



Midland district health boards' shared services agency



MENTAL HEALTH & ADDICTION REGIONAL NETWORK

Service Development • Workforce Development • Partnerships & Relationships



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

What's New



February 2014

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

What's New – February 2014
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Mental Health and Addiction Specific Sites

1. Mental Health Foundation

Concerns over reporting about Charlotte Dawson

The Mental Health Foundation has been deeply disappointed in some of the coverage of Charlotte Dawson's tragic death, and we know many of you share our concerns. We have reached out to all NZ media to remind them that while international suicides are not covered by the Coroners Act, safer reporting guidelines are there to protect members of the public, regardless of where the death occurred. The speculation as to the cause of Ms Dawson's death is both distasteful and irresponsible. These attempts to distil Ms Dawson's life and death into a single plotline do a disservice to Ms Dawson, to her family, and to vulnerable members of the public.

Now is the time to remember to be kind to each other, to look out for those who might be struggling, and to ask for help if you need it. Many, many people care very deeply about the experiences of people who are in distress, and want to help.

<http://www.mentalhealth.org.nz/page/1472-news#worried>

Are you a teacher? Do you know a teacher?

The Mental Health Foundation has designed a competition for secondary school students to create a video that encourages young people to stop and think when they hear or use words like "nutjob", "retard", "schizo", or "mental", and reflect on language that is stigmatising or discriminatory. Through consultation with young people, we have learned that young people are overwhelmingly in favour of a campaign that discourages the use of cruel and hurtful words associated with mental distress, and they want a YouTube video that communicates directly with them to inspire behaviour change. Who better to create this campaign than young people themselves?

The competition is open to all secondary school students, but could be the product of a formative exercise for media production standards 2.6 and 3.6, for which we will provide a teaching unit plan. The project must be submitted by **20 June 2014**.

For more information about the project, download the information brochure on the website.

The Mental Health Foundation is seeking expressions of interest from teachers for this project.

Please contact:

Ivan Yeo

027 280 8972 or ivan@mentalhealth.org.nz

<http://www.mentalhealth.org.nz/page/1471-2014-media-releases+knock-the-back-to-work-blues-on-the-head>

Featured books and DVD's

Stephen Fry DVD – The Secret Life of the Manic Depressive

Filmed in 2006, this two-part documentary follows Stephen as he tries to come to a better understanding of bipolar – a condition with which he was diagnosed when he was 37, what it has meant to his life and his success, and what it means for other people who also have bipolar.

The Secret Life of the Manic Depressive is available on Youtube in two parts:

Part one: <http://www.youtube.com/watch?v=rGDI6-lyfMY>

Part two: <http://www.youtube.com/watch?v=CF7yiQxn35I>

Opening Doors DVD - Awareness: Canterbury Action on Mental Health and Addictions, MHAPS Mental Health Advocacy and Peer Support (2012)

Opening Doors offers several different perspectives on seclusion, including interviews with four service-users, a mental health nurse consultant, and an expert in sensory modulation. Those interviewed talk of the pain and confusion of being isolated, reading words scratched on the wall by previous patients, reacting to the sound of jangling keys, and physically shaking at the memories of their time in seclusion. One of the video's most interesting points is that seclusion is extremely stressful – not only for the client/patient and their families – but also for mental health staff. In the video, the nurse consultant describes how traumatic the practice can be for staff and how secluding a patient damages the patient-nurse relationship and obliterates any built-up trust. Family members of the consumers also spoke about how seclusion created further mental health problems for their loved ones.

Blue sky with clouds: real stories of how to move on with your life by Mulcahy, J. & Knowles, D. (2013) Createspace

Blue sky with clouds is a series of personal vignettes telling the stories of New Zealanders who have had to negotiate some tough challenges. The authors have walked their own difficult roads; Julie has raised a child with a brain injury while Debbie has lost a brother to suicide. The pair also interview others who share their experiences of abuse, alcoholism, dyslexia and questions about sexuality. In their storytelling, the authors are careful to consider the perspective of their subjects, as well as parents and carers involved. Each story is broken up with advice from experts, explanations of medical or technical terms used in the story, plus asides from the authors.

What to do when you worry too much By Dawn Huebner

This book is an interactive self-help book designed to guide six to 12-year-olds and their parents through the cognitive behavioural techniques most often used in the treatment of generalised anxiety. The author is a clinical psychologist who has published a series of books for children on mental health issues that have been translated into 12 languages. She is also regularly interviewed for parenting magazines and television.

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

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

2. Skylight

NEW See our online links directory for support information:

- Support for those Bereaved by Suicide in NZ
- Support for those Bereaved by Homicide in NZ

The lists of resources will help you access relevant online information from New Zealand service agencies, community and support groups and research and international resources.

The links are given under name of the organisation that provides this online information.

You can use these jumplinks to find the section you are wanting. See also the personalised support pack service available that can be posted to anywhere in New Zealand

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

Featured books

What Happened To Baby?

A colourfully illustrated picture book for children 3–7 years old, who have had a baby die in their family/whanāu. The text has been carefully designed to fit a wide range of bereavement situations, including miscarriage, stillbirth, cot death and accidental or natural death of an infant or toddler.

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

3. HPA (Health Promotion Agency)

Vacancy - Manager Mental Health

We are looking for an experienced manager to lead our work in the area of developing and implementing agreed health promotion projects and approaches to help reduce mental health problems in New Zealand. This is an opportunity for a resourceful, enterprising and strategic thinker to lead the development of a range of exciting programmes and make a difference of to the health and wellbeing of New Zealanders. Applications close Friday **7 March 2014** and should be sent to Bonnie Kew, Senior Human Resources Advisor, Health Promotion Agency, PO Box 2142, Wellington 6140 or email b.kew@hpa.org.nz
<http://www.hpa.org.nz/Vacancies>

Vacancy - Manager Policy & Advice

We are looking for an experienced manager to lead our work in the policy and advice area with a particular focus on the reduction of alcohol-related harm. This is an opportunity for a seasoned senior policy manager to coordinate the management of policy analysis and specialist advice and to lead senior staff in a way that brings the best out in the team. The role provides backup to the General Manager, Policy, Research and Advice and supports the management of the Policy, Research and Advice Group. Applications close Friday **7 March 2014** and should be sent to Bonnie Kew, Senior Human Resources Advisor, Health Promotion Agency, PO Box 2142, Wellington 6140 or email b.kew@hpa.org.nz
<http://www.hpa.org.nz/Vacancies>

Understanding and awareness of depression. In Fact.

Globally, depression is marked to become the second leading cause of disability by 2020 (Murray & Lopez, 1996). Six percent of New Zealanders experience a major depressive disorder each year and 14% will experience a major depressive disorder at some point in their lives (Ministry of Health, 2012; Wells, 2006). In 2006, anxiety and depressive disorders were the second leading cause of health loss (healthy life lost due to illness, impairment or premature death) (Ministry of Health, 2013). One of the most common reasons people are absent from work or unable to run a home is due to suffering from depression (Ministry of Health, 2009).

The Health Promotion Agency (HPA) seeks to reduce the burden of depression on New Zealanders through the National Depression Initiative and by monitoring knowledge and awareness of depression through the Health and Lifestyles Survey (HLS).

Download the publication at website below

<http://www.hpa.org.nz/research-library/research-publications/understanding-and-awareness-of-depression-in-fact>

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

4. NZDF: New Zealand Drug Foundation

1/3 of NZ families affected by alcohol and drug problems

A third of New Zealanders have a family member who has experienced negative effects in their life due to alcohol or drug use, research commissioned by the New Zealand Drug Foundation has shown. The survey conducted by Research New Zealand to support the Drug Foundation's febfast fundraising campaign shows that many New Zealand families are affected by addiction.

<http://www.nzdf.org.nz/media/NZ-families-affected-by-alcohol-drug-problems>

New campaign to help young New Zealanders Steer Clear of drug driving

A new campaign which shows young New Zealanders that cannabis can impair driving, and which supports young people to find alternatives to driving stoned, has been launched at Splore. Steer Clear focusses on 16–24-year-olds who use cannabis and drive, as well as their friends, and will talk to them in a non-patronising way about how cannabis can impair driving. Steer Clear provides an interactive and social learning experience about the risks of cannabis-impaired driving in real life and online. A driving simulator van has been built to show how cannabis can affect driving ability.

