

# Sunflower

Newsletter - August 2011

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

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

Email: [admin@sfauckland.org.nz](mailto:admin@sfauckland.org.nz)

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

## The Tuesday Program

The Tuesday Program is a free short online course designed to increase your skills and resources so you can thrive with life's challenges. It's aimed directly at enabling you to flourish, live with a purpose, utilise your resources better, and to become a little bit happier.

This program is a seven week course which covers a new topic each week. Each topic takes around 10 minutes a week, so it's designed to fit into your life. The topics in The Tuesday Program include:

1. Discovering and using your Strengths
2. Developing a Growth Mindset
3. Clarifying your Purpose and Values by thinking about what's meaningful for you
4. Thinking about and being Grateful more often
5. Communicating more effectively in your relationships
6. Utilising Relaxation Techniques
7. Being more Mindful

Each Tuesday you log on and watch a short online teaching video (about 4 to 6 minutes) covering one of the above topics. After the video, you download a short document (about 1 to 3 pages) which summarises the video content and provides suggestions and instructions. It's that simple. Watch the introduction video below before you navigate to the 'program instructions' tab above.

In developing The Tuesday Program, a group of the best scientists in the world got together and thought about some of the things that you could easily learn and apply to your life that would help you become a little bit happier.

<http://www.thetuesdayprogram.com/index.html>



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



*Dear Sunflower*

Recently our teenager asked to see our GP. They had again started to experience feelings of depression and the coping strategies previously used were not helping. I was simultaneously happy and sad; happy they were taking control by recognising early warning signs and sad because we had hoped that they would not have to go through this again. This time my teenager had decided to talk to a doctor about medication and if it would help. This had always been an option but, because of concerns about medications and reactions for teenagers, one we wanted to take carefully. So our GP referred us to a private psychiatrist. I also followed up with our local youth mental health services. Because we weren't in crisis (this had been an ongoing issue and we had received previous support for through the hospital) the local mental health services had a waiting list (I was told most likely a month) for an assessment.

I want to make clear the public system has been there for us in the past and been very helpful. I don't think they have much control about how many referrals they get and when. So with limited resources they simply cannot always offer immediate services and have to prioritise. For us this time, we did not think we could wait a month and because it was only an assessment there was no guarantee of being accepted in to the service. Even if accepted we may not have access to either counselling or to see a psychiatrist.

So we decided to take the private option and find the money to do this (over \$300 for the first session and \$130 for follow ups). I was very grateful we were in a financial position to have this option, as I am aware many people would not have this choice. Surprisingly our teenager along with considering medication also wanted to get counselling to look at coping strategies. In my experience when there is a window of insight and willingness with teenagers, you jump, that opportunity passes very quickly. So I looked locally for private or community counselling options. We are lucky that in our area there are several community groups and were able to find a group that offer 8 counselling sessions for \$25 each. If you have looked at counselling costs you will know that is a really good price. If that wasn't available we were looking at \$50 or more a session.

Once my head cleared a little, I remembered we had health insurance through work and as it covered our children too perhaps it would help with the costs. I rang to ask if mental health was covered they said put in a claim and they would assess it. So after running around getting the form completed by our doctor we duly posted it and they duly declined it. I was fairly annoyed to discover that this was pretty much a blank

policy of not covering anything to do with mental illness. Why couldn't they have just said when I first called?

This got me thinking, does anyone cover mental illness? If you need to see a psychiatrist or other mental health specialist do you have only two choices; go public, or find the money to go private (and it is a lot of money).

So I went to find out if you could get health insurance cover for mental illness. A search of the internet took me to [www.lifedirect.co.nz](http://www.lifedirect.co.nz) (a health insurance comparison site). From there it seemed along with pre-existing conditions there was a consistent theme in exclusion clauses from all of the providers:

They will not cover:

- A psychiatric health condition or any mental disorder and subsequent treatment.
- Certifiable mental disease or psychiatric illness or any charges relating to services resulting from a referral to, or provided by, a psychiatrist. This includes all counselling services;
- Mental disease or disorder or psychiatric conditions;
- Psychiatric and/or psychological treatment or counselling

I thought it was only fair to ask the insurers directly as insurance is a tricky thing with exceptions and exclusions and different policies – so I wrote and emailed the five major companies. Two got back to me. The good news is that Southern Cross does have cover for mental health issues. They have quite a range that lay out the amount they cover in a year and for what. The other companies do not seem to have any cover. I spoke to two other companies and asked why. Remembering that insurance is basically math, where the company works out how much on average it costs to treat certain things and how many people need it with the aim to not lose money. They very reasonably explained that mental health is very hard to quantify, from the level of services needed, the costs of the services, to the length of illness. In short, it is too hard to price. They also said there is very little experience in New Zealand in this field of insurance. It was explained that private health insurance in New Zealand is really focused on elective surgery options – these have the numbers and costs worked out. One company pointed out that you could get disability insurance that would cover mental health issues and in fact was one of the bigger claim areas so I suppose that is good, but a little sad too. So cover was available but limited and the cover is really designed for workers and loss of income after the fact. So it seems mental health is put in the too hard basket, we don't understand it so we don't cover it.



