



What's New



30 June 2012

An update of information, events and resources from established New Zealand websites, relevant to the mental health & addiction sector

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What's New – 30 June 2012

1. Health Quality & Safety Commission New Zealand

An invitation from the Chief Executive, Janice Wilson

You are invited to read and respond to the summary of 'Partners in Care Framework' below.

They would like to receive comments and suggestions about where they are best able to add value in the areas of health literacy, consumer participation and leadership capability for providers and consumers. Please take a moment to answer the questions and let them know what you are doing and how we might work together over the coming four years.

HQSC recognize that there are many excellent consumer engagement initiatives and activities happening across the health and disability sector. The framework intends to build on this work so the momentum continues to positively influence health quality and safety in the sector. They see themselves well placed to act as a conduit or hub to facilitate communication about these initiatives and activities via their website and other tools.

<http://www.hqsc.govt.nz/our-programmes/consumer-engagement/news-and-events/news/466/>

Hand hygiene video competition: \$1000 for winning team's charity of choice

Do you have what it takes to produce a fun but educational video to promote the importance of good hand hygiene in a hospital setting? If you do, you could be in the running to win \$1000 for your charity of choice, proudly donated by Hand Hygiene New Zealand (HHNZ).

HHNZ is calling for teams of District Health Board health care workers to script, film and submit a video that highlights the importance of good hand hygiene practice, as well as the five moments approach.

The competition opened for entries on 05 May (World Hand Hygiene Day) and **closes at 5pm on Friday 31 August 2012.**

More information, competition guidelines and an entry form can be found the news section of the HHNZ website – www.handhygiene.org.nz

Report finds suicide remains leading cause of maternal death

The annual report of the Perinatal and Maternal Mortality Review Committee (PMMRC) shows suicide continues to be the leading cause of maternal deaths. There were 13 maternal deaths from suicide during 2006 to 2010, almost a quarter of the total recorded. Three maternal suicides were reported in 2010 and three in 2009.

PMMRC Chair Professor Cynthia Farquhar says the report has a number of recommendations aimed at reducing maternal suicides.

"These include the setting up of a mother and baby unit in the North Island in addition to the unit based in Christchurch. Another recommendation is the referral of pregnant women and new mothers with a history of mental illness for psychiatric assessment and management even if they are currently well.

“There also needs to be better coordination between existing services in the primary and specialist sectors and processes for sharing information between providers.

<http://www.hqsc.govt.nz/our-programmes/mrc/pmmrc/publications-and-resources/publication/479/>

Consumer Collaboration of Aotearoa

The Consumer Collaboration of Aotearoa (CCA) aims to bring together organisations and individuals representing health and disability service users. The Commission supports the development of the organisation as it has an important role in encouraging people to become involved in the development of health and disability services.

CCA members work together sharing resources and knowledge. Membership is kept as open as possible so anyone who wants to have a say in how health and disability services can be improved can apply to join, although only consumer organisations are able to vote. The more organisations and individuals that join the CCA, the more it can achieve

<http://www.hqsc.govt.nz/our-programmes/consumer-engagement/projects/consumer-collaboration-of-aotearoa/>

Directory of Consumer Organisations

There are currently 176 organisations in New Zealand providing information and support services to people with specific health conditions or disabilities.

These organisations have valuable ideas about how health and disability services can be improved, and HQSC want to make it easier for them to be heard. HQSC also want to know what they need so they can encourage consumer involvement and whether there are any barriers stopping people having their say.

The directory includes a list of District Health Boards and other useful links.

If you would like to list an organisation in the directory or update existing information about your organisation please contact us at info@hqsc.govt.nz

<http://www.hqsc.govt.nz/assets/Consumer-Engagement/Publications/Consumer-Organisations-Directory-May-12.pdf>

Stocktake and Needs Assessment of Consumer Organisations, Groups and Individuals

This report presents the results of a research programme that was completed, between June and October 2011, to assist the Health Quality & Safety Commission develop a directory of consumer organisations, groups and individuals undertaking consumer representative roles in the health and disability sector, and to conduct a stocktake and needs assessment survey of these organisations, groups and individuals

<http://www.hqsc.govt.nz/assets/Consumer-Engagement/Publications/Report-Stocktake-Needs-Assessment-Consumer-Organisations-and-Groups-December-2011-FINAL.pdf>

2. Ministry of Health

How is my DHB performing? – 2011/12

Reports for the year 2011/12 on district health board performance against the Health Targets. Check out the Quarter three results summary, or download the full reports.

