



MENTAL HEALTH & ADDICTION REGIONAL NETWORK

Midland district health boards' shared services agency Service Development • Workforce Development • Partnerships & Relationships



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

# What's New



## 6 December 2012

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

**What's New – 6 December 2012**  
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## Mental Health and Addiction Specific Sites

### 1. Mental Health Foundation

#### **Forget the Bling Bling, do the whanau thing this Christmas**

The Mental Health Foundation (MHF) has rewritten the 12 Days of Christmas song with no-cost gifts people can give for Christmas.

The new twist on a familiar favourite Christmas song is in support of the 'Forget the Bling Bling, Do the Whanau Thing' campaign which was initiated three years ago.

The 12 Days of Christmas song suggests gifts like shoulder rubs, art work from grandchildren, meditation training, home-made scones, a hand in the garden and even Gangnam dance lessons. Vouchers, which can be filled in for whatever gift a person wishes to give and postcards which can be sent to people who live at a distance, are also available from the campaign's facebook page.

For more information contact:

*Helen Tatham*

*Senior Communications Officer*

*Mental Health Foundation*

*Phone: 09 300 7028*

*Mobile: 021 484 229*

Email: [Helen@mentalhealth.org.nz](mailto:Helen@mentalhealth.org.nz)

<http://www.mentalhealth.org.nz/page/1311-2012-media-releases+forget-the-bling-bling-do-the-whanau-thing-this-christmas>

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#### **Southern Development Manager Vacancy**

Start your new year with this exciting opportunity to make a positive difference to the mental health and well-being of the people of Canterbury, and all New Zealanders. Seeking an outstanding leader to fill the gap that will be left by the current longstanding Southern Development Manager who will be pursuing career opportunities overseas from late January 2013.

Closing date for applications is: **Friday 14th December 2012**

<http://www.jobs.mentalhealth.org.nz/community-and-social-services-jobs/management-southern-development-manager/193539>

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#### **Opening Doors - a video about seclusion**

Opening Doors is a training resource developed by Awareness: Canterbury Action on Mental Health and Addictions to help people working in the mental health sector understand the impact of seclusion on all those involved. The intention is to encourage the use of alternatives, so that mental health inpatient seclusion – leaving a distressed or agitated person locked in a bare room, alone – can become a thing of the past.

Opening Doors is the first film Awareness has produced. This training film offers the views of people who have been secluded, their family and mental health services staff. The trauma of seclusion is discussed, as well as effective, recovery-focused alternatives that promote respect and culturally appropriate care grounded in compassion. For more information email:

[awareness@mhaps.org.nz](mailto:awareness@mhaps.org.nz)

<http://www.mentalhealth.org.nz/page/1309-opening-doors>

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## Featured books

*Brave girl eating* By Harriet Brown.

Details her daughter Kitty's anorexia, and her family's fight to help Kitty to recover

*Bullies and Warriors* By Tim Tipene.

Bullies and Warriors, a group of children – bullies and the bullied – are chosen to participate in a ten week course called Warrior Kids. Lead by their teacher, Papa Tim, the children spend their Wednesday afternoons playing games and completing challenges, all while following the Warrior Kids creed to be safe, nice to others, careful with the earth, to practise self-control, and remember they are loved and treasured.

*My Many Coloured Days* by Dr Seuss.

An innovative concept book that introduces children to colours, feelings, and all the fun of Dr Seuss. Some days are yellow. Some are blue. On different days, I'm different too.

*The Goodnight Caterpillar* by Lori Lite

A story about a little girl who meets a very stressed caterpillar, and teaches him how to relax. The story is designed to relax your child's mind and body, and prepare them for the best sleep ever. Both you and your child will learn to send a relaxation signal to every part of your body, and get a great night's sleep.

*The Special Place* written and illustrated by Kate and John Lyon.

A story about a boy who once lived in a safe and secure place, but over time things changed and he felt he didn't belong anymore. He sets out on a journey to find another place where he feels safe and happy again.

*When Sophie Gets Angry – Really, Really Angry...* by Molly Bang.

Sophie is upset and doesn't know how to manage her anger, but takes the time to cool off and regain her composure.

*A Book About Me – A workbook for self-discovery.*

A book about me – this work book helps children tell stories about their lives, special events, and food – to help them learn to understand different cultures in our society.

<http://www.mentalhealth.org.nz/blog/>

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## **2. Skylight**

### **Coping with Holidays and Special Days**

A Skylight Information Sheet - Holidays and celebration days, like Christmas, New Year, birthdays, reunions, special events or anniversaries, can be very difficult to face if you're going through times of big change, loss and grief.