I don't have a problem with the insurance companies – they are businesses not public services and the ones that responded were upfront about what they do. But doesn't this mean there are implications for government funding (probably in other health areas too)? If the private sector won't enter into providing for mental health then we as the public really don't have a choice of who we go to. This surely means the public sector needs to get adequate funding.

You may have seen the advertising around depression encouraging new Zealanders to seek help and support. The websites like [www.thelowdown.co.nz](http://www.thelowdown.co.nz) and [www.depression.org.nz](http://www.depression.org.nz) with JK and the tag line "find a way through". These recognise the increasing problem of depression and are part of a wider programme trying to de-stigmatise mental illness so people seek help earlier. But is there enough funding going to those offering these services? My understanding is that our public mental health services really only see the 'top' 3% of people experiencing mental illness, this leaves 97% of people with an illness to find support through their GPs or in the private sector (or online). I have also just read in the Youth2000 project conducted by The Adolescent Health Research Group (AHRG) at the University of Auckland that:

*"While there had been a marked improvement in students' emotional wellbeing and associated behaviours since 2001, in 2007 15% of female students and 7% of male students reported symptoms of depression that warranted help from a health professional."*

So if our public health sector is set up to see 3% of the population but in the case of teenage girls, 15% need to see a health professional it seems logical we get long waiting lists. So as in other areas of health, many people who can afford it take up health insurance, so if we need to (and believe me we don't want too) we can afford to go private and avoid the waiting list. I believe successive governments have been encouraging this to lighten the load on the public sector and lessen our tax burden. But this only works if you can get the health insurance.

It seems that when the election promises for health funding we hear promises to lower waiting lists, just not the waiting lists for mental health. Do our politicians and DHBs have the same problem with mental health that insurance companies have? We can cost a hip replacement, we can cost bowel cancer, we know from statistics how long and how many resources these things take, but mental illness it is just too hard. I think the mental health of our teenagers is worth the work (and the expense). Teaching our kids resiliency, getting on top of mental illness early and putting in the work at this time will lessen the consequences for the individual and the community in the future.

I do not want to put mental health in competition with other health spending areas. Politicians are far too good at setting sectors against each other for their share of the funding pie.

***Supporting Families in Mental Illness ~ Auckland***

I want instead for mental health to be talked about as part of the health of this country and for Politicians to start making promises in this area as well.

My family knows the benefit of a teenager getting the support in a timely fashion; it has made the world of difference to their ability to participate at school, to their social life, to our family. One month may not seem long, but in our house one month has seen a huge positive change, because we found the money. I can't help thinking about that month and what it was like for those who don't have that choice.

From a  
*Lucky Mother*

PS: I was going to avoid it but, lets just look at how much money, time, and work has been spent on about one month of rugby. According to figures from the New Zealand Herald The Rugby World Cup In Auckland, the costs to the local ratepayers alone has been estimated at \$102 million. You could hire 2000 people at \$40,000 a year for \$80 million, imagine an extra 2000 workers, say one in every school in the country, working full time focusing on the mental health of our kids. I'd bet it would save money in a range of social services down the line but not quite as exciting as a few games of rugby.

## Notice of Annual General Meeting

### Supporting Families in Mental Illness - Auckland

**Date:** October 6th. 2011

**Time:** 6:30pm

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

Only members who have fully paid the current year levy, may vote;

If a current member wishes to move a remit or notice of motion at the AGM they must give written notice to the Committee by September 15th, 2011: by posting to 'The Committee, SFMI (Auckland) Inc., Grey Lynn Box 78 122, Auckland 1245; or email to [admin@sfauckland.org.nz](mailto:admin@sfauckland.org.nz) c/o The Committee, SFMI (Auckland) Inc.

If two current members wish to nominate another current member onto the Committee, they must give the Committee written consent (forms available at our Grey Lynn office) by September 28th, 2011.

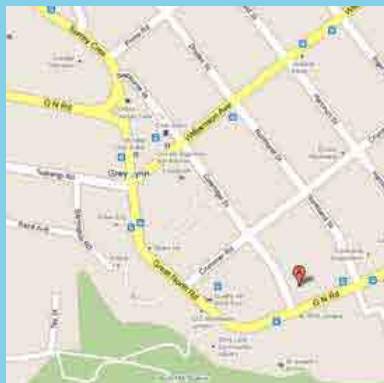


**SUPPORTING  
FAMILIES**

**Auckland**

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

Ph: 09 378 9134



**Fellowship House**  
423 Great North Rd,  
Grey Lynn

**Fieldworkers:**

**David Murray**

email: [David@sfauckland.org.nz](mailto:David@sfauckland.org.nz)

**Evelyn Mufunda**

email: [Evelyn@sfauckland.org.nz](mailto:Evelyn@sfauckland.org.nz)

