



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

What's New



12 October 2012

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

What's New – 12 October 2012
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Mental Health and Addiction Specific Sites

1. Mental Health Foundation

Mindfulness videos & audios

Are you running on autopilot? Do you often feel you are somehow missing out on your life as a myriad of thoughts and feelings pass through your mind each day? This new video series on mindfulness could be just the tonic you need to slow down – take time, take a breath and take notice. We call this being mindful.

Videos

- An introduction to mindfulness
- Mindfulness – Flow
- Intent and mindful walking
- Mindfulness with children
- Mindfulness – Relationships and technology

Audio

- Session One - Mindfulness meditation
- Session Two - Loving kindness practice
- Session Three - Whakapapa

<http://www.mentalhealth.org.nz/page/1236-mindfulness-videos-audios>

2012 books

- Quiet The Mind: an illustrated guide on how to meditate
- Alone Together: why we expect more from technology and less from each other
- The Five Keys To Mindful Communication: using deep listening and mindful speech to strengthen relationships, heal conflicts, and accomplish your goals
- Stress, Health And Wellbeing: thriving in the 21st century

<http://www.mentalhealth.org.nz/page/1191-recommended-reading-list>

Being mentally healthy can be fun

In Christchurch, the Mental Health Foundation (MHF) and Healthy Christchurch are encouraging people to get involved in the Wellbeing Game.

The game encourages people to actively practice the five winning ways to wellbeing – connect, give, take notice, keep learning and be active. Evidence shows building these activities into everyday life results in greater creativity, higher productivity, better social cohesion and reduced physical illness.

To play the game, people keep track of how they spend time on the five winning ways to wellbeing and enter the results into a website www.thewellbeinggame.org.nz. The aim is to collect as many hours spent on the winning ways as possible before the game finishes on **9 November**.

People can participate in the game as individuals or form a team. The online leader board shows how you're performing.

Michelle Whitaker says that taking part and improving your wellbeing is the major prize, but there are also prizes for the best team and individual.

For more information contact:

Helen Tatham
Senior communications officer
Mental Health Foundation
09 300 7028
helen@mentalhealth.org.nz
www.thewellbeinggame.org.nz

Mental Health Law Conference 2012

09 November 2012 - Wellington
16 November 2012 - Auckland
15 November 2012 - Hamilton

This conference is intended to be a forum for inter-disciplinary discussion of key legal issues facing lawyers, clinicians and consumers working in mental health with a view to continuing to improve the way in which mental health services are provided in New Zealand.
Children, Young People and Mental Health
The conference is focused on Children, Young People and Mental Health.

For further information, please contact Iris Reuevecamp, Special Counsel, Claro on:
Mobile: 021 869 361/DDI: 04 550 5356 iris.reuevecamp@clarolaw.co.nz
www.clarolaw.co.nz

Applied Suicide Intervention Skills Training

08 November 2012 - 09 November 2012, Hamilton
14 November 2012 - 15 November 2012, Katikati

ASIST – Applied Suicide Intervention Skills Training – gives you the skills to help a person at risk of suicide. The programme focuses on increasing your awareness of signs, teaches you how to respond to a person at risk, and increases your confidence and willingness to intervene.

ASIST is a 2-day intensive, interactive and practice-based workshop for human service workers, caregivers/kaiawhina (any person in a position of trust). This includes professionals, paraprofessionals and lay people. It is suitable for mental health workers, nurses, physicians, pharmacists, teachers, counselors, youth workers, police and corrections staff, school support staff, clergy and community volunteers; indeed, anyone who works with people on a day-to-day basis.

Contact: ClaudineM@lifeline.org.nz

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

QPR Suicide Triage & Risk Management - One Day Advanced Training

12 November 2012 – Auckland

(8.30 am to 4.30 pm) Middlemore Hospital, Ko Awatea, Room 104

Register by Monday **5 November 2012**

Fee \$185 including GST (lunch not included)

Includes Course Workbook, DVD and Resources

Registration closes on **5 November 2012**

For further information contact: Ivan Yeo, Associate Planning and Funding Manager MH&A
ivany@adhb.govt.nz

DBT Intensive Training

12 November 2012 - 16 November 2012, Auckland

For teams establishing a comprehensive DBT programme

For further information go to www.dbtnz.co.nz

4th Australian Rural & Remote Mental Health Symposium - Adelaide

19 November 2012 - 21 November 2012

CALL FOR PAPERS... now open on the website.

For further information contact:

Dr Norm Barling

Symposium Chair

4th Australian Rural and Remote Mental Health Symposium

"Putting People First"

Hotel Grand Chancellor - Adelaide - November 19th to 21st 2012

P: (61 7) 5502 2068 F: 07 5527 3298

<http://anzmh.asn.au/rrmh>

2. Skylight

Research at Work

Skylight partners with researchers around the country to bring you the latest findings in the areas of grief, loss and change.

The next scheduled seminar on Young People and Self-Harm is planned for **26th Oct 2012**. If you want updated information about the seminar, please email pd@skylight-trust.org.nz.

The Travellers Programme

The Travellers Programme is an innovative small group programme for young people, developed by Skylight, to build resilience and key life skills. Designed for students in their first year of secondary school (Year 9), it enables young people to learn skills to cope with change, loss and transition and to build their self esteem and confidence to be able to face life's future challenges.

Want to find out more about this successful, life changing programme for teens?

Want to have Travellers at a high school in your area?

Visit www.travellers.org.nz

or phone **04 939 8576** or **0800 299 100**

or email travellers@skylight-trust.org.nz

Books

- Goodbye - For Times of Sadness and Loss
- Rebuilding: When Your Relationship Ends (3rd Edition)
- Mommy's Gone to Treatment - a story for children whose parent has an addiction

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

3. ALAC

Community Action on Alcohol Fund

Applications close: **5.00pm, 31 October 2012**

The Health Promotion Agency (HPA) is pleased to announce that it is currently seeking applications for funding from the Community Action on Alcohol Fund (CAAF).

