

# NEWSLETTER

April 2010

**Supporting Families in Mental Illness (Auckland)  
has a new look logo.**

**The logo consists of  
two elements:**

> **The Family - Identifies principle stakeholders; the blue 'family' with the golden 'one in 5' which alludes to the 20% rate for individuals who will experience a mental illness.**

> **The Company Name 'Supporting Families in Mental Illness ~ Auckland'.**



**SUPPORTING  
FAMILIES**  
in Mental Illness  

---

Auckland

- 2 Message from the Chair
- 3 Message from the General Manager & Letters
- 4 Volunteer News & National Council Membership
- 5 Book Launch - Blue Messiah
- 6 Schizophrenia Awareness Week 2010
- 7 Family Research - Thesis completed
- 8 The Mental Health Amendment Bill Fails
- 9 Families should be included & MHC Family Advisor
- 10 Central Office Update & Liaison Field Worker
- 11 Network Mosaic and Kids Club update
- 12 Waitemata Office update
- 13 Welcome to Annais & Family Forum
- 14 Counties Manukau - Sue Cotton, Family Advisor
- 15 Research & Resources & Support Groups

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)



436 Rosebank Road, Avondale  
Phone 828-6387 Fax 828-5452  
Email: [kiwicopy@clear.net.nz](mailto:kiwicopy@clear.net.nz)

Digital Copy & Print, Colour and Black & White  
Large Posters, Digital Plan Printing, Scanning,  
Laminating, Binding & more...



I was disappointed that the vote to send Luamanuvao Winnie Laban's The Mental Health (Compulsory Assessment and Treatment) Amendment Bill was lost 62 votes to 60. This means it will not go to select committee and the opinions and voices

of the Bill's supporters will not get heard. SFMI saw this as an opportunity to get some of the issues raised in the Code of Family Rights recognised in legislation. I'd like to thank those who wrote in support of this Bill going to select committee. I watched the bill being debated on Parliament TV & noted with interest that several speakers for the Bill mentioned information they had gained about the family perspective through contact with SFMI. I take heart in the fact a majority of parties in Parliament supported the Bill being heard and that all MPs speaking for or against the Bill recognised the importance of family/whanau in recovery.

You will notice that in this issue of the SFMI Auckland newsletter we have formally moved from our paua shell S logo to our new logo of 5 figures. This represents family our principal stakeholders and the 1-in-5 people in New Zealand who will experience mental illness at some point of their lives.

Things have been busy coordinating with branches across the country to manage business formally done in the national office. It has been great working together to ensure services continue. Our branch has agreed to take on getting the National website back up and running and then the ongoing work to keep it up to date. SFMI New Zealand just held a SGM on the 27th of March that was well attended by a mixture of staff, chairs & delegates, and the wider membership of SFMI. I will write about this in more detail when minutes become available.

Finally thanks to Cindi Wallace and Trish Martin SFMI Family members who kindly shared their knowledge and experiences during Schizophrenia Awareness Week. Informing groups about the history of SFMI, the journey taken as family members and countering the stigma faced by families and their loved ones.

*Max Lloyd*

Branch Chairperson

Supporting Families in Mental Illness – Auckland.

# Message from the General Manager



## Kia Ora SFMI Members, Families, Whanau and Colleagues.

It's great to have this opportunity to say a little bit about the changes within our organisation, and our new look!

You may already be aware that due to ongoing difficulties with sustainable funding, we sadly decided to close our National Office in Wellington at the end of January this year. Until we have finished our consultation process with all our stakeholders, our 20 Branches around the country, along with our National Council, are taking up the core roles and functions that our National Office fulfilled, so that we can continue our higher level advocacy for families, whanau and service users.

We have also now launched our new logo, which is being used nationally, and we hope that you like our new, fresh look. The yellow coloured person in our logo, symbolises the one person in every 5 New Zealanders that will experience mental illness during their lifetime.



In order to honour and acknowledge our traditions, we are also maintaining the sunflower image on many of our materials. The sunflower has been a consistent image within our organisation since it's origin in the 1980s, and has come to symbolise light and hope for many families and whanau. We have had great feedback from the community and from mental health services so far, especially regarding our Supporting Families t-shirts, which are easy to spot at events, and promotions.

Information for Service Providers about SFMI Brochures. The question we have been asked most by other agencies this month is, "Where can we get SFMI brochures now?", as these were previously ordered through National Office.