[http://www.skylight.org.nz/uploads/files/coping\\_with\\_holidays\\_and\\_special\\_days.pdf](http://www.skylight.org.nz/uploads/files/coping_with_holidays_and_special_days.pdf)

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### **What Does Dead Mean?**

This is a beautifully illustrated book that guides children gently through 17 of the 'big' questions they often ask about death and dying. Questions such as 'Is being dead like sleeping?', 'Why do

people have to die?' and 'Where do dead people go?' are answered simply, truthfully and clearly to help adults explain to children what happens when someone dies. Prompts encourage children to explore the concepts by talking about, drawing or painting what they think or feel about the questions and answers. Suitable for children aged 4 to 12 years, this is an ideal book for parents and carers to read with their children, as well as teachers, therapists and counsellors working with young children.

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

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### **3. ALAC**

#### **New PDFs of ALAC Resources**

- Alcohol and You, Facts and Effects Guidelines for the development of Alcohol Accords
- Kiwis and Alcohol
- Alcohol - the Body & Health effects, a brief overview
- Guidelines for Crime Prevention through Environmental Design(CPTED) for licensed premises

<http://www.alac.org.nz/research-resources/pdfs-alac-resources>

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### **4. Urge/Whakamanawa**

- *Your Body*
  - In this section discover more about feeling good, getting fit, harmful eating and health eating.
- *Relationships*
  - Relationships- when they're good they're great, when they're bad...well it can be a bit of an emotional roller coaster. Find out more about how to deal with healthy and unhealthy relationships in this section.

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

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### **5. NZDF: New Zealand Drug Foundation**

#### **Volatile substance abuse**

The Chief Coroner has released a report about volatile substance abuse, documenting the high number of deaths among New Zealand youth in the past decade. The Child and Youth Mortality Review (pending) will also address the issue.

<http://volatilesubstances.org.nz/wp-content/themes/volatile-substances/files/Chief%20Coroner's%20Report%20-%20Butane%20Case%20Study.pdf>

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#### **After 'The Wire'**

Donnie Andrews has lived The Wire. At 32, carrying out a hit for a drug lord, he shot and killed a man. As the victim lay dying, he looked his assailant in the eye and asked "Why?"...

<http://www.nzdf.org.nz/matters-of-substance/After-The-Wire>

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### **Drug Profile: DMAA**

Methylhexanamine, also known as 1,3-dimethylamylamine, geranamine or DMAA, is an organic chemical compound manufactured as a synthetic powder. It first appeared as a dietary supplement. It was combined with caffeine and other ingredients, to be used as an over-the-counter general-purpose stimulant. Methylhexanamine is sometimes claimed to provide a euphoric effect. General reports describe similar effects to the consumption of larger amounts of caffeine, such as...

<http://www.nzdf.org.nz/dmaa>

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## **6. Alcohol Healthwatch**

### **Australian FASD inquiry prompts call to action in NZ**

Alcohol Healthwatch calls on the New Zealand Government to take note of the Parliamentary inquiry into Fetal Alcohol Spectrum Disorder (FASD) in Australia, and to action the 19 recommendations set out in the resulting report in New Zealand.

Based on international prevalence rates of FASD and New Zealand rates of alcohol consumption during pregnancy, it is estimated that between 600 to 3000 babies are born affected by FASD in New Zealand each year. (Sellman D and Connor J The New Zealand Medical Journal 2009).

<http://www.ahw.org.nz/resources/media/2012/FASD%20Inquiry%20prompts%20call%20to%20action%2030%2011%2012.pdf>

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### **Babies & Booze: Youth Social Media Launch**

Alcohol Healthwatch, Well Women and Family Trust and The Rotary Club of Parnell launches the Fetal Alcohol Spectrum Disorder (FASD) Youth Social Media Campaign. The You-Tube campaign videos can be viewed on [www.youtube.com/user/FASDNetworkNZ](http://www.youtube.com/user/FASDNetworkNZ)

or by clicking the images on the website below

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

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## **7. ADANZ: Alcohol and Drug Association of New Zealand**

Nothing new this month

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## **8. Like Minds, Like Mine**

Like Minds, Like Mine is a national, publicly funded programme aimed at reducing the stigma and discrimination associated with mental illness.

### **Stigma Watch**

Stigma Watch is a group which enables members of the public to access and respond to media articles or portrayals that may be stigmatising to those with experience of mental illness. The Mental Health Foundation of New Zealand will disseminate potentially stigmatising articles to members of the group.