Access Steer Clear online at www.steerclear.co.nz
<http://www.nzdf.org.nz/media/steer-clear-launched>

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

5. Alcohol Healthwatch

Nothing new this month
<http://www.ahw.org.nz/>

6. Like Minds, Like Mine

Featured stories

Sonia Gray

With twin four-year-olds and a busy work schedule to contend with, Lotto presenter Sonia Gray is usually more suited to calming disputes than creating them.

Tamihana Paurini

When Kapiti dancer Tamihana Paurini experienced depression, he would not accept stigma and discrimination from people to whom he told his story. Instead he struggled with self-stigma.

Rob Callaghan

Comedian Rob Callaghan has turned his experience of bipolar disorder into material for his stand-up routine. Rob performed at the Like Minds National Seminar in 2011 and had the audience in fits of laughter and also a few tears with his hilarious and brutally honest account of his experiences.

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

7. Engage Aotearoa

Navigating the Mental Health Wilderness: Steven Morgan's Journey – Mad In America.

Steven Morgan discusses his transformative journey from chronic “patient” to leading mental health advocate.

<http://www.madinamerica.com/>

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Have You Ever Taken Antipsychotic Medication?

New Zealand Research being conducted by AUT on the experiences of people who are using or have used antipsychotic medication

If this sounds like you or someone you know pop along to:

www.teamstudy.co.nz

.....

Emotional side-effects of antidepressants reported by more than 50% of largest sample surveyed to date

A survey of 1829 New Zealanders prescribed antidepressants, the largest sample ever surveyed, has found high rates of emotional and interpersonal adverse effects

Eight of the 20 adverse effects studied were reported by over half the participants;

- Sexual Difficulties (62%) and
- Feeling Emotionally Numb (60%).
- Feeling Not Like Myself – 52%,
- Reduction In Positive Feelings – 42%,
- Caring Less About Others – 39%,
- Suicidality – 39% and
- Withdrawal Effects – 55%.

Total Adverse Effect scores were related to younger age, lower education and income, and type of antidepressant, but not to level of depression prior to taking antidepressants.

Read more on the website below

<http://dx.doi.org/10.1016/j.psychres.2014.01.042>

Feel Good for Free – become a Future Leaders mentor today!

YWCA Auckland is consistently changing lives with the Future Leaders mentoring programme, and they need your help so that they can keep running it so successfully! YWCA Auckland are on the lookout for women to become mentors to their 2014 students now. Future Leaders is a life changing programme where 14-18 year old Auckland girls from decile 1-4 schools are paired with a female mentor who helps to develop their leadership skills and resilience. Mentors play a huge role in the lives of these young women, and gain just as much out of the programme as the girls they mentor. As a mentor, you have a direct effect on your community and what you learn from the young women you are teaching is more valuable than you can imagine.

Mentors receive training and support, with a training happening on **1 March**, and know they always have the backing of YWCA Auckland. Become a mentor today, contact Marnie McManus on 09 370 0113 or marnie@akywca.org.nz

Scholarships to attend the 2014 Service User Academia Symposium

This first Service User Academia Symposium was organised by the University of Auckland in 2011 for the purposes of bringing together those who worked in academia and service users to explore and reflect on the challenges in creating and maintaining meaningful involvement of service users in mental health and addiction research and teaching. Such was the enthusiasm and interest generated that it was decided this should be an annual event.

The 4th Service User Academia Symposium – Creating Connections – Building Bridges Together will be held **1st and 2nd December 2014** in Wellington, New Zealand and the co-hosts are pleased to announce the availability of 2 scholarships to support service users to attend. All applications must be received by Dr Sarah Gordon no later than **20th April**.

For more information or to submit your application:

Dr Sarah Gordon

Department of Psychological Medicine

University of Otago Wellington

Telephone Number: 0064 7 8235025

Email Address: sarah.e.gordon@otago.ac.nz

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

Government Agencies

8. Families Commission

Opinion Piece: Why our children need to fail

While we all want our children to succeed, we also need to let our kids experience failure. As hard as it may be, kids need to learn how to cope with disappointment, setbacks and failure, to be resilient. This isn't about encouraging failure but teaching kids how to bounce back when things go wrong – and the younger the better.

<http://www.familiescommission.org.nz/publications/media-releases/opinion-piece-why-our-children-need-to-fail>

Opinion Piece: More money not the answer to family violence

In the lead up to an election-year budget there is always a clamour from all corners of the country for government to commit to more funding for this, a greater investment in that or a new programme to solve this problem. But one area where the answer isn't more money, is the fight against family violence. Chucking money at the sector won't stop women having to lock themselves, and the kids, in a bedroom to be safe. But a swift, serious and combined response from us all – families, communities, workplaces, NGOs and government – will make a difference.

<http://www.familiescommission.org.nz/publications/media-releases/opinion-piece-more-money-not-the-answer-to-family-violence>

Fall in teen pregnancies welcomed

The Families Commission welcomes the substantial drop in teen pregnancy reported in the State of the Nation release. Pregnancies among teenagers aged 15 to 19 years dropped 14% between 2010 and 2011. Rates amongst young teenagers, aged under 15, also declined.

The Commission has identified the following priority areas to prevent repeat teen pregnancy and to improve support for teenage parents:

- relationship education and ongoing contraceptive advice for two years after the birth
- intensive support for transition to further education, training and employment
- culturally appropriate support for Māori teen parents
- well-connected local networks focused specifically on helping teen parents
- accessible support for teen fathers that engages them in parenting.”

<http://www.familiescommission.org.nz/news/2014/fall-in-teen-pregnancies-welcomed>

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

9. New Zealand Family Violence Clearinghouse

Shakti launches new booklet for ethnic communities

Shakti Community Council, in collaboration with the It's Not OK Campaign, has launched a new booklet to increase awareness of family violence in Asian, African and Middle Eastern communities in New Zealand.

The '*Culture No Excuse for Abuse*' booklet aims to encourage members of diverse ethnic communities to know there are support services available and everyone can do something about family violence. The booklet is currently available in English and will be translated into Mandarin, Hindi and Farsi.

The booklet will be available to order from the It's Not OK Campaign.

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

ACC and Labour developing plans to prevent sexual violence

The Accident Compensation Corporation (ACC) and the Labour Party have both announced plans to prevent sexual violence. ACC is developing a three year sexual violence prevention programme. Strategy Manager Emma Powell says the campaign aims to address an unmet need. She says "I think that we tend to focus on raising awareness. But the key thing is, actually, are we changing behaviour? And are people acting differently with the knowledge that they have?"

<http://www.nzfvc.org.nz/?q=node/1626>

Cameras for frontline Police may assist in domestic violence prosecutions

Justice Minister Judith Collins has raised the idea of frontline Police officers wearing body mounted cameras. The devices are currently being trialled in Britain, where it is thought they assist in prosecuting domestic violence offenders. Judith Collins was told footage of domestic violence incidents was helpful for providing immediate evidence of injuries and damage and meant offenders plead guilty earlier, cutting court costs and case preparation time. In addition, if the victim chose to withdraw their complaint, the prosecution could still be successful based on the evidence in the footage. Filming was also thought to decrease the 'heat' of the situation as offenders knew they were being filmed. The footage could also be used to resolve Police brutality complaints. The devices are currently being used United States, France, Denmark, Germany and Sweden.

<http://www.nzfvc.org.nz/?q=node/1625>

Public pressure required to address family violence and child poverty - Salvation Army

The Salvation Army has expressed deep concern at the continuing lack of progress of the elimination of family violence in New Zealand in its 2014 State of the Nation report. The report, entitled *Striking a Better Balance*, describes a lack of progress in reducing child poverty, family violence, the harmful use of alcohol and the failure to address criminal re-offending and serious crime. Salvation Army Social Policy Director, Major Campbell Roberts, says more public pressure is required for the government to take these matters seriously. He says, "New Zealanders are failing to convince Government that the elimination of family violence and child poverty should be a greater priority. A better balance in economic and social policy is required to put a significant dent in child poverty and domestic violence."

<http://www.nzfvc.org.nz/?q=node/1599>

Children's Day - events around Aotearoa New Zealand

Sunday **2 March 2014** - first Sunday in March each year.

Events are held throughout Aotearoa New Zealand

Find 2014 events in your area on the website

<http://www.childrensday.org.nz/whats-on/index.html>

13th Australian Institute of Family Studies Conference

30 July - 1 August 2014, Melbourne Convention Centre, Australia

Hosted by Australian Institute of Family Studies

Early bird registration closes **8 May 2014**.

