



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

What's New



January 2014

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

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

1. Mental Health Foundation

Chinese volunteers needed for Positive Energy project

Are you of Chinese descent and have personal experience of mental illness? The 2014 theme for Kai Xin Xing Dong (KXXD), the Chinese Like Minds, Like Mine programme, is self-stigma and the KXXD team is looking for seven people to talk about how their beliefs on mental illness have affected them. The project's title is Positive Energy because, by overcoming self-stigma, we gain positive energy. By telling the personal stories of Chinese people with lived experience of mental illness, we want to raise awareness of how negative beliefs can stop people from seeking help and treatment.

If you, or someone you know, would like to take part, email rebecca@mentalhealth.org.nz. For more information on KXXD, see the [KXXD website](#).

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

Knock the back to work blues on the head

"The sun is shining tantalisingly just outside the window, and you've barely had time to brush the sand off your feet. Hard as it is to believe, it's time to sit back at your desk and tackle your overflowing email inbox. Your phone is already ringing, your calendar is flashing with meeting reminders, and your summer holiday seems like a distant memory. You could be experiencing the back to work blues. The Mental Health Foundation has a number of tips to reduce back to work blues: access them on their website

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

Featured books

A legacy of madness: recovering my family from generations of mental illness by Tom Davis

When Tom Davis lost his mother to a heart attack brought on by a lifetime of anxiety and mental ill health, he had an epiphany. Her death was the catalyst for him to delve into his family's background, and what he discovered along the way is the subject of this book. This book is an account of Davis' journey to find out about mental illness in his family, and in doing so, help the fifth Davis generation reclaim their mental health and avoid the destructive patterns of the past.

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

Managing Trauma, Loss and Grief in the Workplace

Developed in New Zealand by Skylight, in partnership with EAPworks, this handbook is an essential tool that will support organisations in the development and management of their health, safety and wellbeing culture. It has been written for employers, business owners, board trustees, senior executives, HR, managers and supervisors.

<http://skylight.org.nz/Shop/Managing+Trauma,+Loss+and+Grief+in+the+Workplace>

Coping with Holidays and Special Days when you're also facing loss and grief?

Here is a very helpful article to read online, download and print off, or to save and share

http://skylight.org.nz/uploads/files/coping_with_the_holidays.pdf

Featured books

Talking About Death and Bereavement in School How to Help Children Aged 4 to 11 to Feel Supported and Understood

Children experiencing bereavement are often confused, unprepared, and in need of help and support from those around them. It is important that school teachers and staff know how to respond to bereavement and how they can best help the child. This short, easy to read book offers simple but important advice and guidance on what to do when a child is grieving. It includes advice on explaining death to children, insights into how children may be feeling and how they may react, and ways in which they can be supported. The book also covers how bereavement can affect a child and how it can affect the whole school in the case of a death of a pupil or staff member. It also stresses the importance of teaching the facts of death to children and includes ideas on how to incorporate this into lessons.

Red Chocolate Elephants

This is an activity-based Book and DVD resource for children who have been bereaved by suicide. It has been recently produced by Dr Diana Sands, PhD, Director of the Centre for Intense Grief in Australia. In a world where children are often forgotten mourners, this unique combination of text, pictures, and voices - all in the words of bereaved children themselves.

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

3. HPA (Health Promotion Agency)

Smokefree cars and homes

Reducing exposure to second-hand smoke in cars and homes are two areas where we can really make a difference to prevent smoking-related illnesses. It is easy to reduce exposure to second-hand smoke for your family and whānau.

Here are some tips:

- Make a rule - your car and home are smokefree at all times for everyone.
- Ask your family and whānau to support you by not smoking in your car or home.
- Remove ashtrays in your home.
- Remove lighters.
- Be a positive role model and don't smoke around children. This means they are less likely to grow up to be smokers themselves.

Children often do not have the choice to move away from smoke and are more vulnerable to its effects. Recent research shows that nine of 10 people agree that smoking in cars should be banned when children are in them

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

4. NZDF: New Zealand Drug Foundation

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

5. Alcohol Healthwatch

Helpful Information For Local Alcohol Policy Submissions

Alcohol Healthwatch has information and recommendations including

- Trading Hours
- One Way Doors
- Location of Licenced Premises
- Numbers of Alcohol Outlets
- Discretionary Conditions

<http://www.ahw.org.nz/resources/Documents-other/2014/Helpful%20LAP%20info%20website%2015.1.14.pdf>

Submissions On The Land Transport Amendment Bill

Alcohol impaired driving remains one of the most significant factors contributing to New Zealand's road toll. As a percentage of all road fatalities, alcohol-related deaths have increased since 2000. A part of its commitment to road safety and the Safer Journeys Action Plan the Government announced their decision to lower the adult drink-driving limit on 4th November 2013. To achieve this change, the Land Transport Amendment Bill was introduced to Parliament on 19th November 2013. The Bill passed its first reading on 3rd December 2013 and was referred to the Transport and Industrial relations Committee for public consultation. The Committee is now accepting public submissions. Submissions close **14 February 2014**.

