomach rumbling after a poorly-digested meal, with the discontent moving about and making different noises in different locations within your gut) – will become more coherent as the Horn report is digested a bit more. Certainly what we are hearing points to the wish for less health bureaucracy, and so a reduction in the number of PHOs, DHBs etc. The wash-on effect to those of us in the NGO sector will be funders wanting to deal with fewer organizations. While SF Auckland may be reasonably well-placed to deal with that because of its size relative to other branches, smaller branches will not.

Which brings me to the national situation for SFNZ. During the last few months the National Council has been working to gain a clearer picture of its financial situation. You will be aware that a decision was made to restructure the National Office. All staff were made redundant and the office closed at the end of January. National Council is continuing to take action regarding the financial side of things, but is also now able to lift its head somewhat and think about the future. As a result of a remit passed by the '09 AGM, we are bound to hold a Special General Meeting. This has been tentatively planned for March. In the mean time, we are seeking input from branches (through chairs) and from staff (through managers) about their views of the future shape of the national organization. We have an opportunity here to build something that is more responsive to branch wishes, as well as having the ability to survive in the somewhat changed and challenging economic and political environment.

Best wishes for the New Year...

Max Lloyd

Branch Chairperson
Supporting Families in Mental Illness – Auckland.



436 Rosebank Road, Avondale
Phone 828-6387 Fax 828-5452
Email: kiwicopy@clear.net.nz

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(from the December 2009 Sunflower Diaries SFMI National Office Newsletter)



The team at National Office is very sad that our time with SFMINZ is at an end, particularly since we all believe that we have come an incredibly long way and had planned to do so much more. It is a real shame that advocacy is not a paid role. If it was, then National Office would be one of the best paid teams in the NGO sector.

Within a period of two years we've accomplished the following:

- Raised the profile of SFMINZ with policy makers and other key stakeholders to the point that we are included on a number of policy advisory committees;
- We had the current Minister of Mental Health acknowledge and recognize our organisation in his first speech as the Minister for this portfolio;
- Negotiated with the Mental Health Commission to partner with SFMINZ on having the Code of Family Rights rewritten and moved through Parliament to be encoded in law. We had only just started the work on this partnership and because of the closure of National Office, we are unsure if this will continue now;
- We played a role in having the Opposition Labour Party draft a Private Members Bill to amend the current Mental Health Act to include some of the Code of Family Rights. That bill is due to go through Parliament next year. Sadly SFMINZ will not be playing an active role in this one either.

On a personal note, I am delighted that we achieved as much as we did. It is my hope that at some point in the future, there would be another group of people that may choose to pick up from where we left off and the voice of families can once again be heard at a strategic level.

We would like to thank the branches that made the time to email or ring us with their best wishes for the team at National Office. Thank you, your kind words and appreciation for the work that we did.

Cheers,

Florence

To Whom It May Concern:

I am the parent of a patient of Cornwall Mental House, also a client of Supporting Families in Mental Illness.

My son was diagnosed as early stage psychotic disorder last year June, he went to Te Whetu Tawera and stayed for 3 weeks.

During that time, the nurse from Greenlane hospital introduced SFMI Auckland to us.

Since then SFMI Auckland has provided a great help and support to our family, which not only helped our relationship between me and my husband but also guided and suggested us for how to deal with some serious issues with my son's illness and how to encourage him to do better.

Now my son has recovered well and he has just passed the examination of his Summer School study at University of Auckland 15th Jan 10. He is going to continue his last year study at the University.

We appreciate with SFMI Auckland staff's help and support. Without their early involving and helping, our family may still suffer some pains.

Yours Sincerely

A Mother

If you would like to send us a letter please post to:
Newsletter,
SFMI Auckland,
PO Box 78-122,
Grey Lynn
or email admin@sfauckland.org.nz

Open Letter to SFMI Members

Dear Members

We would like your ideas on what events you would like us to consider organising throughout the year. Articles, meetings, speakers, social events, all your ideas are welcome. What things would you like to attend? Jot your thoughts down and send an email through to: admin@sfauckland.org.nz or phone us on 09 378 9134.

Many Thanks for your time.

Regards

Admin Team



The Newsletter team and staff at SFMI Auckland wish to extend their thanks to Adam for his volunteer work finding advertising for the Newsletter.

For the last 8 months Adam has donated his time and experience, in marketing, to our newsletter but has recently been accepted into a course at Polytechnic so can no longer continue in this role. Though we are happy for Adam and send congratulations and best wishes with him, we will miss his contribution to our team. The revenue gained through his work has helped offset the costs of publishing and postage.

Adam described his role as "Fun with rewarding results" and has also kindly offered to train another volunteer.

The advertising gained through cold calling and following leads is an important role for SFMI (as a not-for-profit organisation) helping to maintain this service and reduce the cost for our members.

SFMI is currently looking for another person to step into this voluntary role, finding advertising for our bi-monthly newsletter. If you are interested and would like to find out more please contact our office on (09) 3789134

Membership

SFMI Membership offers many benefits including:

- An informative two monthly newsletter with information and articles on Mental Illness, Support Groups, upcoming Forums and Conferences, stories from families, DHB Family Advisor reports and more.
- Access to our well resourced Library with information, books and video resources.
- The opportunity to give input into advocacy and service development, forums, support groups.
- As well as supporting the work we do throughout the Northern region.