This conference will showcase cutting-edge research on topical issues relating to how families are adjusting to a rapidly changing world. It will outline key policy priorities for advancing the wellbeing of Australian families and draw on the expertise and perspectives of a diverse range of specialists from around Australia and across the world.

<http://www.nzfvc.org.nz/?q=node/1597>

A new approach to addressing bullying and violence - Workshop

10-11 April 2014 Auckland

Organised by PDS (Professional Development Seminars). Response-based practices grew initially out of working with inter-personal violence, alongside victims and perpetrators of violence. However, the key tenets and practices can apply to and be readily implemented in a wide range of settings. Refer to the website below.

www.responsebasedpractices.com.

Easy Evaluation - Workshop

4 March - 5 March 2014, Gisborne

The SHORE and Whāriki Research Centre is contracted by the Ministry of Health to provide evaluation training plus organisational and individual support for the public health workforce and community organisations with a public health focus (targetting communities, groups, and environments rather than the delivery of personal health services).

Three and two day Easy Evaluation workshops are offered. Both workshops focus on developing a logic model and using the logic model to develop an evaluation plan. The three day workshop also covers the use of change stories in evaluation. All workshops provide experiential, hands-on learning opportunities and a full set of workshop notes is provided. Participants apply learning to their own public health/health promotion programme. These workshops are FREE of charge.

To access these FREE services please contact us at easy.evaluation@massey.ac.nz

or phone Pauline Dickinson 09 366 6136

http://www.whariki.ac.nz/massey/learning/departments/centresresearch/shore/workshops/workshops_home.cfm

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

10. Health & Disability Commissioner

Vacancy - Legal Advisor/Senior Legal Advisor

Wellington (6 Months, Fixed Term)

We are seeking a talented and experienced lawyer to provide legal and policy advice on the operation of the Health and Disability Commissioner Act 1994 and the Code of Health and Disability Services Consumers' Rights. This is a full-time, fixed-term position based in our Wellington Office until the end of September 2014. Please email your completed application form, covering letter and CV to: Reena Mathew - reenam@hdc.org.nz by 5pm, Friday **14 March 2014** or call 09 373 1046 for further information.

<http://www.hdc.org.nz/utilities/current-vacancies/legal-advisorsenior-legal-advisor>

Stories about Great Care

Have you experienced great health or disability care? The Health and Disability Commissioner and the Nationwide Health and Disability Advocacy service are promoting the importance of quality care for consumers. When people make complaints we hear about disappointing or poor care. We would also like to hear about what the care is like when it works well for consumers. If you have experienced great care and are willing to allow your anonymised story to be used for education and training purposes please send your written account to the advocacy service at any of the following:

Nationwide Health & Disability Advocacy Service, PO Box 1791, Auckland 1140

Free fax: 0800 2787 7678, Email: advocacy@hdc.org.nz

If you would prefer to tell your story to an advocate who can write it up for you, please contact your local advocate (or call Karan Harnett on 0800 555 050) to organise a time.

Download The Art of Great Care: Stories from people who have experienced great care

<http://www.hdc.org.nz/publications/other-publications-from-hdc/stories-about-great-care>

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

11. Health Quality & Safety Commission New Zealand

Surveying teamwork and communication

This essay '*Do you work well with others?* It depends on whom you ask' shows the results of a study on teamwork and communication undertaken at Vancouver's St Paul's Hospital. Striking differences were found in the scores that nurses gave their collaboration with surgeons – they gave half the score that surgeons gave their collaboration with nurses. St Paul's Hospital's operating rooms are now moving to using the World Health Organization's Safe Surgery Checklist, and are seeing a significant difference in how surgical team members interact with each other.

Read the full essay on the website below.

<http://www.longwoods.com/content/23649>

Professor Merry awarded Gluckman Medal

Professor Alan Merry has been presented with the 2013 Gluckman Medal. The Gluckman Medal is the faculty's premier acknowledgement of research excellence.

As well as chairing the Health Quality & Safety Commission, Professor Merry heads the University of Auckland's School of Medicine and is an anaesthesiologist and pain management specialist. He has written three books, 17 book chapters and more than 120 journal articles on patient safety, human factors and simulation.

<http://www.hqsc.govt.nz/news-and-events/news/1367/>

The New Zealand Carers' Strategy Action Plan 2014–18

Health Link North, in collaboration with The New Zealand Carers' Strategy Action Plan for 2014 to 2018 was launched in Parliament by the Minister for Senior Citizens, the Hon Jo Goodhew, on 18 February 2014. The Action Plan for 2014 to 2018 was developed in consultation with whānau, aiga and carers. It builds on the results and lessons of the previous Carers' Strategy Action Plan from 2008 to 2013 and reaffirms the Government's commitment to the Carers' Strategy.

Read the full Action Plan on the website below.

<http://www.msd.govt.nz/about-msd-and-our-work/work-programmes/policy-development/carers-strategy/>

Call for nominations to the Suicide Mortality Review Committee

The Health Quality & Safety Commission Board is seeking up to four members for the Suicide Mortality Review Committee, which is being established for an 18-month period to undertake a feasibility trial of a suicide mortality review mechanism. The Suicide Mortality Review Committee will be a mortality review committee established under Section 59E of the New Zealand Public Health and Disability Act 2000. The Committee will review and report on suicide deaths in three sub-groups: users of specialist mental health and addiction services, Māori youth (with a focus on the involvement of alcohol and drugs) and men aged 25–64.

You will find member selection criteria, an application for membership, and the Suicide Mortality Review Committee draft Terms of Reference on the website below.

Please feel free to distribute this to others who you think may be interested and who meet the selection criteria. Nominations close on Thursday, **6 March 2014** at 5pm.

Download the application and Terms of Reference on the website below.

<http://www.hqsc.govt.nz/news-and-events/news/1362/>

Annual conference of the Perinatal and Maternal Mortality Review Committee

17th Jun 2014, Te Papa, Wellington

Come along and learn about the latest perinatal and maternal mortality and morbidity data and its implications for improving the quality and safety of care for New Zealand's mothers and babies.

This year's programme will include:

- an overview of the latest annual report of the Perinatal and Maternal Mortality Review Committee
- results of three years of neonatal mortality and morbidity review
- talking to families about post-mortem
- a Māori perspective on investigating perinatal death
- a practical demonstration of cooling for neonates
- stabilisation prior to transfer
- risk assessment in maternity

CME points will be available for this meeting. To register go on the website below.

<https://mortalityreviewworkshops2014.lilregie.com/step1>

Partners in care: show and tell symposium

14th Apr 2014, Wellington

This evidence-based day is designed for providers and consumers from across health and disability services to share their expertise, knowledge and approach of working together as partners in care.

Guest speakers will share practical information about working as partners in care. Participants will hear from their peers who are in the field working this way using real life exemplars, rather than being told about best practice by the Commission.

This will be a hands-on, practical day with plenty of tips and ideas to take away and use.

The symposium is free, and lunch is provided. Please register by Friday **14 March 2014** by emailing Laura Warwick (laura.warwick@hqsc.govt.nz)

Download the symposium flyer for more information on the website below.

<http://www.hqsc.govt.nz/assets/Consumer-Engagement/NEMR-images--files-/PIC-show-and-tell-symposium-save-date-Feb-2013.pdf>

<http://www.hqsc.govt.nz/>

12. Human Rights Commission

High Court decision welcomed

Human Rights Disability Commissioner, Paul Gibson, welcomes the Auckland High Court decision to reinstate a disabled student back into the school that had expelled him last year. The 14 year old Green Bay High School student has Asperger's Syndrome. Commissioner Paul Gibson says the success of this case supports the right of all disabled students to attend their local schools.

<http://www.hrc.co.nz/2014/high-court-decision-welcomed>

Human Rights of Indigenous People in the video spotlight

The Human Rights Commission launched a video at the Iwi Leaders Forum in Waitangi which features iwi leaders reading the United Nations Declaration on the Rights of Indigenous Peoples. The Declaration reinforces that international human rights standards apply to indigenous peoples. David Rutherford, Chief Commissioner, says this resource is being made freely available to all New Zealanders but especially to whānau, hapū and iwi in an effort to raise awareness of the Declaration. To view the video go to the website below.

www.hrc.co.nz/UNDRIP

Indigenous Fellowship – OHCHR calling for applications

The Office of the High Commissioner for Human Rights (OHCHR) is calling for applications to its Indigenous Fellowship 2015 training programme. The Indigenous Fellowship Programme was launched in 1997 by the OHCHR in the context of the first International Decade of the World's Indigenous People. The aim of the programme is to give indigenous persons the opportunity to gain knowledge on the UN system and mechanisms dealing with human rights issues in general and indigenous issues in particular. Trained participants are better equipped to assist their organisations and communities in protecting and promoting their rights. This training programme is available in 4 languages: English, Spanish, French and Russian.