The funding application form and information booklet with the funding round processes and timelines are available from;

<http://www.alac.org.nz/community-action/caaf-application-information>

Low-Risk Alcohol Drinking Advice

ALAC's alcohol drinking advice is designed to help you make an informed choice and help keep your risk of alcohol-related accidents, injuries, diseases and death low.

Low-risk is not, however, no-risk. Even when drinking within the low-risk limits, a range of factors can affect your level of risk including if you drink too quickly, your body type or genetic makeup, your gender, existing health problems, and if you are young or an older person.

<http://www.alac.org.nz/alcohol-you/your-drinking-okay/low-risk-alcohol-drinking-advice>

Latest Resources

- *Alcohol and your kids. What can you do? (AL801)*

A DVD resource is also included with the booklet, it contains three videos that illustrate some of these helpful tips.

- *Alcohol - the Body & Health Effects, A brief overview (AL802)*

This resource provides a brief overview of the health and body effects of alcohol. Areas covered include the effects of alcohol on body parts, the health effects of acute alcohol use, the health conditions related to chronic alcohol use, and the effects of alcohol on other people and populations.

Low-risk drinking advice is also outlined in the resource along with information about where to find support and further information.

<http://publications.alac.org.nz/javelin/bspq/login/bluestar>

4. Urge/Whakamanawa

This site is funded by the Ministry of Health. It is further supported by the Ministries of Youth Development, Education and Pacific Island Affairs, Family Planning, Child Youth and Family, the New Zealand Association of Adolescent Health and Development (NZAAHD) and Youthlaw.

Drugs and Alcohol

In this section discover more about drugs, alcohol, ciggies, party pills, and how to party safely.

Your Mind

In this section discover more about peer pressure, mental health, and feelings and emotions

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

5. NZDF: New Zealand Drug Foundation

The Foundation's role is to promote coordination, consultation and cooperation among non-governmental organisations to provide a contact point for the New Zealand Government and non-governmental organisations working in the area of legal and illegal drugs, and to provide a centre for valid and reliable information for organisations and individuals.

Drug Profile - Salvia

Salvia (of the type *Salvia divinorum*) is an herb common to southern Mexico and Central and South America. It is used as a hallucinogenic drug, and can alter sensory perceptions, often resulting in an 'out of body' experience.

The effects of salvia can be felt immediately when taken orally and last up to 30 minutes.

To learn more click on the link below;

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

Storm in a pee cup

Drug-related impairment in the workplace is undoubtedly a serious issue and a legitimate concern for employers. But do our current testing procedures sufficiently balance the need for accuracy, the rights of employees and the principles of natural justice? Or does New Zealand currently have a drug testing problem?

<http://www.nzdf.org.nz/content/storm-pee-cup>

Volatile substance abuse – huffing - It's time to talk

To help support community solutions to the complex problem of volatile substance abuse, they have launched this new online resource. A must visit site for parents, teachers, social workers, retailers, Police...

<http://volatilesubstances.org.nz/>

6. Alcohol Healthwatch

Alcohol Healthwatch is a team of professionals dedicated to reducing and preventing alcohol-related harm in Aotearoa/New Zealand through effective health promotion.

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

From Harm to Harmony

13th and 14th of November 2012, Waipuna Conference Centre, Auckland

A two day symposium with a special focus on addressing the impacts of alcohol on the lives of women, and the burden of alcohol-related injuries and violence in New Zealand.

For details contact: Raj

raj@ahw.org.nz

DDI: 09-5207039

www.ahw.org.nz

New Alcohol and Pregnancy Resource for Health Professionals

Alcohol Healthwatch in association with the University of Otago Wellington, is pleased to announce the arrival of the Pregnancy and Alcohol Cessation Toolkit, an online resource to assist the many New Zealand healthcare professionals who say they don't feel adequately trained to discuss alcohol use with their pregnant patients. For further information view the Pregnancy and Alcohol Cessation Toolkit media release.

<http://akoaotearoa.ac.nz/projects/pact>

For further information contact:

Christine Rogan, Health Promotion Advisor

christine@ahw.org.nz

Online FASD Resource now available

Interested in knowing more about the effects of drinking alcohol during pregnancy? Making Responsible Decisions about Drinking During Pregnancy is a great way to learn. Choose whether to get Just the Facts, Play a Game, or Follow a Story.

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

7. ADANZ: Alcohol and Drug Association of New Zealand

ADANZ is a national alcohol and other drug organisation that aims to improve the health and well-being of the people of Aotearoa New Zealand, by minimising the harm associated with alcohol, other drugs and gambling. ADANZ provides expert information and policy advice, early intervention and support services to the people of New Zealand. ADANZ manages the Alcohol Drug Helpline, compiles the national Addictions Treatment Directory and delivers a range of services led and developed by people who have previously used addiction treatment services.

<http://www.adanz.org.nz/ADANZ/Home>

Alcohol Drug Helpline Launches New Youth Service

Offering young people a safe and easily accessible way to talk about their alcohol and other drug use is the aim of a new youth service launched by the Alcohol Drug Helpline this month.

The Helpline youth service offers free confidential information, advice and support for anyone with a concern or query about their own or someone else's alcohol and other drug use.

Alcohol Drug Helpline Youth Service: 0800 787 984. 10am to 10pm everyday

To text: Txt adh to 234 and we will text you back

Website and online chat: www.alcoholdrughelp.org.nz

Addictions Treatment Directory

Regionalised list of all the addiction treatment and advice services for alcohol, drugs and gambling.

<http://www.addictionshelp.org.nz/Services/home>

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.