Submission Guides and templates available on Healthwatch Website
<http://www.ahw.org.nz/>

FANNZ Update

- *Resource:* Prime News Journalist Mike Wesley-Smith spent December talking with some of the great people in this network and the story can be seen at this link - <http://www.youtube.com/watch?v=0DV6a5bHsIA>
 - *Resource:* The Plenary presentations at the Australasian FASD Conference in Brisbane in November 2013 PLUS the "Call to Action on FASD in Australasia" are available to view on the conference website, http://www.phaa.net.au/AFASDC_2013.php
 - *Resource:* At the parents and carers workshop that preceded the Australasian FASD Conference A Call to Action from Australian and New Zealand Parents: "Our Common Voice" was endorsed by those attending. This can be viewed on www.fan.org.nz the FANNZ homepage.
 - **Coming up:** in Auckland, is a seminar with Dr Linda Wason-Ellam presenting on "Multimodal Literacies for Learners with FASD". Of interest to families and professionals with an interest in improving outcomes in FASD affected children. When: 9.30pm – 12.30pm Thursday **20th February 2014**, Waipuna Conference Centre Mt Wellington Auckland. RSVP to christine@ahw.org.nz before Friday **14 February 2014** (No Charge – Koha Welcome).
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FASD Research

A collection of research papers published in a Special Issue on FASD in *the International Journal of Alcohol and Drug Studies Journal* are available to view and download
<http://www.ijadr.org/index.php/ijadr/issue/view/14>

New Book

'*The Knotted Cord*'. *Transgenerational Alcohol Related Neurodevelopmental Disorder (ARND)*.
Author: Kieran D. O'Malley (Child & Adolescent Psychiatrist, Dublin, Ireland)
https://www.novapublishers.com/catalog/product_info.php?products_id=47744

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

6. Like Minds, Like Mine

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

7. Engage Aotearoa

Nothing new this month
<http://www.engagenz.co.nz/>

Government Agencies

8. Families Commission

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

9. New Zealand Family Violence Clearinghouse

Resource on measuring outcomes in collaboration and community change

A reference report by Vibrant Communities Canada provides a resource for organisations engaged in community change and measuring outcomes. It reviews community change measurement tools and techniques used by a variety of organisations internationally and across Canada. The report consolidates research papers on approaches to measurement in four areas: less poverty in communities, more vibrant communities, more community engagement, and more collaboration in communities. The individual reports are freely available on the Tamarack website
<http://tamarackcommunity.ca/>

Intended as a living document, the consolidated report is intended to (1) provide a starting point for exploring different community change measurements and resources, and (2) develop further conversations about measurement tools and techniques in measuring community change efforts. It is not a comprehensive list of all the measurement tools available but provides a variety of different approaches which organisations can use to measure change. The report does not specifically discuss family violence but it may be of interest to NGOs working in family violence given the focus on measuring outcomes and collaboration under Investing in Services for Outcomes.

<http://www.nzfvc.org.nz/node/1580>

Ngā Pae o te Māramatanga research symposium presentations available online

The fifth annual Ngā Pae o te Māramatanga research symposium was hosted in collaboration with Tauranga Moana Iwi on 25-26 November 2013. The theme was Fostering Te Pā Harakeke: Healthy and Prosperous Families of Mana. Topics covered included the relationship between education and te pā harakeke; barriers to te pā harakeke such as family violence, deprivation and poverty; and the positive role te reo Māori and mātauranga Māori have in sustaining te pā harakeke.

Presentations included:

- Associate Professor Leonie Pihama (Te Ātiawa, Ngāti Māhanga, Ngā Māhanga ā Tairi) speaking about her current research project Tiakina Te Pā Harakeke: Māori childrearing within a context of whānau ora
- Mereana Pitman (Ngāti Kahungunu) speaking about her work on violence within whānau
- Associate Professor Tracey McIntosh (Tūhoe) speaking about her work with young Māori women in prison
- Dr Ngāhuia Dixon (Tauranga Moana) speaking about her PhD research on the role of Māori women
- Dr Te Kani Kingi (Ngāti Pukeko) speaking about his current research project Te Puawaitanga o te Whānau: Markers of Flourishing Whānau

Resources from the symposium are available online to view and share. These include videos of symposium keynote talks; Whānau Ora Minister Tariana Turia's dinner speech (video to be published shortly); and a selection of symposium photos.