Please note that the deadlines to receive applications for the 2015 Indigenous Fellowship Programme are as follow:

- English linguistic group: **26 May 2014**
- Spanish linguistic group: **26 May 2014**
- French linguistic group: **2 June 2014**
- Russian linguistic group: **2 June 2014**

You're encouraged to send your applications by post or fax well before the deadline. Please also note that given the high number of applications usually received, the OHCHR are no long in a position to print scanned applications. Therefore, scanned applications sent via email might not be taken into consideration.

For further information on OHCHR Indigenous Fellowship Programme or to find the application form, visit the OHCHR web page by going to the following links:

<http://www.ohchr.org/EN/Issues/IPeoples/Pages/Fellowship.aspx>

<http://www.ohchr.org/EN/Issues/IPeoples/Pages/IFP.aspx>

Race Relations Day 2014

Race Relations Day, **21 March**, marks the International Day for the Elimination of Racial Discrimination, which is celebrated around the world. The 2014 theme is *"I am Aotearoa New Zealand...te ranga tahi, together we grow."*

Belonging and feeling connected is essential for a healthy society. This year's theme explores the balance between having our own individual identities and the potential of a diverse and united collective. It expresses that everyone here, no matter what their race or cultural background, belongs, and that there are many ways of being a New Zealander. If we understand and appreciate our differences we can grow together into an Aotearoa/New Zealand that is based on dignity and respect. Complete the sentence "I am Aotearoa New Zealand because..." and share the different ways we can be New Zealanders.

We are encouraging you or your organisation to think about what makes you Aotearoa/NZ and share it with us, whether it be images, video, or text. You can post any contributions direct to our facebook pages: <https://www.facebook.com/nzhumanrightscommission>

or <https://www.facebook.com/RaceRelationsDay>

or email to nzdiversity@hrc.co.nz

and we will share via social media and our website.

If you or your organisation are planning an event to celebrate Race Relations Day, email us.

<http://www.hrc.co.nz/race-relations/race-relations-day-2014/celebrating-race-relations-day-in-your-workplace>

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

13. Ministry of Health

School-based health services making a difference

Teenage boys can be tight-lipped and keep their feelings and emotions to themselves. Tairāwhiti District Health public health nurse Sarah Brown uses a little humour to encourage them to open up during health and wellbeing assessments as part of School Based Health Services (SBHS). Sarah has been working at Gisborne Boys' High School, checking on the health and wellbeing of its year 9 students using the HEEADSSS wellness assessment as part of the Prime Minister's Youth Mental Health Project.

<http://www.health.govt.nz/our-work/mental-health-and-addictions/youth-mental-health-project/youth-mental-health-project-initiatives/expanded-school-based-health-services-making-difference>

Consultation opens on regulations

New Zealanders are being consulted about the next stage in the new law around psychoactive substances. The Psychoactive Substances Act came into force in July 2013 with the aim of minimising harm to the public. The manager of the Psychoactive Substances Regulatory Authority, Dr Donald Hannah, says the next important stage for the Act will be the development of regulations which over time will supersede some interim aspects of the law. Consultation is open from today, 19 February 2014, until 5pm **21, March, 2014**. Regulations will then be developed for Parliament's consideration.

The issues the Authority is seeking information and views on are linked to parts of the Act and include:

- the licence application process for retailing, manufacturing, researching, importation and wholesale of psychoactive substances and products
- the psychoactive product approval process
- labeling and packaging of approved products
- advertising and place of sale matters
- fees and levies on the psychoactive substances industry

Details on how to make a submission can be seen at *Psychoactive Substances Regulations: A consultation document*, where people can also view other information about the Act.

<http://www.health.govt.nz/publication/psychoactive-substances-regulations-consultation-document>

Gambling Resource for Local Government

The Gambling Resource for Local Government assists territorial authorities with their Class 4 ('pokie machine') and Totalisator Agency Board (TAB) gambling venue policy reviews. The resource has been developed by the Ministry of Health, in collaboration with the Department of Internal Affairs and Local Government New Zealand, and with the support of KPMG. This 2014 document updates the 2009 Problem Gambling Resource for Local Government formerly published by the Ministry of Health. Territorial authorities need to take three actions to comply with gambling legislation and to develop the best policy for territorial authority's policy to prevent and minimise gambling harm. The Gambling Resource for Local Government is structured around these three actions. The three actions are:

1. Adopt a policy
 - Adopt a gaming machine policy or a Board venue policy
2. Review policy
 - Review existing gaming machine policy or Board venue policy
3. Assess applications
 - Assess community applications for new venues or changes to existing venue

<http://www.health.govt.nz/publication/gambling-resource-local-government>

<http://www.health.govt.nz/>

14. Ministry of Justice

Expressions of interest - District Judge based in Palmerston North

The Attorney-General wishes to hear from suitably qualified persons who would like to be considered for appointment as a District Court Judge, with a jury warrant, based in Palmerston North. Appointments to the District Court are made by the Governor-General on the recommendation of the Attorney-General. Persons interested in appointment are asked to complete an Expression of Interest form, provide a Curriculum Vitae and submit them to

judicialappointments@justice.govt.nz

by 5pm **on Friday, 7 March 2014.**

<http://www.justice.govt.nz/courts/district-court/expressions-of-interest-district-judge-based-in-palmerston-north>

Interview for the New Zealand Crime and Safety Survey (NZCASS) 2014 are now underway

What is the New Zealand Crime and Safety Survey? The survey collects information about New Zealanders' experience of crime and safety and informs policy in this area. We carried out similar surveys in 1996, 2001, 2006 and 2009. About 6000 people in households throughout the country will be taking part in the survey. The results of the main survey will be published on the Ministry of Justice website [justice.govt.nz](http://www.justice.govt.nz) It is expected the key findings will be released to the public in 2015. For the previous survey results, see NZ Crime and Safety Survey 2009.

<http://www.justice.govt.nz/publications/global-publications/c/nz-crime-and-safety-survey-q-as/nz-crime-and-safety-survey-q-as>

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

15. Ministry of Social Development

Minister's speech on data analytics

Social Development Minister Paula Bennett delivered a speech on data analytics at a software users conference in Wellington on Tuesday 18 February. To read more go to the website below;

<http://beehive.govt.nz/speech/speech-sas-users-new-zealand-conference>

Investing in Services for Outcomes

The Ministry of Social Development wants to achieve better outcomes through more effective engagement with community service providers. Investing in Services for Outcomes (ISO) provides tools and ways of working that support other Ministry initiatives like the Children's Action Plan, Social Sector Trials, and the cross-government Better Public Services. Through our Strategic Investment Framework and the Investment Strategy we will:

- increase consistency across the Ministry in decision making around funding
- connect funding decisions with government priorities and areas of greatest community need
- give providers more certainty to enable them to invest in the right areas

Through our Organisational Capability Framework we are supporting providers to:

- develop their capability and capacity
- work collaboratively to build strong relationships and develop joined-up and innovative approaches
- achieve priority outcomes.

Through our work with providers we are:

- streamlining the contracting process to consolidate and reduce the number of contracts providers have with the Ministry

- reviewing monitoring and reporting requirements to ensure only information that is needed and used is collected
- introducing relationship management plans and a single relationship manager for providers to have one point of contact with the Ministry
- increasingly focusing on long-term outcomes-based contracts.

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

<http://www.msd.govt.nz/>

16. National IT Health Board

2014: the year of the patient portal

A group of top general practice innovators have agreed to lead the way in a national rollout of online patient portals to improve health care. The eHealth Ambassadors are working closely with the National Health IT Board throughout 2014 to encourage more GPs to establish portals in their practices. An IT Board survey indicates that 15 to 20 percent of general practices have or are in the process of implementing patient portals. The aim is for half of all general practices to be offering a patient portal by the end of 2014.

The eHealth Ambassadors are Dr Richard Medicott, a Wellington GP; Dr Bev Nicolls, a Nelson/Marlborough GP; Dr Damian Tomic, a Hamilton GP; Dr Brendon Eade, a Te Aroha GP; Dr Karl Cole, an Auckland GP; Dr Andrew Miller; a Whangarei GP; and Dr Sue Wells, University of Auckland.