Videos available

- *Mental illness and Violence*
 - Alex Handiside, Senior Policy Analyst, Mental Health Foundation and Brian Mckenna, Associate Professor, School Of Nursing, University Of Auckland explore the myths surrounding mental illness and violence; picking them apart and examining the personal impact that they have on public attitudes toward people with experience of mental illness.
- *Doubled up with Stigma*
 - Vaughan Meneses is General Manager of Outline NZ– a free, confidential telephone counselling service for the New Zealand's gay, lesbian, bisexual and

transgender (GLBT) communities. He talks about homophobia, and how it affects the mental health and wellbeing of GLBT people, particularly those who already experience mental illness.

- *Finding light in a New Land*
 - Ivan Yeo is a mental health promoter for the Mental Health Foundation's Kai Xin Xing Dong/Like Minds, Like Mine programme. He shares his experience of increasing understanding about mental illness and combating discrimination within the Chinese and Korean communities.
- *Media Savvy*
 - We take an inside look at the media and how organisations working within mental health can better tell their stories. We interview experienced journalists, media practitioners and producers about what makes a good story for various media outlets, and about how newsrooms work.

<http://www.likeminds.org.nz/page/230-videos>

Government Agencies

9. Families Commission

New Chief Executive of the Ministry of Women's Affairs, Dr. Jo Cribb

The Families Commission welcomes the appointment of Dr. Jo Cribb as the new Chief Executive of the Ministry of Women's Affairs.

Dr. Cribb is currently Deputy Children's Commissioner of the Office of the Children's Commissioner; prior to this role she was a Group Manager with the Families Commission and has also undertaken roles in the Ministry of Social Development and the Department of Internal Affairs.

<http://www.familiescommission.org.nz/news/2012/new-chief-executive-of-the-ministry-of-womens-affairs-dr-jo-cribb>

White Ribbon Day, 25 November

White Ribbon offers men the opportunity to be part of the solution to ending violence towards women. White Ribbon is a global campaign led by men who condemn this violence and want to take action.

Billy TK Jnr, White Ribbon's newest Ambassador, will take the White Ribbon campaign on tour with him as part of the promotion of his new album 'Billy TK Jnr and the Groove Shakers Blues Benediction'.

Planning a White Ribbon event? Order your free resources here, and tell us about your event or activity plans so we can publicise them on the White Ribbon website.

Orders will be distributed from **20 Sept until 15 Nov**, or until supplies are exhausted.

Free resources in 2012 include fabric ribbons, posters, window stickers, balloons and temporary tattoos.

White Ribbon now has a shop selling metal ribbons, t-shirts and three other exciting new items. Head on over to check out the great new designs – and support White Ribbon in its transition to becoming fully self-funded.

<http://whiteribbon.org.nz/>

10. Health & Disability Commissioner

Monitoring and advocacy

The Health and Disability Commissioner is now additionally tasked with:

- *Advocating at all levels in the sector, including providing advice to the Minister of Health for the interests of people with mental health and/or addiction problems and their families/whānau generally (rather than for individuals or groups), while taking into account the interests of other stakeholders*
- **Monitoring** and reporting on matters relating to the implementation of the national mental health strategy <http://www.mhc.govt.nz/core-functions>

It is the Mental Health Commissioner who is largely responsible for the performance of those functions under delegation from the Health and Disability Commissioner.

Making it easy to put the Code into Action - A practical guide to the Code for aged care and disability support workers

A practical guide to the Code for aged care and disability support workers which is FREE to download.

<http://www.hdc.org.nz/publications/other-publications-from-hdc/disability-resources/making-it-easy-to-put-the-code-into-action---a-practical-guide-to-the-code-for-aged-care-and-disability-support-workers>

11. Health Quality & Safety Commission New Zealand

Clinical Lead for Reportable Events programme appointed

Dr David Sage has been appointed Clinical Lead for the national reportable events programme. This includes the national reportable events policy, and reporting of serious and sentinel events by district health boards (DHBs).

Dr Sage is an experienced clinician with a long standing interest in health system performance. He spent nine years as the Chief Medical Officer at Auckland District Health Board.

<http://www.hqsc.govt.nz/news-and-events/news/640/>

Register now for the clinical governance assessment project wrap-up meeting

6 December 2012, 9am-4pm Otago Medical School, Mein Street, Newtown, Wellington

To conclude the clinical governance assessment project, a wrap-up meeting is to be hosted by the University of Otago, the Health Quality & Safety Commission, the National Health Board and DHB Shared Services. At this meeting, the final project report will be released and presented.

This will include results from the national survey of all health professionals employed by DHBs conducted earlier in the year, along with findings from the 19 DHB site visits. There will be a focus on discussion and consideration of lessons for ongoing development of clinical governance and leadership across the sector.

Registration is free – please RSVP to Nicola Casey nicola.casey@otago.ac.nz

Health literacy request for proposals

Request for proposals document for the Commission's health literacy medication safety resources The closing date for receipt of proposals is **25 October 2012**.

The Commission seeks proposals from individuals and organisations with appropriate skills and expertise to develop education and training tools and resources to improve the health literacy knowledge and skills for health professionals. It is a strategic approach to focus on health professionals.

<http://www.hqsc.govt.nz/assets/Consumer-Engagement/NEMR-images--files-/Health-Literacy-Medication-Safety-RFP-9-Oct-2012.doc>

12. Human Rights Commission

Ministry of Health consultation on Payment for Family Carers

The closing date and time for submissions is 5 pm, **6 November 2012**. There is also the option of filling out an online survey.

<http://www.health.govt.nz/publication/consultation-paying-family-carers-provide-disability-support-2012>

13. Ministry of Health

Te Ao Auahatanga Hauora Māori: the Māori Health Innovation Fund 2013–2017

On 7 September 2009 the Associate Minister of Health, Honourable Tariana Turia, launched Te Ao Auahatanga Hauora Māori: the Māori Health Innovations Fund.