SFMI continues to welcome new members, so if you know of anyone who would be interested, please pass on our contact details:

phone 09 378 9134 fax 09 378 6783
email admin@sfauckland.org.nz
website www.sfauckland.org.nz

Membership continues to be very affordable:
Unwaged \$10, Individual \$20, Family/whanau \$30 and Corporate \$30.

Beyondblue: the Australian national depression initiative is proud to announce the release of an important resource designed to help carers and family members while they care for their loved ones.

The beyondblue Guide for Carers - Supporting and caring for a person with depression, anxiety and/or a related disorder is available free to order or download from www.beyondblue.org.au and clicking on carer's link.



The 40-page guide is divided into two parts: caring for others and caring for yourself.

This unique resource provides carers with practical strategies, advice and guidance on approaches to deal with the range of situations they might face. The second part of the guide focuses on the carer looking after their health and acknowledges the impact that the caring experience may have on them.

How Should We Care for the Carers, Now and Into the Future? Manaaki tangata



Date of publication: January 2010
from: www.nhc.health.govt.nz

This report makes recommendations to the Minister of Health about how to better support and provide services for informal carers. The National Health Committee considers that informal carers need to be well supported in their role, to protect their health and wellbeing so they can provide care in a sustainable and positive way.

The Committee has defined an informal carer as someone who cares for a friend, family member or neighbour who because of sickness, frailty or disability, can't manage everyday living without help or support.

The report's recommendations are grouped into the following sections:

- Reducing fragmentation in the care system
- Achieving national consistency and local flexibility of services
- Raising awareness
- Improving workforce capability
- Preparing for the future

Minister for Social Development and Employment Paula Bennett is encouraging people to have their say on the new Auckland Social Policy Forum.

The Minister has today released a discussion document and is keen to get feedback over the next few months.

"This is a once-in-a-lifetime opportunity to get the structures that support the social fabric of Auckland right," says Ms Bennett.

Ms Bennett says the Forum will bring together key political leaders from Auckland and central Government, providing a platform to ensure social issues remain high on the agenda as governance in Auckland changes.

"We want to see a range of organisations and communities involved with the Forum, so those making decisions about Auckland, understand the diverse needs of those groups", Ms Bennett says.

"We want to feedback on the form and function of the Forum, the types of issues it should be considering, and how it can best engage with Auckland's diverse communities and social organisations."

"The framework's there, but now we need to flesh it out. I want to make sure Auckland communities, organisations and local government are at the centre of our thinking", Ms Bennett says.

Feedback on the discussion document closes on Friday 21 May 2010.
Paula Bennett

The Auckland Social Policy Forum Discussion Document is available at:
<http://www.beehive.govt.nz/sites/all/files/Auckland%20Social%20Policy%20Forum%20Discussion%20Document.doc>

There are two ways you can send your feedback and ideas:

by email to: aucklandsocialpolicyforum@msd.govt.nz
by post to: Auckland Social Policy Forum Feedback
Ministry of Social Development
Regional Policy – Auckland Office
Private Bag 68-911
Newton
Auckland 1143

The closing date for feedback to be received is Friday 21 May 2010.

Could this help you?

Are you looking to expand your range of aids to recovery?

Are you interested in helping manage symptoms in a gentle and simple way?

I am looking for two volunteer service users to experience two free sessions of Holistic Pulsing at the SFMI Office, Grey Lynn.

Holistic Pulsing is a hands-on bodywork which uses gentle rhythmic touch and movement. It is a simple and easy form of bodywork that can assist with

focus relaxation clarity

During a session the 'pulsee' lies fully clothed on a massage table. The practitioner applies gentle rocking & stretching movements to the pulsee, creating a wave-like motion throughout the whole body. The continual easy rhythm rapidly calms the nervous system and can be deeply meditative. Holistic Pulsing can be used with people of all ages and most conditions of physical health.

If you do not have any of the following conditions; cancer, recent stroke, recent bone fracture, pacemaker, aneurism or recent surgery, and are interested in experiencing Holistic Pulsing, and you are willing to provide a testimonial after the sessions, (or for more information on HP), please contact:



Rochelle Carr at Bodywaves
p: 09-309-5161
m: 027-460-5632
e: bodywavesnz@gmail.com

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

The Annual Schizophrenia Awareness Week is a national awareness raising campaign around schizophrenia, with a focus on reducing stigma and increasing the awareness of the role family /whanau play in recovery.

Supporting Families in Mental Illness- Auckland (SFMI) has decided to focus on the following Objectives for Schizophrenia Awareness Week 2010:

To reduce stigma & discrimination associated with schizophrenia and thereby reduce the barriers faced by family/whanau accessing support through:

- Providing opportunities for groups and individuals to talk about Schizophrenia and the role of Family/Whanau.
- Promoting awareness of where Family/Whanau can seek further information and support.
- Providing education on schizophrenia. Myths and truths.

The Management and Fieldwork staff at SFMI are working to met their objectives through the following strategies:

- Free workshops offered separately for adults and youth by SFMI - aimed at non-traditional mental health areas (e.g. business and community groups not working in mental health).
- Promotion of how to access SFMI resources, services and support.
- Promote participation in SA Week by other mental health providers and NGOs.



Supporting Families in Mental Health invites other organisations to participate in Schizophrenia Awareness Week 2010

"Let's Talk About It"

Early February invitations were sent out to organisations inviting them to participate in this year's Schizophrenia Awareness Week. SFMI wants as many organisations to participate, in whatever way they can this year.