All of the GP eHealth Ambassadors either use a portal in their own practices or are in the process of introducing one. They will talk to other GPs about the benefits of portals for patients and clinical practice, and provide guidance and support as practices establish their own portal.

Portals give patients more access to their own health information and the ability to manage more aspects of their own care. Patients can log in securely to look at their latest laboratory test results, book appointments, order a repeat prescription, or to send a message directly to their GP.

<http://www.ithhealthboard.health.nz/events/patient-portals>

Whangarei GP is one of seven eHealth Ambassadors

A Whangarei GP is leading the charge towards a future that will give patients more control of their health, via the internet. Dr Andrew Miller, of Bush Road Medical Centre, is one of seven chosen ambassadors of "patient portals" nationwide, despite being initially sceptical of the extent of their benefits.

"Manage My Health" will allow patients to book appointments, request repeat prescriptions and check test results online.

Dr Miller will be supporting other practices as they introduce the system in coming months, as well as providing feedback to the National Health IT Board.

He says the software provides a level of convenience for patients and practices and puts people back in charge of their health

Manaia Health PHO chief executive Chris Farrelly says Northland has a history of leading the way in terms of online health initiatives, as it was the first region to successfully introduce the e-referral system five years ago.

The e-referral system allows doctors to refer patients directly to a specialist via a secure network, and has been extremely successful, he says.

Dr Miller says patient portals will be useful but the real "game changer" will be software that allows GPs, specialists, patients and other elected providers to communicate under one cohesive system.

It is hoped such software will be trialled in Northland in the next three to six months

<http://www.stuff.co.nz/auckland/local-news/northland/whangarei-leader/9756968/in-charge-of-your-health>

Maternity information systems breaking new ground

The National Health IT Board is working to provide secure online access to maternity medical records. The Manawatu Standard looks at the benefits of the new system and how it will work. <http://www.stuff.co.nz/manawatu-standard/features/9675442/Ooh-baby-Records-to-go-online>

<http://www.ithhealthboard.health.nz/>

17. Office for Disability Issues

2013 Minister's progress report on implementing the NZ Disability Strategy

In December 2013, the Minister for Disability Issues released the 2013 report on progress with implementing the NZ Disability Strategy. Read the 2013 progress report on the website below. <http://www.odi.govt.nz/nzds/progress-reports/2013/index.html>

Email Newsletter – 4 February 2014

This email newsletter is a regular update from the Office for Disability Issues on our work and recent disability-related news. Previous email updates are on our website. <http://www.odi.govt.nz/resources/publications/email-update/2014/2014-02-04.html>

<http://www.odi.govt.nz/>

18. Office of the Children's Commissioner

Guidelines for school food programmes available now

Practical new guidelines for schools wishing to introduce food programmes have been released by Children's Commissioner. The five guides provide clear advice to schools, whether they are thinking about where to start or wanting to improve an existing food programme. The tool included a description of best practice in each area and links to resources. Each DHB was asked to self-identify as leading, progressing or emerging for each area. The Compass model envisages the DHBs who self-identify as leading will take on a supporting/teaching role (Tuakana) for DHBs that identify themselves as learners (Teina) in an area. All twenty DHBs completed the questionnaire. Several commented in their responses that they had already benefitted from the self-assessment process and that the information would help their planning for future service improvements. 85% of respondents said the Compass questionnaire is a useful learning tool that will improve child and youth health services within their region.

<http://healthylifestyles.tki.org.nz/School-Food-Programmes>

First Child Poverty Monitor released

Too many kiwi kids live in poverty. Each year the Children's Commissioner, J R McKenzie Trust and Otago University will release a monitor of child poverty in this country. The data is backed up by a Technical Report produced by Otago University's NZ Child and Youth Epidemiology Service. Read the Child Poverty Monitor: 2013 Technical Report on the website below. <http://www.childpoverty.co.nz/>

www.occ.org.nz

19. Office for Senior Citizens

Nothing new this month

www.osc.govt.nz

20. SPINZ (Suicide Prevention Information New Zealand)

New YouTube video collection on technology and suicide prevention

The SPINZ YouTube channel includes a new playlist of videos about how social media, mobile phones, video games and other digital technologies can be used within suicide prevention. The collection shares discussions about the use of social media for suicide prevention and how different platforms deal with suicidal searches and behaviour, and examples of how blogs, games and e-therapy tools are being used to create connection, treat depression and prevent suicide. The SPINZ channel also includes playlists on suicide prevention within Māori communities, Pacific communities and rainbow communities, and a collection about the experience of grief and bereavement related to losing someone to suicide. We add to these playlists as we discover relevant content on YouTube - you can subscribe to the SPINZ YouTube channel to see the latest additions.

Read more about how to help someone online if they are writing about self-harm or suicide, and other resources on internet technologies and suicide prevention.

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

Feedback sought on research priorities for Māori and Pacific suicide prevention

New national service Waka Hourua has released a draft Strategic Research Agenda outlining priorities for Māori and Pacific suicide prevention research, and is inviting public feedback.

The draft Agenda, Te Ra o te Waka Hourua aims to build the evidence base of what works for Māori whānau, hapū, iwi, Pacific families and communities to prevent suicide. It sets out a framework for the research Waka Hourua will fund and facilitate in four different priority areas:

- Māori and Pacific Development
- Cultural Identity
- Supporting Recovery
- Cultural Knowledge

The draft Strategic Research Agenda closed for feedback closed on 26 February 2014. This feedback will help to inform the final Strategic Research Agenda and the priority funding areas for a one-off research fund, which will be made available in April 2014.

<http://www.wakahourua.co.nz/te-ra-o-te-waka-hourua>

Suicide Mortality Review Committee Call for Nominations

The Health Quality & Safety Commission Board is seeking up to four members to participate in a time-limited Suicide Mortality Review Committee. Nominations close on Thursday, **6 March 2014** at 5pm. Collectively, members of the Committee will have the following expertise:

- knowledge of mortality review systems
- knowledge of suicide and suicide prevention
- knowledge of Māori suicide issues
- knowledge of suicide issues from a service user / family perspective
- knowledge of the specific sub-groups chosen for this suicide mortality review feasibility trial, i.e., users of specialist mental health services, Māori youth (with a focus on the involvement of alcohol and drugs) and men aged 25–64.
- knowledge of research methods and process, particularly in relation to health and social systems
- knowledge of data and information gathering systems and analysis
- clinical experience in mental health and addiction services

Member selection criteria, an application for membership, and the Suicide Mortality Review Committee draft Terms of Reference can be found on the Commission website.

<http://www.hqsc.govt.nz/news-and-events/news/1362/>

New contact phone number for SPINZ

The Mental Health Foundation's Auckland office has relocated to new premises, and our contact phone numbers have changed. The new contact phone number for suicide prevention information is (09) 623 4813. Our new premises are at Units 109-110, Zone 23, 23 Edwin St, Mt Eden. The lending library will be available at the new site from Monday 17th February. See our contact page for staff phone extensions and other ways to contact us.
<http://www.spinz.org.nz/page/37-contact-us>

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

21. The Beehive

Government to increase minimum wage

Labour Minister Simon Bridges today announced the adult minimum wage is to rise to \$14.25 an hour. The current adult minimum wage rate is \$13.75 an hour. The Starting-Out and training minimum wages will increase from \$11 an hour to \$11.40 an hour, which is 80 per cent of the adult minimum wage.

The new minimum wage rates will come into effect **on 1 April 2014**.

<http://www.beehive.govt.nz/release/govt-increase-minimum-wage>

Free Occupation Outlook App released

Tertiary Education, Skills and Employment Minister Steven Joyce released the free Occupation Outlook 2014 mobile app that gives young people and their families instant and easy access to the latest career information.

The 50 occupations on the app are grouped under the industry pathways used in the Government's Vocational Pathways programme: Construction and Infrastructure, Manufacturing and Technology, Primary Industries, Service Industries, Creative Industries, and Social and Community Services.

The app is available for unlimited downloads from App Store for iPhones and iPod touches, and Google Play store for Android devices. The PDF of the Occupation Outlook 2014 report, individual occupation summaries and special features are available at the website below.

<http://www.dol.govt.nz/publications/lmr/occupational-outlook>

Firm financial footing for Ashburn Clinic

Health Minister Tony Ryall says an increase in funding for mental health services provided by Otago-based Ashburn Clinic should put it on a firm financial footing. The government is providing Ashburn Clinic with an extra \$1.1 million a year – bringing their annual Ministry of Health funding for the next financial year to nearly \$4 million.