The 2013–2017 funding round focuses on innovation programmes that improve the health and wellbeing of whānau and children. Registrations of Interest for applications under the 'Te Kācano: Seeding Innovations' funding category are open from **1 October to 8 November 2012**

<http://www.health.govt.nz/our-work/populations/maori-health/maori-health-providers/te-ao-auahatanga-hauora-maori-maori-health-innovation-fund-2013-2017>

Auditing Requirements: Home and community support sector Standard. NZS 8158:2012

This publication outlines the requirements for conformity assessment bodies (CABs) that are auditing and certifying providers of home and community support services (HCSS) against the Home and Community Support Sector Standard (NZS 8158:2012).

<http://www.health.govt.nz/publication/auditing-requirements-home-and-community-support-sector-standard-nzs-81582012>

Guidance for implementing high-quality multidisciplinary meetings

The Guidance for implementing high-quality multidisciplinary meetings and the accompanying factsheet Quick reference for high-quality multidisciplinary meetings provides a framework and toolkit to support district health boards (DHBs) in establishing and implementing high-quality multidisciplinary meetings (MDMs).

<http://www.health.govt.nz/publication/guidance-implementing-high-quality-multidisciplinary-meetings>

14. Ministry of Justice

Apply to the Disputes Tribunal online

Got a dispute? You can now apply online to the Disputes Tribunal. Once you start the application, you cannot save it and go back to it later, so it is important to make sure you have all the information you need to complete the form *before* start your online application.

<http://www.justice.govt.nz/front-page/tribunals/disputes-tribunal/apply-online>

Legal Aid Funding

The Government has announced changes to proposed legislation aimed at tackling large increases in legal aid costs, while ensuring people have adequate access to justice services.

The new changes to the Bill include:

- Reducing the proposed user charge for civil and family cases from \$100 to \$50.
- Changing the point at which legal aid debts will begin accruing interest. Interest will now be imposed six months after the total debt is finalised, rather than immediately.
- Removing the proposal to tighten the financial means test for less serious criminal cases, such as theft, assault or careless driving.
- Retaining the current definition of disposable capital in the means test. The proposed change was intended to simplify the assessment process – not to reduce eligibility.
- Keeping the existing approval frameworks for lawyers who can provide lawyer for the child and youth advocate services, rather than creating new criteria and standards.
- Retaining the list of types of proceedings eligible for legal aid in the Legal Services Act. This means changes to the list must be made by Parliament, rather than the Executive.

<http://www.justice.govt.nz/policy/justice-system-improvements/legal-aid/legal-aid-funding>

Changes to courts

Many small courts are underused, with their courtrooms sitting empty 80% of the time. Decisions are needed on a number of small courts temporarily closed last year due to the risk they pose the public in a earthquake.

The main change will be to use courts for hearings and to deliver other services in more modern ways.

The changes involve nine small underused courts being used for hearings only as required, rather than being open five days a week. These courts are Dargaville, **Waihi, Te Awamutu, Te Kuiti, Opotiki**, Marton, Waipukurau, Oamaru and Balclutha.

The Ministry is currently consulting staff affected by this proposal. We are also talking with local Police, Corrections staff, lawyers and other stakeholders to ensure these changes will work well for the affected communities. The changes will take effect in early 2013

<http://www.justice.govt.nz/courts/changes/>

15. Ministry of Social Development

Launch of the White Paper for Vulnerable Children

The White Paper sets out a framework which ensures key agencies and professionals working with children are better connected so they can share information on vulnerable children and identify their needs earlier. The White Paper is based on the nearly 10,000 submissions sent in on the Green Paper for Vulnerable Children, as well as close consultation with key experts in health, justice, education and social services, and what international best practice shows keeps children safe from harm. <http://www.childrensactionplan.govt.nz/>

Job Streams: Wage and training subsidies

Job Streams offers employers a quick, easy, no-cost recruitment service. It's a tailored, flexible package covering wage subsidies, training and in-work support. Job Streams can support jobseekers most at risk of long term benefit dependence into work; for example, young jobseekers, and from October 2012, sole parent jobseekers with work obligations.

The amount of the subsidy, level of training or in-work support depends on each client's needs and where the gaps are in the current labour market. It also provides room for flexibility in terms of how, when and what the money can be spent on. Combinations of wage subsidies and training can be considered, although some may only need one or the other to start working.

There are two parts to this package:

- **Skills for Industry** – short industry-focused training for specific employment opportunities: funding is dependent on the needs of the client.
- **Flexi-Wage** – two types of wage subsidy:
 - Flexi-Wage Basic – a wage subsidy for those at highest risk of staying on benefit without support

- Flexi-Wage Plus – a wage subsidy with the option of using some funding for other assistance that employers need such as training, mentoring or in-work support.

To find out more about Job Streams, call the Employer Line on **0800 778 008**

<http://www.workandincome.govt.nz/business/develop-your-workforce/training-and-wage-subsidies/index.html>

Welfare Reform

From **15 October 2012** there are changes to some benefits to encourage and support more people into work. Factsheets are available to explain what these changes mean to people on DPB - Sole Parent, DPB - Women Alone, Widow's Benefit and partners of people on a main benefit.

<http://www.msd.govt.nz/about-msd-and-our-work/work-programmes/welfare-reform/october-2012/index.html>

16. National IT Health Board

HINZ Conference 2012 - Health Informatics into Clinical Practice

7-9 November, Energy Events Centre, Rotorua

Health information and clinical care go hand in hand, and this year we are looking at the partnership in new ways, showing how mission critical health informatics is in every day clinical care. Hear and participate in innovations and stories from those who are in clinical practice in New Zealand.

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

17. Office of the Children's Commissioner

Brochures and Posters

You can request a range of posters and pamphlets from the Office of the Children's Commissioner's Behaviour Series. Please note that large orders may incur a courier, postage, or shipping charge.

http://www.occ.org.nz/publications/brochures_and_posters

18. SPINZ (Suicide Prevention Information New Zealand)

Resources from Suicide Prevention 2012 conference

SPINZ captured short highlights from the presentations on Twitter, and you can now read these highlights on their website. They also videotaped the presentations for the conference organisers, and most of these will be made available online in October.

Slides from the conference are being made available on the Suicide Prevention 2012 conference website.

