



# SUPPORTING FAMILIES in Mental Illness

Auckland

**There has been a lot to celebrate since the last newsletter! SFMI Auckland would like to share our congratulations with the following team members...**

**Congratulations! to Margot and Opeloge on the arrival of their new baby boy Opeloge Abel Ah Sam born 23 Mar 2010. Best wishes from all the team at SFMI Auckland.**



**Congratulations to our Pacific Island Fieldworker, Mona Tupuai, her brilliant job completing the National Certificate in Mental Illness (Mental Health Support Work). Photos of Mona with Lelia Masaga of the Chiefs at graduation and Mona with Olivia and Iva**

**Well done and fabulous job to Tatjana Karaman our Team Manager who received her Postgraduate Diploma in Cognitive Behaviour Therapy (with DISTINCTION)**



**Awesome job as well to Karen Bacica our Northland Family/Whanau Fieldworker graduating with a Graduate Diploma in Counselling.**

Supporting Families in Mental Illness ~ Auckland  
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The opinions expressed do not necessarily reflect the views of SFMI Auckland committee, staff or members.

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](mailto:admin@sfauckland.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.**



**NEW ZEALAND LOTTERY GRANTS BOARD**



## Kia Ora Koutou

What an exciting time it is! We have been involved in coordinating in 2 national SFMI meetings already this year, and the sense of strength and collegiality has never been better within the organisation. They do say that sometimes people do their best work when the environment gets tough! Here in Auckland we are really benefitting from the knowledge and skills of our colleagues in SFMI branches around the country, and sharing resources and training for families and whanau. We're looking forward to making a visit to our nearest SFMI colleagues in the Waikato, and finding out how things work well for whanau and families down there.

Our new look brochures specific to each area team are now on the shelves, and were developed as a direct response of feedback from local families and agencies. Its great to see that grass roots information make a real difference in our service.

I'm certainly keeping busy preparing our teams for our next quality review with Te Wana (see the next newsletter to find out more about them) and helping the team with new initiatives, like "Kids Club" due to start next month.

I hope you enjoy the newsletter, and let us know what you would like to see included here- what interests you and your family?

Until next time

*Emma Doré*

General Manager

Supporting Families in Mental Illness – Auckland.



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# Letters

A former group member of the Borderline Personality Disorder (BPD) Group has kindly allowed us to share her letter to the group and the facilitators. To respect their and family members privacy we have not included their name or identifying details.

Hello Judy and friends at the BPD Support Group.

It's been two years since our family moved from Auckland and I stopped attending our group, then in Papatoetoe. I'd like this passed on to Judy and the group.

Firstly I do miss our meetings but feel it was time to literally and physically move on as I was spending a lot of time and energy on my mother and sisters BPD, and very little on myself. You will recall my sister who committed suicide back in 2005, and my mother, who is \*still\* alive...! Despite many suicide attempts, being a raging alcoholic and pretty much anorexic. She is now 62/63? And still up to her tricks, but looking quite physically tired as I imagine the continuing alcohol abuse is finally taking its toll on her body.

Whilst it is still not easy, I have come a long way and no longer feel suffocated by my mother's bizarre behaviour. A year of one on one counselling with a psychotherapist who knew about BPD really helped me. (Jade from SF referred me to a counsellor at Relationship Services Manukau). That was the breakthrough. But prior to that meeting with our group and hearing others of you suffering the bizarre twists and turns of the BPDs behaviour, made me realise at least I was not alone. It was a wonderful support which I really needed at the time.

Moving away from Auckland was something I did for myself. A few years ago I would never have dreamed of 'leaving' Mum (Auckland), I was that tied in. Now we are very happy and although we did not move for the physical distance, it certainly has its advantages! Now I only go to Auckland 4 times or so a year, so a visit is only expected about quarterly. Of course this is nowhere near enough for Mum, but every day would not be enough of course.

Just did another Mothers Day, felt guilty all day I had not gone to see her or buy a gift etc, but could not afford it to be honest and I don't agree with these contrived commercial "holidays" either. So in the end all I did was ring her and we had a nice conversation

as she was sober and sane, no card, no present. So it was good.

I am guessing a lot is happening out in the Auckland suburb where she lives, but I rarely hear of any dramas now. No doubt others will be though!

So life is a bit easier now. I am so much better I am seriously very attracted to doing some mental health or social support type work. I am just thinking that through right now as I am already XX. Although it's not my age that is the issue, it is more the cost of studying and the cost of being out of work whilst studying also.... I'll get there! At least my options are open now and I can see the sky to fly in and choose which direction/s I go. Before I felt squashed by this BPD thing, now I am pretty free of it and its worries. Or let's say I am able to manage it and put in boundaries to manage it now.