"Schizophrenia Awareness Week will be more successful the more organisations choose to participate. SFMI focus remains on family/whanau, but wish to encourage other groups to help reduce stigma and discrimination around Schizophrenia through utilizing their expertise and contacts"

The Mental Health Foundation has partnered with SFMI to promote events and information leading up and during the week and SFMI are developing information resources for groups to make accessing information as easy as possible.

"Groups don't have to run a big event we just encourage them to have brochures, fact sheets, posters or other resources available to staff and clients. It would be great to see groups arranging speakers and discussions during the week as well"

All groups are encouraged to let SFMI know what they are doing for the week and will be keeping an event calendar linked to their web site: www.sfauckland.org.nz.

If you or your organisation would like to participate during Schizophrenia Awareness Week 2010 or would like to find out more about what SFMI Auckland are doing please contact us on:

phone: 09 3789134 or

email: admin@sfauckland.org.nz

"We all have a role in creating communities and health services that support recovery and social inclusion and reduce discrimination."

Like Minds Like Mine 2007

“Let’s talk about it”

Free workshops for workplaces and youth

In Schizophrenia Awareness Week SFMI will be running free half hour and hour long workshops throughout Auckland. We have a limited number available so booking is essential.

Let’s talk about it Schizophrenia in the workplace

How to create healthy work / life balance in your work place for family/ whanau supporting someone with Schizophrenia or another mental illness. Simple ways to support employees, co-workers or yourself when caring for a loved one.

- Information on the impact of Schizophrenia and other mental illness on family/whanau
- Address stigma and how that may stop workers performing at their best
- Myth and truths around Schizophrenia.
- Where to access support as an individual or an organization.

Let’s talk about it Schizophrenia and Youth

How Schizophrenia and other mental illness can affect you, your friends and family. Find out the facts, who is affected, and what are the myths associated with Schizophrenia. Learn simple things you can do to support friends and access information if you need to.

- Information on the impact of Schizophrenia and other mental illness.
- Address stigma and how that may affect recovery.
- Myth and truths around Schizophrenia.
- Where to access support as a friend or for yourself.

Workshops are only half an hour or an hour long and can be run at your place; all we need is a room with chairs and space enough for you. If you would like to run the workshop for your organisation but don’t have a space please let us know and we may be able to find another location.

To find out more or to book contact SFMI on ph:(09) 3789134 and simply leave us your Organisation’s name & address and a contact person’s phone & email. We will get back to you to book a time and date.

What is Schizophrenia?

Schizophrenia is a poorly understood illness in the general community because there is much misinformation and stigma associated with it. Schizophrenia is not having multiple personalities. Neither are people with schizophrenia inherently violent.

Schizophrenia is a complex condition affecting the brain. At times how a person thinks, acts and feels may change dramatically and they may lose contact with reality. This is called psychosis. At other times, the person may feel depressed and withdraw from life. With treatment and support many people with schizophrenia manage their illness and lead regular lives. Their behaviour may change but this is due to the illness and not a ‘personality change’.

Who Gets Schizophrenia?

Anyone can get schizophrenia. Schizophrenia affects one in 100 people across all countries, social classes and cultures. Schizophrenia usually begins when people are aged between 15 and 25, although it can also emerge later in life. Men and women are affected equally, although men tend to have an earlier onset.

What causes schizophrenia?

The exact cause of schizophrenia is unknown. Current theories see it as a diverse condition, possibly reflecting a number of separate underlying causes. It may be due to an imbalance of certain brain chemicals, differences in brain structure, infections during pregnancy or birth or birth complications. It is thought that schizophrenia results from a convergence of underlying factors with other stressors such as trauma, loss of a job, poverty, grief or relationship problems.

- Schizophrenia is a mental illness about which there is much stigma and misinformation. This often causes patients and their family additional distress.
- The typical symptoms of schizophrenia involve disorders of thinking, perception and motivation that distort reality. Behaviour changes commonly result from these.
- Although it is likely that there is no single cause of schizophrenia, current evidence supports the belief that it is due to biological abnormalities of brain function.
- Schizophrenia may develop very gradually, or it may present abruptly.
- The diagnosis of schizophrenia is best made by a psychiatrist, and your family doctor can refer you or your family member for an assessment.

Sourced from: The Royal Australian and New Zealand College of Psychiatrists New Zealand Treatment Guide for Consumers and Carers 2005 website: www.ranzcp.org & the Mental Health Foundation of New Zealand, Schizophrenia Fact sheet Website: www.mental-health.org.nz



A Very Happy New Year to you all.

It is hard to believe that it is 2010 already!!! Can it really be 10 years ago that we celebrated the dawn and optimism of a new millennium!?

Celebrations at the start of 2010 were all the more poignant for me as I was able to share them with my daughter, son-in-law and my first granddaughter, who were visiting from Brisbane. There is nothing like the presence of a wee child at this time of year to remind one of the importance and resilience of 'the family', however small, however large, however dispersed, however challenged.

Whilst the start of 2010 sees CMDHB being mindful of ongoing financial challenges our CEO, Geraint Martin assures us of the organisations ongoing commitment 'to invest in patient care, developing our staff and facilities for the benefit of the communities we serve'.

For Mental Health Services this commitment is reflected in the final preparations for Mental Health Services for Older People (MHSOP) to relocate to the brand new top floor of the new Edmond Hillary block.

The new beginning has given the MHSOP community and Ward 22 teams an opportunity to look at the way they currently work with older people and their families, with a focus on making improvements as they go forward.