- Overview of the performance of DHBs in each target area for quarter three
- Source data and comments from the Target Champions for quarter three
- What are the 2011/12 quarter three health target results?

<http://www.health.govt.nz/new-zealand-health-system/health-targets/how-my-dhb-performing/how-my-dhb-performing-2011-12>

Refugee Health Care: A Handbook for Health Professionals

Published online: 19 June 2012

The 2012 update of the Refugee Health Care: A handbook for health professionals discusses new refugee communities settled in New Zealand, emerging trends in the health of refugee groups and current therapies, and adds new service providers. Written in consultation with health providers, experts in the field and people from refugee backgrounds, the handbook is designed to support health workers in primary, community and secondary health care settings in the delivery of safe, effective and culturally appropriate care for their refugee clients.

<http://www.health.govt.nz/publication/refugee-health-care-handbook-health-professionals>

Tupu Ola Moui: Pacific Health Chart Book 2012

Published online: 14 June 2012

Tupu Ola Moui presents key indicators for Pacific health including socioeconomic determinants, risk and protective factors, health status, the health system and health service utilisation. It identifies areas where Pacific children and adults experience poorer health outcomes but also areas where improvements are being made. Tupu Ola Moui updates the first Pacific health chart book published in 2004.

<http://www.health.govt.nz/publication/tupu-ola-moui-pacific-health-chart-book-2012>

Standing Order Guidelines

Published online: 05 June 2012

The Standing Order Guidelines have been developed as a resource for health professionals working with standing orders. The Guidelines have been drafted to assist issuers to comply with regulatory requirements when developing and / or reviewing a standing order, and to assist people administering and/or supplying under standing orders.

The Standing Order Guideline has been updated to reflect the 2011 amendment to the regulatory requirements for countersigning of standing orders.

The document outlines the roles and responsibilities of health professionals issuing standing orders and those working under standing orders. It also includes a Standing Order Template Guide.

<http://www.health.govt.nz/publication/standing-order-guidelines>

Improving Nurses Utilisation of Evidence to Inform Clinical Practice Project Reports

Published online: 05 June 2012

Report 1 - Improving Nurses' and Midwives' Use of Evidence to Inform Clinical Practice. Midland District Health Boards, May 2012

The Midland DHBs, led by Waikato DHB, undertook a project that sought to improve the use of internationally recognised electronic evidence-based procedures by registered nurses and midwives in the Midlands district to inform their clinical practice. This report describes the project and evaluation findings.

Report 2 - Improving Nursing Utilisation of Evidence to Inform Clinical Practice Services Project. Canterbury District Health Board, May 2012

Canterbury DHB, in partnership with the New Zealand Institute for Community Health Care, undertook a project to enhance South Island nurses' access to electronically available information to support their practice. This report describes the project and evaluation findings.

<http://www.health.govt.nz/publication/improving-nurses-utilisation-evidence-inform-clinical-practice-project-reports>

Your Guide to Individualized Funding

Published online: 30 May 2012 This booklet is published by Disability Support Services. It covers:

- What is Individualised Funding (IF)?
- What can be purchased using IF?
- What is offered by IF Hosts?
- Costs
- Responsibilities under IF
- How IF works (flowchart)
- Glossary of terms.

<http://www.health.govt.nz/publication/your-guide-individualised-funding>

3. National IT Health Board

National and Regional Progress

Systems Landscape: The Systems Landscape shows the systems that each DHB is operating in each of the key workstream areas and forecasts planned system changes on a rolling, two-year cycle. The target state is the system configuration each DHB Region is aiming to have in place by December 2014.

Looking at the baseline, actual and forecast charts together you can identify the change to more common systems developing within each region over time.

The FORECAST – Dec 2012 shows planned changes in systems from 1 April to December 2012. The FORECAST – Dec 2013 shows planned changes in systems from 1 April to December 2013.