Thinking of you all and hoping your journey s increasingly happy as well

All the best and a big thank you esp. to lovely Judy, you're an angel.

*Former Group member*

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](mailto: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](mailto:admin@sfauckland.org.nz) or phone us on 09 378 9134.

Many Thanks for your time.

Regards

*Admin Team*

# Mental Health Services for Prisoners: Follow up of 2008 Audit



In 2008, Auditor General Kevin Brady tabled a report to Parliament on the provision of mental health services for prisoners. The performance audit focused on the effectiveness of the agencies' systems for delivering mental health services to sentenced and remand prisoners. The audit looked at three areas – service planning, service delivery, and service monitoring and evaluation.

Areas where services were limited included timely access to inpatient services, services for those with mild to moderate illness, forensic inpatient services for women, services for those with personality disorders and services that were responsive to Maori needs.

The Audit raised the following concerns:

- The Department of Corrections has not assessed the effect that increasing prison musters would have on its primary mental health services.
- There is no system to collect and record prisoners' mental health information as part of the implementation of a new mental health screening tool.
- The Department does not have a system for periodically screening the prison population for mental health issues.
- There is a risk that prisoners with mental illness that is not recognised at the initial screening or those who develop mental illness during imprisonment will not be identified and will not get access to treatment.
- If the Department relies on its custodial staff to recognise signs of mental illness, it needs to ensure that they have enough awareness and understanding of behaviour associated with mental illness. That training is not currently provided.

(source: Rethink [http://www.rethinking.org.nz/Print\\_Newsletters/Issue\\_35.pdf](http://www.rethinking.org.nz/Print_Newsletters/Issue_35.pdf))

Find full Auditor general Report: <http://www.rethinking.org.nz/images/newsletter%20PDF/Issue%2035/080319%20Mental%20Health%20in%20Prisons.pdf>

The Auditors General's Office evaluates the effect of their performance audits by following up on how the entities have responded to, and implemented, their recommendations. The 2010 follow up report sets out the actions public entities have taken in response to the recommendations made in performance audit reports published during 2008. It also identifies where work is still needed by the relevant entities to implement their recommendations.

(Source The Auditor-General website: [www.oag.govt.nz](http://www.oag.govt.nz))

A brief summary of the follow up report follows:

The scope of the audit:

We considered the effectiveness of the agencies' systems for delivering mental health services to prisoners. At the time of our audit, these systems were under significant pressure from increasing prisoner numbers and a high demand for in-patient beds. The audit looked at: service planning; service delivery; and service monitoring and evaluation.

Our findings

It was difficult for the agencies to plan services to meet the growth in prisoner numbers because they had limited information about the mental health needs of prisoners. The Ministry had limited ability to respond to changes in demand during its five-year planning cycle for forensic care. The agencies had identified their roles and responsibilities for delivering most mental health services. One exception to this was a lack of clarity about which, if any, of the agencies had responsibility for prisoners with personality disorders.

Our audit noted some gaps in service delivery, which included:

- timely access to in-patient services;
- forensic in-patient services for women;
- services for those with mild to moderate mental illness
- services for prisoners with personality disorders; and
- service responsiveness to Maori.

We made eight recommendations for the agencies, and their responses are detailed at <http://www.oag.govt.nz/2010/performance-audits/mental-health-services.htm>

At the time of our audit, the Department was working with the Ministry and RFPS staff to improve its processes for mental health screening. This involved creating and trialing a mental health screening tool. Although the Ministry was successful in securing funding for this tool, the Department's budget bid was unsuccessful. The Department continues to seek funding for the tool's implementation, and the necessary resources to ensure that it is effective, but the project cannot go ahead until both the Department and the Ministry have funding for it.

For the full findings of this report: <http://www.oag.govt.nz/2010/performance-audits/mental-health-services.htm>

## Waitemata Shout Out

Tenei he mihinui, he mihi mahana ki nga whanau ka-toa: A big and warm welcome to all families, from Annais and Peter, Family Whanau Fieldworkers for the Waitemata area. We are based in the Glenfield community centre, at the corner of Glenfield Rd and Bentley Ave, Glenfield. Phone: 09 4409812. Nau mai, haere mai, welcome.

We have had a busy month meeting with families across the Waitemata region, in rural, suburban and city environments. We've realized many families have a huge knowledge and skill base and life experience which they use to help navigate the journey of recovery.