<http://suicideprevention2012.weebly.com/slides.html>

Lifeline Aotearoa seeks host organisations for short suicide prevention course

Lifeline Aotearoa is looking for organisations, schools and other community groups to host a 4 hour safeTALK workshop (read more details about safeTALK, PDF).

This workshop is suitable for those who work within and with their local community e.g. counsellors, teachers, social workers, clergy, community support workers, senior high school students and the wider community population.

The cost for participants to attend a safeTALK workshop is \$20.00 per person and FREE to senior high school students.

Lifeline Aotearoa will look to liaise with one person and that person will need to be able help with:

- Securing a free venue that can hold up to 32 people
- Help to promote the SafeTALK workshop to the local community
- Arrange a cup of tea

The offer for these safeTALK workshops is limited and so it will be on a first in basis, so if you are interested please contact Wiremu Walmsley, Suicide Prevention Education Manager via email WiremuW@lifeline.org.nz or on direct dial (09) 909 9211.

<http://www.spinz.org.nz/page/187-news#sp2012resources>

19. The Beehive

Children must come first in Family Court

More information about the Family Court reforms is available from www.justice.govt.nz.

Better deal for retirement village residents

Building and Construction Minister Maurice Williamson announced that owners of retirement village units will soon be entitled to the original capital sum of their investment following situations such as the Canterbury earthquakes.

<http://beehive.govt.nz/release/better-deal-retirement-village-residents>

Depression tools website hits 1.5 million visits

Health Ministry statistics show that thousands of New Zealanders with depression are using The Journal – an online tool on the depression.org.nz website and aimed at managing mild to moderate depression. The Journal is available to anyone with online access at www.depression.org.nz.

Mainstream Awards celebrate good employers

Employers in both the state and private sectors have been recognised today for going the extra mile for staff with significant disabilities.

At the Mainstream Awards ceremony in Wellington, the New Zealand Police was named the 2012 employer of the year for providing high quality supported employment.

<http://beehive.govt.nz/release/mainstream-awards-celebrate-good-employers-0>

Workforce Centres

20. Health Workforce NZ

Reports

A review for Health Workforce New Zealand - *'Availability, suitability and potential of courses and qualifications in regards to coordinated care workforce skills.'*

http://healthworkforce.govt.nz/sites/all/files/Managed%20Care%20Review%20for%20HWNZ%202012_0.pdf

21. Le Va

Le Tautua leadership programme - applications for 2013 now open!

Download the application form and return by 5pm, **26 October 2012**

The Le Tautua leadership programme is designed to equip participants with practical knowledge and skills to apply leadership from Pacific perspectives. Places are limited to 20 participants and applications take time, so please apply as soon as you can to avoid disappointment.

<http://www.leva.co.nz/supporting-workforce/le-tautua>

Pacific public health workforce development

Le Va is currently developing a Pacific Public Health Workforce Development Implementation Plan to contribute to the achievement of the third objective of Te Uru Kahikatea: The Public Health Workforce Development Plan 2007-2016.

<http://www.leva.co.nz/supporting-workforce/public-health>

Ministry of Education endorses Le Va programme

Connecting culture and care in our services results in better engagement with Pacific people. This is the key principle behind Le Va's Engaging Pasifika cultural competency programme. The programme has now spread to the education sector with Le Va and the Ministry of Education recently signing a memorandum of understanding to share the programme.

<http://www.leva.co.nz/news/2012/10/02/ministry-of-education-endorses-le-va-programme>

Aotearoa New Zealand Association for Cognitive Behavioural Therapy's 3rd Annual Conference 2012

07 - 09 November 2012 Spencer on Byron, Takapuna, Auckland

Rising to the challenge - enhancing CBT competence for working with complexity

Registration and call for papers

Visit www.cbt.org.nz for more information.

Disability Grant Funding Update: Pacific Participants to June 2012

The Disability Workforce Development programme within Te Pou administers grant funding on behalf of the Ministry of Health. Priority is given to organisations providing services for Pacific people.

The training grant is open all year round and one round each of consumer leadership grant, leadership grant and open round training grant was held between 1 January and 30 June 2012.

This factsheet summarises information available on Pacific participants who applied for training and leadership grants in this period. Numbers include participants from Pacific organisations and non-Pacific organisations that have Pacific staff. Pacific participant data for open round and consumer leadership grants is still to be finalised and will be reported in the next grant funding update.

<http://www.leva.co.nz/library/leva/disability-grant-funding-update-pacific-participants-to-june-2012>

22. Matua Raki

Post Graduate Scholarships

Skills Matter, part of Te Pou, manages Health Workforce New Zealand funding for post graduate clinical training programmes for the mental health and addiction nursing and allied health workforce.

The programmes available in 2013 include:

- New entry to specialist practice in mental health and addiction programmes in the areas of -
 - Nursing
 - Allied Health
 - Infant, Child & Adolescent
- Co-existing mental health & addiction
- Cognitive behaviour therapy

- Clinical leadership in nursing practice – funding for post grad study for mental health and addiction nurses in emerging or current leadership positions.

All the above programmes lead to a post graduate certificate, except the clinical leadership in nursing programme which funds study up to masters level.

Employees of district health boards, non government organisations, or primary health organisations (health professionals in mental health and addiction roles) are able to apply for funding, including in some circumstances support for travel and accommodation.

For more details please go to the Skills Matter website.

<http://www.tepou.co.nz/training/skills-matter>

Working With Older People in the Addiction Sector

As resources allow Matua Raki, will, on request, provide a workshop as an introduction to working with older people in the addiction sector.

With an ageing population more older people are accessing addiction services and may have treatment needs that differ from other service users.

The workshop has been designed primarily for addiction practitioners who want to know more about working with older people.

The workshop will cover:

- values, attitudes and stigma associated with older age
- engagement and communication
- AoD use and older people
- screening, assessment and intervention
- loss and grief associated with ageing

The facilitator is Suzy Morrison.

