



Midland district health boards' shared services agency



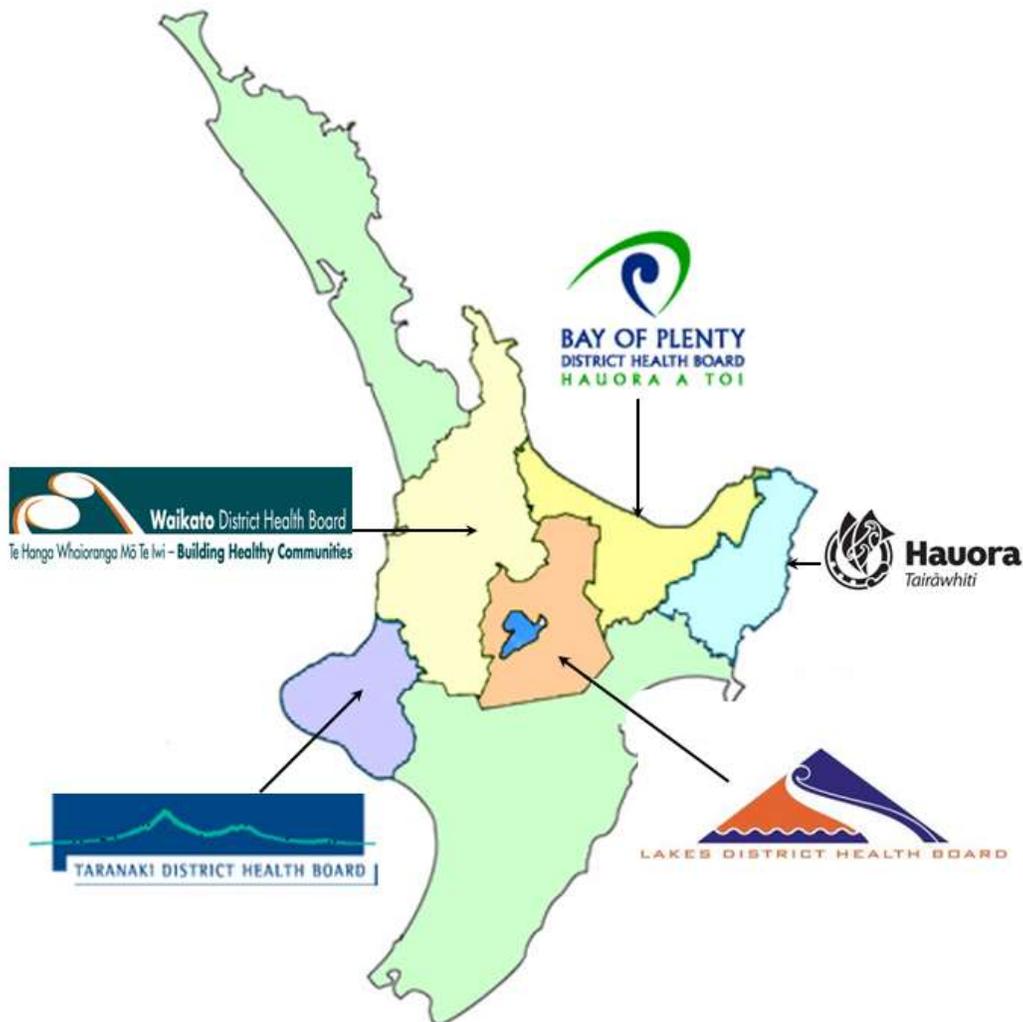
MENTAL HEALTH & ADDICTION REGIONAL NETWORK

Service Development • Workforce Development • Partnerships & Relationships



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

What's New?



June 2016

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

Table of contents

Mental Health and Addiction Specific Sites	3
1. Mental Health Foundation	3
2. Skylight	4
3. HPA (Health Promotion Agency)	4
4. NZDF: New Zealand Drug Foundation	5
5. Alcohol Healthwatch	7
6. Like Minds Like Mine	7
7. End Seclusion Now	8
8. Midland Regional Network	8
Government Agencies	9
9. Social Policy Evaluation and Research Unit (Superu)	9
10. New Zealand Family Violence Clearinghouse	10
11. Health & Disability Commissioner	11
12. Health Quality & Safety Commission New Zealand	11
13. Human Rights Commission	12
14. Ministry of Health	12
15. Ministry of Justice	13
16. Ministry of Social Development	14
19. National IT Health Board	15
17. Office for Disability Issues	15
18. Office of Children’s Commissioner	16
19. Child Youth and Family	16
20. Office for Senior Citizens	17
21. SPINZ (Suicide Prevention Information NZ)	17
22. The Beehive	18
Workforce Centre’s	19
23. Health Workforce NZ	19
24. Le Va	19
25. Matua Raki	21
26. Te Pou	21
27. Te Rau Matatini	22
28. Werry Centre	22
International Organisation	22
29. World Health Organisation	22
Other	23
30. Health Navigator	23
31. Working for Youth	23
32. Skip – Strategies for Kids/Information for Parents	24
33. Health Promotion Forum of New Zealand	24
34. Gambling Helpline New Zealand	25
35. Pharmac	26

What's New – June 2016?