The good news is that for the SFMI Auckland brochures, they continue to be free and provided by our office in Grey Lynn, or your local office. Our staff will try to keep stocks up in local areas, but if you would like to get hold of a copy, or place a bulk order, please contact our office on 09 378 9134, or email [admin@sfauckland.org.nz](mailto:admin@sfauckland.org.nz) to place your order.

The brochures listed below, will now be available via our Wairarapa Branch, at a cost of 25cents plus GST plus posting and packaging a minimum of \$5.00.

- Code of Family Rights
- The Mental Health Act
- Mental Illness: How family and friends can help

Please email directly for an order form to [admin@sfwai.org.nz](mailto:admin@sfwai.org.nz) or give them a call Supporting Families Wairarapa Awhi Whanau o Wairarapa 06 3773081

Please do not hesitate to contact me if you have any feedback or suggestions on how we can improve our services for families and whanau.

*Emma Doré*

General Manager

Supporting Families in Mental Illness – Auckland.

## Letters

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*



**SUPPORTING  
FAMILIES  
in Mental Illness**  
Auckland  
www.sfauckland.org.nz  
Ph: 09 378 9134

## Situation Vacant Cleaner wanted

SFMI is looking for someone to clean our offices in Grey Lynn. This is a paid position of approximately half a day a week. Cleaning would best be done during the weekend, but other times can be discussed.

Please ph: 3789134



## Have you got a green thumb? Volunteer Gardener needed

SFMI is looking for someone to help maintain the gardens at the Grey Lynn office. This is a voluntary position so times and dates would be negotiable.

If you have some spare time and are a keen gardener we would love to hear from you.

Please ph: 3789134  
for more information



## 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](mailto:admin@sfauckland.org.nz)  
web: [www.sfauckland.org.nz](http://www.sfauckland.org.nz)

Membership continues to be very affordable:

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

There is strong feeling within the National Council and the wider organisation that we should not lose sight of our aims and objectives in this exercise. We exist in order to carry a message of hope for family/whanau of those who are experiencing major mental illness. Our mission is to provide for those families the best possible education, advocacy and support. This is a common cause for all branches of SFMI, and while some branches may also hold contracts to carry out other work, it is this sense of purpose that holds us together as an entity. We need to be mindful of this as we step towards a new future structure.

## National Council update:

National Council currently consists of: John van der Heyden (Acting President), Fiona Perry (Acting Treasurer), Ernie Tait, Max Lloyd, and Jim Crowe. We are in need of new councillors and are particularly keen to hear from people with skill in the areas of finance and business. We also need better Maori and Pacific Nations' representation on council. We have the power to co-opt so don't need to wait for nominations via an AGM

Current council members submitted the following information about themselves:

**Fiona Perry:** I am a member of the local Whanganui committee, and a family member. I have a daughter who has depression. I was introduced to SF by a friend and have valued the support provided. I am employed as a Senior Service Facilitator in NASC (Needs Assessment Service Co-ordination Service) supporting people over 65 with age related disability. I am married with 2 adult children; my husband is semi-retired and supportive of my involvement. I am in my second year of study for a postgrad diploma in Disability studies – sponsored by the Ministry of Health.

**John van der Heyden:** based in Wellington, is a family member with a close association with Atareira, Wellington's branch office, as the Chair of its governance board. Atareira provides family support, education, housing and vocational training. He has spent over 30 years as a Police officer and is now based at Police National HQ.

**Ernie Tait** is a Christchurch lawyer and has had a long association with SFMI. He has been playing a major role in bringing the housing project to a point of near-completion.

**Max Lloyd** is Chair of the SFMI Auckland board, a role he has held for 3 years. He runs a private psychotherapy practice in Auckland, and has had a 30-year career in various forms of mental health and AoD service provision.

**Jim Crowe** has been involved with SFMI since its earliest days as the Schizophrenia Fellowship. He is a psychiatrist by profession and lives in Dunedin. He sits/has sat on numerous national and international boards and committees related to mental health service delivery. His first post was as a fieldworker for SF Otago. He is a tireless champion of family involvement in the mental health system.