**Natalie Heijm**

email: [Natalie@sfauckland.org.nz](mailto:Natalie@sfauckland.org.nz)

**Mona Tupuai**

email: [Mona@sfauckland.org.nz](mailto:Mona@sfauckland.org.nz)

**Tina Haresnape**

email: [Tina@sfauckland.org.nz](mailto:Tina@sfauckland.org.nz)

**Wendy Siu**

email: [Wendy@sfauckland.org.nz](mailto:Wendy@sfauckland.org.nz)

**Family/Whanau Support Groups**

(all at Fellowship House)

**Pacific Island**

3rd Tuesday of the Month,  
10:30am–12pm 16 Aug & 20 Sept.

**Central Auckland**

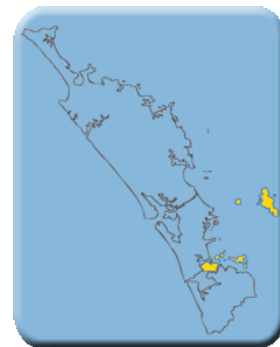
3rd Tuesday of the month,  
6:30pm– 8:30pm 16 Aug & 20 Sept.

**Peer Support for Parents**

2nd and 4th Wed of the Month  
10:30am 10 & 24 Aug, 14 & 28 Sept.

## Central Auckland Update

There has been lots happening in the central office, to much for this page! Check out the information from Wendy on Asian community support and from Natalie on Lets Get Real and the update on Kids Club.



This month I attended for the first time, the Regional Consumer Network's (Auckland) monthly forum which is held at the Western Springs Garden Community Hall.

The RCN Consumer Forum is an open forum that provides opportunities for the sharing of information from the mental health and addictions sectors. The four presenters at the recent July forum did a brilliant job. They were; Julian and Sandi from Mahitahi Trust presenting T.O.K.A. (which is an acronym for Toku Ora Kei Ahau - translation "My Wellness is Mine") and the A.K.I.N.A. Peer Support programme, Dr Robert Miller from NZ Schizophrenia Research Group, speaking about service-user friendly research, and Miriam Barr from ENGAGE NZ launching their new website and celebrating the first anniversary of their online resource "The Coping Kete" which has loads of info and idea's that can be used to enhance your wellbeing (see [www.engagenz.co.nz](http://www.engagenz.co.nz)).

It was a really interesting, informing, and inspiring forum and I'm looking forward to the next one in August.

For further information, please contact staff at the Regional Consumer Network on 623 1762 or [office@rcnet.co.nz](mailto:office@rcnet.co.nz)

*David Murray*

### **Affinity Services Family Forum**

An Evening with Clinical Psychologist Kaye McCabe speaking on

**Emotional Resilience**  
*Help for Families*  
*Supporting Young People*  
*with Mental Health Issues*

Drinks and snacks on arrival and throughout the evening

**Date:**

Thursday 25th August

**Time:**

5.30pm - 8.00pm

**Venue:**

Ground floor  
Parents Inc Building,  
300 Great South Road,  
Greenlane, Auckland

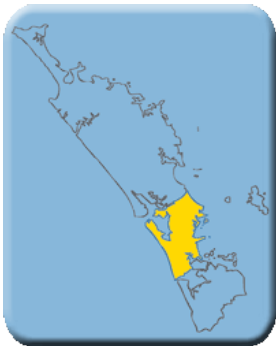
Admission free

RSVP 22 August to Cindi Wallace 09 5314040 x 9339 or [cindi.wallace@affinity-services.co.nz](mailto:cindi.wallace@affinity-services.co.nz)



In response to the recent cold snap!





# Waitemata Update

We held LEAP workshops on 7 June and 5 July with approx 8 families attending each session. As well as sharing the history of the LEAP, families generated a lot of discussion, and joined in role-playing different ways of communicating with loved ones and health professionals.

Some feedback included:

*"You guys broke it down well for me with your analogies and role play. Can't wait to read the book"*

*"Great ideas to deal with stressful situations"*

*"Roles Plays revealing and probably the most useful part of the day"*

*"You hear other similar stories, find common ground. Great discussion with other people in similar situations"*

*"Very real, very personable and approachable people, thank you"*

*"This training allowed me to see the realities of mental illness for all types of people and how they cope with their personal/mental illness family"*

*"Clear concise and not too much information and overcrowding"*

*"I learnt how to react to different situations"*

*"Well prepared, clear, encouraging"*

The WDHB Family Participation Forum was held on 14 June 2011. First Aid in Suicide: Supporting families and loved ones in suicide. Keynote speakers included representatives from Solace - which offers peer support groups for families who have lost loved ones to suicide, and Youthline which offers a 24 hour telephone and other services for youth. The final speaker shared her recovery story.

This month, as well as working directly with families and their loved ones, we have had the opportunity to share information with health and other professional organisations including: WDHB acute units, WDHB care coordinators, Salvation Army, Victim Support, GP's.