We have met professional health practitioners, employed in public, private and Non-Government Organisation (NGO) health organisations who have a wealth of knowledge, skills and life experience which they use in their daily practice to support individuals with a mental illness, and their families as they make the journey of recovery. We do have a common goal.

At SFMI we know we cannot offer quick fixes, or instant answers. However what we can offer is a listening ear, and the time to sift through families concerns, and provide support so families can make decisions they can action and live with, e.g. giving yourself permission to turn off your mobile phone, so you're not on call 24/07. Or it might be setting aside your concerns until Monday, so you can enjoy the company of other family members.

**NORTH SHORE FAMILY SUPPORT GROUP:** Held every 2nd Thursday of the month, at the Plunket Family Centre, 213 Shakespeare Rd, Milford, North Shore, from 7 – 9pm.

The May Support Group meeting was a good opportunity for everyone to discuss ideas for future topics, and to share their own stories. At the next meeting in June, Stephan from the Salvation Army, Glenfield will speak (and answer questions) from 7 – 8pm about the services the Salvation Army provide to families.

Mauri ora / good health  
Annais and Peter  
Waitemata Team  
Ph: 09 440 9812

## Hello from Whangarei



Turbulent weather with much needed rain.

On the 8th of June will be our first Evening Support Group which starts at 5.45pm -7.30pm and will be running every second Tuesday at 6 Donald Street in the Regent. The morning Support Group is still running on every 4th Tuesday from 10.00am – 11.30am at the above address.

Karen from the Whangarei office  
Family/Whanau Field worker  
PH: 09 430 3844  
Email: karen@sfauckland.org.nz  
www.sfauckland.org.nz

## News from the South

The South Team continues to be busy with referrals, networking, and training. A few of the highlights from the last two months...

- South Team is now working very successfully with the whole of Counties Manukau FVIARS teams.
- Networking with Early Psychosis Intervention Team (EPIT) and Tiaho Mai is going great.
- At Awhinatia there was much discussion on respite care and independent living accommodation. It was said that there is very little independent living accommodation for the consumers; therefore they generally live with immediate families, which is often not ideal. Encouraging the consumer to live independently helps them with their confidence and recovery. In responses from families, another issue raised was that there are very few respite homes, and none in the Howick/ East area, thus the consumer may be placed in a Respite Care Facility a long way from home e.g. Franklin area.
- Staff also attended training in change strategies and Applied Suicide Intervention Skills (ASIST).

Support Group has changed it's start time to starting half an hour earlier, the details are; Howick Pakuranga Support Group - Highland Park Community Centre - 47 Aviemore Drive Highland Park -every 3rd Monday from 7pm to 9pm. Contact Michelle on 09 270 8543.

# Adolescent Caregivers - The Service Gap



Kaye Ghonda, Sheena Gow and Jessica Tiplady

We were a three person team of third year student nurses from University of Auckland who were assigned to work with Supporting Families Auckland for three weeks. The mission we were given was regarding the lack of knowledge within the health sector surrounding adolescent caregivers. This came out of an identified service gap in New Zealand as well as the development of the Kids' Club programme specifically for primary school aged kids.

Initially, we thought we could show up to schools and talk to teenagers about their needs and perceptions around mental illness. However, once we delved into the ethics of a project like this, we realised it was not as easy as first perceived! So we designed a project proposal with all the information the SFMI team would need to go into schools themselves, including the current literature on adolescents, the ethical requirements and government policies.

After three long weeks of research and design, we fed back to the General manager Emma and a field worker Natalie. Under the guidance of Emma, we proposed SFMI could do visits to mid deciles schools in the Auckland, Counties Manukau and Waitemata districts and conduct focus groups with adolescents. This would be a way of discussing directly with youth; what they thought of mental illness, how they would feel if they had a family member diagnosed with an illness, and what kind of support they would like to see available to them. This is the ideal way to marry together the literature and the needs of SFMI's specific community. This was a really exciting project because it was a way of illustrating how a community organisation can assess the needs of its community and design a service that will be tailored to meet their needs.

One of the clearest messages we found in the literature, was how great the needs of this population are. Youths are a vulnerable population, in both mental illness and addiction issues. Caregivers are also identified as a population who bear more responsibility and stress than others. So when you get adolescents and care-giving responsibilities together, the risks and impacts can be significant. In the literature adolescent caregivers talked about a need for both peer and professional support. They wanted to be acknowledged as competent and whole human beings, to feel safe and to have adults they could turn to during times when their parents were unable to support them.