<http://www.nzfvc.org.nz/node/1574>

Legislation to expand Extended Supervision Orders for sexual and violent offenders

Proposed amendments to the Parole Act 2002 would enable the extension of Extended Supervision Orders (ESOs) for child sexual offenders beyond their current ten year maximum. It would also expand their use to include high risk sex offenders against adults, and very high risk violent offenders.

The first ESOs applied to child sex offenders are due to expire in 2015 and there is currently no provision for their extension. Corrections Minister Ann Tolley says legislation will be introduced to enable ESOs to be renewed for as long as required, with mandatory review by the courts every five years.

ESOs are used to monitor and manage risk posed by an offender who is back in the community following a prison sentence. Currently, they can include requirements that an offender:

- reports to their probation officer regularly
- attends treatment programmes and counselling
- is subject to residence and employment constraints
- is subject to restrictions about contact with their victims and with people under the age of 16
- is subject to electronic monitoring, GPS and restrictions on where they can live.

Special conditions can also apply such as restrictions on being in certain places and doing certain activities. More information on ESOs is available on the Corrections Department's website.

Other legislation introduced by the Government which focuses on serious offenders includes the Bail Amendment Act 2013 and the Victims' Orders Against Violent Offenders Bill and the Public Safety Bill (currently being considered by Select Committee).

<http://www.nzfvc.org.nz/node/1577>

Centre for Mental Health Research releases reports on specialist New Zealand courts

The Centre for Mental Health Research at the University of Auckland has released two reports on specialist New Zealand courts.

Family violence courts: A review of the literature, authored by Alice Mills, Katey Thorn, Claire Meehan and Marilyn Chetty, provides a review of existing evaluation research on specialist family courts in Commonwealth jurisdictions and to a lesser extent the United States. To inform future evaluations of family violence courts, the review provides an overview of family violence court development and considers existing evaluations by highlighting methodological approaches and key findings.

Evaluating problem-solving courts in New Zealand: A synopsis report, authored by Katey Thorn, Alice Mills, Claire Meehan and Brian McKenna and funded by the New Zealand Law Foundation, outlines a preparatory study of the problem-solving courts movement in New Zealand. Problem-solving courts are one of a number of court innovations developed to assist in addressing the psychosocial causes of offending. The first problem-solving courts established in New Zealand were family violence courts. Other examples include courts around at risk youth, alcohol and other drugs, homelessness and Rangatahi and Pasifika Courts for young people. There is currently limited research available on the function and effectiveness of New Zealand problem-solving courts. This report aims to provide foundations for methodologically robust and theoretically grounded future evaluations.

The reports are available electronically via the New Zealand Family Violence Clearinghouse library.

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

Third round of Capability Investment Resource fund open

Applications for the third distribution of the Ministry of Social Development's (MSD) Capability Investment Resource funding are now open. This fund is part of Investing in Services for Outcomes (ISO), which aims to improve outcomes for children, families, whānau and communities, through a "streamlined and consistent contracting approach".

A \$31.65 million fund, the Capability Investment Resource is to be distributed over four years from 2012/2013. The third round focuses on supporting collaborations and collectives, in recognition of broader sustainable social development stemming from improving cross-sector coordination and collective vision.

The key priority areas are:

- NGO collaboration – involving building strong relationships with existing and new partners, and initiating shared and joined-up activity, particularly around fresh and innovative approaches to service development and delivery;
- the development of learning organisations – involving building a sustainable 'culture' of continuous improvement, supported by NGO peer support, mentoring, sharing of knowledge and experience, and joined-up problem solving; along with
- maintained support for organisational capability; and
- continued investment in information and communications technology (ICT) capability – both general ICT, and ICT concerning provider capability for working with outcomes (including managing related data, and associated frameworks e.g. Results Based Accountability).

The third distribution of the CIR follows the pattern of the first two. From the fourth distribution the CIR will begin to refocus.

Applications are open from 13 January 2014 and close at 4pm on **Friday 28 February 2014**.

Updated application forms, guidelines for applicants and outcomes from the first and second funding rounds are available on the Ministry of Social Development website.

<http://www.msd.govt.nz/about-msd-and-our-work/work-programmes/investing-in-services-for-outcomes/capability-investment-resource.html#CIRTargetingofThirdandSubsequentRounds1>

Elder abuse, social ageism and human rights - Public lecture

Wellington - **18 Feb 2014**

A public lecture by Professor Simon Biggs, University of Melbourne.

This public lecture is offered in conjunction with the New Zealand Association of Gerontology.

Chair: Dr Michael Macaulay- Victoria University of Wellington

See Victoria University of Wellington Upcoming Events for any changes or queries.

<http://igps.victoria.ac.nz/events/Upcoming%20events/#feb18>

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

10. Health & Disability Commissioner

Nothing new this month

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

11. Health Quality & Safety Commission New Zealand

Learn online and win!