If you have any queries please contact enquiries@ithealthboard.health.nz

4. Mental Health Foundation

Flourish - Well into the future

This year the Mental Health Foundation is bringing its national forum on flourishing and wellbeing to Christchurch as a commitment to the recovery of New Zealand's Garden City.

Monday 30 July 2012 9am – 4.30pm for day event & 5pm – 7pm for evening event La Vida Centre, Riccarton, Christchurch

The day will feature national and international keynotes notably: Aaron Jarden * Antonio (Tony) Fernando * Eva Neitzert * Monique Faleafa * Niki Harré

There will be five Pecha Kucha presentations at an exclusive evening event. This one-day forum will include innovative storytelling, interactivity, inspiration and creative dialogue on developing our mental capital and strategies for a flourishing society.

Come prepared to change the way you think about your business, your community, your home!

<http://www.mentalhealth.org.nz/page/1163-flourishing>

New mental health book titles available

***Flourish* Martin Seligman**

Flourish builds on Dr Seligman's game-changing work on optimism, motivation and character to show how to get the most out of life. While certainly a part of wellbeing, happiness alone doesn't give life meaning. Seligman now asks, what is it that enables you to cultivate your talents, to build deep, lasting relationships with others, to feel pleasure and to contribute meaningfully to the world?

Planting seeds; practicing mindfulness with children Thich Nhat Nanh and the Plum Village Community

A complete overview of all of Thich Nhat Hanh's practices for children. Planting seeds is full of hands-on activities to help children and adults relieve stress, increase concentration and confidence, deal with difficult emotions and improve communication. It includes over 30 full-colour illustrations, an audio CD and way-to-follow practices.

Happier: learn the secrets to daily joy and lasting fulfillment Tal Ben-Shahar

Tal Ben-Shahar is a teacher of Harvard University's most popular and life-changing course. Ground in the revolutionary 'positive psychology' movement, he ingeniously combines scientific studies, scholarly research, self-help advice and spiritual enlightenment. Ben-Shahar weaves them together into a set of principles that you can apply to your daily life.

***Positive therapy: a meta-theory for positive psychological practice* Stephen, Joseph & P Alex Linley**

Stephen Joseph and P Alex Linley argue that therapy is not so much about what you do, as how you do it, emphasizing the influence of the views we hold about human nature on our approach to therapy, and the importance of the relationship between therapist and client over the technique of the therapist. They consider the full range of positive therapies and illustrate the application of the approach in relation to their own work in the field of post traumatic stress and post traumatic growth. Finally, they discuss how positive therapy focuses our attention on the social and political context of our work as therapists.

Have your say on your experience of taking antidepressants

Have you been prescribed an antidepressant in the past five years?

A team of university researchers is keen to see what you have to say about a number of things related to your experiences with these types of medications.

The researchers, from The University of Auckland's Department of Psychology, are for the first time surveying New Zealanders on their antidepressant use.

Anyone who has been prescribed antidepressant medication in the last five years is eligible to take part in the survey, even if they are no longer taking them. And, if you have been prescribed antidepressants but decided not to take them, you are also encouraged to take part.

The research team hopes that at least 1,000 people will take part in the anonymous online survey, which they have called: Views and Experiences of Antidepressants in New Zealand,

<http://www.viewsonantidepressants.co.nz/>

Five winning ways in six languages

The Mental Health Foundation's five winning ways to wellbeing resources have been translated into six different languages – Nepali, Chinese, Farsi, Somali, Amharic (from the Horn of Africa) and Arabic. They will be officially launched at the Christchurch Migrant Centre on June 22.

<http://www.mentalhealth.org.nz/page/1159-media-releases-2012+five-winning-ways-in-six-languages>

5. SPINZ (Suicide Prevention Information New Zealand)

What you can do to help prevent suicide

Identifying why a person attempts or completes suicide can be difficult. However, there are a number of risk factors and warning signs for suicide, and knowing what to do when you recognise them can make a difference. If someone you know has a current or specific plan for suicide, and has immediate access to the way to kill themselves, they are at high risk for suicide

Having Suicidal Thoughts? Information for You, and For Family, Whanau, Friends and Support Network

http://www.spinz.org.nz/file/downloads/pdf/file_116.pdf

Understanding Suicide Attempts

<http://www.livingisforeveryone.com.au/IgnitionSuite/uploads/docs/LIFE-Fact%20sheet%209.pdf>

Depression: There is a Way Through it. Information for You, and for Family, Whanau, Friends and Support Networks

http://www.spinz.org.nz/file/downloads/pdf/file_226.pdf

6. Mental Health Commission

Blueprint II has been released

Blueprint II is the Mental Health Commission's vision for how New Zealand can improve the way it supports and helps people with mental health and addiction issues over the coming decade.