'In A Place I Call My Own' Support Networks of Older People Ageing in the Community (Ministry of Social Development, Sept 2009) states:

"It is clear from our study that formal care needs to feel friendly and flexible. The challenge for the future is to design formal services and supports that recognise the different kinds of vulnerabilities older people have and which enhance their networks of informal care and support."

"The 4 work-streams that make up the service redesign steering group have been doing some wonderful work and have been trialling a variety of quality initiatives,"

says Pip Matthews, MHSOP Service Manager.

"This includes designing a ward that will enable a more patient focused model of nursing care, including appropriate spaces for therapeutic activities."

The current ward has one shared area making it difficult to have a variety of group activities to meet patient needs. The additional space will also provide patients with a functional kitchen, a sanctuary space for 'quiet time' and a walking route around the ward for patients who suffer from dementia.

"People access our services primarily for assessment and treatment for a range of mental health issues," says Pip. "For this reason it's important that we engage our service users in therapeutic interventions throughout the day."

The consumer reference group are delighted that the new ward will have more single rooms – each with its own bathroom. This is going to make a major difference to patient and family privacy and will provide a more dignified and respectful environment for all.

Another exciting development is the facilitation of ward focus groups for inpatients and a consumer reference group for community clients. "These groups, run by the consumer project coordinator are providing valuable insight into how we can improve our current and future service," says Pip.

Suggestions are fed back to the service redesign steering group and help to inform quality initiatives.

"There is still a lot of work to be done, but I feel we are definitely on the right track," says Pip.

Fundraising is now underway for some extra bits and pieces (eg a rocking chair, massage chair and stereo) to add to 'the sanctuary space'.

For more information or if you think you can help please contact:

Sue Cotton,
CMDHB Family Advisor
email: scotton@middlemore.co.nz
ph: 021904308.



Supporting Families in Mental Illness
Auckland would like to thank the
Perry Foundation for supporting
SFMI's family/whanau work.

Farewell Louise

I would like to take the opportunity to say good bye, and thank you to all the families and mental health professionals who I have worked with over the last several years in the Counties Manukau DHB region.

It has been very rewarding and a real privilege to work closely with you all.

I have learnt such a lot from you all, which has added to my personal growth & professional development.

You may have heard I am leaving to pursue a personal goal we have been working towards for some time. My husband and I are immigrating to South America to live in the beautiful colonial city of Tarija, which is in the wine region of southern Bolivia to set up and run a B & B and Language School. Do check out our web site www.residencialtiplano.com

I will be replaced by Michelle Mathews who will be working out of our South office @ the Cottage in Otahuhu, so feel free to make yourself known to her. I know she will appreciate your support.

So maybe we will see some of you in Bolivia some time soon.

Kind Regards
Louise Rattray

Supporting Families in Mental illness, Auckland is proud to offer its services free to families and friends throughout the Auckland Region.

We would like to thank our many members who support the work we do. If you would like to become a member and support our work please ph: 3789134 or visit www.sfuckland.org.nz



**REAL People.
REAL Knowledge.
REAL Results.**

We care...

Enterprise Medical Bureau provides exceptional care and support for individuals whose lives are affected by mental illness.

We understand...

Our staff have the appropriate training and experience, and are very much aware of the effects that mental illness can have on the individuals, family and support team involved.

We can help...

Help can be provided in your own home or a specialised facility, either ongoing help or respite care.

Please contact Storm Roth or Melissa Moser today for a confidential chat to find out more about how we can help.



**ENTERPRISE
MEDICAL
BUREAU
24 / 7 Care
(09) 306-1949**

Greetings and Happy New Year from the Central Office!

We're ready to roll with a busy year ahead! Last month we farewelled our colleague Glenda who has moved across the ditch to Brisbane, and welcomed a new member to our Central office, Natalie Heijm.

We are excited to be working on a few different pilot projects this year. We have started a weekly information group at Te Whetu Tawera, Wednesday evenings between 7-8 pm. This is facilitated by a nurse from TWT and one SFMI staff member, and is open for family members or friends of service users who are currently in TWT.

Margot has been working on starting up an activities based support group for children, aged from 8-12 years old. This is for children who have a parent with mental illness and offers support for them in a child-friendly way.

We are continuing to work alongside the Child and Family Unit (CFU) at Auckland Hospital, where we spend a couple of hours per week with parents or carers visiting their loved one, and letting them know about the support that's available to them.

Our PI Specialist Mona is starting the Pacific Island Support Group running again this month and the meetings are held here at Fellowship House the first Weds of the month, 10:30 to 12:00. The Pacific Island Peer Support programme is in the making! And will be confirmed once finalised.

We're looking forward to Schizophrenia Awareness Week next month and are in the planning stages of lots of activity!

Good news for Families and Whanau at Te Whetu Tawera

New Weekly Information Evening for families and whanau started on 27 January (Wednesday). This weekly information evening is held in the Fale Alofa room next to reception and be facilitated by a Te Whetu Tawera staff member and a fieldworker from Supporting Families in Mental illness every Wednesday evening from 7:00 pm to 8:00 pm. The focus will be on imparting useful information to families and whanau such as the Mental Health Act process and how they can support the recovery of the service user as well as be able to respond to family questions and concerns.