However, we must remember that youths are also an interesting group of people for developmental reasons. Because of rapid development and puberty, they are not a homogenous group and therefore when going into schools, SFMI would need to be aware of the different dynamics in different age groups. We found, for example, that while the younger adolescents (13-15 years old) enjoy the use of slang, older adolescents (16-18 years) find it condescending and often 'outdated'. Another interesting fact was that some teenagers would not feel safe talking in a group where teenagers from a different age group were included, so groups must be age-defined.

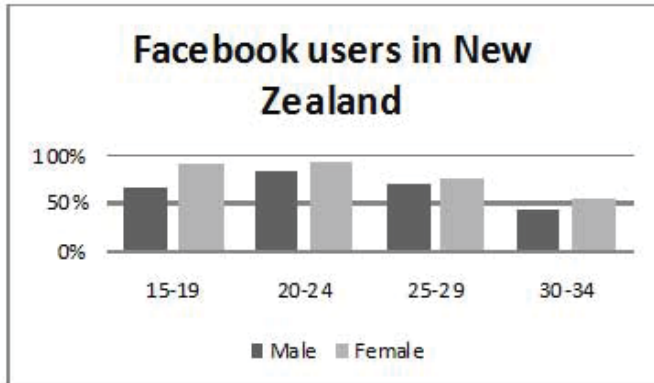
As it is a process that involves both the health and education sectors, ethical permission needs to be gained from both sides, to ensure this vulnerable population is protected. So if SFMI Auckland does adopt the proposal, they will need to undertake a process of applying to the Ministry of Health's district ethical review board (known as team x and team y) to ensure they are meeting all the ethical standards of the health sector. They would also need the approval from the schools' board of trustees to conduct the focus sessions.

We also came up with a few recommendations for SFMI regarding the service they may eventually set up from this process. One was the need for more appropriate communication. Youths have a culture of their own and therefore communication needs to be appropriate. Traditionally, the idea of culture has always been ethnically based but this term

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has broadened its meaning to include other facets of culture. As being culturally appropriate is a priority of SFMI we choose to have a focused on the youth and how this can be better accessed.



The above graph shows the popularity of social networking (particularly Facebook) among the youth. This is an opportunity for SFMI to market itself to this population and it is free of charge! Another way identified to communicate with youth, within a support programme, is via text, what young person doesn't carry a mobile phone, 24/7? Our other key recommendation for the potential programme was to include lots of social events, as this was a way of offering social support and respite, as identified by youth in research we reviewed.

We really feel this is an exciting time for SFMI as they embark on this new programme alongside Network Mosaic and the Kid's Club programme. We wish them all the very best and are greatly anticipating the future developments SFMI comes up with. We truly believe this is a service which is meeting the needs the community identifies. Thank you so much for giving us this opportunity to be part of this inspiring advancement of family-centred mental health services.

We would like to acknowledge our supervisor Michelle Yeoman and Lecturer Michelle Honey for the support and guidance they gave us. Also we would like to thank Emma and Natalie for SFMI. They all ensured this project was safe as well as relevant and practical for SFMI.



## Greetings from the Central Team!

We've been keeping ourselves busy (to keep from getting cold!) here in Central office. What have we been up to:

- Family Information Group evenings every Wednesday 7-8 pm at Te Whetu Tawera (TWT). One of Central Fieldworker's, in collaboration with TWT, attends the weekly evening group offering information to family/friends regarding the mental health process, clinical team and their roles, how to support your family member to recovery etc. We are usually there every Weds evening along with a Registered Nurse, to provide that information to family.
- Child and Family Unit (CFU) at Starship Hospital. We are still attending CFU for an allocated time per week, allowing us to make contact with family. Having a child in a mental health unit can be a frightening experience, and we hope to support those families in offering them information as well as to support them through the tough times. Families need to know that there is support out there for them.
- Mona has been attending TWT weekly on Thursday mornings, making contact with families who may turn up to TWT and who could be in need of support and information.
- Kids Club starting in June (piece included in this newsletter)
- Support Groups running all over the Central Auckland area.
- Have joined with the Family Safety Net team attending their monthly meetings. Nat gave presentation to the different services which so far, has generated some interest as well as some referrals.