Best wishes to all and thank you on behalf of National Council for the support you have all shown so far

*National Council*



Twenty years ago, Peter Finlay spent time at Lake Alice, the psychiatric institution. Shortly after leaving, he wrote the story of his hospitalisation and his re-entry to civilian life. There's a police beating, medication haze, nefarious inpatient characters, strange thought-processes, and through it all, the calm voice of the writer, fully oriented to time, place and

self, who explains what it was like in 1987 to come undone and get put in one of New Zealand's most infamous psychiatric hospitals.

Blue Messiah, a novelette by Peter Finlay who describes life with schizophrenia in this unflinching and funny memoir. Currently a fifty-two year old university student, he tells the story of what he's endured, lost and overcome.

*"My mind was independent of my surroundings. It raced, it dived, it ducked, it soared. Full of wild imaginings of world power, of super intelligence, of supreme goodness, of reward. Twice someone poked a cigarette into the room, through little holes in the window... although I didn't smoke, I took these as offerings, portents, of what was to come."*

The Frozen Funds Trust is supporting the publication of Peter Finlay's Blue Messiah. The Trust was established to distribute grants from a fund originating from the interest on patients' savings whilst in psychiatric hospitals over many years. After returning money to everyone they could find, five million dollars was left. In 2008, its inaugural year, the Trust called for projects from the mental health community that would educate the public about "the legacy of institutionalisation".

In recent years, Peter Finlay has regularly attended the creative writing class at Toi Ora Live Art Trust and is now enrolled in English and writing classes at Auckland University. Toi Ora is an art centre for painters, printers, musicians, writers, and craftspeople in Grey Lynn, Auckland. It provides a space for people who use mental health services to make their art. Peter and Toi Ora approached Frozen Funds, and the result is this compelling publication.

You are warmly invited to the book launch

Where: Allaluyah Café

St. Kevins Arcade on K'Rd.

When: Thursday 22th April. 2010 5.30pm.

Peter Finlay will be signing copies of his book



Whangarei is thriving and has developed a tropical weather feel.

I am settling into my new job and getting the feel for who is who in mental health in the North.

The Support group in Whangarei, Donald Street is up and running and so far this year we have had

two great get-togethers and networking/socialising with families. The Support Group will run every fourth Tuesday of the month from 10.00am -11.30.

Karen Bacica  
Family/Whanau Field Worker  
Supporting Families in Mental Illness  
4 Donald Street,  
Whangarei  
PH: 09 430 3844  
Email: karen@sfauckland.org.nz

### Sponsor or advertise the SFMI Auckland Newsletter!

You can support the work SFMI does by buying advertising space in this newsletter.

Through your sponsorship or advertising you help reduce the cost of producing the newsletter allowing us to provide more services to families/whanau across Auckland.

You also get to market yourself to our membership, and a wide range of health professionals and services across Auckland who receive our full colour electronic newsletter.

SFMI is a non-profit organisation that provides a free service across the Auckland region. We offer this bi-monthly newsletter free to our members and through our satellite offices. The Newsletter is available in full colour electronically and in a black and white hard copy.

If you would like to find out more please contact Ashley on ph: 378 9134



For Schizophrenia Awareness Week 2010 SFMI Auckland set out 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.

This was a big goal so we picked 3 strategies for our team to focus our work on trying to make the most difference towards our objective.

### 1. 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).

Staff at SFMI Auckland pulled together to create a 30 min presentation for the week, refining down the vast amount of information and misinformation out there into a manageable workshop! Fieldworkers went out and presented information to a range of servicers including Barnardos, Age Concern and The Salvation Army. Some bookings came in too late for

the actual awareness week and fieldworkers are working with other organisations to come in and run workshops later in the year. Fieldworkers also took the opportunity to get out of the office and talk to as many groups as possible during the week taking information and resources, including the new look brochure for SFMI. Feed back from the workshops has been positive but with the note that more time for advertising and contacting organisations would have seen more bookings. The workshops that did go ahead created a lot of discussion with those attending and offered a chance to follow up with more resources and support from SFMI.

### 2. Promotion of SFMI resources and services

Across all the work we did during the week SFMI Auckland made sure our new logo and our contact details were got out to as many individuals and services as possible. The creation of specific web pages for the week highlighted the information resources and support available from SFMI. Staff also created a resources sheet for groups to download highlighting the range of services available to support and inform around schizophrenia and other mental illnesses. A key message in all the promotion work done through out the week was to let people know that you could get support as a family/whanau or friend supporting someone with schizophrenia and it was as easy as giving SFMI a call. Fieldworkers spread this information though email networks, but also by visiting community groups, businesses, primary health organisations and other mental health organisations.