“Ashburn Clinic has been providing mental health services, including inpatient acute mental health beds, for over 130 years,” said Mr Ryall. “Following concerns about the sustainability of the service, the Ministry of Health carried out a funding review of Ashburn Clinic last year.

“As a result of this review, Ashburn Clinic is receiving additional funding. The Ministry is also working with ACC on a new joint contract which is expected to be in place by midway through this year. This new contract will mean the future of this valuable service is secure.

Ashburn Clinic provides a therapeutic community model of care, including modern psychiatric treatments and talking therapies. The Clinic also provides treatment for health professionals needing mental health or addiction services.

<http://www.beehive.govt.nz/release/firm-financial-footing-ashburn-clinic>

Associate Minister of Health praises those trying to quit smoking

Associate Minister of Health Tariana Turia has praised a group of smokers who are trying to quit the habit with the use of nicotine replacement therapy. The University of Otago Wellington nicotine replace therapy trial has been underway for a month at Queensgate mall in Lower Hutt and has seen 256 smokers trial the product. The trial offers smokers the chance to sample a range of nicotine replacement therapies under the guidance of an expert coach at shopping malls and other public spaces. The initial results of this trial are promising and give room for fresh optimism about the pathway to a smoke free Aotearoa by 2025.”

The trial is now extending, with stalls due to open at North City Mall in Porirua and in the Palmerston North and Manawatu area in March. The trial has been funded by the Ministry of Health Innovation Fund to help New Zealand achieve the smoke free nation goal by 2025.

<http://www.beehive.govt.nz/release/associate-minister-health-praises-those-trying-quit-smoking>

Under 5 Energize off to a rolling start

Thousands of Waikato pre-schoolers are benefitting from a healthy nutrition and activity programme developed with \$1.1 million of government anti-obesity funding says Health Minister Tony Ryall. “In July last year, the Government allocated \$1.1 million to support good nutrition guidelines and the development of physical exercise programmes in the Waikato region,” says Mr Ryall. This includes around 130 childhood centres in Huntly, Ngaruawahia, Te Kauwhata, Raglan, Tokoroa, Putaruru, Tirau, Thames, Waihi, Ngatea, Paeroa, and Waikato Kindergarten Association centres in Hamilton.

“Sport Waikato is creating an Under 5 Energize team who work alongside local early childhood centres to improve nutrition and activity among the children,” says Mr Ryall. The Under 5 Energize programme was introduced as a Ministry of Health-funded extension to the wider Project Energize programme already running in Waikato. It’s part of the government’s ‘Healthy Families NZ’ strategy. “Studies have shown this programme has produced fitter, healthier kids who weigh less, run faster, and have a better handle on healthy nutrition than the national average,” says Mr Ryall. “By investing in our kids at this young age, and fostering a sense of healthy nutrition and exercise from the get-go, we encourage a broad range of positive health outcomes for these children that will continue into adulthood,” says Mr Ryall.

<http://www.beehive.govt.nz/release/under-5-energize-rolling-start>

<http://www.beehive.govt.nz/>

Workforce Centres

22. Health Workforce NZ

HWNZ Stakeholder Bulletin - February 2014

In this issue:

- Voluntary Bonding Scheme
- Advanced Trainee Fellowship Scheme
- HWNZ Contracting and Procurement Team
- Medical Workforce Taskforce Update
- Palliative Care Managed Clinical Network
- Career Planning
- Physician Assistants in Primary Care and Rural Hospitals
- HWNZ Summer Studentships 2013/14

<http://www.healthworkforce.govt.nz/sites/all/files/hwnz-stakeholder-bulletin-feb-2014.pdf>

<http://www.healthworkforce.govt.nz/>

23. Le Va

GPS 2.0 conference app now available!

You can now download ShowGizmo to view the programme and network before, during and after the fono. GPS 2.0 is a paperless conference, so if you prefer paper please download and print the programme and bring it with you. A mini programme will be available with your name badges at the registration desk.

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

Suicide prevention programme for Maori and Pacific communities

Le Va is pleased to be part of Waka Hourua, the national suicide prevention programme for Maori and Pacific communities, in partnership with Te Rau Matatini. Read more about the programme, including how to apply for the \$2million one-off Waka Hourua community fund, to support families, whanau, hapu, iwi and community groups to design and implement suicide prevention initiatives in their own communities.

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

The journey towards Pacific families flourishing in New Zealand

Le Va was recently profiled in Pacific Peoples' Health magazine, where chief executive Monique Faleafa talked about how a strengths-based approach to embracing Pacific solutions and collective responsibility will lead to a greater positive state of mental health among families. Read the full article on the website below.

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

24. Matua Raki

Action on Alcohol: Change is coming

20 March 2014 Te Papa, Wellington

This is the fifth annual conference hosted by Alcohol Action NZ. The day will include an opening address by Sir Geoffrey Palmer. Other eminent speakers will include Professor Mike Daube from Western Australia and Professor Kypros Kypri from New South Wales. There will also be a political panel featuring representatives from all the major political parties.

www.alcoholaction.co.nz

An introduction to working with older people in the addiction sector

09 April 2014 Timaru

This workshop will be run by Matua Raki and is primarily for practitioners who want to know more about working with the older people who appear to be accessing addiction services in greater numbers as our population ages.

It will cover:

- values, attitudes and stigma associated with older age
- engagement and communication
- AOD use and older adults
- screening, assessment and intervention and loss and grief associated with ageing.

The workshop will be facilitated by Suzy Morrison and participants will earn dapaanz continuing education points.

www.matuaraki.org.nz

Webinar - Collaborative care, young people, grief, loss and trauma

05 March 2014 8:45 pm—10:00 pm

Online - broadcast over the internet. Broadcast from Australia

Join other mental health practitioners to participate in a free web broadcast where an esteemed interdisciplinary panel will use a case study to explore how they can work together better to support a young person experiencing grief, loss and trauma.

<http://www.mhpn.org.au/UpcomingWebinars>

www.matuaraki.org.nz

25. Te Pou

Addressing the gap between knowing and doing – translating evidence into practice

It is suggested there is a 17-year gap from when new knowledge is gained through research to when it is used in practice. Decreasing this gap is vital for mental health. Improving the knowledge-to-action gap has the potential to improve the efficiency and effectiveness of the mental health care system, and the lives of those with lived experience, their families and caregivers.

<http://www.tepou.co.nz/news/2014/02/03/addressing-the-gap-between-knowing-and-doing--translating-evidence-into-practice>

New Te Pou resource: Knowledge and Skills Workforce Tool

Understanding the capability – the skills, knowledge and attitudes of a workforce – is a crucial part in the process of designing a workforce plan which can effectively enable mental health and addiction workers to respond to the needs of the people using services, their families and whanau and their communities.

‘Rising to the Challenge’ identifies a number of expectations for the workforce that includes building cultural competence, developing capability to respond to people with co-existing problems, and continuing to embed Let’s get real.

To assist managers of services to assess the capability of their workforce we have designed an Excel ‘Knowledge and Skills Workforce Tool’. This tool enables managers to systematically assess and identify the capabilities and needs of mental health and addiction workers against three knowledge and skills framework: Let’s get real, Real Skills Plus Seitapu – Engaging Pasifika and ‘Te Whare o Tiki – co-existing problems knowledge and skills framework’.

Each framework has a set of performance indicators against which workers can identify their areas of competency and areas that need development. The Knowledge and Skills Workforce Tool is able to automatically generate individual, team and organisational reports on any of the frameworks.

This information can be used to:

- develop individual leaning development plans
- develop team workforce plans
- develop organisational workforce development plans
- develop regional approaches to workforce development and planning
- measure changes overtime in the capability of a workforce.

The Knowledge and Skills Workforce Tool is only available to managers on request. If you have any questions please feel free to contact Emma Wood, Relationship management lead, via email

emma.wood@tepou.co.nz.

<http://www.tepou.co.nz/news/2014/01/30/new-te-pou-resource-knowledge-and-skills-workforce-tool>

More than numbers workforce stocktake

To support organisations to identify the current and future needs of their workforce, Te Pou and Matua Raki are leading *More than numbers*: the 2014 workforce stocktake of adult mental health and addiction services with support from Te Rau Matatini, Werry Centre and Le Va.

The stocktake will comprise of two phases

1. a workforce survey of organisations, and
2. an individual workforce census to gain a better understanding of the
 - workforce demographics,
 - skill mix,
 - competencies,
 - education and training needs of the mental health and addiction workforce.