Anyone who is interested in keeping abreast of New Zealand media articles addressing mental health issues can join Stigma Watch. To be added to the database, just email [NewsAlerts@mentalhealth.org.nz](mailto:NewsAlerts@mentalhealth.org.nz) with the Subject: Join database.

If you have any questions about Stigma Watch, please email Katrina: [Katrina@mentalhealth.org.nz](mailto:Katrina@mentalhealth.org.nz).

<http://www.likeminds.org.nz/page/345-stigma-watch>

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### **Like Minds regional radio shows**

- *Progress To Health: Like Minds Like Minds Radio Show*
  - Monday 9:10am, Raukawa FM
  - 90.6FM & 95.7FM Tokoroa & rural communities
  - Hosted by Tim Pita & Noeline Kuru
- *Mental Health Matters: Outlook for Thursday*
  - Thursday, 9:30am-10am, Access Radio, Taranaki
  - 104.4FM
  - Hosted by Gordon Hudson & Frances Rookes
- *Fighting stigma with Kelz and Jax*
  - Monday, 2pm, Community Radio Hamilton
  - 106.7FM (Hamilton City) , 1206AM (Waikato Region)
  - Hosted by Jacqueline Tauranga

<http://www.likeminds.org.nz/page/218-like-minds-regional-radio-shows>

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## **Government Agencies**

### **9. Families Commission**

#### **Pacific families and problem debt**

A new publication from the Families Commission examines the impact high levels of debt are having on Pacific families and communities. The research, conducted in conjunction with the Families Commission and the Ministry of Pacific Island Affairs, identifies a number of the reasons why some Pacific families get into debt. It provides insight into behaviours of finance lenders, student loan schemes, and church donations, all of which contribute to the high debt levels of some Pacific families.

<http://www.familiescommission.org.nz/publications/research-reports/pacific-families-and-problem-debt>

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#### **Disabled parents - Diversity, experiences, and support needs**

This resource shares knowledge about the needs and experiences of disabled parents, and can be used by government and service providers, as well as by parents.

The diverse needs and experiences of disabled parents must be taken into account when policies and practices are developed and reviewed

<http://www.familiescommission.org.nz/publications/research-reports/disabled-parents>

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### **Evidence Brief 01 - Teen Births, Regional and national trends**

This report looks at teenage birth rates over time, across regions and by age of mother, and includes data about a second or subsequent birth to a teenage mother.

In the full report, data on induced abortions are also included to identify what proportions of known teenage conceptions result in a live birth or are terminated. The full report also contains international comparisons in levels of teenage childbearing together with data on ex-nuptial births to teenagers.

<http://www.familiescommission.org.nz/publications/briefs-and-statistics/evidence-brief-01-teen-births>

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### **New Zealand Family Violence Clearinghouse**

The Families Commission funds the New Zealand Family Violence Clearinghouse. It delivers quality evidence to inform cross-sector family violence prevention strategies. is the national centre for collating and disseminating information about domestic and family violence.

<http://www.familiescommission.org.nz/about-us/what-we-do/new-zealand-family-violence-clearinghouse>

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## **10. Health & Disability Commissioner**

### **Referrals trip up GPs and DHBs**

The responsibility of GPs to follow up patient test results has been the subject of extensive discussion in the past. Follow-up of specialist referrals raises similar issues. Doctors who refer patients to a specialist need to take reasonable steps to follow up the referral, especially if the patient's need for specialist assessment has become more urgent following the referral.

DHBs also owe patients a duty of care in handling referrals from GPs within the district and from other DHBs. A specific aspect of the duty of care is the duty to cooperate with other providers to ensure continuity of care under Right 4(5) of the Code. A DHB must have robust systems for managing referrals so the referred patients do not fall through cracks in the system.

Referrals involve a two-way process of communication. The referring clinician must ensure the referral contains adequate information and is sent to the appropriate recipient. The referring clinician should have processes in place to ensure the referral is followed up to check whether appropriate action has been taken. The receiving clinician or DHB should take appropriate and timely steps and communicate these to the patient and the referring doctor or DHB.

<http://www.hdc.org.nz/publications/other-publications-from-hdc/articles/2012/referrals-trip-up-gps-and-dhbs>

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### **Celebrating the 16th Anniversary of New Zealand's Unique Code of Consumers' Rights**

The Health and Disability Commissioner's Act was passed in Parliament in 1994 and the Code of Health and Disability Services Consumers' Rights came into effect on 1 July 1996. This is the only Code of Rights of its kind in the world with ten legal rights for consumers and matching duties for providers to respect these rights, so is highly valued by New Zealand consumers.