### 3. Promote participation in SA Week by other mental health providers and NGOs.

This year SFMI encouraged other organisation to take part in the week in what ever way they could. WE provided information and resources for groups via our website and by request.

We made contact with the Mental Health Foundation (MHF) who partnered with us to produce press releases and to do promotion of the week (not just for Auckland but through the MHF website and

media releases nation wide). This included information on their Facebook pages, as stories in local papers across the country (East & Bays Courier, Northern Outlook, Central Leader, Eastern Courier and the Southland Times). Also through the media release BFM picked up the story and had a short interview about the week and SFMI Auckland activities and services.

Sheldon Brown from the Take it from Us radio show also did two shows on Schizophrenia Awareness week, the week prior informing listeners about the week and its history and an insight into the family experience through interviews with Cindi Wallace and Trish Martin. Then in his show during the week, Sheldon featured interviews with Brent Hartshorne and Susie Crooks on their recovery journey.

Trish Martin shared her story with the North Shore Shared Vision Meeting. The feedback from the group was one thanking her for sharing a positive and moving story that gave many a new understanding.

We also made contact with Mike King's Nutters radio show and Facebook pages to let them know about the week and they passed on information to their many followers.

Schizophrenia Awareness week 2010 – Let's talk about it! Was a great success both within the SFMI team, as well as through making many new connections with the wider community. As a team we worked together on projects that gave us new skills, resources and knowledge we can now share with all the families/whanau we work with. We also made new contacts into the community letting groups know who we are and what we do. As always we will seek to do more and better next year. Thank you to all those groups and individuals who took part and offered your knowledge, support and advice during the preparation for the week and during the week itself.

We encourage you to check out some of the information still available via our website [www.sfauckland.org.nz](http://www.sfauckland.org.nz) or if you would like a presentation from SFMI on schizophrenia or our services ph 3789134.

### Recovering voices in mental health, families and anthropology



This is a thesis by Rowan McCormick, a family member who worked with SFMI staff and families to complete his study. In Rowan's words "the thesis focuses on

family strengths, I think, emphasising local/family knowledge and voice and strengths as being very important for affecting recovery and wellbeing." He also gave a big thank you to all those who took part along the way. Rowan hopes to be able to take his thesis and eventually write it in a more family friendly manner, when time permits. Congratulations Rowan on completing your Masters!

Full thesis available on:

<http://muir.massey.ac.nz/handle/10179/1087>

This essay discusses some experiences of families, carers and people with experience of mental ill-health and recovery in New Zealand, focussing on 'recovering moments' in social exchanges, families, mental health settings and in anthropological research.

**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 Mental Health Amendment Bill fails

**A Party Vote was called for on the question, "That the Mental Health (Compulsory Assessment and Treatment) Amendment Bill be now read a first time."**

## **Ayes 60**

New Zealand Labour 43; Green Party 9; ACT New Zealand 1 (Douglas); Maori Party 5; Progressive 1; United Future 1.

## **Noes 62**

New Zealand National 58; ACT New Zealand 4 (Boscawen, Garrett, Hide, Roy H).

## **Motion not agreed to.**

Winnie Laban (Labour MP and the author of the Bill) said, "The Mental Health (Compulsory Assessment and Treatment) Amendment Bill would have clarified and strengthened the role of families and whānau in caring for their loved ones suffering mental health problems."



The Bill did not progress to the Health Select Committee after being voted down by the narrowest of margins, 62 - 60.

National voted against the Bill with Dr Paul Hutchison (National) speaking to the House and stating that, "Although I absolutely agree with the sentiment behind this amendment Bill, and the Government fully supports the underlying principle of it—to strengthen family and whanau involvement and provide support when a family member is assessed or treated—we will not be supporting the Bill, because we believe that the current legislation is actually quite sufficient."

The Act Party split its vote with Sir Roger Douglas voting for the Bill to go to Select committee, but the remaining members of ACT voting with National against the Bill. Hon Heather Roy (ACT) said in her speech "The ACT Party will be voting four in opposition to this bill, and one in favour. The four members who will be opposing it feel that in practical terms nothing is likely to change with this legislation... Sadly we fear that the unintended consequences that may result from the Bill may see clinicians less likely to consult families, rather than more."