You are welcome to come to talk to us

Greetings, Kia ora, Talofa lava, Malo e lelei
Fakalofa lahi atu, Bula vinaka, Ni Hao &
Namaste

A FAMILY PARTICIPATION FORUM

"The Place of Spirituality in Mental Health Recovery"

Presenters:

Dr Patte Randal

(Medical Officer in Rehabilitation Psychiatry), &

Barry Pearman

(Community Chaplain-Windsor Park Baptist)

Guest experts with other perspectives will assist with panel discussion

When: Wednesday, 17th March 2010

Time: 7:00 – to – 9:30pm

Where: Western Springs Garden
Community Hall
956 Great North Road,
Western Springs

7:00pm	Welcome
7:10pm	The Place of Spirituality in Mental Health recovery
8:10pm	Supper
8:30pm	Panel Discussion with Questions from Audience
9:25pm	Farewell Blessing

For more details contact:
ADHB Family Advisor, Leigh Murray
(09) 307-4949 Ext. 26520
Supporting Families in Mental Illness
(09) 378-9134



Welcome Natalie & Farewell Glenda



Kia Ora my name is Natalie Heijm. I am delighted to be joining the Supporting Families in Mental Illness's Central Auckland Team as a Family / Whanau Fieldworker.

It has been almost two years since I arrived in Aotearoa New Zealand, from the United Kingdom, to live and settle. I have since grown to love being an Auckland resident and particularly enjoy spending time in the Waitakere Ranges or checking out what events are happening in the city!

For the past six years, I have been working with children and families and hope to bring the knowledge and skills that I have gained to my work with SFMI Auckland.

On a personal note, it is my experience of having a family member with a mental illness that has drawn me to this particular field of work. I am committed and driven to ensuring that families in mental illness are supported and able to access high quality services.

Kindest regards,

Natalie Heijm

Family/Whanau Fieldworker.

"Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity."
- World Health Organization 1948

It is with sadness I am writing this farewell to my work colleagues and all the families who have allowed me to share their life stories; both the good and the not so good.

For the continuation of my own life journey, I am leaving SFMI Auckland and moving to Brisbane, Australia to be with my family.

I would like to acknowledge the friendships and working relationships forged with all community agencies and the various groups I have been involved with. A special thanks to all the staff, students and families at the Child Family Unit at Starship Hospital.

A genuine thank you to all present and past work colleagues, and to the management of SFMI, for their care and support shown to me during my time here. I will be taking with me very fond memories and further knowledge to add to my kite.

To all the families I have had the privilege to work with, I admire your love, hope, dedication and determination to care for your own loved ones and please remember your own "self care". Don't forget there is always someone at Supporting Families able to listen and assist you when the going gets tough, they are only a phone call away.

May your God bless you,

Kind regards,

Glenda Cherrington

Family/Whanau Fieldworker.

Kia ora, Greetings, Talofa lava, Malo e lelei, Ni Hao & Namaste Family, Whanau and Friends

You are invited to the Te Whetu Tawera weekly information evening

On Wednesday nights 7-8pm in Fale Alofa Room
(next to Reception) Starting 27th January 2010

Come Along and Find Out About: The Mental Health Act, The recovery programme, Medication in Recovery, Support services for you as family, and How The family Can support recovery

Questions are welcomed/Supper provided
For more details ph 307 4945 or ask at reception



Northern Regional Family/Whanau Forum



by Leigh Murray
(Chair, Northern Regional Family/
Whanau forum)

This monthly Monday morning forum was started in 2004 for family and whanau who are involved in the mental health and addiction services through their support of someone who experiences mental illness. It meets at the Northern DHB Support Agency in Penrose, 650 Great South Rd. and is attended by family and whanau, some of whom attend in a voluntary capacity and others in a paid capacity as family advisors or family support workers across the Northern Region. The top decision makers and project leaders in mental health recognise that this forum is the place to come to consult with families and seek the family /whanau perspective on key issues. Two of the forum's members represent families at Network North Coalition, the strategic stakeholder group for mental health and addiction services in the Northern region.

One of the family forum's major achievements is recommending to Network North coalition the need for a stock-take of family/whanau participation programmes in the Northern Region. The subsequent project led by Health Outcomes International Pty Ltd utilised the energy and expertise of forum members through the stock-take process. This culminated in the publishing of a comprehensive report in September 2007. The recommendations that came out of this continues to inform the work and direction of the forum. If you are interested in looking at the report please go to www.networknorth.org.nz. Click on regional forums, then on family/whanau forum and scroll down to 'final report'.

The vision of the forum is to be "A Regional Family Voice influencing decisions in mental health and addiction services that lead to excellence for all"

The core principles that the forum operates from are:

- promoting respect for family voice and viewpoint
- developing healthy partnerships between people with experience of mental illness, their families/whanau and the mental health and addiction services
- promoting family inclusion and involvement
- influencing systemic change
- regional high quality consistency enabling services to deliver appropriate local solutions
- transparency of decision making and process
- equitable access regardless of age, ethnicity or geographical location

- acknowledgement that families and whanau from all cultures and backgrounds want recovery focused services for their loved ones.

The forum exists

- To provide a collective voice for family/whanau issues to be raised at the top levels of decision making in mental health.
- To ensure that improvement and change for families and whanau happens in a consistent way across the region
- To provide a central place where families and whanau across the Northern Region can be informed of new developments

Some of the topics we will be covering over the next 6 months include the Real Skills workforce development project focusing on the skill 'Working with family and whanau' and how we can support mental health staff to do this; Carer Support Subsidy scheme –how to improve family access to this; Family Participation policies and family surveys – working to consistency for the region.