Get 2014 off to a clean and safe start. Refresh your hand hygiene knowledge with the Hand Hygiene New Zealand (HHNZ) online learning course and be in to win one of three fantastic prizes.

Entering is easy, visit the HHNZ website for details.

http://www.handhygiene.org.nz/index.php?option=com_content&view=article&layout=edit&id=63

Business excellence award for Bay of Plenty DHB

The Health Quality & Safety Commission congratulates Bay of Plenty District Health Board (DHB) for becoming the first DHB in the country to receive a New Zealand Business Excellence Award.

The Business Excellence Awards are benchmarked against the Baldrige Criteria for Performance Excellence – the only internationally calibrated, organisation-wide measure of business

excellence. The DHB was given a bronze award for their work in leadership and patient safety, in the first ever application and award achieved by a DHB in the history of Baldrige in New Zealand.

<http://www.hqsc.govt.nz/news-and-events/news/1309/>

Health excellence awards for consumer collaboration

Health Link North, in collaboration with Waitemata District Health Board (DHB) staff, were recipients of two Waitemata DHB 2013 health excellence awards for the development of new consumer information and resources. Health Link North is contracted by Waitemata DHB to provide health literacy reviews, consumer representative training, and networking and engagement opportunities within Auckland North.

The first award, excellence in compassionate patient support, was received for the poster 'Finding your way in the elective surgery unit (980 KB, pdf)'.

A second award for excellence in consumer engagement was received for the poster 'A joint effort – improving patient information for hip and knee replacement surgery (837 KB, pdf)'.

"Patients are now provided with quality information and diagrams that will assist with their journey from preadmission to recovery at home."

<http://www.hqsc.govt.nz/news-and-events/news/1313/>

Quality and safety markers: outcome data for individual DHBs

The Excel sheets and graphs, available for download on the website, contain individual DHBs' data on progress made against the quality and safety markers (QSMs) process measures and in reducing patient harm from falls, healthcare associated infections and surgery (the outcome data).

The release of this information complements the pre-Christmas release of QSMs by providing greater detail, including time series data for outcomes at a local level. This DHB-specific data details where outcomes have improved, and identifies areas that may need more work. These data are designed to show change over time for individual DHBs, not comparison between DHBs.

<http://www.hqsc.govt.nz/news-and-events/news/1316/>

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

12. Human Rights Commission

Nothing new this month

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

13. Ministry of Health

Suicide Facts: Deaths and intentional self-harm hospitalisations 2011

The publication focuses on suicide deaths and self-harm hospitalisations in 2011 and also contains time trend analyses of suicide deaths from 1948 and intentional self-harm hospitalisations from 1996

Suicide Overview

- A total of 478 people died by suicide in New Zealand in 2011.
- This equates to 10.6 deaths per 100,000 population (age standardised).
- The 2011 suicide rate was 29.8 percent below the peak rate in 1998.

Intentional self-harm hospitalisations Overview

- There were 2647 intentional self-harm hospitalisations in New Zealand in 2011, which equates to 61.1 hospitalisations per 100,000 population (age standardised).
- Between 1996 (the first year of comparable data) and 2011, there was a decrease of 28.8 percent in rates of intentional self-harm hospitalisations.

<http://www.health.govt.nz/publication/suicide-facts-deaths-and-intentional-self-harm-hospitalisations-2011>

Authority removes five products from sale

Five psychoactive products are to be recalled from the market after they were found to pose more than a low risk of harm to the public.

The move comes after monitoring by the Psychoactive Substances Regulatory Authority.

The Authority is issuing a recall notice to product suppliers after revoking the licences for five interim approved products.

The products are Karma P0004, Anarchy P0002, Voodoo P0003, AK47 P0008, and Northern Lights Primo P0038.

The action is taken following reports of adverse reactions reported to the Centre for Adverse Reactions Monitoring (CARM) and the National Poisons Centre. These reports demonstrate each of the five products pose more than a low risk of harm to the consumer. It is the first time this power has been exercised under the Psychoactive Substances Act 2013.

<http://www.health.govt.nz/news-media/media-releases/authority-removes-five-products-sale>

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

14. Ministry of Justice

Nothing new this month

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

15. Ministry of Social Development

Benefit fact sheets

The Benefit Fact Sheets provide a high-level view of trends in benefit receipt over the past five years. They present numbers and characteristics of clients on benefits at the end of the current quarter and for the equivalent quarter one year ago and five years ago.

The Benefit Fact Sheets provide breakdowns of overall numbers, where appropriate, by:

- benefit sub-categories
- gender
- broad age groups
- ethnicity
- continuous duration on any benefit
- presence of dependent children
- broad categories of incapacity.