Support Groups:

- West Auckland at the Waitakere Community Resources Centre,
- North Shore at the Glenfield Community Centre

Please contact Annais or Peter on 09 4409812 and let us know if you are able to attend a support group, and any topics you are keen to know more about. For example; disability law, accommodation issues, communicating with loved ones, health and other professionals, just let us know your ideas.

*Peter & Annais*



West Auckland Meetings:  
Waitakere Community



## SUPPORTING FAMILIES

### Waitemata

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

Ph: 09 440 9812



**Glenfield Community Centre**  
Cnr Glenfield Rd and Bentley Ave  
Glenfield

**Fieldworkers:**

**Peter Grace**

email: [Peter@sfauckland.org.nz](mailto:Peter@sfauckland.org.nz)

**Annais Allen**

email: [Annais@sfauckland.org.nz](mailto:Annais@sfauckland.org.nz)

**Family/Whanau Support Groups**

**North Shore**

Glenfield Community Centre  
Crn of Bentley Ave & Glenfield Road  
2nd Thursday of the month,  
7:00-9:00pm 11 Aug & 8 Sept.

**West Auckland**

Waitakere Community  
Resource Centre  
8 Ratanui St, Henderson  
1st and 3rd Thursday of the month,  
10:00-12:00 pm 4 & 18 Aug, 1 & 15 Sept.

# Auckland DHB Family Advisor News



**Leigh Murray**  
(09) 307 4949 x 26520  
lmurray@adhb.govt.nz

Thanks to SFMI for this opportunity to update family, whanau and others on developments within ADHB mental health.

## Smokefree Environment

Our adult acute mental health unit Te Whetu Tawera went smokefree in November 2009 which created a smoke-free environment for service users, visitors and staff. Since then the Starship Child and Family inpatient unit and the Fraser MacDonald (older person's mental health unit) have also gone smoke-free. This has been a requirement in all hospitals and health services across New Zealand for many years.

At the end of June this year, Te Whetu Tawera moved to a policy of asking service users, when they are admitted, for all their smoking paraphernalia (tobacco cigarettes, loose tobacco, herbal high cigarettes, pipes, cigarette papers, cigarette filters, lighters, and matches or flints) and storing it safely until they are discharged from the unit. Family, whanau and friends are being encouraged to take the smoking items away with them. The priority is for service users to be kept as comfortable as possible with nicotine replacement therapy ie patches, gum and lozenges, whilst not smoking tobacco. The main reason for this is maintaining everyone's safety as well as a smokefree environment e.g. there have been several fires started by people smoking in the unit.

If you have any concerns about this smoking policy please feel free to email or phone me.

## Nicotine Replacement Therapy

Smokers and non-smokers alike will agree that the cost of smoking tobacco is becoming unaffordable. By January 2012 a typical packet of 20 tailor-mades will cost \$14-00 and a packet of loose tobacco will be \$30 as a result of price increases passed through parliament last year. An average smoker will spend about \$100 per week on their habit. If someone is receiving a WINZ benefit that could potentially leave very little money for food or transport. The benefits of quitting smoking are very tangible in terms of health and finances.

However there are also benefits in cutting down. Some people who balk at the idea of totally giving up may want to consider cutting back how much they smoke. As family, whanau and friends it is not helpful to exert pressure on someone to give up smoking. However if someone indicates a desire to cut down or quit then we can provide support and encouragement.

As people often need higher doses of medications if they are smokers, it is important they let their key-worker or GP know if they give up or restart smoking.

## Current prices of different smoking cessation options available.

(Please note that prices may differ slightly between pharmacies)

### Nicotine replacement therapy:

#### Patches

21mg = \$19.14 (pack of 28) or \$3 on prescription

14mg = \$18.81 (pack of 28) or \$3 on prescription

7mg = \$18.13 (pack of 28) or \$3 on prescription

#### Gum

2mg = \$14.97 (pack of 96) or \$3 on prescription

4mg = \$20.02 (pack of 96) or \$3 on prescription

#### Lozenges

1mg = \$19.94 (pack of 216) or \$3 on prescription

2mg = \$24.27 (pack of 216) or \$3 on prescription

Inhalers are an option generally recommended for those who are seriously trying to quit tobacco. They are only available on prescription after patches, gum and lozenges have been tried.

#### Inhaler

10mg starter pack + 6 refills = \$16 (not subsidised)

42 refills = \$56 (not subsidised).