Blueprint II updates the 1998 'Blueprint for Mental Health Services in New Zealand: "How Things Need to Be". It proposes a bold vision for the mental health and addiction sector which will require innovation and change in how we meet the needs of New Zealanders over the next decade.

Blueprint II is documented in two separate papers: *Blueprint II: How things need to be* and its supporting document *Blueprint II: Making change happen*. The first provides a broad overview of the changes needed within the mental health and addiction sector over the next decade. The companion document provides more detailed information to support sector leaders to make change happen in the priority areas identified.

Electronic versions of the two documents are available as PDFs:

Blueprint II: How things need to be

<http://www.mhc.govt.nz/sites/mhc.govt.nz/files/MHC3722-How-Things-Need-To-Be%20Web%20PDF.pdf>

Blueprint II: Making change happen

<http://www.mhc.govt.nz/sites/mhc.govt.nz/files/MHC3722-Making-Change-Happen-Web%20PDF.pdf>

7. Te Pou

Mental health promotion for gay, lesbian, bisexual, transgender and intersex (GLBTI) people 07 June 2012 by Jane Vanderpyl

Due to concerns about the heightened risk of suicide and mental health problems within non-heterosexual populations, Massey University undertook a study as part of the suicide prevention research fund managed by Te Pou.

Mental health promotion and prevention services to gay, lesbian, bisexual, transgender and intersex populations in New Zealand: Needs assessment report is available for download from the Te Pou library.

Very few organisations providing specific services and programmes to some or all of the GLBTI populations were identified. The authors argue that mainstream mental health services should be able to provide both GLBTI focused services and general services that are inclusive of and acceptable to GLBTI people.

Access to mental health services and the competency of mental health services in responding to GLBTI people were two overarching issues for informants and respondents. Cost was the most widely-reported factor that hindered access to counselling services. Training for professional bodies and education and training providers is needed to enhance GLBTI related understanding for understanding practitioners.

Well-documented negative impacts on the mental health of GLBTI people arising from stigma and homophobia or trans-phobia were very concerning. Education and general public awareness campaigns were seen as one way to address these issues. The support of friends and family, and ensuring safe environments for both young and older people were also seen to be important.

<http://www.tepou.co.nz/news/2012/06/07/mental-health-promotion-for-gay-lesbian-bisexual-transgender-and-intersex-gbti-people>

Perceptions of lesbian, gay and bisexual people of primary healthcare services 1 June 2012 by **Stephen Neville**

Summary: Disclosure of sexual identity to healthcare professionals is integral to attending to the health needs of lesbian, gay and bisexual populations, as non-disclosure has been shown to have a negative impact on the health of these people. For example, an increased incidence of suicide, depression and other mental health problems have been reported.

Results: In this paper, we report results from the health and well-being domain. More women than men identified that the practitioner's attitude toward their non-heterosexual identity was important when choosing a primary healthcare provider. Statistically significantly more women than men reported that their healthcare provider usually or always presumed that they were heterosexual and in addition more women had disclosed their sexual identity to their healthcare provider.

Conclusions: Nurses need to reconsider their approach to all users of healthcare services by not assuming everyone is heterosexual, integrating questions about sexual identity into health interviews and ensuring that all other aspects of the assessment process are appropriate and safe for lesbian, gay and bisexual people.

<http://onlinelibrary.wiley.com/doi/10.1111/jan.2006.55.issue-4/issuetoc>

Working for you 14 June 2012 by Monique Faleafa

In April we hosted the GPS 2012: Growing Pacific Solutions for our families national fono - bringing our Pacific communities and mental health, addictions, disabilities and other social sectors together to work across boundaries on common issues and share innovation..