The other parties supporting the Bill spoke about the gap between the current legislation's intention and the reality of families' experience. Kevin Hague (Green) said, "There is widespread recognition of the importance of family and whanau, both in creating a person's mental health and also in the recovery from mental illness. So why are we here debating this bill if Dr Paul Hutchison is correct and the existing law already sets out a platform for that to occur? The reason we are here today debating this Bill is that it is not occurring."

Speakers also said that select committee was the best place for concerns to be fully debated, as then all groups' including families, consumers and practitioners' concerns could be heard.

In her closing speech, the Hon Luamanuvao Winnie Laban (Labour) gave acknowledgement to SFMI and families, "I acknowledge all the organisations, including Atareira and Supporting Families in Mental Illness, and all the beautiful families who are caring for loved ones with mental illness and watching this debate on television around the country. It is their stories and experiences that have motivated this Bill, our Bill."

The Associate Minister of Health, Jonathan Coleman was thrown out of the debating chamber and did not speak to the Bill. He was asked to leave the chamber after calling Hon Ruth Dyson a 'liar' when she challenged his silence and said that she had heard him say at a SFMI function last year he would back a "plea that the Supporting Families in Mental Illness code of family rights should be put into law". So Jonathan Coleman left without speaking to the Bill. Disappointingly, the Associate Minister of Health and spokesperson responsible for Mental Health also failed to send the promised statement on his and the National Party's position in regard to this Bill prior to the vote despite repeated requests for this information.

You can read the full debate and speeches from parliament at the following website: <http://www.parliament.nz/en-NZ/PB/Debates/Debates/> and the debate was held on the 17th of March or search for Hansard (debates).



## Families Should be Included

In light of the recent political decision not to go to Select Committee with the families' amendment to the Mental Health Act, the Commission plans to highlight the additional standards and guidelines that include the involvement of families.

During its regular DHB meetings with families and service users, the Commission is frequently told that with the best intentions busy clinicians often do not involve families as they should. This has led to frustration and anxiety because often the burden of after-care falls on them.

As part of the work it is already doing to advocate for and support families and their loved ones with mental illness and addiction, the Commission plans to complete the family/ whanau booklet by July 2010. (from MHC media release March 2010)

Supporting Families in Mental Illness New Zealand (SFMNZ) supports the Mental Health Commission Position that Family and Whanau should be involved in the assessment and treatment of their family member.

SFMI Services across New Zealand have been working with Families for over 30 years. Our own data supports the wealth of research that if families are well informed, involved with assessment and treatment, are given support themselves then they are better able to support their family member.

The frustration and anxiety often felt when dealing with Mental Health Services can be reduced by working alongside all who are involved.

The National and Act Parties refusal to support the amendment proposed in the private members bill was disappointing, as the opportunity to clarify in legislation what "best practice" is, has been lost. Too often mental health professionals do not consult family and whanau when assessing and treating people under the Mental Health Act. The amendment spelt out how mental health professionals could consult and inform families in these situations.

We hope that the Mental Health Commission will work along side Supporting Families in Mental Illness NZ to produce well designed guidelines for working with Family and Whanau

## National Family/Whanau Advisor at MHC

Kathryn Platz was recently appointed as the National Family/Whanau Advisor at the Mental Health Commission. The role is to provide the family perspective and engage with the family network in the mental health and addiction sector.

Kathryn has participated in the mental health and addiction sector for over a decade as both a support worker and also as a family member.



"I have journeyed with my partner and our children through mental health services on the search for well being as individuals and as a family group. The mental distress in my family of origin went unheard and unseen and lives were lost before their time. These current and past experi-

ences drive my passion as an advocate for the for the family/whanau voice in respectful partnership with the consumer/tangata whaiora voice" said Kathryn Platz.

Mental Health Commission Chair Dr Peter Mc George said that Kathryn's networks and experience will add value to the work of the Commission.

"Kathryn comes to us with a tremendous kete of knowledge about the sector and the issues family and whanau face as they work with a family member who has a mental health or addiction issue. Sometimes the process can be very daunting and Kathryn's input to our work programme is very important. We welcome her to the role."

Currently Kathryn is working on developing family/whanau communication networks nationwide.