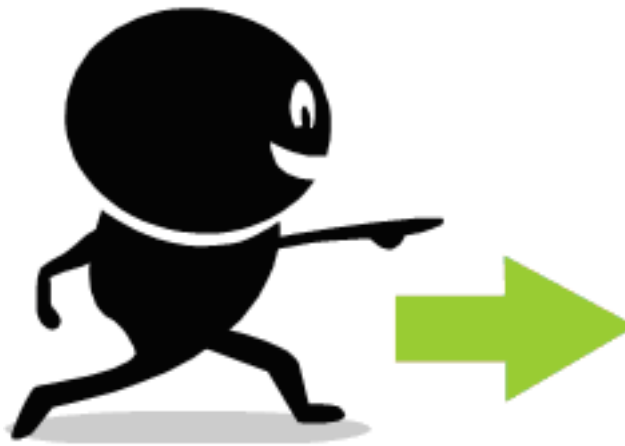
Supporting Families in Mental Illness Auckland would like to thank the generosity of the NZ Lottery Grants Board in funding SFMI's family/ whanau support work.



NEW ZEALAND LOTTERY GRANTS BOARD



**The  
Counties  
Manukau  
Office of  
Supporting  
Families has  
moved!**



**Parent and Family Resource centre  
2011 Series 2  
Trusts & Welfare Guardianship**

Planning for when we are no longer here

- North Auckland Wednesday 10 August – 7-9pm YES Disability Resource Centre, 3 William Laurie Place, Albany
- West Auckland Wednesday 31 August – 7-9pm Integrated Neurological Rehabilitation Foundation, 2 Claude Brookes Drive (off Edmonton Road), Henderson
- East Auckland Wednesday 7 September – 7-9pm Eastgate Community Trust, 427 Pakuranga Road, Pakuranga
- South Auckland Wednesday 21 September – 7-9pm. Nathan Homestead, 70 Hill Road, Manurewa

Presenter: Tony Banks, Solicitor

Cost: \$20 per family – Presentation handouts and light supper provided

RSVP: 636-0351 or [pfrcadmin@pfrc.org.nz](mailto:pfrcadmin@pfrc.org.nz) or P: (09) 636 0351

We have a maximum capacity of 20 people to attend each seminar so RSVP is essential.

Who Should Attend:

The parents of disabled people who are concerned with the wellbeing and future of their loved one over the long term.

Tony Banks, Solicitor :

Tony has been involved in the disability sector at the governance level since 1989 and periodically provides legal information to support families who have a member with a disability. He lives in Tamahere with his wife Maggie. Two daughters and two grandsons live close by in Hamilton, with a son and his partner living in Upper Hutt. He is a self employed lawyer and supports Maggie with Birthspirit – an independent midwifery education provider.

*Supporting Families in Mental Illness ~ Auckland*

**Trusts & Welfare Guardianship Workshops**



**SUPPORTING  
FAMILIES**

Counties Manukau

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

Ph: 09 270 8543



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492 Great South Road,  
Otahuhu**

**Fieldworkers:**

Olivia Salanoa

email: [Olivia@sfauckland.org.nz](mailto:Olivia@sfauckland.org.nz)

Coleman Lam

email: [Coleman@sfauckland.org.nz](mailto:Coleman@sfauckland.org.nz)

**Family/Whanau Support Groups**

**Howick & Pakuranga**

Highland Park Community Centre  
47 Aviemore Drive, Highland Park  
3rd Monday of the month,  
7:30-9:00pm 15 Aug & 19 Sept.

**Borderline Personality Disorder**

Friendship House, 20 Putney Way,  
Manukau City  
1st Monday of the month  
7:00-9:00pm 1 Aug & 5 Sept.

# Helping the Asian Community

*The Asian community perceives mental health and mental illness differently and that may delay the people who experience mental illness to access appropriate services.*

As the Asian Family Fieldworker for SFMI, Wendy has been working in collaboration with the Asian Service Development Co-ordinator-Mental Health (from Counties Manukau District Health Board) and the Mental Health Promoter from the Like Minds, Like Mine program, to promote positive perspectives of mental well-being to the Asian community.

So far they have already held three booths throughout the first half of 2011 at the following events:

1. "Botany's Meet the Community Street Party" held at Botany Town Shopping Centre on 12 March 2011. There were about 45 community organisations and services stalls from diverse sectors coming together.
2. "Mental Well-being" seminar held by Hong Kong University Alumni Association NZ at Sewlyn Theatre on 17 April 2011.
3. "Chinese Women's Health Expo" held at Alexandra Park on 11 June 2011. There were 21 stalls and around 100 people came to these events.

At the "Mental Well-being" seminar, the consultant psychiatrist Dr. Sai Wong, the clinical psychologist Ms. Meggan Lam and Associate Professor Elsie Ho were the guest speakers covering three mental wellbeing topics to over 120 Chinese in the audience. At "Chinese Women's Health Expo", Wendy promoted positive concept of mental wellbeing and introduced SFMI services to an audience of 50 people. There were 127 people who approached the booths and participated in the Quiz and Prizes draw at these events. The Quiz and Prizes aimed to help the participants to understand mental health services and the services provided by SFMI, Mental Health Foundation and Counties Manukau DHB.

*Helping the Asian community to have better understanding of mental well-being and mental illness definitely will empower the family/whanau and their loved one to seek help without delay.*



Wendy Siu (SFMI Auckland) with Charlie Tang, KXXD Project Worker and Ivan Yeo, Like Minds, Like Mine Mental Health Promoter, at Botany's Meet the Community Street Party.