## Family Champions SFMI Presentation

Last Thursday, 20th May 2010, SFMI fieldworkers from the Central Team gave a presentation to Auckland District Health Board's 'Family Champions'. Family Champions are individuals who have each chosen to represent their respective ADHB mental health departments as part a wider family / whanau engagement strategy. As a team we all decided that the best way to show the Family Champions what we do was to go together as a team and explain how we work with families. In particular we were able to demonstrate how we support wellness and recovery through our work with individual family members, support groups and by offering access to cultural fieldworkers. The presentation was well received which was also thanks couple of really special family members who gave up their own time to be at the meeting and speak about their positive experience of SFMI services.



[www.networkmosaic.org.nz](http://www.networkmosaic.org.nz)

## NETWORK MOSAIC conference update

Due to unforeseen circumstances, Rose Cuff has had to withdraw, so the conference is postponed until July. We anticipate other speakers from FaPMI, COPMI and SANE Australia, who will be providing an overview of their service development, as well as some short presentations from kiwi initiatives, including the SFMI Auckland "Kids Club".

## Sponsoring kids' fun



Last Christmas Network Mosaic sponsored 30 kids from families affected by mental illness to attend the Special Children's Christmas Party. An awesome experience for the kids with celebrities, entertainment and

of course Santa with loads of presents! Happily the Network will be again sponsor another 30 children in 2010 and encourage others to take up the opportunity to sponsor kids themselves.

To find out more contact Debbi Hoare at the Auckland Special Children's Christmas Party on 09 361 3090 [debbie@sccpnz.co.nz](mailto:debbie@sccpnz.co.nz) or visit [www.sccpnz.co.nz](http://www.sccpnz.co.nz)



Hi we are Nat and Lisa and we have been working on setting up a Kids Club for kids aged between 8- 12 who have a family / whanau member with a mental illness. We believe that when someone has a mental illness that everyone in the family /whanau deserves some support, especially kids.

The main aims for the club are essentially for the children to have fun, but also to be within a group of children who share similar situations and who can identify with each other; and increase confidence. Activities will include arts and crafts; story telling and music to name a few!

This club will be run fortnightly, during term time from approximately 3.30 pm through to 5pm (exact times and dates to be confirmed).

The first group that runs will be evaluated and therefore a closed group but thereafter Kids Club will be run as an open group and within different areas.

We are taking referrals and expressions of interest now!

Nat and Lisa

[natalie@sfauckland.org.nz](mailto:natalie@sfauckland.org.nz)  
[lisa.forshaw@sfauckland.org.nz](mailto:lisa.forshaw@sfauckland.org.nz)  
(09) 3789134



### WANTED

Mini van or bus for the Kids Club  
Network Mosaic and SFMI are looking for a mini van or bus to pickup and take home the kids attending Kids Club. For the Kids Attending this transport can mean the difference of making the meetings or missing out.

Can you help?

Please contact:

Natalie or Lisa on (09) 3789134

# Mental Health Commission National Family/Whanau Advisor



The Mental Health Commission thanks SFMI members for their feedback on our draft family/whanau booklet. Response to the draft was wide and wonderful. Please know that your comments will be taken very seriously. The fact that so many individuals and organisations took the time to send responses is inspirational and reinforces for us that resources like this are needed.

Following the feedback we will make changes and the final booklet will come out in July. The intent is to provide a resource that reinforces the concept of Communities as a wealthy resource to support families dealing with mental health and/or addiction. If we continue to raise awareness of seeking information and support early – then we can avoid the extreme distress often associated with hospital or acute treatment being a family's first experience of receiving help and information.

Thank you for your support of the work of the Mental Health Commission and I look forward to continued dialogue surrounding family/whanau experience.

Warm regards  
*Kathryn Platz*

Family/Whanau Advisor  
Mental Health Commission

You can visit [www.mhc.govt.nz](http://www.mhc.govt.nz) and read the draft version of the family/whanau booklet



When someone in your family / whānau has mental health or addiction issues.



Auckland Community Visit 2010

*Tell us about the mental health and addiction services in your area*

**Thursday, 10 June 2010**  
**Novotel, Ellerslie,**  
**Auckland**

72-112 Greenlane East,  
Ellerslie, Auckland

**This meeting is hosted by one of our three Commissioners and two senior advisors from the Commission. You will have the opportunity in a group setting to discuss your views and your experience of the mental health and addiction services in your area.**

9.00am to 9.45am

School Guidance Counsellors

10.00am to 11.00am

Māori Mental Health and  
Māori Addiction Service Providers

11.15am to 12.15pm

Consumers

12.15pm to 1.00pm

You are all invited to have lunch with us

1.00pm to 2.00pm

Family/ Whānau

2.30pm to 4.00pm

NGO and Intersectoral agencies  
involved in Mental Health and Addiction

For more details contact Liz Tomescu on  
ph: 04 917 8920 or email: [liz.tomescu@mhc.govt.nz](mailto:liz.tomescu@mhc.govt.nz)

If you cannot attend a meeting or would rather write your comments please feel free to email your views to [liz.tomescu@mhc.govt.nz](mailto:liz.tomescu@mhc.govt.nz), or to the Mental Health Commission, c/o Auckland DSV, PO Box 12479, Wellington 6144.