If you are interested in meeting with other family and whanau to see family issues raised at the top level of decision making in mental health and at the same time find out the latest developments and initiatives in mental health services please come along. Our meetings generally take place on the 3rd Monday morning of each month. [Contact Vicki Burnett ph 589 -3932 for more location and time details.](mailto:vicki@networknorth.org.nz)

True guilt is guilt at the obligation one owes to oneself to be oneself. False guilt is guilt felt at not being what other people feel one ought to be or assume that one is.

- R. D. Laing

Happy New Year to all of the Waitemata Families and Whanau!

It has been a busy start to 2010 at the Waitemata Office. We have welcomed two new team members on board, Peter Grace and Annais Allen and seen Michelle move to the Counties Manukau Team.

Both Peter and Annais bring a wealth of experience to the Waitemata team. Both have begun in the week of sending the newsletter to print so look forward to hearing from them next newsletter.



Lisa who has been back temporarily will be introducing both Peter and Annais to families and networks over the next few weeks till she returns back to study.

It will be a busy few weeks for both Peter and Annais, with Schizophrenia Awareness week 8th to 14th March, the WDHB Family Communication Group Forum being planned for April, the family/whanau support group for the Shore, and the ongoing family/whanau work which always remains at the core of our work.

One exciting development has been the news that planning has begun on the new inpatient building for the North Shore Hospital. Our office is currently working to ensure there is family/whanau input in the planning and other stages to ensure the final product is the best it can be.

The North Shore family/whanau Support Group is running again at the Plunket Family Centre, 213 Shakespeare Road, Milford. It is every 2nd Thursday of the Month from 7pm to 9pm. This is an open group and new members are welcome - contact the office for more details and if there is a guest speaker. (440 9812)



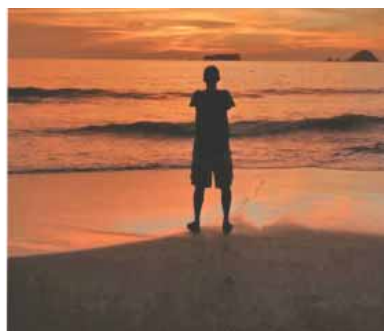
The Photos are of Peter's Powhiri we will include ones from Annais's in the next newsletter.



MENTAL HEALTH SERVICES FAMILY PARTICIPATION FORUM

Putting Things in Place for the Future

To Help Families/Whanau understand the options open to them in planning for the future care of their loved ones



Catholic Church Hall, 180 Centreway Road, Orewa
Thursday 8 April, 7pm - 9pm

RSVP by 31st of March 2010 to:
Debbie.Crichton@waitematadhb.govt.nz
or Ph: 09 838 2829

Light refreshments will be provided and children are welcome

In Collaboration With



Thank you Shared Vision Rodney for support in offering this event





My name is Karen Bacica; I am the new Family/Whanau Fieldworker at the Northland office based in Whangarei. I am lucky enough to have an office in one of Arataki Ministries buildings in Donald Street.

I have a Degree in Social Work and have just finished a Graduate Diploma in Counselling. I previously worked at Ngati Hine Health Trust for 2 and half years in their Whanau Whanui Team.

I am excited about my new position and love working with families. I feel very privileged to be able to walk beside people in their continuing journey and discovery of healthy wellbeing for themselves and their loved ones.

Although I am new to Mental Health, I am thoroughly enjoying the new challenges this job brings. I feel that I am learning as much from the families that I work with as they are from me.

The Auckland office has been great with their support and encouragement as I have asked lots of questions. I thank them for their ongoing support.

I am restarting the support group, the first will be held on the 23 of February and I am looking forward to getting this up and running.

Karen Bacica

SF Northland Family/Whanau Fieldworker

“Mental health problems do not affect three or four out of every five persons but one out of one.”

- Dr. William Menninger



Connecting services in the Northern region to promote best practice for working with young people whose family/whanau experience mental health and/or addiction issues.

Networkmosaic is an initiative in the Northern Region with a focus on children and youth with family/whanau members experiencing mental health and/or addiction issues. A steering group of interested providers and agencies has identified key functions of Networkmosaic as:

- A network for the youth sector supported by a new website
- A resource for workers, children and youth that recognizes the diversity of New Zealand cultures
- Advocating for mental health and addictions issues and services

Our main goals are:

- Advocacy for service development.
- Communication and information sharing.
- Promotion of best practice.

For more information or if you wish to join our group please email: emma@SFAuckland.org.nz

PEARLS OF WISDOM

Connectedness

Recognise everyone as part of family/ whanau - respecting, valuing, supporting and resourcing all relevant family members.

Visibility

Make children visible - ask about them, consider them, communicate and listen to them.

Empowerment

Promote and resource, education, training in resilience, peer support for children, parents and other family members - so they can help themselves.

www.networkmosaic.org.nz



MPs to Debate Rights of Mental Health Patients' Families

The Mental Health (Compulsory Assessment and Treatment) Amendment Bill was pulled from the ballot December 14 2009, and will be up for its first reading in the next few weeks.

This is Labour MP Winnie Laban's Member's Bill designed to strengthen the rights of families and whānau of patients who are being dealt with under the Mental Health Act.

This bill seeks to clarify a family's rights, to ensure that they are provided with sufficient information to make informed decisions about their loved ones, and about mental illness in general so that they are better equipped to give full support to their family member.