Please contact patricia.rainey@matuaraki.org.nz.

23. Te Pou

Outcomes training coming up - November 2012

Are you an outcomes trainer or champion? Te Pou invites you to attend the second national outcome trainers and champions day to be held in Wellington on **13 November 2012**. There is no cost to attend, so find out more and register today!

We are also delivering Train the Trainer one-day training for HoNOS-LD and HoNOS-secure in Hamilton on **21 and 23 November 2012**. This training will provide participants with the training necessary to become a certified trainer.

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

Pacific Homecare: Transformation through education

Pacific Homecare is a Charitable Trust organisation providing home-based support services throughout South Auckland to the disabled and elderly community. Glenys Tremain, corporate manager, tells us about their highly successful workforce training strategy which has given staff the confidence, skills, motivation and has led to the successful completion of NZQA qualifications.

<http://www.tepou.co.nz/story/2012/10/03/pacific-homecare-transformation-through-education>

DBT Intensive Training Week Two

12 - 16 November 2012

Ellerslie Event Centre, Ellerslie Racecourse, 80 Ascot Ave, Remuera, Auckland

'Dialectical Behaviour Therapy (DBT) Intensive Training' is for teams of mental health professionals wishing to establish a DBT programme and get their practice up to standard.

Registrations are subject to your team meeting Behavioural Tech's enrolment criteria.

www.dbtnz.co.nz

IDT Foundation Course

01 November — 06 November 2012, Oranga Community Centre, Auckland

Interactive Drawing Therapy (IDT) is a powerful way of working, used by thousands of New Zealand and Australian service providers in 'the helping professions'.

www.interactivedrawingtherapy.com

2012 Indigenous Psychologies: Our Past, Present, and Future Conference

16—17 November 2012, University of Auckland

We extend a very warm and special invitation to indigenous Maori, Pacific, Aboriginal and Torres Strait Islander academics, psychologists, graduates of psychology and psychology students.

The conference is open for attendance by all who wish to hear presentations led by indigenous people around the conference theme: "At the Local Interface".

1. Innovative ways of working with indigenous clients and communities.
2. Critically reflective experiences of indigenous practitioners engaged with indigenous clients and communities.
3. New solutions for persistent challenges.

This conference invites contributions that share experiences of working at the interface within research, teaching and practice and will move forward the task of discussing and documenting an indigenous psychology relevant to New Zealand, the Pacific and Australia.

Contributions by indigenous practitioners and students are invited that meet the above three goals.

<http://www.mppc.co.nz/2012/>

Brain-based therapy: Integrating science with theory and practice

01—02 November 2012

Millennium Institute of Sport and Health, 17 Antares Place, Mairangi Bay, North Shore City

Following on from the successful Brain-Based Therapy training offered in January-February 2011, John Arden returns to New Zealand to offer a two-day program with updated and new content.

Further enquiries

Contact Cynthia Orme.

Address: PO Box 8021, Symonds St, Auckland 1150.

Phone: 09 369 0603.

Fax: 09 368 1540.

Email: cynthia.orme@pgfnz.org.nz.

www.pgfnz.org.nz

24. Te Rau Matatini

Hoe Tahi Addiction and Methamphetamine Scholarships - OPEN

The Hoe Tahi scholarships, with the support of Matua Raki, aims to strengthen the addiction workforce capacity and capability including those working with whānau who have poly drug issues. It will be available for people undertaking a relevant study programme in the area of addictions.

Scholarships close **20 January 2013**

https://www.matatini.co.nz/cms_display.php?sn=60&st=1&pg=5720

Hoe Rua Work Based Placements

The Hoe Rua Programme is now open to take registrations of interest from addiction treatment providers (residential programmes and community-based or day programmes) and methamphetamine sites. The aim of Hoe Rua is to grow the number of people currently working in addiction services by providing a new recruit with paid work-based placement with a supportive host organisation.

https://www.matatini.co.nz/cms_display.php?sn=60&st=1&pg=5721

Hoe Whā Problem Gambling Undergraduate Scholarships - OPEN

The aims of Hoe Whā undergraduate programme is to support people currently working in the problem gambling or gambling sector and who are undertaking a relevant study programme in the 2011 academic year.

Scholarships close **20 January 2013**

https://www.matatini.co.nz/cms_display.php?sn=60&st=1&pg=5724

Hoe Whā Problem Gambling Postgraduate, Masters and PHD - OPEN

The Hoe Whā programme also aims to develop the problem gambling and gambling sector to enhance research capacity by providing scholarships in the area of problem gambling study and research. There will be a post doctoral fellowship available that supports post doctoral research in addition to the above programmes.

Scholarships close **20 January 2013**

https://www.matatini.co.nz/cms_display.php?sn=60&st=1&pg=5724

Henry Rongomau Bennett Foundation Māori Leadership in Health Scholarships are OPEN

The Henry Rongomau Bennett Foundation is a tribute to Henry Rongomau Bennett's life and work as the first Māori Psychiatrist in Aotearoa. The purpose of the scholarship is to develop and build leadership in Māori health, competence in Te Ao Māori and excellence in health.

Scholarships close **20 January 2013**

https://www.matatini.co.nz/cms_display.php?sn=60&st=1&pg=5632

TOHU HIRANGA (Excellence and Innovation Awards) 2013 APPLICATIONS ARE OPEN

The overall aim of these Awards is to support Māori Leadership in the Mental Health and Addictions sectors by recognising excellence, innovation and best practice.

- Bob Henare Award
- Harry Pitman Award

For further information please contact:
Tohu Hiranga ph: 0800 628 284 or (04) 473 9591
Email: tohuhiranga@matatini.co.nz
Late or incomplete applications cannot be considered
Tohu hiranga closes 5pm, friday **1 February 2013**

TĀ TĀTOU MAHERE KOROWAI AWARD 2013 APPLICATIONS ARE OPEN

Establishing Rangatahi Advisory Groups for Child and Adolescent Mental Health, Addiction and Whānau Ora Service Providers.