# Whanau Ora Taskforce Report

The Whanau Ora Taskforce Report jointly launched by the Acting Prime Minister Hon Bill English and the Minister Responsible for Whanau Ora, Hon Tariana Turia.

The launch at Te Puni Kokiri's Head Office in Wellington was attended by as many as 200 people, including guests from social and health service organisations, media and the tamariki and kaiako from Te Puna Reo o Nga Kakano.



Minister Turia said whanau ora aimed to bring the nation forward through a focus on collective responsibility for our own. "Rather than having different agencies working with individual family members, Whanau Ora will work with whanau and families as a whole. By building on the strengths of the entire whanau, it will require agencies to work together in better and smarter ways to support whanau and families."

Mr English said it is clear from results in recent years that traditional approaches to helping families in need have not worked that well. "People are capable of sorting out their own lives – so surely it's within our grasp to recognise that and organise our own services around whanau and family."

## What does Whanau Ora mean?

Whanau ora reflects the aspirations of whanau to be self-managing and take responsibility for their social, economic and cultural development. a whanau ora approach will allow providers to work flexibly with whanau

through coordinated and aligned service settings and priorities of government agencies and Non-Government Organisations (NGOs). What does the Whanau Ora Taskforce Report say?

The Whanau Ora Report makes key recommendations focusing on dedicated resources, comprehensive outcomes-focused services and services that are culturally anchored in Te Ao Maori. The report acknowledges the role of local Maori leadership and knowledge to ensuring Whanau Ora services contribute in positive and realistic ways to local communities.

The Taskforce proposes the establishment of regional panels that will strengthen networks between providers, identify gaps in services, and highlight local priorities. The Taskforce Report identifies that Whanau Ora will be achieved when whanau are: self-managing; living healthy lifestyles; participating fully in Te Ao Maori; economically secure, actively and successfully involved in wealth creation; and cohesive, resilient and nurturing.

Taskforce members included Sir Mason Durie, Rob Cooper, Nancy Tuaine, Di Grennell, Suzanne Snively, and Linda Grennell. Their report captured views from 22 hui held nationally and more than 100 written submissions. The Government will formally respond to the Taskforce Report in the next month.

A full copy of the report by the Taskforce on Whanau Centred Initiatives with media statements, speeches and an FAQ sheet are now available online at Te Puni Kokiri website: [www.tpk.govt.nz](http://www.tpk.govt.nz)

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## What will happen next?

To support the implementation of whanau ora, a Governance Group was also announced at the launch of the Taskforce Report. The Whanau Ora Governance Group will provide advice to ministers on policy priorities and provide leadership and coordination across government agencies and key stakeholders. Reporting directly to the Minister Responsible for Whanau Ora, Hon Tariana Turia, the group includes members of the former Whanau Ora Taskforce and the chief executives from Te Puni Kokiri, Ministry of Social Development and Ministry of Health.

"If there is a single conclusion to our deliberations it is that the potential within whanau has never been greater and unleashing that potential will not only bring benefits to Maori but will add greatly to the nation and to the prospects of future generations."

Hon Tariana Turia

Sourced from Te Puni Kokiri website:  
[www.tpk.govt.nz/en/in-print/kokiri/kokiri-18-2010/whanau-ora-taskforce-report-release/](http://www.tpk.govt.nz/en/in-print/kokiri/kokiri-18-2010/whanau-ora-taskforce-report-release/)

FAQ on Whanau Ora also available on:  
<http://www.tpk.govt.nz/en/newsevents/news/whanau-ora-launches-with-134.3m--/>



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



Careerforce is currently undertaking a web based survey on the proposed National Certificate in Mental Health and Addiction Support (Level 4). This draft qualification has a compulsory section and 7 elective topics, one of which is family/whanau work in mental health and addiction. We would be interested in you having your say on this part of the qualification if you are a family/whanau worker or manage family/whanau workers.