Some of the key themes that contribute to improving outcomes for Pacific families that came out of the fono were:

- the importance of ethnic specific approaches
- that consumer leadership is vital
- cross pollination is key to innovation
- cultural engagement training for the workforce is part of the solution.

We have also been working on an online forum for Futures that work members. More than 230 Pacific students and health workers are now sharing information and accessing resources to assist their career planning, which will be complemented by face-to-face workshops later this month.

We have also been trialing the Engaging Pasifika disability cultural competency training programme in Hamilton and Wellington, which includes our new online module. This has been very exciting and we are looking forward to refining and rolling the programme out over the next few months.

<http://www.tepou.co.nz/news/2012/06/14/working-for-you>

The HoNOS Family of Measures: A technical review of their psychometric properties

19 June 2012

This technical report updates an earlier review of research on the psychometric properties of the HoNOS family of measures (Pirkis et al., 2005). It includes research published since 2005 and research on the HoNOS-LD and HoNOS secure as these were not included in the previous review. This report provides an update on recent research for New Zealand practitioners.

<http://www.tepou.co.nz/library/tepou/the-honos-family-of-measures-a-technical-review-of-their-psychometric-properties>

Mental Health Outcomes Information Collection Protocol - HoNOS Family (Version 2.1)

18 June 2012

The aim of this document is to provide a guide to staff involved with the collection of mental health outcome information (also/formerly known as MH-SMART information) to be reported under the new PRIMHD (Programme for the Integration of Mental Health Data) mental health information programme.

This document outlines the outcome information required to be collected (including the first outcome tool, the HoNOS suite of measures), when it is required to be collected, and includes a frequently asked questions section covering common questions about the collection process.

Note that this document outlines only the minimum set of data required to be collected for national outcomes reporting. DHBs may collect more information as part of this process.

Technical information/documentation about the full PRIMHD data set, along with PRIMHD reporting requirements is available from the Ministry of Health website.

This document may be downloaded in PDF format for printing but is uncontrolled unless viewed electronically from its original location.

<http://www.tepou.co.nz/library/tepou/mental-health-outcomes---information-collection-protocol>

Using mental health information collaboratively video

5 June 2012

Should service users know about mental health outcomes information that is collected about them?

Te Pou filmed service users, clinicians and leaders discussing how sharing information places service users at the centre of their care, contributes to accurate information and strengthens relationships.

<http://www.tepou.co.nz/library/tepou/using-mental-health-information-collaboratively-video>

Nothing about us without us - the benefits of informing service users about HoNOS

In 2005 the West Coast District Health Board (DHB) started an initiative to make HoNOS data more accurate and to improve outcomes. It involves two things:

1. a group of service users that monitors and comments on developments in outcome data collection; and
2. forums for service users once or twice a year to explain why HoNOS ratings are important to them, how to understand their trends over time and how to request data on their individual HoNOS trends.

While there has been no formal evaluation of this initiative, anecdotal evidence suggests that it:

- **has led to improved accuracy of HoNOS ratings by improving communication** - service users are more likely to tell clinicians what is happening in their lives because they understand that it is important for accurate HoNOS ratings. They are also more likely to speak up if they feel their ratings do not reflect their experiences.
- **improves outcomes for service users** - once people see their trends over time they seem to be more likely to take actions that will improve these outcomes. Seeing positive trends appears to encourage more positive actions, in a positive feedback loop.
- **creates a peer culture that supports HoNOS outcome collection** - after attending forums and finding out their personal HoNOS trends, service users appear more likely to encourage others to speak up about the accuracy of their ratings and support them to move their HoNOS trends in a positive direction.

More information:

- Contact Sue Brown, PRIMHD project manager
- Phone 03 769 7841
- Email sue.brown@westcoastdhb.health.nz

<http://www.tepou.co.nz/story/2012/05/08/nothing-about-us-without-us---the-benefits-of-informing-service-users-about-honos>

Evidence-based supported employment spanning primary and secondary care services

21 June 2012 by Jane Vanderpy

Any supported employment consultant will tell you that people who experience mental illness want to work, and can work. International evidence demonstrates that having a paid job is a key part of getting well and staying well. Evidence-based supported employment (EBSE), also known as the individual placement and support (IPS) approach to supported employment, is three times more effective at helping people who experience mental illness get a job than any other form of vocational rehabilitation.