For further information please contact:
Tohu Hiranga ph: 0800 628 284 or (04) 473 9591
Email: tohuhiranga@matatini.co.nz
Late or incomplete applications cannot be considered

Te Pātaka Uara

Te Rau Matatini with support from Te Ao Auahatanga Māori Innovations Fund is pleased to announce a new workforce development programme, a whānau-centred initiative called Te Pātaka Uara (the storehouse of valuable resources)

Te Pātaka Uara is an indigenous framework that acknowledges the valuable role whānau play in the delivery of whānau ora services

Te Pātaka Uara aims to support whānau ora navigators and practitioners who want access to a workforce career pathway that embraces whānau ora approaches to wellbeing and celebrates the uniqueness of being Māori

Please contact Melani Burchett on 0800 MATATINI (628284) ext: 804 or email: m.burchett@matatini.co.nz for more information about Te Pātaka Uara

25. Werry Centre

Navigating Pasifika Wellness: Integrating Knowledge and Skills into Practice

14 November 2012, 8.30 am – 4 pm

University of Auckland Tamaki Campus, Building 730 – Room 220, 261 Morrin Road, St Johns, Auckland

For more info and registration,

http://www.werrycentre.org.nz/site_resources/library/Training_and_Events/2012_11_14_Pacific_CAMHS_Fone.pdf

Paediatrics: Turbocharged - Paediatric Society of New Zealand 64th Annual Scientific Meeting

21 November - 23 November, Palmerston North Convention Centre

For further information and to register please visit the website: <http://www.psnz2012.co.nz/>

The Werry Centre Workforce Development Publications

Fieldwork Supervisors Handbook - Practical Tips & Strategies For Student Placements
In Infant, Child & Adolescent Mental Health/Aod Settings 2012

http://www.werrycentre.org.nz/site_resources/library/Projects/Mental_Health_Placement/FIELDWORK_SUPERVISORS_HANDBOOK_2012.pdf

Health

26. Health Consumer Website

Nutrition Research

- Cutting health risks: intensity key to exercise benefits.

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

- Fat on the hips and bum really is harder to lose, Mayo study

<http://www.everybody.co.nz/page-59c49c92-0526-48df-9e1a-e4371f67df3b.aspx>

- Milk fats in dairy and fats in meat may affect health differently

<http://www.everybody.co.nz/page-54bec591-dc55-41bb-b1c0-01257ce6239e.aspx>

- Child severe obesity converts to heart and diabetes risks at a young age

<http://www.everybody.co.nz/page-b970263d-1ed1-44cf-9fde-7232c91df2b2.aspx>

Volunteers needed for memory and imagination study, Auckland

Dr Donna Rose Addis at the Department of Psychology, University of Auckland is investigating how we remember the past and imagine the future. In this study, you will be asked to think about past and/or future events, and will complete some simple sentence tasks.

The study will be carried out in two or three behavioural sessions (your choice!), each two to three hours long. They take place in the Human Sciences Building, 10 Symonds St, University of Auckland, City Campus. Your participation will contribute towards our understanding of the cognitive processes involved in memory and imagination. You will also be compensated with a \$25 gift voucher for each session.

Previous neuroimaging research has shown that remembering past events and imagining future events recruits the same network of brain regions. We aim to better understand the cognitive processes that underlie the ability to remember past experiences and to imagine future scenarios,

by asking you to think about and describe events. Acquiring more information about these processes may enable researchers to better understand and consequently aid Alzheimer's disease and other memory-related deficits.

The study is located in Auckland, New Zealand. More information on this study can be found at Get Participants.

<http://www.getparticipants.com/shop/All/Memory+and+Imagination+Study.html>

Sleep in the new family: a study of four to six-month olds

It has been estimated that parents of infants three to four months of age can expect their infant to begin sleeping through the night. In rare cases, infants as young as two months of age have sorted their sleep patterns and settled comfortably in what their parents would consider an acceptable routine. Unfortunately, about 30% of infants aged four to six months have not yet established a sleep pattern that is both beneficial to themselves and their parent(s) or caregivers, who become somewhat sleep deprived as well.

<http://www.everybody.co.nz/page-fbc9041c-dda5-4a83-8e40-15220d86adb4.aspx>

27. Health Navigator

National Shared Care Plan Programme

The National Shared Care Plan Programme is one of two national pilots being sponsored by the National Health IT Board and District Health Boards to explore the area of shared care and enabling system integration from a health information and workflow perspective. When we talk with patients, most people assume key information such as medications, allergies, test results and xray reports are available from any point in the health system. The reality is very little is connected in most parts of NZ so when you need urgent care in the evening or weekend, your medical records are not available to the doctor/nurse treating you.

The National Shared Care Plan Programme aims to address some of these issues and provides summary health information and an electronic care plan 24/7 that is accessible via the internet, hospital systems or general practice systems for people with long-term health conditions. The care plan is developed with the patient and their family/whanau (where desired), they can view it via a secure portal and includes mutually agreed problems, goals, actions, timeframes and accountabilities, i.e. who will do what and by when. Already this is leading to improved satisfaction and active participation for patients as the treatment and care provided is more likely to fit the person's values, preferences and personal situation.

<http://www.healthnavigator.org.nz/centre-for-clinical-excellence/national-shared-care-plan-programme/>

National Contract

We are pleased to announce confirmation of a national contract with 15 of the 20 District Health Boards in NZ to partially fund ongoing work with the website, Long-Term Conditions Bulletin, Long-Term Conditions Network and some workforce development workshops. This is an important opportunity for key organisations to combine our effort, resources and time to create a central portal to trusted and reliable health information for all New Zealanders.

<http://www.healthnavigator.org.nz/about/news/>

28. Health Promotion Agency (HPA)

Tobacco-free Aotearoa Conference 2012

8-9 November 2012 - Te Papa Tongarewa, Wellington

Improve your knowledge, skills and networks through a series of keynote sessions, workshops and presentations given by colleagues working in tobacco control.