"Healing and integration of life experience happens best in healthy connection with others" she said.



The Central Office kicked-off Schizophrenia Awareness Week on Monday 8th March 2010 by visiting a number of local organisations. We talked to people about our mission to raise awareness and understanding about schizophrenia within the non-mental health sector.

Over the next few days SFMI Fieldworkers from North, South and Central Auckland teams went into local businesses giving free half-hour workshops on schizophrenia. The feedback from participants about our workshops was really positive and as expected we generated lots of questions. Hopefully we also left many people interested enough to find out more of their own accord. For example by checking out our Schizophrenia Awareness Week web page at [www.sfauckland.org.nz](http://www.sfauckland.org.nz).

Finally another great thing to come out of the week was that the process of planning the workshops turned out to be a real team effort. It gave everyone at SFMI a chance to think about the myths and facts surrounding schizophrenia and the need for greater understanding amongst the general population because of common misconceptions about schizophrenia and other mental illnesses.



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



Hi I'm Paul,  
I have recently joined SFMI as the Liaison Field Worker, before being hired by SF I was working for an NGO by the name of

Challenge Trust, my role at Challenge was to set up & promote the family/Whanau service which was based in West Auckland. I myself have a family member with a mental illness so I personally know how the journey that our loved ones take within the mental health sector can ultimately affect us as family members.

My journey as a professional started many years ago as a casual member of a team of professionals looking after young adults with ADHD and Autism it was through this experience that I choose to further my education and experiences within the mental health sector.

My experiences through working with families in my last post reiterated to me how important support is no matter how large or small. There were many families who expressed delight in just having someone to talk to and of course someone who would listen. It is I believe essential to empower families with knowledge on the sector and the legal responsibilities of both clinical, consumers and families as a whole.

I'm very excited about my new post at Supporting Families and hope there is an opportunity in the future to work with all the families that are currently accessing support from SFMI.

*Paul*  
Liaison Field Worker

### Network Mosaic Conference in June

Watch our website for information later this month. [www.networkmosaic.org.nz](http://www.networkmosaic.org.nz)

The Conference will include an open discussion panel of sector "movers and shakers" and guest speaker, Rose Cuff, the State wide FaPMI (Families where a Parent has a Mental Illness) Coordinator at the Bouverie Centre, presenting on current issues facing service development in Australia.

The FaPMI Strategy builds on these objectives by establishing a number of positions that work with mental health services, community organizations, consumers, carers and families, and other service providers to improve the way support is provided to families and children where a parent has a mental illness. The aim is to develop family focused services working together to support these families including children aged 0-18.

(<http://bouverie.org.au/programs/mental-health-team/fapmi>)

### ADHB Youth Health Symposium Wednesday 14 April 2010

Frameworks for the future: the context for school based health services. Topics will include; Setting the scene, Models of Engagement that work for young people, and Visions for the future.

Network Mosaic will have a stand there and will promote the network and its objectives - advocacy and service development for young people whose family/whanau are affected by mental illness or addictions. They will also be promoting the Kids' Club project.

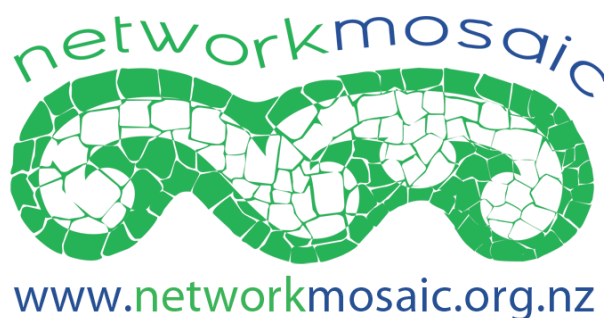
### A peer group for children with a family member affected by Mental illness

Planning for SFMI Auckland's first peer group for children is underway.... The initial brief from SFMI management was to set up a fun / activities based group for children who have a family member affected by mental illness.

The first step towards making SFMI Kids' Club a reality happened in February when SFMI staff organised a brainstorm meeting. This meeting was an opportunity for SFMI staff to gather views and guidance from professionals and family/whanau members with expertise regarding children affected by parental and family/ whanau mental illness.