Ms Laban said she would be looking for support from other parties to send the matter to select committee. With the current composition of Parliament the Bill need the support of National or every other political party to make progress. (NZPA)

The National Council of Supporting Families in Mental Illness New Zealand, with representative from branches across the country is encouraging families, staff and SFMI branches to write to their local MPs, Ministers Tony Ryall, Jonathan Coleman, and Tariana Turia and the Prime Minister John Keys, encouraging them to vote for the Bill.

Taone O'Regan Manager of Atareira states in her letter to MPs the proposed Bill;

- Strengthens the intention of the current Act, it promotes good practice and it is necessary to ensure better outcomes for people experiencing mental illness and their family and whanau.
- Spells out how family and whanau should be involved, it explains what information they can be given and received by family and whanau when their loved one under the Act is refusing consent for them to be consulted.
- Clarifies how the Act can be implemented. It promotes understanding of the Act for people experiencing mental illness, mental health professionals and family and whanau.
- Requires no additional resources as this good practice has always been intended and is already funded.

As this is an issue of importance to families we have copied the text of the Bill for you to read. We also wrote to parties in Parliament asking for their response to this Bill and have included those responses on Page 17.

For those who wish to write in support of the Bill there is an example letter on page 18.

Luamanuvao Winnie Laban Mental Health (Compulsory Assessment and Treatment) Amendment Bill Member's Bill Explanatory note

General policy statement

This Bill amends section 7A of the Mental Health (Compulsory Assessment and Treatment) Act 1992, (the principal Act) which provides for family or whanau involvement with members of their family or whanau who are being dealt with under the Act.

The Bill adds 2 new subsections. The first new subsection clarifies the rights of family and whanau once a practitioner has decided to consult them regarding a proposed patient or patient. The second new subsection sets out certain minimum entitlements for families and whanau even where a decision is made under the Act not to consult them about their family or whanau member. These changes will—

- ensure that, where appropriate, families and whanau will have significant involvement with family members being dealt with under the principal Act and be provided with sufficient information to make informed decisions about their family member; and
- ensure that in all cases families and whanau will be better informed about mental illness in general and therefore better able to give support to their family or whanau member, which in many cases will improve opportunities for recovery.

Clause by clause analysis

Clause 1 is the Title clause.

Clause 2 is the commencement clause and provides for the Bill to come into force on the day after the date on which it receives the Royal assent.

Clause 3 provides that the Bill amends the Mental Health (Compulsory Assessment and Treatment) Act 1992.

Clause 4 sets out the purpose of the Bill, which is to amend the Mental Health (Compulsory Assessment and Treatment) Act 1992 to clarify the rights of families of those seeking or receiving treatment for mental illness.

Clause 5 amends section 7A by inserting new subsections (6) and (7). New subsection (6) provides for the rights of families to access information about, and have involvement in, decisions about the treatment of members of their family and whanau. New subsection (7) provides for families to be treated in accordance

(Clause 5 analysis continued on p17)

(Clause 5 analysis continued from p16)

with section 5 of the principal Act, minimum rights of access by families to certain information, and for protection of information provided by families relating to their family or whanau member.

The Parliament of New Zealand enacts as follows:

1 Title

This Act is the Mental Health (Compulsory Assessment and Treatment) Amendment Act 2009.

2 Commencement

This Act comes into force on the day after the date on which it receives the Royal assent.

3 Principal Act amended

This Act amends the Mental Health (Compulsory Assessment and Treatment) Act 1992

4 Purpose

The purpose of this Act is to amend the principal Act to clarify the rights of families of those seeking or receiving treatment.

5 Section 7A Amended

Section 7A is amended by inserting the following subsections after subsection (5):

“(6) Where a practitioner has decided to consult the family or whanau of a proposed patient or patient under subsection (3), the family or whanau is entitled to—

“(a) information about a family member’s illness and its diagnosis

“(b) receive an explanation of the expected effects of any treatment offered to the family member, including the expected benefits and the likely side-effects, before the treatment is commenced:

“(c) be included in care planning, implementation, and review:

“(d) be consulted about a family member’s discharge plan:

“(e) seek a consultation with a psychiatrist of their own choice in order to get a second opinion, and, if the psychiatrist and the patient agree to the consultation, he or she be permitted access to the patient upon request.

“(7) Regardless of any decision made under subsection (3), the family or whanau of a proposed patient or patient is entitled—

“(a) to be dealt with in a manner that accords with the spirit and intent of section 5:

“(b) to information about mental illness in general and strategies for coping with this:

“(c) to provide relevant information about the family member’s history, in confidence.”

Act Party

No response to our email.

Green Party

The Green Party has been concerned that good outcomes for people with mental illness are sometimes hampered by the exclusion of their families from the care process.

There is a debate about whether this results from the current law or its interpretation. Either way, Winnie’s Bill will be helpful and we will support its introduction.

I am concerned to ensure that the right of people with mental illness to be able to control access to their own private information continues to be honoured. At this time I don’t think the Bill compromises this, but will be interested in any submissions made on the point, should the Bill pass its first reading.

Kevin Hague, Green Party MP

Maori Party

The Maori Party will be voting in support of the Mental Health (Compulsory Assessment and Treatment) Amendment Bill when it comes up for its first reading in the House.

The New Zealand Mental Health Survey reported that Maori experience greater prevalence, severity and burden of mental illness. But what we also know, is that if a person is in touch with their culture; confident in their identity; and they have strong whanau support around them then they are far more likely to be able to sustain disappointments, to survive challenges, and to enjoy a healthy life.