Associate Professor Elsie Ho, Wendy and Kitty Ko, Asian Service Development Coordinator for CMDHB, at the Mental Well-being seminar held by Hong Kong University Alumni Association.



Wendy and Kitty at Chinese Women's Health Expo held at Alexandra Park.



Since last year all fieldworkers at SFMI Auckland have been busy finding moments here and there to work though Let's get real - Real Skills for People Working in Mental Health and Addiction. For Sunflower readers who are not familiar with this and are interested to find out more, please read on!

In late 2008, the Ministry of Health and Te Pou (National Centre for Mental Health Research) launched the Let's get real Framework for the development of the mental health and addiction workforce. Let's get real comprises of seven Real Skills that are drawn from important legislation and documents within the New Zealand mental health and addictions sector.

The Real Skills are:

- Working with service users;
- Working with Maori;
- Working with families/ whanau;
- Working within communities;
- Challenging stigma and discrimination;
- Law, policy and practice and
- Professional and personal development.
- 

In order to get Real Skills, SFMI fieldworkers have been completing the written modules starting at Essential level and progressing to the Practitioner and Leader levels. Of course, the module on Working with families / whanau has been of great interest to people at SFMI. Fieldworkers' have found that although much of the material is aimed at workers working directly with service users, it is still a great way of reflecting (both individually and as a team) on the way we work with families/ whanau and integrating training into practice.

For more information about Let's get real check out the website at <http://www.moh.govt.nz/letsgetreal>

## Thank You Supporting Families volunteers

SFMI want to say a big thank you to Schanelle Jerome (photo below) and Jane Lys, who have been amazing in volunteering their time to us. Also thanks to Manuela Beiner (photo bottom of page) our councillor. Our volunteers are extremely helpful and we are so grateful.



*Proudly Supported by*



**THE LION  
FOUNDATION**

# Introducing the Organisational Mental-Health Challenge

For Mental Health Awareness Week this year, Engage Aotearoa is giving the businesses of New Zealand an opportunity to raise awareness in and around their organisation by signing on to take part in the Organisational Mental Health (OMH) Survey. It is free to take part and the benefits are wide-reaching – for everyone.

Businesses will be sent all of the necessary promotional materials for their survey and will have Mental Health Awareness Week to attempt to get as many responses as they can from their staff and service-users/consumers. Each organisation will receive a results report, including their Organisational Mental Health Score, a series of sub-scores and selected anonymous feedback – a snap-shot of how people experience the environment at that business and what supports they need.

A General Report on the combined (anonymous) results of every participating business will be released in early 2012, so that every organisation in the country can formulate effective ways to improve the wellbeing of employees and the people who use their services.

## Outcomes

- Easy access to a brief, independent, ethics-approved service-evaluation.
- Meaningful statistics you can use in practical ways to improve communication, productivity, satisfaction and wellbeing.
- A series of scores that allow you to track change across time – a resource for your future.
- A way to show the people in your community that your business cares about their wellbeing.
- A way to make sure your staff and service-users/consumers are being heard at the top.

We want to identify what kinds of services promote positive experiences for people and how everyone can learn from that, as well as help people pin-point what practices need to be reduced. If organisations from every industry took part, we would become collectively equipped with a rich understanding of where we stand as a national community, how our services are received by the people who use them and what we need to do to ensure that Aotearoa, New Zealand is a mentally healthy place to live, where everyone is able to flourish and thrive.

Find more information at [www.engagenz.co.nz](http://www.engagenz.co.nz) or email [admin@engagenz.co.nz](mailto:admin@engagenz.co.nz) for an enrolment form. Sign up by September 15th. Surveys run October 10 – 16, Mental Health Awareness Week. Phone Miriam on 09 963 9455

To our fellow mental-health service-users – help us spread the word, share this initiative with the services you use, mental-health related or otherwise!

Or if you want us to make sure they get the information on your behalf, drop us a line and let us know.



## Navigating through mental health services:

Perspectives and priorities of family members and mental health services staff.

Boyd, L., & Sigglekow, L. (2011, July). Wellington: Families Commission.

Link to Full Report can be found on [www.familiescommission.govt.nz](http://www.familiescommission.govt.nz) under latest research. This research took place within Nelson Marlborough District Health Board (NMDHB), Mental Health Services. To maximise the participation of family members and mental health service staff members, the research used participatory action research methodology and mostly qualitative methods. This document reports and compares the perspectives of family members and the staff members who work with them, and shows how these perspectives sit with policy documents that are focused on families.



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

Huna patiki, he puehu, he ahi, ka wero - a flounder hidden in the mud, is easily caught with a burning lamp

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

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

Whether or not you're a die-hard rugby fan, a New Zealander or one of our many international visitors during September and October, there are things you can do to support your mental health and wellbeing, and this could be vitally important in October depending on how well, or not, your team is doing in the Cup!