Benefit covered are;

- Welfare Reform
- All main benefits
- Jobseeker Support (JS)
- Sole Parent Support (SPS)

<http://www.msd.govt.nz/about-msd-and-our-work/publications-resources/statistics/benefit/index.html>

16. National IT Health Board

Patients to run healthcare online

The face of New Zealand healthcare will change before the year is out as Kiwis are signed into patient portals allowing them to self-manage their medical records, book doctor appointments and chat to their GP online. The new multi-million dollar electronic healthcare system is a hybrid of internet banking and social networking - giving patients a secure account to view their medical records and test results, but also a private platform to instantly message their GP.

National health IT board director Graeme Osborne said the patient portal service was "ground-breaking". It would empower Kiwis to take control of their own healthcare.

More than 50 per cent of the country's general practices would be using the service by the end of 2014, he said.

Online services would initially include a list of the patient's medical conditions and medications, notifications when laboratory test results were available, the ability to book doctor appointments and order repeat prescriptions online and a messaging system to email GPs for health advice.

The portals would be user-friendly for the elderly, but would also be available on smartphone applications

<http://www.ithealthboard.health.nz/electronic-referrals-help-deliver-accurate-care>

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

17. Office for Disability Issues

Nothing new this month

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

18. Office of the Children's Commissioner

Improving child and youth health services

Through our Compass project, we're supporting DHBs to identify and share practice, innovation and resources to improve health services for children and young people. All DHBs recently completed the Compass questionnaire tool.

DHBs to assess themselves against the six Compass themes:

- Best start to a healthy life
- Child development & disability
- Child, youth & whānau-centred care
- Leadership & governance
- Primary care
- Youth health

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://www.occ.org.nz/our-work/our-priorities/more-children-grow-up-healthy/>

www.occ.org.nz

19. Office for Senior Citizens

Nothing new this month

www.osc.govt.nz

20. SPINZ (Suicide Prevention Information New Zealand)

Help create guidelines to prevent suicide in immigrant and refugee communities

The Centre for International Mental Health (CIMH) at the University of Melbourne is seeking people with relevant expertise to help develop guidelines to prevent suicide in migrant and refugee communities. The guidelines will be designed for members of the public who are supporting people from migrant or refugee backgrounds who are experiencing suicidal thoughts or displaying suicidal behaviour.

CIMH is particularly looking for people with these three types of experience:

- People from a migrant or refugee background who have seriously thought about suicide or attempted suicide in the past, or
- People who have someone close to them (e.g. a close friend or family member) from a migrant or refugee background who has attempted suicide or taken his/her own life; or
- Professionals who are suicide prevention experts through their clinical and/or research experience with people from a migrant or refugee background;

- Participants must have an excellent understanding of suicide and its prevention among people from immigrant and/or refugee backgrounds, the signs and symptoms these people are likely to encounter, and how to respond upon recognition of these.

Participants will need to complete 3 online questionnaires. These questionnaires will probably take around 3 hours of time in total to complete. If you would like to sign up to the project, nominate someone you know, or simply find out more information, please contact:

Ms Tiffany Too
 Project Officer (Mental Health in Multicultural Australia - MHIMA)
 Research Assistant
 Centre for International Mental Health
 Melbourne School of Population and Global Health
 Email: tiffany.too@unimelb.edu.au
 Tel: +61 3 8344 3185
<http://www.spinz.org.nz/page/187-news#refugee>

Suicide, stigma and wellbeing

Throughout history, there has been stigma attached to suicide. In the early Middle Ages, the families of those who took their own lives were ostracised from their communities and the possessions of the deceased confiscated. Even today, many people still consider suicide to be a cowardly and selfish act, and something to conceal. It is also seen as a sin in many religions.

The degree of stigma that surrounds suicide may have lessened over the years, but it's still stronger than many in the mental health sector would wish it to be. In this article, we talk to four people about the stigma associated with suicide and suicide attempts, and what can be done to address it.

Read about the following on their website

- A different kind of grief
- An Australian perspective highlights code of silence
- The stigma of attempted suicide
- A sister's story of loss
- What can be done about suicide stigma?
- Keeping mentally healthy
- Helplines and resources

<http://www.mentalhealth.org.nz/newsletters/view/article/32/517/suicide%2C-stigma-and-wellbeing/#A%20different%20kind%20of%20grief>

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

21. The Beehive

NZ's human rights record presented in Geneva

Justice Minister Judith Collins appeared before the United Nations Human Rights Council (UNHRC) in Geneva to discuss New Zealand's progress in promoting and protecting human rights. In her presentation, Ms Collins outlined some of New Zealand's achievements, including work on protecting vulnerable children, and the challenges, such as people's rights during the recovery from the Canterbury earthquakes.