<http://www.hdc.org.nz/publications/other-publications-from-hdc/media-releases/celebrating-the-16th-anniversary-of-new-zealand's-unique-code-of-consumers'-rights>

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## **11. Health Quality & Safety Commission New Zealand**

### **Electronic sharing of health information - Ministry of Health update**

The Ministry of Health's National Health IT Board recently held a series of public and community seminars on the electronic sharing of health information. The seminars were held in Auckland, Tauranga, New Plymouth, Wellington, Nelson, Christchurch and Invercargill, from July to September 2012.

They provided an update on changes to the way health information is shared electronically, and an opportunity to discuss the issues and what they might mean for future interactions with health professionals.

A document summarising the discussions, questions, concerns and major themes is now available on the [Ministry of Health website](#).

<http://www.hqsc.govt.nz/news-and-events/news/709/>

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### **Work programme update: Reducing Harm from Falls**

The Commission launched its website pages for its national programme to reduce harm from falls in care settings. The pages outline progress to date, membership of the Expert Advisory Group (EAG), and release key documents that will inform the finalisation of the national programme plan and priorities for action.

The national programme is undertaking further work on cost-effectiveness of interventions, and identifying specific activities to support front line staff in keeping the people in our care, particularly those at risk of falling, as safe as possible at all times

<http://www.hqsc.govt.nz/news-and-events/news/706/>

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### **Quality & Safety Challenge profile: Partners in Care - working with families/whānau to encourage participation**

Maggie Spencer, Senior Quality Improvement Manager at Counties Manukau District Health Board spearheaded a project named Partners in care – working with families/whānau to encourage participation.

The project's aims were to:

- define what partners in care means and identify any barriers that exist to working in partnership with patients and family/whānau members
- develop a strategy to address the key barriers to family/whānau involvement
- contribute to the continued review of the current documentation
- identify training and/or information requirements to support patients, families/whānau and staff to work as partners in care.

<http://www.hqsc.govt.nz/our-programmes/consumer-engagement/publications-and-resources/publication/686/>

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## **12. Human Rights Commission**

### **Disability Convention annual report outlines way ahead**

The first annual report by the agencies responsible for independent monitoring of the Convention on the Rights of Persons with Disabilities (the Disability Convention) has been launched in Parliament by Minister for Disability Issues the Hon Tariana Turia.

The report has set indicators and measures of progress for a range of rights for disabled New Zealanders. The report makes a total of 44 recommendations, with seven key recommendations singled out for priority.

<http://www.hrc.co.nz/disabled-people/convention-on-the-rights-of-persons-with-disabilities/making-disability-rights-real>

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### **Submission on Social Security (Benefit Categories and Work Focus) Amendment Bill**

The Commission presented its submission on the Social Security (Benefit categories and Work Focus) Amendment Bill to the Social Services Committee on Friday 30<sup>th</sup> November 2012.

Major concerns are

- *Impact on children*
- *Impact on disabled people*

Use the link below to read the full submission

<http://www.hrc.co.nz/wp-content/uploads/2012/11/Social-Security-Benefit-Categories-and-Work-Focus-Amendment-Bill-HRC-1-November-2012.doc>

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### **Commission releases Census of Women's Participation 2012**

The New Zealand *Census of Women's Participation 2012*, the fifth benchmarked report on how women fare in many areas of professional and public life has been released by the Human Rights Commission.

The 2012 Census showed a two to three percentage point increase in many areas for the representation of women at senior levels since the previous census in 2010. However she said that women's low representation at the top, despite increasing participation at entry levels, remained systemic and frustrating after 10 years of tracking the data.

Use the link below to read the census

<http://www.hrc.co.nz/wp-content/uploads/2012/11/web-census.pdf>

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## **13. Ministry of Health**

### **Good progress on health targets**

Three of the targets have been met. The latest results for the six health targets for all DHBs are now available for the July - September 2012 quarter.

<http://www.health.govt.nz/new-zealand-health-system/health-targets/how-my-dhb-performing/how-my-dhb-performing-2012-13>

## **Prescription Charges**

Many medicines in New Zealand are subsidised by the Government. You make a small contribution to the cost of the medicines you receive when you pay a prescription charge.

From 1 January 2013, the amount you contribute towards the cost of your medication increases from \$3 to \$5 for each new prescription item.

Prescriptions for children under six are **still free**.

If your medicine is not fully subsidised, there may be an additional cost.

<http://www.health.govt.nz/publication/prescription-charges>

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## **Report on Maternity, 2010**

Report on Maternity, 2010 summarises the maternal and newborn information stored in the National Maternity Collection. This collection uses two administrative sources of data: hospital discharge data from the National Minimum Dataset (NMDS) and information on primary community events from lead maternity carer (LMC) claim forms.