As any top coach would say, training makes you play a better game, and it's no different for your mental health. By consistently doing the five ways to wellbeing; Connect, Give, Take Notice, Keep Learning and Be Active, you can improve your mental health and wellbeing.

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

**Thank you Northland DHB for providing funds towards the work of the local NGOs for Mental Health Awareness week. This support will help ensure the week a is a real success.**

## Thriving Lives Workshop

[www.engagenz.co.nz](http://www.engagenz.co.nz) | [admin@engagenz.co.nz](mailto:admin@engagenz.co.nz)  
Ph: (09) 963 9455

It can be hard to understand what exactly would be involved in improving our own mental health and we can often feel ill-equipped for the task. Thriving Lives helps you understand the practices associated with a flourishing life and build an individualised, practical picture of what that could look like for you.

You can also enrol as a supporter. By enrolling as a supporter, you can be there to help someone else take part in this process and get all the benefits for your own personal life as well.

### Workshop Outcomes

- An evidence-based, achievable understanding of recovery
- A deepened and more expansive understanding of the practices involved in attaining and maintaining mental health
- A better understanding of how to build these areas of practice into your life
- Something to share with your recovery partners so they can better tailor their service to your needs and preferences

### Workshop Outcomes for supporters

- An experience of collaboratively supporting someone else to achieve these things
- An enhanced relationship with the people you support
- A better understanding of the preferences and mental-health needs of the people you support
- An evidence-based, achievable understanding of recovery
- A deepened and more expansive understanding of the practices involved in attaining and maintaining mental health
- A better understanding of how to build these areas of practice into your life

### Up coming sessions

Sessions Dates: Wednesday 17 August 2011 or Tuesday 11 October 2011

Time: 10:30 am – 12:30 pm

Location: Youthline House  
13 Maidstone Street  
Ponsonby, Auckland

Cost: \$25

## Ask Dr. Amador about Dealing with Denial

Many loved ones and friends are in denial about depression, serious mental illness, alcohol, drug and anger problems. How do you stop the denial from destroying your relationship? How do you convince someone in denial to get help for a problem they don't believe they have?

The author of the National Best Seller "I am Not Sick, I Don't Need Help!" and "I'm Right, You're Wrong, Now What?" gives practical answers to these questions and more.

This is a 30 min Blog Talk Radio show that had Live call-in conversation with Dr. Xavier Amador. You can listen to this show by going to [www.blogtalkradio.com](http://www.blogtalkradio.com) and in the search box type "Dealing with Denial".

You can also visit [www.askdramador.com](http://www.askdramador.com) a site set up to answer some of the many questions Dr Amador receives by email and letter.



## Dealing with Denial - Learn to LEAP™

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

### Presented by Supporting Families in Mental Illness

The LEAP™ one day training program teaches families and whanau how to better understand and strengthen their relationships with a loved one, and how to assist them in engaging with people who are trying to help them.

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

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

*"Great ideas to deal with stressful situations"*

*"I learnt how to react to different situations"*

*"Well prepared, clear, encouraging"*

The next Training is scheduled for Counties Manukau on the 18th of August.

Contact SFMI on 3789134 to find out more.



# SCHIZOPHRENIA RESEARCH

The New Zealand Schizophrenia Research Group (NZSRG), which works in collaboration with SFNZ Inc ("Supporting Families in Mental Illness", formerly "Schizophrenia Fellowship of New Zealand"), has met annually since 1994.

This year the meeting will be held on Thursday 18th and Friday 19th August, 2011 in the Auckland Centre of Otago University (385 Queens Street, Auckland).

Schizophrenia intersects with many fields of research, and we will accept papers for presentation on a wide range of topics, including basic neuroscience, genetics, psychological studies, treatment options, social and cultural factors, service delivery, and other topics. Papers are intended to take 30 minutes each, including discussion. Apart from regular papers on such topics, two special events are planned for the 2011 meeting.

Open Forum on Research Participation and Partnership  
One difficulty for much of the research in this field (and not only in New Zealand) is to engage the people most directly affected by these disorders as active well-informed, and willing participants and partners in research. It may be possible to discuss how to deal with technical language and concepts in research meetings which include community persons as well as researchers; and the realities, difficulties and constraints facing researchers even before they incorporate wider community perspectives.

Invited Speaker: Dr Carmel Loughland, from New South Wales  
In New South Wales a volunteer research register has been in operation for over ten years, as an essential part of the infrastructure for research on schizophrenia. Nothing like this exists in New Zealand at present.

Dr Carmel Loughland, from the School of Medical Practice and Population Health Faculty of Health, University of Newcastle, is the manager of this register. It is hoped that Carmel will be able to join our meeting in August to give a keynote lecture (followed by discussion) on the setting up, and operation of the volunteer research register. Registration for the 2011 NZSRG meeting is via the form on the website. Registrations may be made up to Saturday 13th August, but we appreciate early registration.