A copy of New Zealand's National Report and an archived webcast of New Zealand's appearance at the Universal Periodic Review will be available on the UPR website:

<http://www.upr-info.org>

Call for public sector excellence nominations

State Services Minister Jonathan Coleman says it is important to recognise success in the public sector through the 2014 Institute of Public Administration New Zealand (IPANZ) Gen-i Public Sector Excellence Awards.

"I encourage all Government agencies to nominate themselves for the IPANZ Awards for projects or initiatives which have achieved great results," says Dr Coleman.

Nominations are now open and close on 3 March 2014. The Awards will be held on 2 July 2014 at the TSB Arena, Wellington. There are eight categories including a new category for 2014, Excellence in Regulatory Systems.

More information on the awards can be found at:

www.ipanz.org.nz/excellenceawards

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

Workforce Centres

22. Health Workforce NZ

Voluntary Bonding Scheme - 2014 Registration of Interest process

The Voluntary Bonding Scheme Registration of Interest process for 2014 will open Monday **3 February 2014** and close at 5pm on **Friday 14 March 2014**. The Voluntary Bonding Scheme (the Scheme) is an incentive based payment scheme that aims to reward Medical, Midwifery and Nursing graduates who agree to work in hard-to-staff communities and/or specialties and Medical Physicist and Radiation Therapist graduates who remain in New Zealand after their university studies. 2013 Graduates are encouraged to apply.

The Scheme is also available to general practitioner (GP) trainees commencing GP vocational training who choose to work in a hard-to-staff training community for three years.

Detail of the Registration of Interest process and terms and conditions of the Scheme are available on the website:

<http://healthworkforce.govt.nz/our-work/voluntary-bonding-scheme>

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

23. Le Va

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 their website:

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

24. Matua Raki

Addiction Leadership Day

27 March 2014, Wellington

Addiction leadership days are hosted by NCAT and Matua Raki and are held three times a year in the main centres. They bring together leaders in the addiction sector workforce from the fields of policy; planning; funding; training and education; consumers; service management; and delivery to facilitate professional networking.

They are open to cultural leaders and those involved in leadership roles in other fields such as mental health and justice. For more information please contact patricia.rainey@matuaraki.org.nz.
www.matuaraki.org.nz

Ministry of Health - NGO Health & Disability National Forum

14 March 2014, Wellington

The Forum will feature plenary sessions focused on showcasing the best of our non-profit health and disability sector, and the break-out sessions in smaller groups providing opportunities to engage with others interested in particular topics, including public servants

<http://ngo.health.govt.nz/what-we-do/ngo%E2%80%93moh-forums>

Addiction nurses seminar series: The Journey to Advanced Practice in Addiction Nursing

21 February 2014, Whangarei

This free one-day seminar is open to all nurses working in the addiction field. The aims are to foster relationships, enhance skills, encourage advanced practice and nurse practitioner development, share journeys and ideas for enhancing skills, hear about new and planned initiatives and explore career opportunities.

Invited speakers include: Daryle Deering; Henriette de Vries/Bart Van Gaelen; Mary Carthew/John Hartigan; Wendy Tait; Louise Leonard/Moira Gilmore and Jewel Reti.

We invite other nurses to showcase their work. If you would like to do this please contact jewel.reti@northlanddhb.org.nz or klare.brave@matuaraki.org.nz.

Certificates of attendance and dapaanz credits are awarded at completion of the day for professional development and recognition portfolios.

Registration will close one week prior to the event. If you have any difficulty registering please contact patricia.rainey@matuaraki.org.nz

www.matuaraki.org.nz

25. Te Pou

Watch our latest video

Our latest video looks at how integrated employment support services are more effective for supporting people with mental health issues to return to or stay in work. Recently, a number of general practices in New Zealand partnered with Workwise to deliver integrated employment support services to people experiencing common mental health issues. Te Pou's formative evaluation of the programme found these types of integrated services are not only feasible but have considerable benefits for patients and GPs.

<http://www.health.govt.nz/our-work/mental-health-and-addictions/rising-challenge>

Successful self-advocacy training for people with Down syndrome

The New Zealand Down Syndrome Association (NZDSA) supported 11 people with Down syndrome to undertake self-advocacy training, funded through Te Pou's Consumer Leadership Development Grant. The training was hugely successful and the participants have now been appointed to the self-advocacy group STRIVE.

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

26. Te Rau Matatini

Toitū Hauora Māori Summit 2014

27-28 March 2014 Lower Hutt

The Toitū Hauora Māori Summit is a biennial leadership forum held by the Henry Rongomau Bennett Foundation (Māori Leadership in Health) with support from Te Rau Matatini.