<http://www.health.govt.nz/publication/report-maternity-2010>

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## **14. Ministry of Justice**

### **Reducing Crime and Reoffending - Progress update for the year to 30 June 2012**

The recorded crime rate in the year to June 2011 was already the lowest in 30 years. In the year to June 2012, all measures fell further, and are on track to meet the targets.

Overall, the re-offending rate fell 6% and is on track to meet the target. The re-offending rate is a composite of two measures – re-imprisonment and re-conviction .

<http://www.justice.govt.nz/justice-sector/better-public-services-reducing-crime/progress-updates>

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## **15. Ministry of Social Development**

### **Investing in Services for Outcomes**

Annually the Ministry of Social Development (MSD) funds more than 2300 organisations to deliver around 4300 contracts. It's vital the services MSD funds make a tangible difference to those who need support. We must achieve better outcomes for people, including vulnerable children, youth, those dependent on welfare and their family and whanau.

Doing things differently; working together and in more efficient and effective ways is at the heart of Investing in Services for Outcomes.

This will involve three key parts.

1. Determining what services MSD will purchase
2. Improving how MSD works
3. Supporting the social sector

<http://www.msds.govt.nz/about-msd-and-our-work/work-programmes/investing-in-services-for-outcomes/index.html>

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## **MSD releases independent report into IT security breach and confirms no widespread privacy breach**

The Ministry of Social Development today released the independent report by Deloitte into the security breach of Work and Income kiosks.

<http://www.msd.govt.nz/documents/about-msd-and-our-work/newsroom/media-releases/2012/independent-review-deloitte.pdf>

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## **16. National IT Health Board**

### **Shared Health Information Model - "Tree" diagram**

The National Health IT Board (NHITB) has developed a visual description of the IT solutions required to achieve the eHealth vision. An individual's health information collected over time can be thought of as being like a "tree".

This 'tree' has levels which build on each other to provide a connected, health information story:

- an individual's foundation health information provides the 'roots'
- an effective and secure system for sharing information represents the 'trunk'
- common clinical information, continuum of care, and a shared care plan represent the 'branches' of the tree.

Each tree will be different, as each person has a different life experience.

<http://www.ithealthboard.health.nz/content/shared-health-information-model-tree-diagram>

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### **The winners of this year's Clinicians' Challenge have been announced.**

The annual Challenge connects health professionals and IT vendors to identify solutions to real life work-related problems.

Dr Jo Scott-Jones, a GP from Opotiki and chair of the rural GP network, won for the best entry submitted by a clinician.

His winning entry looks at how improvements can be made to standing orders which allow nurses to have a greater role in patient care, such as administering routine medicines. View Dr Jo Scott-Jones entry;

<http://www.hinz.org.nz/uploads/file/2012conference/Bridging%20Service%20Gaps.pdf>

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### **Sharing your health information seminars - read the feedback summary**

Questions about access to personal health information, privacy and security have emerged as common themes from seminars held around New Zealand to discuss better electronic sharing of health information.

The National Health IT Board (NHITB) held public and community seminars in Auckland, Tauranga, New Plymouth, Wellington, Nelson, Christchurch and Invercargill from July to September 2012, and has been considering the feedback from these.

By the end of 2014, the Government's aim is for all New Zealanders and the health professionals caring for them to have electronic access to a core set of personal health information.

[http://www.ithealthboard.health.nz/sites/all/files/Shared%20health%20information%20seminar%20summary%20%20FINAL\\_1.pdf](http://www.ithealthboard.health.nz/sites/all/files/Shared%20health%20information%20seminar%20summary%20%20FINAL_1.pdf)

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## **17. Office of the Children's Commissioner**

### **Proposed solutions to child poverty**

The Children's Commissioner's Expert Advisory Group has released a paper outlining a package of proposed solutions to child poverty.

[http://www.occ.org.nz/publications/child\\_poverty](http://www.occ.org.nz/publications/child_poverty)

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### **Social Security Amendment Bill submission**

Submission posted on 8 November 2012

[http://www.occ.org.nz/\\_data/assets/pdf\\_file/0014/10076/Social\\_Security\\_Amendment\\_Bill\\_OCC\\_final.pdf](http://www.occ.org.nz/_data/assets/pdf_file/0014/10076/Social_Security_Amendment_Bill_OCC_final.pdf)

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## **18. SPINZ (Suicide Prevention Information New Zealand)**

### **National strategy for suicide prevention 2012: Goals and objectives for action. A report of the U.S. Surgeon General and of the National Action Alliance for Suicide Prevention**

Outlines a national strategy to guide suicide prevention actions. Includes 13 goals and 60 objectives across four strategic directions: wellness and empowerment; prevention services; treatment and support services; and surveillance, research, and evaluation.