To undertake the survey on family/whanau work in mental health and addiction component of this qualification, go to this site:

[https://www.surveymonkey.com/s/MHA\\_Family\\_Whanau](https://www.surveymonkey.com/s/MHA_Family_Whanau)



### NOTICE

**CASA service not funded past 30 June 2010**

**Referrals for the Specialist Counselling Service CASA are no longer being accepted. The Ministry of Health will not be funding this service beyond 30 June 2010. The Community Postvention Response is still available throughout New Zealand.**

**For more information for friends & family from Suicide Prevention Information New Zealand**

<http://www.spinz.org.nz/page/30-Family-Friends>



## Kia ora and greetings to all.

### ADHB Family and Whanau Engagement Strategy for Adult Mental Health Services

For the last 10 months a strategy has been underway in our adult inpatient unit and the adult community mental health service to enhance family and whanau engagement. The strategy aims to clarify for staff what they are expected to do around family involvement and to improve family and whanau engagement (including children of service users) in a demonstrable and measurable way. A reference group representing all professional disciplines has met regularly to provide leadership and oversight for the strategy. Some achievements so far:

- establishment of a family and whanau champion role with one designated staff member from each service coming to a monthly meeting to be resourced around family and whanau work.
- bi-monthly newsletter for our staff informing them of the strategy and relevant knowledge to assist them in their work with family and whanau eg in last newsletter a family member from our ADHB family steering group talked about Relapse Prevention Plans being 'Like A Beacon in the Dark'.
- A one page critical pathway for family and whanau in our adult MH services has been developed to remind staff of key times to pass on helpful information and involve families in the service user journey.
- Establishment of a weekly one hour info group for families and whanau at Te Whetu Tawera

If you are interested in finding out what the strategy looks like, you are most welcome to come along to the July 20th free ADHB family participation lunchtime forum (see poster). The departure from our normal evening forum is because we have found in previous years that many people didn't want to venture out on a cold winter's night, so we have decided to try running this event in the warmer part of the day and provide a lunch of hot soup and bread rolls. At the forum we will also hear some tips from a panel of family members and service users as to what has helped their family and whanau stay strong.

### Family Member Volunteer Needed One Morning Per Month to Put Together Family Packs

With ADHB mental health services increasing their focus (through the family and whanau engagement strategy) on providing families with the information they need, more family information packs are required to be made up. If you have some spare time please contact Leigh Murray at Greenlane Clinical Centre (09) 307 4949 ext 26520.

### An opportunity for family/whanau & friends to say thanks to the staff at Te Whetu Tawera

For all of us, it is often the simple things that make quite a difference. Someone smiling at us and genuinely asking how our day went can lift our spirits no end. Saying thank-you is a relatively simple act, but to the recipient it can make a big difference.

In an acute mental health setting people often don't receive flowers, fruit or get well cards like they do in the main hospital setting. This also noticeably applies to the staff who work in mental health units as opposed to the main hospital setting, where thank-you cards and boxes of chocolates are routinely given to staff. The stigma that goes with mental illness may provide some explanation. However as family and whanau we are able to challenge stigma and discrimination when we come across it.

So the ADHB/SFMI family steering group would like to give family/whanau & friends an opportunity to say thanks to the staff at Te Whetu Tawera. (see poster) If in the last few years you have reason to feel grateful to the staff for the care and support they have been able to provide a family member or friend please come along on July 9th at 2:45pm with a plate of finger food to provide afternoon tea for the staff and service users. If you would like to publicly say your thanks on the day please contact Leigh Murray at (09) 307 4949 ext 26520.



**An opportunity for family/whānau & friends to say thanks to the staff at Te Whetu Tawera (ADHB Acute Mental Health Unit)**



**Where:**

Reception Area, Te Whetu Tawera, Auckland Hospital  
CHILDREN ARE MOST WELCOME!

**When:**

2:30 – 3:00pm  
Friday, 9th July 2010 (School Holidays)

**Bring:**

Please bring a plate of finger food for afternoon tea



**Organised By: ADHB/SFMI Family Steering Group**  
For more details please contact:  
Leigh Murray on (09) 307 4949 ext 26520

**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:

ph: 09 378 9134  
email: admin@sfauckland.org.nz  
web: www.sfauckland.org.nz

Membership continues to be very affordable:

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



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



**When:** Tuesday, 20th July 2010  
12:00 – to – 2:30pm  
(Soup and Toast Lunch provided)

12:00pm Welcome  
12:05pm Sit down lunch of hot soup & toast  
12:30pm Leigh Murray  
Family Engagement Strategy across Adult Mental Health Services  
1:00pm People with Lived Experience talk about what has worked for them in their own family  
1:45pm Panel respond to audience questions