Warren Elwin and Helen Lockett also presented on EBSE at the World Congress of Psychiatry in Buenos Aires, Argentina in 2011. A selection of presentations from the congress are available for download from the Te Pou library.

<http://www.tepou.co.nz/news/2012/06/21/evidence-based-supported-employment-spanning-primary-and-secondary-care-services>

Latest Te Pou resources

[The HoNOS Family of Measures: A technical review of their psychometric properties](#)

Published 19 June 2012 by **Te Pou**

[Mental Health Outcomes Information Collection Protocol - HoNOS Family \(Version 2.1\)](#)

Published 18 June 2012 by **Te Pou**

[Disability grant funding update: Pacific participants to March 2012](#)

Published 14 June 2012 by **Te Pou**

[Skills Matter 2011 Student Survey: Evaluation Report](#)

Published 14 June 2012 by **Te Pou**

[Using mental health information collaboratively video](#)

Published 05 June 2012 by **Te Pou**

Latest additions to database of New Zealand mental health research

["Employment as a Health Intervention": A good return on investment.](#)

20 June 2012 by **Helen Lockett**

[Perceptions of lesbian, gay and bisexual people of primary healthcare services](#)

1 June 2012 by **Stephen Neville**

[Warning Voices in a Policy Vacuum: Professional Accounts of Gay Men's Health in Aotearoa New Zealand](#)

1 June 2012 by **Jeffery Adams**

[Gay men talking about health: are sexuality and health interlinked?](#)

1 June 2012 by **Jeffery Adams**

[Implementing Evidence-Based Employment Services in New Zealand for Young Adults with Psychosis: Progress during the First Five Years](#)

1 June 2012 by **Nikki Porteous**

8. Matua Raki

Brief Cognitive Intervention Workshop

With the success of the Brief Cognitive Intervention workshops delivered by Catherine Kissel on behalf of Matua Raki in 2011 and 2012 it was decided to make the material from the workshops available online for people to either refresh their knowledge after the workshop or as a stand alone introduction to the Cognitive Behavioural Therapy strategies that were discussed in the workshop.

This file has been loaded to You Tube and includes the Power Point Slides with the edited audio content of the workshop. The presentation lasts two and a half hours and is therefore a much shortened version of the one day workshop.

<http://www.matuaraki.org.nz/Methamphetamine/brief-cognitive-intervention-workshop.html>

Consumer Involvement

This discussion paper about consumer involvement in the training of addiction practitioners has been developed and published for education and tertiary training providers. The aim of the paper is to acknowledge current consumer participation and to explore areas for future development. It is hoped that the paper will encourage debate about the need to involve consumers in education in a supported, comprehensive and planned manner.

<http://www.matuaraki.org.nz/Matua-Raki-Publications/consumerrolesineducation.html>

2012 Leadership Seminars

The presentations used in the 2012 Leadership Seminars provided by Matua Raki and NCAT are now available for download.

- Overview of national trends
- Current policy development
- Developing service performance
- Impact on the sector

<http://www.matuaraki.org.nz/Presentations/2012-leadership-seminar-presentations.html>

9. Werry Centre

'Tips for autism' 2012 Upcoming Trainings

- Tuesday – Thursday
- 24–26 July, Mt Eden
- 31 July-2 August, Taupo
- 28-30 August, Dunedin
- 7-9 August, Gisborne
- 21-23 August Rodney (Matakana)

- 4-6 September, Manukau
- 11-13 September Auckland Northwest (Glen Eden)
- 18-20 September, Whangarei

Wednesday - Friday
6-8 June, Wellington

'tips for autism' is a course where a team of people dedicates three days to developing interventions and plans to support their particular child with autism spectrum disorder (ASD).

By tapping into your own and others' experience and expertise, and current evidence, you'll develop a concrete, achievable, actionable long and short-term plan around your child.

For more information, please go to <http://www.inclusive.org.nz/tips>

Family Therapy Training 2012

An integrated approach to working with family systems 4-day Introductory Workshops provided by Family Therapy Specialists

| | Days 1 & 2 | Days 3 & 4 |
|------------------|-----------------------|-----------------------|
| AUCKLAND | 23/24 Oct | 20/21 Nov |
| CAMBRIDGE | 15/16 Aug | 12/13 Sept |
| PALMERSTON NORTH | 6/7 June | 20/21 June |
| CHRISTCHURCH | 27/28 Aug | 24/25 Sept |
| DUNEDIN | 23/24 April | 21/22 May |

For further information and registration, please refer to the flyer.