Abstracts: Up to 300 words plus details of authors and their affiliations, to be sent to: [nzsrorg@gmail.com](mailto:nzsrorg@gmail.com)  
For more information visit: [www.nzsrorg.org.nz](http://www.nzsrorg.org.nz)

## Vulnerable Children

Every child thrives, belongs, achieves  
[www.childrensactionplan.govt.nz](http://www.childrensactionplan.govt.nz) where you can  
[Download the Green Paper for Vulnerable Children](#)

The green paper for vulnerable children is a discussion document that outlines difficult issues and offers some solutions to keep our children safe, but crucially it asks for your feedback. This is a genuine consultation directly between families, communities, professionals and the Government.

The Green Paper is about testing these ideas with you before making decisions. The Green Paper has some ideas about what the Government could do to improve outcomes for vulnerable children. While New Zealand has a strong foundation of services and support for children and families, there is more that needs to be done to help our children grow, develop and achieve.

The facts speak for themselves:

- Every year an average of 10 children die at the hands of the people closest to them, the people they love and trust.

- More and more New Zealanders are coming forward with their concerns about suspected abuse or neglect of children.
- Between 2008 and 2009, 13,315 children under five were admitted to hospital for conditions that could have been avoided and 1,286 were admitted because of assault, neglect or maltreatment.

The Green Paper aims to open up discussions about these issues and many more and it is a chance for you to have your say.

What can you do?

Have your say and let us know what you think by making a submission before 28 February 2012. You can make a submission online, on the Facebook page, in person at hui or fono, by email to [your-response@childrensactionplan.govt.nz](mailto:your-response@childrensactionplan.govt.nz), or posting your submission to:

Green Paper for Vulnerable Children  
PO Box 1556  
Wellington

# Kids Club

Hello all and welcome to our kids club update for 2011.

We have all enjoyed seven kids club sessions and one full day special activities day during the school holidays.

Our sessions have ranged from science experiments, baking, jewellery making, harakeke, creative art, mother days basket making and playing our wonderful game "getting stronger".

"Getting stronger" is a great game with special challenges & questions for children who have a family member experiencing a mental illness.

Our special fun day was filled with swimming at the Mt Albert Aquatic centre then onto the Regional Consumer Network where we watched a movie ate popcorn and had a treasure hunt in the drizzle. Loads of fun and laughs were had by all and I highly recommend the hydro-slide at the pools – fun, fun, fun!!!!

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

We would like to take this opportunity to thank the team at the Regional consumer Network for the use of their building to hold our sessions.

We would also like to thank Peter Grace for running our jewellery making session and Annais Allen for teaching us how to make harakeke (flax) flowers.

Without the kindness and giving of these wonderful people our sessions would not run as well.



# Family/Whanau Support Groups

## **Pacific Island Family Support Group**

Alternating meetings between:  
423 Great North Road, Grey Lynn &  
492 Great South Road, Otahuhu.  
3rd Tuesday of the Month, 10:30am–12 noon  
Contact: Mona on 378 9134

## **Central Auckland**

### **Family/Whanau Support Group**

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

## **Manaaki House**

### **Family/Whanau Support Group**

1 Pilkington Rd, Panmure (Community Hall)  
1st Tuesday of the month, 5:00-6.30pm  
Contacts: Everlyn 378 9134 or Alan Kipling (Manaaki House) on 5706519

## **Yan Oi Sei**

### **Chinese Family Support Group**

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

## **SFMI/Affinity**

### **Family/Whanau Support Group**

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

## **Borderline Personality Disorder**

### **Family/Whanau Support Group**

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

## **Howick-Pakuranga**

### **Family/Whanau Support Group**

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

## **North Shore**

### **Family/Whanau Support Group**

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

## **West Auckland**

### **Family/Whanau Support Group**

Waitakere Community Resource Centre  
8 Ratanui St, Henderson  
1st and 3rd Thursday of the month, 10am–12 noon  
Contacts: Peter or Annais on 440 9812

## **Peer Support for Parents**

423 Great North Road, Grey Lynn  
2nd and 4th Wednesdays of the Month 10:30am,  
Fortnightly meetings,  
Contacts: Natalie Heijm at SFMI on 378 9134 or  
Fleur Crarer: Regional Consumer Network (623 1762)  
Seema Woollaston: Tu Tangata Tonu (623 4646 ext.  
28727)

## **Whangarei Evening**

### **Family/Whanau Support Group**

6 Donald St, Whangarei in the Arataki lounge.  
2nd Tuesday of the month, 6.00pm -7.30pm  
Contact: Francil on 09 430 3844

## **Whangarei Morning**

### **Family/Whanau Support Group**

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



**SUPPORTING  
FAMILIES**  
in Mental Illness

Auckland

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

Ph:09 378 9134

# 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 \$ \_\_\_\_\_  
(Donations of \$5 or more qualify for a tax rebate)

Receipt NOT required?

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.