Whanau want to know that what they are doing promotes whanau ora, recovery and inclusion. Whanau will be able to give better support to tangata whaiora when they have sufficient information to make well-informed decisions.

The Maori Party looks forward to hearing the views of tangata whaiora and whanau when the Bill is at the select committee stage, about improving opportunities for recovery in the pathway towards whanau ora.

Hon Tariana Turia, Co-leader of the Maori Party

National Party

Jonathon Coleman’s office wrote saying he would respond to our request but it would not be available for our deadline of the 19th February.

Name of your MP
Freeport Parliament
Private Bag 18 888
Parliament Buildings
Wellington 6160

Date

Dear Name of your MP

Re: Mental Health (Compulsory Assessment and Treatment) Amendment Bill

I am writing to encourage you to support the Mental Health (Compulsory Assessment and Treatment) Amendment Bill.

Our family's personal experience of mental illness and mental health services informs my belief that the changes to the Mental Health Act proposed are needed.

Having a member of your family mentally ill and needing treatment is one of the most difficult and distressing things. Nobody can be prepared for it. Good information about, what is going on, what to expect and what we as family and whanau can do, is vital for the well being of ourselves and of our family members.

I know that the person who is unwell can refuse for their family to be involved. This can be because they are unwell, angry or ashamed. Their wishes are important but should not stop the family from being able inform staff about what they think may help, what they have seen happen and from getting information about mental illness and treatments.

Being listened to, being given information, being supported to understand what our family member is experiencing and being supported with what we are experiencing is essential. Mental illness affects everyone in the family/whanau.

The amendments in the bill will make this good practice become common practice. Please vote for it.

Yours sincerely
Name

Have you ever hurt yourself on purpose?

Robyn Langlands is conducting a survey for her PhD thesis about the thoughts, feelings, and events that lead people to injure themselves on purpose. The kinds of behaviours that she is looking at include cutting, burning, hitting, and severe scratching. The survey should take you no more than an hour to complete and you could win one of two iPod Shuffles (2GB).

You can participate in this study if you:

- are 16 years of age or older,
- live in Aotearoa/New Zealand,
- have injured yourself on purpose, without intending to kill yourself, one or more times in the past 12 months, and
- were not experiencing psychosis (e.g., delusions or hallucinations) or mania when you most recently injured yourself on purpose.

If you'd like to take part, type the web address <http://www.surveymonkey.com/s/BTKFOTD> into your browser (e.g., Internet Explorer, Firefox) to access the survey. For more information or if you would like a paper version of the survey, please contact Robyn by:

email (robyn.langlands@vuw.ac.nz) or
phone (04-463 5233, extension 8605).

VICTORIA UNIVERSITY OF WELLINGTON
Te Whare Wananga o te Upoko o te Ika a Maui



“Having good health is very different from only being not sick.”

- Seneca The Younger, 50 AD

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 Support Group

3rd Wednesday of the Month
423 Great North Road, Grey Lynn (SF Auckland) or
Blue Dove Health Care 174 Shirley Rd, Papatoetoe
Contact Iva on 270-8548 or Mona on 378 9134

This group has been running successfully alternating between Central and South on a monthly basis. Contact Iva or Mona to confirm venue.

Central Auckland Family Support

423 Great North Road, Grey Lynn (SF Auckland)
3rd Tuesday of the month 7-9pm
Contact David or Natalie on 378 9134

Manaaki House Family Support

1 Pilkington Rd, Panmure (Community Hall)
1st Tuesday of the month 5-6.30pm
Contact Olivia on 378 9134

Yan Oi Sei—Chinese Family Support

East Health Trust 260 Botany Road Howick
1st Tuesday of the month 10am -12 noon
Contact Wendy on 378 9134

SFMI/Affinity Family Support Group

Affinity Services, 17 Sultan St, Ellerslie
3rd Tuesday of every month, 2pm- 3.30pm
Phone Cindi 526 0320 Ext. 9339

Howick-Pakuranga Family Support

Highland Park Community Centre
47 Aviemore Drive, Highland Park
3rd Monday of the month 7.30-9.30pm
Contact Michelle on 270 8543

North Shore Family Support

Plunket Family Centre, 213 Shakespeare Rd, Milford
2nd Thursday of the month 7-9pm
Contact Peter on 440 9812

Other Family Support Groups

Cornwall House Family Support

Lower ground floor, Building 16, Cornwall Complex
Green Lane Clinical Centre
Last Monday of the month 7:00pm
Contact Averill Abbott on 623 5780

Anxiety Disorders Family Support

Phobic Trust/Anxiety Disorders Clinic
77 Morningside Drive, St Lukes
Looking to re-establish a new group
please ring if interested (\$5.00 per person)
Contact ph : 846 9776

Helpful Websites

Supporting Families Auckland
www.sfauckland.org.nz

Carers New Zealand
www.carers.net.nz

Kina Trust
www.kinatrust.org.nz

Like Minds Like Mine
www.likeminds.org.nz

Mental Health Foundation
www.mentalhealth.org.nz

MIND UK
www.mind.org.uk

SANE Australia
www.sane.org

Kites
www.kites.org.nz

Depression helpline
freephone 0800 111 757
www.depression.org.nz

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: _____

Please send this form with your payment to:

SF Auckland, PO Box 78 122,
Grey Lynn, Auckland 1030

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.