The Summit provides the opportunity for existing and emerging Māori health leaders to engage with other Māori leaders to build the knowledge, skills and competencies necessary to grow leadership under the integrated care continuum of whānau ora.

Opening Speaker - Hon. Tariana Turi. More Details to Come...

https://www.matatini.co.nz/cms_display.php?sn=255&st=1&pg=6678

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

27. Werry Centre

Nothing new this month

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

Other

28. Health Consumer Website

Nothing new this month

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

29. Working For Youth

Tobacco Control Sector Seminar in Rotorua

12th February

Building on the energy created at the Oceania Conference, join HPA in February 2014 for a series of regional seminars that will continue the momentum. These seminars will provide national and regional perspectives on emerging issues and innovative ideas as HPA continue our work towards Smokefree 2025. For more information go to the website

<http://www.hpa.org.nz/what-we-do/tobacco-control/tobacco-control-seminar-series-2014>

Youth Week grants for 2014 are open!

All Ara Taiohi members are eligible to apply for a Youth Week grant, so if you've got a great idea for a great event to celebrate Youth Week 2014 Be the Change and need some funds to make it happen apply today! Applications close **5pm 11 February 2014**. Youth Week Grant Guidelines and application forms are available on our website. To be eligible to receive a Youth Week grant you must be a school, council, or Ara Taiohi member.

<http://www.working4youth.co.nz/view-notice.php?id=1557&>

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

30. Skip – Strategies for Kids/Information for Parents

Children's Day fast approaching

We've only just cleared the SKIP inbox, but the year already seems to be whizzing past! Children's Day is coming up on 2 March, so get in quick to order your resources. And let the team know what you're planning, so they can promote your event! Order Children's Day resources:

<http://www.childrensday.org.nz/form/childrensday/org/nz/form.req?requestType=childrensday-org-nz-order-resources>

Happy New Year!

It is a great time to check that you have the resources and supplies you need for the year's programmes and activities. Perhaps you have a stash of the old SKIP booklets, which could be replaced with the new versions? Order SKIP resources:

<https://www-ak.bspg.co.nz/WebForm/MSD-SKIP?form=Resource>

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

31. Deaf Aotearoa New Zealand

Employment opportunities at Deaf Aotearoa

We currently have seven vacancies at Deaf Aotearoa:-

For more information go to the website and click on the job you are interested in. You will find the advertisement and a link to the detailed job description. The advertisement will include the deadline, a contact person if you want to enquire more about the position and information about how to apply.

www.deaf.org.nz

Nominations now open for the NZSL In Action Awards

The Ministry of Education provides funding to iSign to enable Deaf parents to contribute to and participate in the education of their children. This helps to break down barriers faced by Deaf parents while their children are enrolled primary, intermediate and secondary school. The fund can be used by schools or Deaf parents for the purpose of parent participation in core education activities.

Some examples of what we are looking for...

- A hard working person who has done good things to promote NZSL and Deaf Culture?
- An organisation that has trained their staff in NZSL and Deaf culture
- An exceptional teacher who teaches NZSL and is a wonderful advocate for the Deaf community
- A Deaf young person that has shown leadership in setting up new initiatives and encouraging Deaf youth
- An Interpreter who has really gone the extra mile to give greater access to education, work or other activities for Deaf people?
- A television programme or print publication which has promoted NZSL

You can also think about what you have done that can be celebrated?

You can nominate yourself or nominate another person or organisation.

You can be Deaf, hard of hearing or hearing to enter or nominate someone

For more information about each award and the rules for the awards, please see our the website.

You can nominate someone by filling out our online form or by downloading a printable form. Nomination will close on Monday **31st March at 5:00pm**. The winners will be announced during NZSL Week at the NZSL In Action Awards Gala Dinner on Saturday 17th May..

<http://us1.campaign-archive2.com/?u=5d3151c7c77aeb616069060ee&id=6585af461c>

www.deaf.org.nz

32. Autism New Zealand Inc

Autism Speaks Top Ten Advances in Autism Research 2013

The highlights of an unprecedented year in advancing diagnosis, prevention and treatment of autism and its associated medical conditions. To read the Autism Speaks' Top Ten Advances in Autism Research 2013 please visit:

http://www.autismspeaks.org/science/science-news/autism-speaks-top-ten-advances-autism-research-2013?utm_source=social-media&utm_medium=image-link&utm_campaign=espeaks.

Annual Special Needs Children's Parties 2014

The Annual Special Needs Children's Parties are being held over **May to July** at a variety of ten-pin bowling centres, pools and cinemas throughout New Zealand. They are held throughout New Zealand in just about every region each year. These parties are held at different venues such as Ten Pin Bowling Centre/ Pool Complexes and Cinemas. The intention of these events is to provide something back into the local regions for families that have special needs and/or disadvantaged children. It's magical to see their eyes light up at the events as the clowns perform side splitting acts or the face painters take the time out to talk to each child. Many of the families that attend would never be able to afford an activity such as this as they are often having trouble meeting day to day expenses. It also gives the kids a little chance to have something special just for them.