[http://www.werrycentre.org.nz/site_resources/library/Training_and_Events/FTT12\(1\).pdf](http://www.werrycentre.org.nz/site_resources/library/Training_and_Events/FTT12(1).pdf)

After Introductory Training, what next?

Family Therapy Practice Development Groups 2012

Provided by Family Therapy Specialists

Many of you have attended introductory training in family therapy and want to know how to take your skills to the next level? This is best achieved through live-practice training where your confidence and ability to work with families/whanau is expanded and refined in a supportive environment. This involves the combining of theory and technique with your personality and values, including cultural, social and spiritual values.

To find out more and register, please download the flyer

http://www.werrycentre.org.nz/site_resources/library/Training_and_Events/PDG12.pdf

10. New Zealand Guidelines Group

The New Zealand Guidelines Group is an independent, not-for-profit organisation that promotes the use of evidence in the delivery of health and disability services. They have been providing evidence-based services to the New Zealand health sector since 1999.

NZGG create evidence-based guidance. We use that guidance to create useable tools and implementation approaches. We also promote the use of evidence in clinical and personal practice.

Their work is supported by the Ministry of Health, ACC, District Health Boards, the Health Quality and Safety Commission, PHARMAC, the National Health Board, the National Health Committee and the Cochrane Collaboration, as well as a wide range of professional colleges and non-government organisations. We are a founding member of the Guidelines International Network.

<http://www.nzgg.org.nz/about-nzgg/about-nzgg--2>

Examples of Guidelines available

- *Emergency department self-harm presentations clinical audit tool*
- *Common mental health disorders: identification and pathways to care*
- *ASD Diagnostic Instruments Review*
- *ASD guideline supplementary paper: pharmacological interventions*
- *Psychosis with coexisting substance misuse*
- *Alcohol dependence and harmful alcohol use*
- *A systematic review of three pharmacological interventions for the New Zealand autism spectrum disorder living guideline group*
- *Does this person have ASD?*
- *What does ASD look like? - Cook Island Māori – Māori - Samoan - Tongan*
- *ASD guideline supplementary paper: applied behaviour analysis (ABA)*
- *Depression: there is a way through it*
- *Identification of common mental disorders and management of depression in primary care summary*
- *Identification of common mental disorders and management of depression in primary care*
- *New Zealand autism spectrum disorder guideline*
- *Management of patients with dementia*
- *Assessment and management of people at risk of suicide summary*
- *Assessment and management of people at risk of suicide*

11. Skylight

Skylight offer a wide range of services to support those facing tough times of change, loss, trauma and grief - whatever the cause, and whatever their age. They also equip, train and support those wanting to assist them, such as friends or family members, community volunteers and professionals.

There are printable Skylight articles on a range of grief related issues, which have been grouped into topic areas. More will be added regularly. All of these articles are in PDF format, and require Adobe Acrobat PDF Reader

<http://www.skylight.org.nz/Helpful+Articles?src=nav>

Youth Health and Wellbeing Support Resource Package

To support young people, and those who support them.

Rahui

From a story by Chris Szekely and beautifully illustrated by Malcolm Ross (1948 - 2003), Rāhui takes the reader on a wonderful journey to a cousin's holiday in a rural Māori community having adventures and fun together - playing in the bush, riding horses, fishing, eeling and swimming at the beach.

However, 'one day, when we were swimming, my cousin Thomas went missing. We thought he had gone home.'

And so, during the holiday, a death leads to a rāhui being placed on the beach. The book is at once joyous and wistful, with the illustrations richly evoking the atmosphere of the setting and people.

Why Are You So Scared?

When a parent has Post Traumatic Stress Disorder (PTSD), children can often feel confused, scared, or helpless. *Why Are You So Scared?* explains PTSD and its symptoms in nonthreatening, kid-friendly language, and is full of questions and exercises that kids and parents can work through together.