Using information generated though the brainstorm meeting as a basis; SFMI staff members are now in the process of defining specific aims, goals and practical requirements of the group. Part of this has been to link with the project coordinators of Tu Tangata Tonu (part of ADHB Child and Adolescent MH Services) who provide a range of services to support children in families where there is parental mental illness. At this stage Kids' Club looks to have all the right ingredients. With further research, consultation and planning a pilot group should be up and running in the coming months ...watch this space!

**Big thanks** to our volunteer Network Mosaic Coordinator, Robyn Peters, and new volunteers Lisa F and Emma L, who are supporting the Kids' Club and organising the conference.



# Waitemata Office Update

Tenei he mihinui, he mihi mahana ki nga whanau katoa: 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, Phone: 09 4409812. Nau mai, haere mai, welcome.



The team welcomes Annais

Being new to SFMI has meant we have spent a substantial amount of time in our first 6 weeks meeting mental health providers, (public, private, and NGOs), making contact with families who were already accessing SFMI services, as well as meeting with new families. The geographical area we cover is vast and varied with city, suburban and the rural mix, so we are still problem-solving how best to provide SFMI services in these areas. Building relationships with health providers to enable families to have access to SFMI services is a good place to start.



Waiaata for Peter

## TRAINING FOR FAMILIES:

A Family Forum will be held at the Catholic Church Hall, 180 Centreway Rd, Orewa, on 8 April 2010, from 7 – 9pm. The focus is "Putting things in place for the future, to help families understand the options open to them in planning for the future care of their loved ones." For more info or RSVP to: [Debbie.crichton@waitematadhb.govt.nz](mailto:Debbie.crichton@waitematadhb.govt.nz), Ph 09 8382829.

## 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. However, due to the Family Forum in Orewa we won't be holding an April meeting. The next Support Group will be on **Thursday 13 May 2010**.



Peter

Please let us know of any topics you would like to explore at Support Group, and we will arrange speakers, facilitators and resources. For example, a common issue for families is the process of letting go some of the extra responsibilities taken on for their family member, like being on call to a family member 24/7. Letting this go, empowers whanau/families to reclaim full night's sleep, to wake up refreshed, and better prepared for a new day.

Do phone us or call into the Glenfield office, for more info about boundaries, letting go, setting achievable goals, and more. Mauri ora kia koutou katoa / good health to all.

**Annais and Peter  
Waitemata Team  
Ph: 09 440 9812**

The fact is, that to do anything in the world worth doing, we must not stand back shivering and thinking of the cold and danger, but jump in and scramble through as well as we can.

**Robert Cushing**

Nga mihinui kia koutou.  
Ko Ngaitawake ki te tu  
a whenua, Ngati Rehia,  
Ngati Rahiri/Ngati Kawa,  
Te Uri o Hua nga hapu.  
Ko Ngapuhi te iwi.  
Ko Annais Allen ahau.



**Mona and Annais**

My mahi over the past 10 years has focussed primarily in using my skills and experiences with mahi toi and mahi raranga to support and encourage tamariki and whanau to develop their own skills to build life-giving, learning and caring relationships.

I have networks in schools, mental health services including L4 Residential Services, community services, whanau, hapu and iwi support throughout Te Tai Tokerau, Te Raki Paewhenua and Tamaki makau-  
rau.

Mental health is a whanau issue, it affects all of us, whether it's declared and out in the open for all the whanau to know about, or hidden. It's not always easy to talk about, let alone understand. Having access to information, a listening ear, and the opportunity to ask questions or tell your story can make all the difference.

Contact me on 09 440 9812 or any one of my colleagues at SFMI on 09 378 9134 for confidential support and information.

mauri ora.

*Annais*



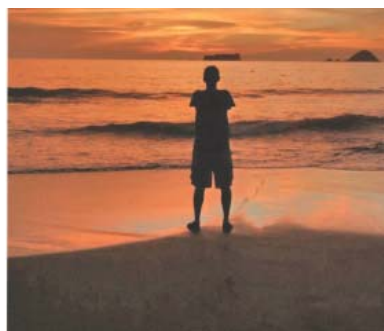
**The whole team at Glenfield**



## 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





## A Decade of Service to the Pacific Communities of Counties Manukau

Talofa Lava, Malo e lelei, Kia Orana, Fakalofa lahi atu, Bula Vinaka, Kia Ora, Warm Pacific Greetings.

As the new decade gets underway, it seems timely to reflect on some of the journeys that have brought our mental health services into the 21st century.