<http://store.samhsa.gov/product/National-Strategy-for-Suicide-Prevention-2012-Goals-and-Objectives-for-Action/PEP12-NSSPGOALS>

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### **Adolescent suicide in Australia: Rates, risk and resilience**

Adolescent suicide rates in Australia have fallen significantly during recent years. The incidence, however, clearly remains a serious concern for young people, parents, professionals and policy makers. Some groups of Australian youth appear to be at heightened risk. Adolescents within the welfare system, indigenous, rural and refugee youth, along with same sex attracted young people often need very careful monitoring and support.

<http://www.ncbi.nlm.nih.gov/pubmed/23118313>

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### **Big White Wall online self-help service available in Auckland**

A new service that provides an online support network for people with mild to moderate mental health problems has been rolled out by Auckland District Health Board.

Big White Wall is a self-help service that can be accessed by anyone with an Auckland postcode. GPs, clinical services, and relevant non-government organisations can also refer people to the service.

People who are experiencing mental distress can log on to the service anonymously, where they can connect with counsellors, and other people who have similar experiences to their own. Members can also take self-tests that help them understand their worries and concerns, and provide guidance about how to move forward.

Big White Wall was developed in the UK, where it has already been of help to more than 8,500 people. 95% of users reported one or more improvements in their wellbeing after engaging with Big White Wall.

*For more information, go to;*  
[www.bigwhitewall.com](http://www.bigwhitewall.com)

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## **19. The Beehive**

### **Official signing of the Taranaki Disability Strategy**

This Strategy uses the definition of disability defined in the NZ Disability Strategy 2001. Disability is defined as when people have more challenging experiences of the environment or attitudes from others, because of impairment. Disability is therefore experienced when a person experiences physical or attitudinal barriers in living their life. What is certain is that at some point in our life-time we will all experience a reduction in our sensory functions, mobility or mental capacity.

This strategy has the commitment to four guiding principles:

- Equal opportunity for all
- People are valued for their abilities
- Nothing about us without us
- Community ownership

<http://beehive.govt.nz/release/official-signing-taranaki-disability-strategy>

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### **Former Governor General leads Expert Group**

Former Governor General the Rt. Hon Sir Anand Satyanand will lead the Expert Advisory Group on Information Security. As an experienced lawyer, judge and ombudsman, Sir Anand has the skills and expertise to lead the Expert Advisory Group.

The Group will oversee implementation of the Vulnerable Kids Information System (ViKi) and new Risk Predictor Tool which have the capacity to better protect children from abuse and neglect.

<http://beehive.govt.nz/release/former-governor-general-leads-expert-group>

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### **Dunne: expert committee to set legal highs approval standards**

Associate Health Minister Peter Dunne has announced that he will establish an independent expert committee early next year to set the approval standards legal highs will need to meet. Mr Dunne said he had directed the Ministry of Health to develop a regulatory regime consistent with international best practice, avoiding animal testing wherever possible. He confirmed that he has ruled out the controversial LD50 test, but said that it was still early in the process of developing the new regime and no other decisions had been made.

<http://beehive.govt.nz/release/dunne-expert-committee-set-legal-highs-approval-standards>

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## **Workforce Centres**

## **20. Health Workforce NZ**

### **HWNZ Stakeholder Bulletin November 2012**

We are very appreciative of the large number of organisations and individuals who have taken the time so submit their views on the review of the Health Practitioners Competence Assurance Act 2003.

<http://healthworkforce.govt.nz/sites/all/files/hwnz-stakeholder-bulletin-nov-2012.pdf>

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## **Regional Training Hubs**

Health Workforce New Zealand (HWNZ) collaborated with District Health Boards (DHBs), education providers and professional associations to establish four regional training hubs (hubs) which became operational on 1 January 2012.

The four hubs, each covering a population of approximately one million people, cover the 4 DHB regions. Three have now appointed a Regional Director of Training with the fourth to be appointed shortly.

These are:

Northern – Waitemata, Auckland, Counties Manukau and Northland: Professor Lorraine Stefani.

Midland – Bay of Plenty, Lakes, Tairāwhiti, Taranaki, and Waikato: Michael Bland.

Central – Whanganui, Hawke's Bay, MidCentral, Wairarapa, Capital & Coast, and Hutt Valley.