The interactive layout encourages kids to express their thoughts and feelings about PTSD through writing, drawing, and designing.

This book can serve as a practical tool for kids to cope with and eventually feel better about their parent's PTSD.

A comprehensive note to parents offers advice for using this book to help children communicate the emotions that may accompany their parent's PTSD recovery

Promoting Psychological Wellbeing In Children with Acute and Chronic Illness

Living with a chronic illness can have a significant psychological impact on a child and his or her family, and it is essential that this aspect of their care is not overlooked.

This book provides a comprehensive guide to promoting the psychological well-being of children with chronic illnesses and medical conditions, covering support within health, social services and education. It discusses issues such as the impact of diagnosis and the experiences of children and their families in managing their medical condition and treatment. Strategies to support children and help them to cope with medical conditions are demonstrated, including cognitive behavioural and systemic approaches, and techniques such as relaxation and motivational

interviewing. Case examples from clinical practice are given to illustrate the application of psychological ideas and frameworks to a variety of medical conditions and psychological difficulties. The book also includes a comprehensive resources section of where to look for further information.

Getting Stronger Board Game

GETTING STRONGER is one game board, with challenges and accessories, able to be played with different specialist topic sets to make it adaptable for a range of tough issues that children face. Designed for professionals and support workers who work alongside children 8-14 years. Buy the board, player pieces, great accessories and core game cards in a colourful box, then select and purchase separately the topic cards most relevant to play with it.

- **NEW** for those needing to learn to manage their anger better
- **NEW** for those affected by bullying - the bully or the bullied
- affected by a disaster (such as earthquake, floods, fire, explosion or storm)
- who have witnessed, or been impacted by, domestic violence
- with a family member with an addiction
- with a family member who has a mental illness
- with a family member who has a serious illness or injury
- who have had someone important to them die

<http://www.skylight.org.nz/>

12. Kina Trust

New PRACTITIONER'S PAGE: FAMILY INCLUSIVE PRACTICE (FIP)

These pages have been developed to equip alcohol and other drug practitioners with resources and tools that will support the development of their inclusive practice. The aim is to include a broad range of links and downloads to provide material for immediate use by practitioners.

These links and connections will be frequently updated with announcements sent to the sector via the Kina database. If you would like to be kept up to date send us your details.

<http://www.kinatrust.org.nz/>

13. ALAC

Cutting Edge 2012, 20/20 both the vision and the thinking for planning our services by 2020, Thursday 6th – Saturday 8th September. Wellington

Cutting Edge is the national addiction treatment conference, covering alcohol, other drugs, problem gambling and smoking cessation.

<http://www.cuttingedge.org.nz/>

ALAC launches 'TAIHOA - EASE UP ON THE DRINK'

Community champions taking action to influence and lead change in New Zealand's drinking culture were celebrated at the launch of a Māori community resource in Wellington on Thursday June 14 2012.

'TAIHOA – Ease up on the drink' has been developed by the Alcohol Advisory Council of New Zealand – Kaunihera Whakatūpato Waipiro o Aotearoa – to engage and support Māori to make positive choices around alcohol use.

TAIHOA images and bilingual messages focus on tamariki (children), Rangatahi (youth), whānau (families) and kaumātua (elders) – as well as the whare (home) and the marae – in a call to communities to 'taihoa!'

The word means to wait, pause and reflect before making decisions that impact on individuals and those around them.

“Designed to connect Māori harm reduction efforts across the country, TAIHOA supports, celebrates and builds upon the community spirit and momentum achieved by a wide range of individuals and groups who work tirelessly to reduce Māori alcohol-related harm.”

For copies of the 'TAIHOA – Ease up on the drink' resources, visit the ALAC website – www.alac.org.nz.

M.A.P.

This resource for young people is about identity, hopes and aspirations. It can help map out who you want to be and what you need to do to be that person. It may also help you see what impact alcohol has on this.

<http://www.alac.org.nz/sites/default/files/useruploads/Resourcepdfs/MAP%20final.pdf>

The Catalyst

This is a project planning tool to help young people/youth leaders develop alcohol harm reduction projects in their communities.

http://www.alac.org.nz/sites/default/files/useruploads/Resourcepdfs/02626_ALAC_Youth_Community_Resource_07.pdf