**Where:** Western Springs Garden Community Hall  
956 Great North Road,  
Western Springs  
(Just beside COBB & CO Restaurant)

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





**LIKE MINDS, LIKE MINE**  
Whakaitia te Whakawhiu i te Tangata

## **Are you passionate about fighting stigma & discrimination?**

Kia ora, Malo e lelei, Fakalofa lahi atu, Bula  
Vinaka, Talofa ni, Kia Orana koutou  
katoatoa, Malo lava le soifua, Ni hao

**The Mental Health Foundation and the  
Regional Consumer Network are hosting a  
free public forum on countering stigma &  
discrimination associated with mental illness.**

When: Thursday 10th June 2010  
10 am—2.30 pm (lunch included)  
Where: Western Springs Garden Hall  
956 Great North Road, Western Springs

### **How does discrimination affect families?**

Hear our speakers Heather Barnett (MHF) and Leigh Murray (ADHB) present the latest NZ research and information about how families experience and can combat discrimination associated with mental illness.



**Regional  
Consumer Network**



**Mental Health Foundation  
of New Zealand**

# JUNE

SUN	MON	TUES	WED	THUR	FRI	SAT
		<p><b>Yan Oi Sei—Chinese Family Support</b> 10am -12 noon Wendy 378 9134</p> <hr/> <p><b>Manaaki House Family Support</b> 5.00-6.30pm Olivia 378 9134</p>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b>	<b>7</b> Queen's Birthday SFMI Office Closed	<b>8</b> <b>Whangarei Evening Support Group</b> 5.45pm -7.30pm 6 Donald Street in the Regent Karen 09 430 3844	<b>9</b>	<p><b>MHC -Auckland community meeting</b> Contact: liz.tomescu@mhc.govt.nz or (04) 917 8920.</p> <hr/> <p><b>North Shore Family Support</b> 7.00-9.00pm Peter 440 9812</p>	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> <b>Borderline Personality Disorder Family Support Group</b> Freindship House, 20 Putney Way, Manukau Iva 09 270 8543	<p><b>SFMI/Affinity Family Support Group</b> 2.00pm- 3.30pm Cindi 526 0320 Ext. 9339</p> <hr/> <p><b>Central Family Support</b> 7.00-9.00pm David or Natalie 378 9134</p>	<b>16</b> <b>Pacific Island Support Group</b> Alternating between Central and South Iva 270 8543 or Mona 378 9134	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b> <b>Howick-Pakuranga Family Support</b> 7.00-9.00pm Highland Park Community Centre 47 Aviemore Drive, Michelle 270 8543	<b>22</b> <b>Whangarei Morning Support Group</b> 10.00am – 11.30am 6 Donald Street in the Regent Karen 09 430 3844	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			

# JULY

SUN	MON	TUES	WED	THUR	FRI	SAT
				<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> <b>Borderline Personality Disorder Family Support Group</b> Freindship House, 20 Putney Way, Manukau Iva 09 270 8543	<p><b>Yan Oi Sei—Chinese Family Support</b> 10am -12 noon Wendy on 378 9134</p> <hr/> <p><b>Manaaki House Family Support</b> 5.00-6.30pm Olivia 378 9134</p>	<b>7</b>	<b>8</b> <b>North Shore Family Support</b> 7.00-9.00pm Plunket Family Centre, 213 Shakespeare Rd, Milford Peter 440 9812	<b>9</b> <b>ADHB/SFMI Family Steering Group</b> <b>Te Whetu Tawera Morning Tea</b> 2:30 – 3:00pm Leigh Murray 307 4949 ext 26520	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b> <b>Whangarei Evening Support Group</b> 5.45pm -7.30pm 6 Donald Street in the Regent Karen 09 430 3844	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b> <b>Howick-Pakuranga Family Support</b> 7.00-9.00pm Highland Park Community Centre 47 Aviemore Drive, Michelle 270 8543	<p><b>20</b> <b>Family Participation Forum</b> 12:00-2:30pm</p> <hr/> <p><b>SFMI/Affinity Family Support Group</b> 2.00pm-3.30pm</p> <hr/> <p><b>Central Family Support</b> 7.00-9.00pm</p>	<b>21</b> <b>Pacific Island Support Group</b> Alternating between Central and South Iva 270 8543 or Mona 378 9134	<b>22</b>	<b>23</b>	<b>24</b>
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# 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](http://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.