South Island – Southern, Canterbury, South Canterbury, West Coast and Nelson Marlborough: Kate Rawlings

<http://healthworkforce.govt.nz/our-work/regional-training-hubs>

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## **21. Le Va**

### **Le Va mental health and addiction scholarships**

Applications for 2013 courses of study will **open on 11 January 2013**, and **close on 22 February 2013**.

<http://www.leva.co.nz/training-careers/futures-that-work/mental-health-and-addiction-scholarships>

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### **Le Va contributes to diversity in New Zealand**

Le Va's Engaging Pasifika (EP) programme has recently been awarded an acknowledgement from the Human Rights Commission. Engaging Pasifika is New Zealand's national Pacific cultural training programme. The programme focuses on better engagement between services and Pacific people. It's the nation's only Ministry of Health mandated and community mandated Pacific cultural competency programme.

<http://www.leva.co.nz/news/2012/11/01/le-va-contributes-to-diversity-in-new-zealand>

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## **22. Matua Raki**

### **Presentations available from the Leadership Day November 2012**

- dapaanz Update
- Implementation of the ADOM
- Food Addiction
- Working With Youth With Co-existing Problems
- Work Based Assessment of CEP Capability and Skills
- Role of the Alcohol Drug Helpline in the AOD Sector
- Huffing (Use of Volatile Substances)

<http://www.matuaraki.org.nz/Presentations/leadership-day-november-2012.html>

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## **23. Te Pou**

### **4th Australasian Outcomes Conference**

Te Pou is co-hosting the 4th Australasian Outcomes Conference in Sydney **11-13 June 2013**. This is an important event which offers international perspectives across the spectrum of outcomes issues. We really want New Zealand to have a strong presence at this conference, so if you're considering speaking submit your abstract now!

Visit the AMHOIC 2013 website for details of registration and the abstract submission process  
<http://www.amhoic2013.com.au/>

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### **ADOM implementation project**

The Alcohol and Drug Outcome Measure (ADOM) is a brief outcome measure relevant to New Zealand alcohol and other drug (AOD) services. An implementation team is now available to assist addiction services to implement ADOM.

Two documents have been developed.

- *The ADOM Implementation Guide* provides services with an overview of the key components and steps for implementation, and
- *ADOM Implementation - Information for Services and Key Stakeholders* provides answers to a range of frequently asked questions.

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

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### **Nurse practitioners: Changing lives in Otago (Southern District Health Board)**

Since introducing the nurse practitioner role into older people's mental health in Otago in 2006, the Southern District Health Board's hospital admissions have decreased, resulting in a reduction of six hospital beds and staffing. This has allowed funding to be reallocated into alternative community-based options and provided a more responsive service to older people with mental health issues.

<http://www.tepou.co.nz/story/2012/10/24/nurse-practitioners-changing-lives-in-otago-southern-district-health-board>

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## **24. Te Rau Matatini**

### **Te Rau Matatini Scholarships Are Open For 2013**

Check out the website for information on these

<https://www.matatini.co.nz/news>

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## **25. Werry Centre**

### **Circle of Security Parenting DVD Training**

**24-27 February 2012**, *The Auditorium, Auckland City Hospital*

For further details and information about how to register please go the website;

[http://www.werrycentre.org.nz/site\\_resources/library/training\\_and\\_events/Circle\\_of\\_Security\\_Parenting\\_Flyer.pdf](http://www.werrycentre.org.nz/site_resources/library/training_and_events/Circle_of_Security_Parenting_Flyer.pdf)

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### **E-therapy for depressed adolescents**

This project will develop a developmentally appropriate computer-administered self-help programme for adolescents suffering from depression, and evaluate the usability and effectiveness of the programme in primary health care and school settings.

The content of the programme will be based on the cognitive behavioural techniques for dealing with the symptoms of depression. The programme will be a 3D character-based game for the PC platform incorporating full 3D environments and characters, video, sound, text and music. The perspective will be third person and the user will be able to choose and control their character.

The evaluation of effectiveness in treating depression will include the investigation of applicability and acceptability for Maori adolescents, for same sex attracted youth, and for adolescents outside of mainstream schooling.

We will work with PHOs across New Zealand and compare the programme with routine care provided by general practitioners and school guidance counsellors. Other settings such as CAMHS may be considered for inclusion as study sites. Website recruitment may also be included.

(Principal Investigator – Dr Sally Merry. Study Manager – Karolina Stasiak)

<http://www.werrycentre.org.nz/448/E-therapy>

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## **Health**

### **26. Health Consumer Website**

#### **Screen time limit of two hours important for kids' weight**

For overweight or obese children taking part in a Waikato weight management programme, measuring “screen time” has been added to diet and exercise as a contributor to obesity.