<http://www.tepou.co.nz/supporting-workforce/more-than-numbers>

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IIMHL and IIDL Leadership Exchange 2014 Scholarships

The International Initiative for Mental Health Leadership (IIMHL) is a government to government funded initiative, which has seven member countries. The 2014 IIMHL and IIDL Leadership Exchange will be held **9-13 June** in Manchester, England.

Te Pou has scholarship funding available to support New Zealand mental health, addiction and disability leaders to attend the 2014 Leadership Exchange.

Find out more about the scholarships and download an application form from the website below.

<http://www.tepou.co.nz/supporting-workforce/leadership>

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

26. Te Rau Matatini

Free online resources.

- Animation
- Newsletters
- Publications
- Secondary School Resources
- Videos

<http://www.matatini.co.nz/resources>

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

27. Werry Centre

Nothing new this month

<http://www.werrycentre.org.nz/?t=16>

Other

28. Health Consumer Website/Health Navigator

Everybody website merges with Health Navigator

Good news! There's a new website under construction with updated health information just for New Zealanders. Everybody has merged with the Health Navigator website, run by a team of Kiwi doctors, health professionals and medical writers. The new combined site, due to launch later this year, will continue to be your gateway to health and self-help information you can trust.

Website features include:

100s of health topics

- Asthma, diabetes, gout, kids ...
- Plain English medication information
- Library with videos, people's stories
- Multiple languages

Resources for Health Providers:

- Guidelines, pathways, & tools,
- Resources and training

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

29. Working For Youth

Approaches to supporting young people's resilience: the academic evidence base and practice developments.

Monday, **10 March** University of Waikato (Hamilton campus)

The Institute of Community Psychology Aotearoa, in conjunction with the Graduate Programme in Community Psychology at the University of Waikato, are pleased to announce a seminar by Professor Angie Hart of Brighton University.

Angie, an academic, practitioner and adoptive mother of three children with special needs brings a refreshingly human touch to her practice and research. You can learn more about her and her work by watching a TedxBrighton talk at:

<http://www.youtube.com/watch?v=XPUzjyAoOK4>

or by checking out her web pages at boing boing:

<http://www.boingboing.org.uk/index.php/who-are-we/angie-hart>

or the University of Brighton:

<http://www.brighton.ac.uk/snm/contact/details.php?uid=ah111>

<http://www.working4youth.co.nz/view-notice.php?id=1576&>

Training Opportunity - Te Tiriti o Waitangi in Youth Work

Monday **10 March 2014** 9.30am - 3.00pm at Te Rereatukahia Marae in Katikati.

A free 'Youth Work 101' training workshop on 'Te Tiriti o Waitangi in Youth Work' will be held on:

This workshop will support your journey towards developing an understanding of Te Tiriti o Waitangi, and the relevance of Te Tiriti o Waitangi to youth work.

Register Now - email to: youthworkertraining@live.com

with your details: name, agency, phone, email

<http://www.working4youth.co.nz/view-notice.php?id=1575&>

Neighbourhood Matching Fund

The purpose of this fund is to bring people together to build stronger communities and neighbourhoods by providing resources for one off self-help projects, which link to Rotorua District Councils Community Outcomes.

The priorities for this fund include (in no particular order):

- Bringing people together to collaborate on neighbourhood projects.
- Empowering people to enhance and strengthen their own neighbourhood.
- Contributing to families and whanau working, playing and talking together.
- Renewing and revitalising of places and spaces within neighbourhoods.
- Improving the quality of life in a specific community or neighbourhood.

For further information go to:

<http://www.rdc.govt.nz/our-city/community-development/grantsandfunding/Pages/default.aspx>

<http://www.working4youth.co.nz/>

30. Skip – Strategies for Kids/Information for Parents

Parenting workshop templates

These SKIP workshop templates can be downloaded for use with parents – you can adapt them to best suit your audience.

How children learn

- Understand what helps children to learn, and explore the six principles.
- The child's view
- Understanding the impact parents have on a child's developing brain, and see things from a child's perspective.

The six principles as a relationship tool

- Explore links between positive relationships and the six principles of effective discipline. Do the six principles link to our roles at work?

<http://www.skip.org.nz/resources/resource-bank/workshop-templates.html>

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

31. Deaf Aotearoa New Zealand

Tape Art NZ Deaf Workshop

Mar 06, 2014 1:00 pm to 5:00 pm

victoria.walters@deaf.org.nz

Text 021 324 828

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

Would you like to learn a new art?

Try out a new skill with tapes into art?

You are invited to part in a two days FREE workshop learning the drawing with tape to make large murals (walls).

Deaf members are welcome - if you are interested, please contact Victoria Walters to put your name down.

<http://www.deaf.org.nz/events/event/503-tape-art-nz-deaf-workshop>

www.deaf.org.nz

32. Autism New Zealand Inc

Multicoloured Mayhem Day

On the 2nd of April each year, Autism New Zealand acknowledges World Autism Awareness Day by celebrating Multicoloured Mayhem Day. We celebrate this Day by honouring the differences of people with Autism Spectrum Disorders (ASD) by dressing up in multicolour to express the variety of ways the disorder presents itself. This is an opportunity for all schools and organisations in New Zealand to raise awareness and understanding of ASD whilst at the same time enabling students and staff to dress in multicolour, dress like a rainbow or find their own way to add a little colour to the world

We would appreciate your participation in 'Multicoloured Mayhem Day' on **2nd April 2014** (or any day close to that time). If you would like to take part we will send you an Information Pack to help you get started. To RSVP or if you have any enquiries please either call (04) 803 3501 or email mercedes.glover@autismnz.org.nz

For more information on ASD you can visit the website below.

www.autismnz.org.nz.

Short Film: Unlimited Potential, Dr Stephen Shore

As a toddler, Stephen Shore was struck with what he now describes as 'the Autism bomb', which, for most people at that time, would have meant a life sentence in an institution. His path however was one that would defy the expectations of that time. Through extensive support that would have seemed ground breaking for the mid 1960s, he became verbal by the age of 4, and continued to go from strength to strength

Stephen is now a professor at Adelphi University where his research focuses on matching best practice to the needs of people with autism. He also teaches music to children with autism and has written many books about the condition.

In this short film he talks about some of the obstacles he's overcome, the social situations he's navigated, and provides some advice for parents of children with autism.

Please click on the following link to view the short film:

<http://attitudelive.com/blog/dan-buckingham/film-unlimited-potential>

Autism New Zealand Conference 2014 "Where to Next for Autism? Looking to the Future" Call for papers, posters and other contributions

Submissions are invited for contributions to the national conference on Autism Spectrum Disorders: "Where to next for Autism? Looking to the future" to be hosted by Autism New Zealand, **22nd - 23rd August 2014** at the Rutherford Hotel, Nelson, New Zealand.

We are pleased to receive abstracts, describing papers or posters relating to autism spectrum disorders for the following streams:

- Education and Beyond - Including schooling, training, tertiary education, employment and independent living.
- Living with ASD - Including lived experience of being on the autism spectrum, having and supporting a family member on the autism spectrum.
- Latest Research and Government Matters - Including legislation, funding, new and emerging research.

Presentations can include personal stories and experiences, latest research or best practice/evidence based approaches.

Abstracts must be received by **30th April 2014**.

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

33. Health Promotion Forum of New Zealand

First NZ Population Health Congress

The congress will provide a variety of opportunities to learn, discuss and debate advances in areas of population health thinking and practice such as:

- child poverty
- housing
- nutrition
- indigenous health
- climate change.

The programme will include a range of training options, including opportunities to expand your use of the internet and social media.

At the Congress you can expect to:

- engage with challenging and influential local and international speakers
- share your work and learn alongside a diverse range of participants from across public health - and other - sectors with shared concerns
- be exposed to new ideas, research and experience
- become better equipped to help improve health and health equity in the communities you work with
- relax and network at enjoyable social events.

The Congress is to be jointly hosted by the Health Promotion Forum, the New Zealand College of Public Health Medicine and the Public Health Association.

Register your interest and find out more at the Congress website:

www.pophealthcongress.org.nz

Health Promotion Competencies

The Health Promotion Competencies 2012 provide a framework of values, knowledge and skills for health promotion practice in Aotearoa-New Zealand.