The Health Promotion Agency is organising the conference guided by the National Tobacco Control Working Group. Please contact Jennifer Harris, conference coordinator, if you have any questions. j.harris@healthpromotion.org.nz

Sun Protection Alert

The Sun Protection Alert tells you the exact times you should use sun protection no matter where you are in New Zealand. Click on your town or city from **1 October 2012 to 6 April 2013** (Daylight Saving months) below to find out when you need to be SunSmart.

<http://sunsmart.org.nz/being-sunsmart/sun-protection-alert>

Choice Not Chance

Free brochures and posters

- Worried about gambling – English, Maori, Samoan and Tongan
- It's not just your future you're gambling with
- You might lose something you can't win back

<http://choicenotchance.org.nz/>

Other

29. New Zealand Guidelines Group

The New Zealand Guidelines Group is no longer in operation. From **1 November 2012** this website will be closed down and NZGG publications will be available from the Ministry of Health website: www.health.govt.nz. For more information email: webteam@moh.govt.nz.

30. Working For Youth

Government has announced a new "starting-out" youth wage

The Minimum Wage (Starting-out Wage) Amendment Bill provides for eligible 16- to 19-year-olds to be paid no less than 80 per cent of the minimum wage.

Three groups will be eligible unless they are training or supervising others:

- * 16- and 17-year-olds in their first six months of work with a new employer
- * 18- and 19-year-olds entering the workforce after more than six months on benefit
- * 16- to 19-year-old workers in a recognised industry training course involving at least 40 credits a year.

Those who are training or supervising other staff must be paid at least the adult minimum wage. The starting-out wage will apply for a blanket six months after starting work with a new employer.
<http://www.working4youth.co.nz/view-notice.php?id=810&>

Calling for young people to join Hamilton Youth Council

The Hamilton City Youth Council is currently recruiting for interested young people aged between 15-25 years to join their ranks. Youth Council is made up of 15 members who work closely with Hamilton City Council to provide a valuable youth perspective on local issues, make submissions to local, regional and central government and play a role in the development of relevant policies and strategies.

Youth Council runs two main annual events - the FYI (For Youth Involvement) Youth Forum as part of National Leadership Week, and the Recognyz Youth Awards to celebrate the wonderful contributions that young people make to the city. Youth Council is also involved in a range of projects in partnership with other youth service providers and organisations.

Once appointed, members can sit on Hamilton Youth Council for as long as they wish, ideally for a minimum period of a year, up until the age of 25. Members meet once a month and as required to progress certain projects such as submissions.

Those wanting to apply or seeking additional information can phone 07 838 6665 or email htownyouthcouncil@gmail.com

More information on Hamilton Youth Council is available on www.hamilton.co.nz/youthcouncil or their Facebook page.

How is my child doing? Questions to ask at school

This booklet suggests questions parents can ask teachers in primary and secondary schools about their child's learning and wellbeing at school, and what to expect. It also looks at what makes a successful school.

<http://www.ero.govt.nz/Review-Process/For-Parents/ERO-Guides-for-Parents/How-is-my-child-doing-Questions-to-ask-at-school>

Youth Advocates in Aotearoa/New Zealand's Youth Justice System - Report

Exploring the roles, functions and responsibilities of lawyers for young people

<http://www.youthlaw.co.nz/wp-content/uploads/Youth-Advocates-in-Aotearoa-2012.pdf>

Strengthening Families & Rotorua Safer Families - Visually Creative Interagency Forum 30 November 2012

Strengthening Families in collaboration with Rotorua Safer Families are facilitating the above kaupapa to support and strengthen the relationships between Rotorua providers of young people and family/whanau services.

November 2012 is 'White Ribbon' month for Rotorua, therefore this is the theme for the day. White Ribbon is about men speaking out against violence towards women. We will be endorsing this message at the forum with the availability of resources.

The aims of the forum are:

- To know each other's services
- To put names to faces and know how to access appropriate support for the people we work with
- To build relationships, encourage whanaungatanga and share our knowledge of local services
- To share information and resources

Registration form to be completed and returned by **31 October 2012**.

Feel free to share this panui with your networks.

<http://www.working4youth.co.nz/view-notice.php?id=806&>

Out of School, Out of Mind: The need for an Independent Education Review Tribunal

YouthLaw has published a paper 'Out of School, Out of Mind' that proposes the need for an Independent Education Review Tribunal.

This report is divided into three sections that:

1. Outline section 14 of the Education Act, the implications this has for students, and the limited avenues available for appeal and challenge.
2. Provide a comparative evaluation of the appeals processes available in other jurisdictions, examining mechanisms in Australia, Canada, South Africa and England.
3. Put forward the key recommendations of this report, namely the incorporation of an appeals process modelled upon the English Independent Appeal Panel with appropriate modifications to suit a New Zealand context.

The paper recommends that:

"School exclusions threaten the fundamental right to an education and come at a significant social and financial cost. Yet despite this, the current regime of stand-downs, suspensions, expulsions, and exclusions under section 14 of the Education Act 1989 fails to provide an adequate means by which students or parents can challenge decisions made by principals or boards of trustees which may be improperly decided. It is our view that this system needs to be

urgently supplemented by the creation of an independent Education Review Tribunal, capable of ensuring that the suspension, exclusion or expulsion of any student is both necessary and legally justified."
(Page 30)

The paper is available from the Youthlaw website at:

<http://www.youthlaw.co.nz/wp-content/uploads/Out-of-School-Out-of-Mind-web1.pdf>

Young People and Police Detention Legal Assistance service

Young people you work with may not be aware that they are entitled to speak with a lawyer under this scheme, even if they are only being questioned and have not yet been charged with an offence.

The attached information comes from the Guide to Legal Aid on the Ministry of Justice website at:

http://www.justice.govt.nz/publications/global-publications/l/copy_of_legal-aid-your-guide/publication