Autism New Zealand receives much needed funds from donors who give to enable these parties and we are very grateful as they provide a pool of funds which supports the great work we do.

View the parties being held in the North Island and South Island to find an activity in your area by accessing Autism NZ website.

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

Sell-Out Pilot Programme in Auckland

We have had a phenomenal response to our pilot programme, Tilting the Seesaw in Auckland, which is now FULL!! Once the pilot programme has finished and been evaluated we are hoping to run throughout NZ! If you would like to express interest in the programme, or wish to be added to the waiting list in your area, please contact pat.gluck@autismnz.org.nz.

Tilting the SeeSaw is the first of a new suite of programmes, which will complement our current programmes and will be introduced in 2014 thanks to funding by Pub Charity, and we will be making details available on the website as soon as they are confirmed http://www.autismnz.org.nz/about_us/news/sell-out_pilot_programme_in_auckland

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

33. Health Promotion Forum of New Zealand

Inquiry into the determinants of wellbeing for tamariki Māori

A report, issued in December 2013 by the Māori Affairs Committee, concludes that poverty is a major barrier to the wellbeing of tamariki Māori. The authors call on all New Zealanders to support the work being done to improve the wellbeing of our tamariki, and New Zealand as a whole. They encourage a collaborative approach between agencies and organisations to support the Whānau Ora - and similar - approach to working with Māori whānau. They unambiguously reject a silo mentality.

<http://www.hauora.co.nz/assets/files/Maori/Inquiry%20into%20the%20determinants%20of%20wellbeing%20for%20tamariki%20Maori.pdf>

Children's Commissioner: "Prioritise child poverty in 2014 elections"

Children's Commissioner Dr Russell Wills has called for child poverty to be a key issue in the elections of 2014. In an opinion piece in the NZ Herald, he has suggested that the public will need to make some 'tough decisions' to put child poverty high on the agenda. "We will need to send clear messages to decision makers about our priorities," he said. Dr Wills suggested that it is voters and influential organisations who must throw their support behind his call, in order to influence all parties to prioritise this issue. "...no government will go further than the public mood will allow," he said "... as the debates around election year start to heat up, what will your contribution be? Will you leave the tough choices to the politicians, or will you stand up in your own organisations and ask: what can we do to prioritise children in this election year?"

<http://www.hauora.co.nz/childrens-commissioner-prioritise-child-poverty-in-2014-elections.html>

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

34.Medsafe

Vacancies

Advisor/Senior Advisor (Science) — Pre-market assessment

Permanent Full Time Location: Wellington

Closing Date: **3 February 2014**

Medsafe is looking for an enthusiastic individual who has the desire and expertise to join the Product Regulation Branch in contributing to the approval of safe and effective medicines in New Zealand

Advisor/Senior Advisor, Pharmacovigilance

12 Month Fixed Term Full Time Location: Wellington

Closing date: **17 February 2014**

The Clinical Risk Management Branch of Medsafe is looking for a motivated individual who has the desire to contribute to the enhancement of medicines safety in New Zealand

<http://www.medsafe.govt.nz/other/vacancies.asp>

Medicines Assessment Advisory Committee — Vacancies

Medsafe is currently seeking applications from suitably experienced candidates who are interested in being considered for appointment by the Minister of Health to the Medicines Assessment Advisory Committee (MAAC), established under the Medicines Act 1981.

The advice provided by the MAAC is an important component of the regulatory framework for safeguarding public health in New Zealand. Applications are encouraged from people who have the desire to contribute to the enhancement of medicines safety in New Zealand and have the required skills and experience needed.

Applications are being sought from candidates with substantial clinical experience and national credibility in: general practice, oncology, paediatrics.

<http://www.medsafe.govt.nz/regulatory/MAACVacancies.asp>

Standards for Contraceptive Devices supplied in New Zealand - Summary of Consultation

From 4 September to 27 September 2013 the New Zealand Medicines and Medical Devices Safety Authority (Medsafe) consulted about proposed changes to the Standards for contraceptive devices currently gazetted by the Minister of Health. Thirty five stakeholder organisations were identified by Medsafe and contacted directly. Additionally the consultation was published to the Medsafe website for public view.

Seven submissions were received by Medsafe. These submissions have been reviewed by Medsafe and 17 comments were identified as relevant to the consultation.

Read more on the website

<http://www.medsafe.govt.nz/consultations/OutcomeStandardsForContraceptiveDevices.asp>

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

35.Gambling Helpline New Zealand

Nothing new this month

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