This latest version follows extensive consultation and revision of the original 2000 version

<http://www.hauora.co.nz/assets/files/Resources/Health%20Promotion%20Competencies%20%20Final%20-%202012.pdf>

Healthy Families NZ just might work

In an article in Public Health Monitor on 7 February, Prof Boyd Swinburn* took a look at the Australian initiative that has informed the Government's proposed Healthy Families NZ initiative. His conclusion was that it could work, as long as the initiative is culturally-centred and backed with government policy and regulation.

The following will be essential to the success of the initiative:

- Involve our Māori and Pacific communities. Marry the Health Families NZ initiative with the successful Whanau Ora approach already running in Aotearoa New Zealand. The success of Whanau Ora is based on self-determination. Founded on the principles of Te Tiriti o Waitangi, this model provides a template for success that translates across health promotion programmes for this country.
- Revisit the Health Eating, Healthy Action programme (HEHA) to identify existing resources, experience and knowledge avoid 'reinventing the wheel'.
- Take a 'top-down, bottom-up' approach. Community-based health promotion ('bottom up') needs support with policy and the regulation ('top down') of industries that impact on health, such as the food and leisure industries.

<http://www.hauora.co.nz/healthy-families-nz-just-might-work.html>

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

34.Medsafe

Amitriptyline and a possible risk of peripheral coldness (cold hands and/or feet) or Raynaud's phenomenon added to the medicines monitoring scheme

Lareb, the Dutch Pharmacovigilance Centre, identified a signal of peripheral coldness associated with the use of tricyclic antidepressants. Lareb has received 11 reports of peripheral coldness of the hands and/or feet, with seven of these reports associated with the use of amitriptyline. In New Zealand, there have been two reports of localised numbness with the use of amitriptyline. Raynaud's phenomenon is described as a reduction in blood flow to the peripheries, which results in discolouration (paleness), pain and sensations of cold and/or numbness in the affected extremities. The New Zealand data sheets for amitriptyline already list numbness, tingling and paraesthesias of the extremities, as well as peripheral neuropathy and incoordination. Advice on how to take this medicine and other possible side effects can be found in the consumer medicine information (CMI) and data sheets. The overall benefit-risk balance of amitriptyline remains positive.

Medsafe is placing this safety concern on the medicines monitoring scheme to obtain further information. Please report any adverse events with tricyclic antidepressants, in particular suspected peripheral coldness or Raynaud's phenomenon. Consumers and healthcare professionals are encouraged to send reports of suspected adverse reactions to the Centre for Adverse Reactions Monitoring (CARM).

Medsafe cannot give advice about an individual's medical condition. If you have any concerns about a medicine you are taking Medsafe encourages you to talk to your healthcare professional.

<http://www.medsafe.govt.nz/Projects/B2/monitoring-communications.asp#3-February-2014>

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Classification Database

This database can be used to check the classification of medicines (including general sale medicines and controlled drugs used as medicines).

The information in this database has been compiled from entries in the First Schedule to the Medicines Regulations 1984, the Schedules to the Misuse of Drugs Act 1975 and the Medsafe record of some general sale medicines.

<http://www.medsafe.govt.nz/profs/class/classintro.asp>

<http://www.medsafe.govt.nz>

35. Gambling Helpline New Zealand

Specialist Services

Gambling Helpline also offers a number of specialist services that you may choose to use, including community specific helpline's:

- Maori Gambling Helpline
- Pasifika Gambling Helpline
- Debt Gambling Helpline
- Youth Gambling Helpline

http://www.gamblinghelpline.co.nz/Specialist-Services_354.aspx

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Resources

Downloadable self-help booklets

- Concerned about your Gambling?
- Concerned about someone's gambling?
- Preparing for a change
- Gambling triggers
- 10 warning signs
- Frequently asked questions
- Exclusion

http://www.gamblinghelpline.co.nz/Self-help--resources--links_356.aspx

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

36. Pharmac

PHARMAC seeking public views on proposed new decision criteria

PHARMAC is asking for people's views on a proposed new framework for making pharmaceutical funding decisions. PHARMAC currently uses a set of nine criteria to guide the decisions it makes about pharmaceutical funding. With PHARMAC's role expanding to include hospital medicines, vaccines and eventually hospital medical devices, the factors PHARMAC takes account of need reviewing. Consultation on the draft decision-making framework closes: **21 April 2014.**

<http://www.pharmac.health.nz/news/media-2014-02-25-decision-criteria-consultation/>

<http://www.pharmac.health.nz/>

37. Waka Hourua

Waka Hourua launched to support the prevention of suicide in Māori and Pacific communities

Minister for Whānau Ora Hon. Tariana Tūria, Dr Francis Agnew and Tuwhakairiora Williams launched Waka Hourua at the University of Otago's symposium on Māori and Indigenous Suicide Prevention held in Wellington on 10 February 2014.

Waka Hourua, a national suicide prevention programme for Māori and Pacific communities is a partnership between national Māori health organisation Te Rau Matatini and national Pacific non-government organisation, Le Va.

The programme is governed by a newly formed national leadership group, which includes Pacific mental health leader Dr Francis Agnew (Cook Islands), Lakes DHB Māori Manager, Phyllis Tangitu (Te Arawa, Kahungunu and Mataatua), Tuwhakairiora Williams (Whakatohea, Ngaitai, Ngāti Porou) and community leader Usufonoimanu Peseta Betty Sio (Samoa). The group is chaired by Māori health leader Professor Sir Mason Durie (Rangitane, Ngāti Kauwhata). Waka Hourua will provide a clear focus for suicide prevention in Māori whānau, hapū, iwi, Pacific families and communities. It invites Māori and Pacific communities to enhance resilience and build capacity to prevent suicide and to respond safely and effectively when and if suicide occurs. The programme also seeks to build leadership and knowledge through education, training and resources that are relevant and effective among Māori and Pacific whānau, families and communities.

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

One-off fund to support initiatives to prevent suicide in Māori and Pacific communities

Suicide is a major issue that is of real concern to New Zealand communities. Every year approximately 500 people take their own lives by suicide, affecting the lives of many others. In 2011 the total Māori suicide rate was 1.8 times higher than the non-Māori suicide rate. The Māori youth suicide rate was 2.4 times higher than the equivalent rate for non-Māori youth. Given the significantly higher rate of suicide attempts among Pacific people it is also anticipated that Pacific suicide numbers might increase in the medium term.

A one-off \$2 million community fund has been established to support the development of community-based suicide prevention programmes in Māori and Pacific communities.

The fund is available for Māori and Pacific communities, whānau, hapū, iwi, and families whose suicide prevention or response initiative will contribute to greater resilience, connection, protection and inclusiveness for all its members.

The key objectives of the community fund is to:

- provide support to Māori whānau, hapū, iwi, Pacific families and communities experiencing chronic suicide risk and/or suicide contagion/clusters
- create tools and resources to assist Pacific communities to implement their own suicide prevention initiatives
- develop appropriate suicide prevention and postvention approaches for Pacific people, and
- develop appropriate postvention approaches for Māori people.

Applications for the first funding round close on **31 March 2014**.

<http://www.wakahourua.co.nz/news/one-fund-support-initiatives-prevent-suicide-m%C4%81ori-and-pacific-communities>

Subscribe to Newsletter

Our e-news is published online six times a year and is also emailed to subscribers. When you subscribe there you are also subscribing to email updates.

<http://www.wakahourua.co.nz/subscribe-newsletter>

Te Ra o Te Waka Hourua

Te Ra o Te Waka Hourua, the draft Strategic Research Agenda

Waka Hourua will provide a clear focus for suicide prevention in Māori whānau, hapū, iwi, Pacific families and communities. It invites Māori and Pacific communities to enhance resilience and build capacity to prevent suicide and to respond safely and effectively when and if suicide occurs.

A key workstream within Waka Hourua is the development of a Strategic Research Agenda with a clear objective to build the evidence base of what works for Māori, Whānau, Hapū, Iwi Pacific families and communities to prevent suicide.

The draft Strategic Research Agenda, Te Ra o Te Waka Hauora, has been developed by Te Rau Matatini and Le Va. It provides a clear outline of the principles and priorities to build the evidence base around Māori and Pacific suicide prevention. The Health Research Council Māori and Pacific secretariat has provided information in relation to process.

The draft Strategic Research Agenda closed to feedback on 26 February 2014. This feedback will help to inform the final Strategic Research Agenda and the priority funding areas for a one-off research fund. The final Strategic Research Agenda and one-off research funding pool will be made available in April 2014.

Download the document from the website

<http://www.wakahourua.co.nz/te-ra-o-te-waka-hourua>