One such journey began in 1999 during a new era for Pacific Health in New Zealand with the development of 'by Pacific for Pacific' approach to improve the health and wellbeing of the growing Pacific population of South Auckland.

Following the Mason report and in response to the need for specialist skills and the delivery of Pacific models of care, Faleola Services, which means 'House of Life' was established to deliver clinical adult mental health services to Pacific communities within South Auckland.

A team of six started with very humble beginnings which included a damp, leaky room at the old Cottage site in Otara, with 6 chairs, 1 coffee table and 1 telephone.

In 2000 Hartford House became our new Fale (home) which we shared with Maaori and Intensive Clinical teams. This was a great improvement as we now had desks and office furniture to go with our 6 chairs and the lunch table marked the boundary between teams.

Then in 2005 we were on the move again to our present site at The Cottage, 24 Station Road, Otahuhu. Our team was growing and we were prone to blowing the electrical fuses through needing to use the heaters to keep warm in the winter and the fans to keep cool in the summer!

Throughout our journey, we have been privileged to be called by our community to support various activities, including presenting on Pacific Radio programmes, guest lecturing, speaking at many and varied local and regional community events.

2007 saw nurse led mental health clinics held in Niue for the first time and included training and education

opportunities being provided in both clinical and community settings. Faleola continues to provide this service to Niue twice per year.

Professional development has always been encouraged with significant staff academic achievements along the way, and students from all disciplines have always experienced Faleola as a supportive learning environment.

There are currently many exciting service developments underway at Faleola, one being the development of a Matua role to enhance clinical delivery, coordinating and delivering consultation and liaison to mental health services that support Pacific people.

A Matua is known as a person of wisdom and is seen as a cultural expert, having extensive knowledge of Pacific cultures and status within Pacific communities.

Two key focus areas of this role will be to support mental health workers to work in partnership with Pacific families and to raise awareness of mental well being within our Pacific communities and provide a cultural pathway to recovery.

The Matua role greatly enhances the Pacific view of health and wellbeing that we work to, encompassing the physical, mental, cultural and spiritual dimensions that are important to Pacific peoples.

Another exciting initiative is the co-location of Tupu Services (Pacific Alcohol/Drug/Gambling) at the Cottage site, which we believe will greatly assist in improving access to our services and improved health outcomes as we jointly support Pacific families that experience co existing issues in both mental health and addiction.

Natalie Leger, Service Manager, Faleola Services reminds us that 'there are so many people who have supported and been part of the Faleola journey, especially our Pacific people and their aiga/magafoa/fanau who have shared their own personal journeys of recovery with us.'

Natalie says that the Faleola team 'look forward with passion and determination to the next 10 years as we build on the foundations of the last decade being guided by the principles of; respecting Pacific culture, valuing family, providing quality health care and working together to support Pacific peoples to lead longer, healthier and more independent lives'.

Fa'a fetai lava, Malo aupito, Meitaki maata,  
Fakaue lahi, Vinaka vaka levu



### Frontline: the community and mental health and addiction sector at work in New Zealand

Peters, J. (2010, February).  
Wellington: Platform.

Full Report available on:  
[http://www.platform.org.nz/file/Documents/frontline\\_ngo.pdf](http://www.platform.org.nz/file/Documents/frontline_ngo.pdf)



The aim of this paper is to describe the NGO sector active in the mental health field, showing that many are innovators, successful, that employ large numbers, are well-placed to deliver the Governments objectives while meeting the needs of individuals, families and communities.

In the current social and economic environment the Government is looking for new solutions to old problems. We are told that our current health and disability services are not sustainable and we cannot afford what we have got. The Horn Report talks about new models of care, in particular, care closer to home.

As Non Government Organisations (NGOs) account for one-third of the national mental health/addictions expenditure, they are a significant part of the solution. The role, function, current and potential capability of community organisations that deliver mental health and addictions services is not widely understood by Government, by some District Health Boards, other government agencies and by many citizens.

The aim of this paper is to describe the NGO sector (defined as independent community organisations); and to describe key attributes, stimulate interest and encourage increased sector, Government, and funder engagement. We will show that many NGOs are innovators, run successful community enterprises that employ significant numbers of New Zealanders, are flexible, and well-placed to deliver the Government's objectives while meeting the needs of individuals, families and communities.

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

# 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.