Six important tips include:

1. have breakfast every day
2. take a healthy lunch from home
3. eat together as a family when possible
4. eat 5-plus a day fruit and vege
5. kids need at least 10 hours' sleep a day
6. more than 60 minutes “huff and puff” activity a day and less than two hours' screen time out of school.

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

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#### **Cognitive function in the elderly improved by two dietary plant pigments**

Dr Donna Rose Addis at the Department of Psychology, University of Auckland is investigating Studies into whether diet can ameliorate or slow the decline of cognitive function in elderly people have centred on the possible effects of long-chain omega-3 fatty acids. However, population studies have suggested that the plant pigments lutein and zeaxanthin may also provide such benefits.

This study concluded that the use of lutein and zeaxanthin supplements in older adults, like omega-3 (DHA) supplements, needs further investigation.

<http://www.everybody.co.nz/page-298b8498-e8f7-4211-ad42-bfa8f1b3696f.aspx>

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## **27. Health Navigator**

### **Self-Management Support Toolkit**

The Auckland District Health Board sponsored this project and worked with Health Navigator NZ to develop a toolkit. While some of the programmes listed will only be available for the local Auckland population, we hope most of the resources and toolkit will be applicable to health providers and teams throughout New Zealand.

*Local Regions:* if you are interested to expand or localise this toolkit for your region, contact the

<http://assets.healthnavigator.org.nz/2011/10/Self-Management-Support-Toolkit-Health-Navigator-NZ-ADHB.pdf>

editors to discuss.

<http://www.healthnavigator.org.nz/self-management/resourcestoolkit/>

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## **28. Health Promotion Agency (HPA)**

### **Senior Advisor Mental Health - Vacancy**

The Health Promotion Agency needs a versatile, energetic and resourceful person to manage the development and implementation of projects, with government and non-government organisations to support the delivery of the mental health programme.

*Phone :Joy McDonald, HR Advisor on (04) 917-0241 for more details.*

Applications close **12 December 2012** and should be sent to Joy McDonald, HR Advisor, Health Promotion Agency at [j.mcdonald@healthpromotion.org.nz](mailto:j.mcdonald@healthpromotion.org.nz) or to P.O. Box 5023 Wellington 6145.

<http://www.healthpromotion.org.nz/job-vacancies>

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### **Cardiovascular Risk Assessment Campaign**

A national awareness campaign to encourage people to get their heart checked and fronted by former All Black captain Wayne 'Buck' Sheldford.

Key Messages

- Go to your family doctor or nurse and have a heart health check
- Cardiovascular disease (heart disease and stroke) is New Zealand's biggest killer
- Heart disease claims one New Zealand life every 90 minutes
- Many heart disease deaths are premature and preventable
- Do it for your family

<http://www.healthpromotion.org.nz/Cardiovascular-Risk-Assessment-Campaign>

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## **Other**

## **29. Working For Youth**

### **MPs endorse national youth summit in Auckland**

The conference brings young people from across the country to voice their opinions on public policy issues. The four day conference will involve young people putting together a 'youth declaration' of their views on policy issues, ranging from education to economic development.

To apply to attend the conference on the website of UN Youth, [www.unyouth.org.nz](http://www.unyouth.org.nz) between **1 December and early March**.  
The conference takes place between **24 April and 27 April 2013**.

*Note: The Youth Declaration conference is organised by UN Youth New Zealand, a non-profit, entirely volunteer youth-for-youth organisation dedicated towards inspiring global citizens in the spirit of the United Nations.*

<http://www.working4youth.co.nz/view-notice.php?id=886&>

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### **Tupuna – Nga Kaitaki Mokopuna**

This resource explores the experiences of Māori grandparents in New Zealand. It describes the pleasures and pressures of grandparenting and the significant role grandparents play in the lives of whānau. This includes providing support, sharing resources, nurturing mokopuna, and teaching te reo, whakapapa, history and tikanga.

<http://www.familiescommission.org.nz/sites/default/files/downloads/tupuna-nga-kaitaki-mokopuna.pdf>

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### **30. Skip – Strategies for Kids/Information for Parents**

SKIP's aim is that all children in New Zealand are safe and nurtured, and grow into happy, capable adults. We do this by developing the capability of communities to support parents to build positive relationships with their children.

There are lots of ways SKIP can help you to support parents in your community.

- Funding - Find out about SKIP funding and how to apply.
- Training, Networking and Hosting - Other ways the SKIP team can help you.
- Resources - Ideas for using SKIP resources with parents
- After Event Evaluations - Help with evaluation and sharing your successes.

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