Mental Health and Addiction Specific Sites

1. Mental Health Foundation



News

02 June | Mental Health Foundation Concerned About False Suicide Claims

The Mental Health Foundation is extremely concerned about inaccurate claims that New Zealand's suicide rate could be more than three times the official suicide rate. This claim is categorically false and causes unnecessary alarm and distress to New Zealanders.

Deaths that are suspected to be suicides are referred to the coroner, and all of these cases are recorded in the Chief Coroner's annual provisional suicide statistics. The Ministry of Health releases the final suicide numbers, which is generally lower than the provisional data by an average of about 30 deaths a year.

This difference can be largely attributed to cases that were initially suspected to be suicide, but are found not to be because there is not strong evidence of the person's intention to take their own life, that is, the coroner cannot prove that a death was not an accident. In these cases, the deaths are found to be self-inflicted, not suicide.

Only around 30 deaths are categorised as "self-inflicted" each year. The "true" suicide rate is absolutely not 1,500 per year.

To read more [click here](#)...



The Wellbeing Game

It's a game that anybody can play solo, or as part of a team, with the goal of accumulating happiness, one hour at a time.



Activities are based on the [Five Ways to Wellbeing](#) – Give, Take Notice, Keep Learning, Be Active and Connect – which are proven to improve people's mental wellbeing. Activities can be something as simple as enjoying a walk in the fresh air, or catching up with a friend over coffee – the Five Ways to Wellbeing are about noticing the things that make your life a little brighter and taking pleasure in them.

The Wellbeing Game, which sits under the Mental Health Foundation's Working Well programme, now has a brand new look with easier to use features and continues to be free to use. The Mental Health Foundation will continue to ask for donations from the public to keep the game and site maintained, fresh, relevant and available at no cost.

For our business and organisation users, the game's evaluation, reporting and workshop products are now strengthened and available for a fee.

Go to www.thewellbeinggame.org.nz sign up now and START PLAYING!

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



2. Skylight

Up & Coming Training

- **15 June 2016**, 9.30am to 12.30pm – Auckland: Supporting LGBTQIA Youth People with Tommy Hamilton from Out Line – [Click here](#) for registration.
- **23 June 2016**, 9.30am to 3.30pm – Victoria University, Wellington: Solution focused approach to promoting hope and supporting suicidal teens with Chris Bowden – [Click here](#) for registration.

For more information contact: pd@skylight.org.nz or phone 0800 299 100 / 04 939 6767



Loss & Grief Awareness Week

Skylight and other organisations are raising awareness of the powerful impact loss and grief can have on the lives of children, young people their family/whānau and community. Loss and grief in the wider context can relate to everyday experiences which we struggle to cope with. Everyone has their own experience and is affected or triggered in different ways. Sometime just knowing who to reach out to can start you on your path to healing.

Skylight is facilitating the Loss and Grief Awareness Week campaign which is an opportunity for the community, partners and key stakeholders to work together and share ideas and information that effectively supports people along their journey to heal.

Skylight has invited other organisations and community groups working with people from right across New Zealand around loss and grief to share their event and work together. Together we can turn the flashlight on around New Zealand through wide participation. Check out our map of who's doing what. [Click here](#) to read more...



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

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3. HPA (Health Promotion Agency)



Research publications

08 June | Changes in Risky Gambling Prevalence Among NZ Population Cohort

Evidence suggests that problem gambling is an unstable state where gamblers move into and out of risk over time. This article looks at longitudinal changes in risky gambling and the factors

associated with an increased risk (measured by the Problem Gambling Severity Index [PGSI]) in the current New Zealand context, which has experienced a doubling of the electronic gaming machine (EGM) market over the last two decades.

[Click here](#) to download publication...



27 May | Postnatal Depression in NZ: Findings from 2015 New Mothers Mental Health Survey

The purpose of this report is to add to current knowledge around postnatal depression (PND) in New Zealand by providing an indication of PND prevalence as well as an overview of the social and life experiences, as well as help-seeking knowledge and attitudes, of women who might be experiencing PND. To this end, the current report uses data from the New Mothers' Mental Health Survey (NMMHS), a cross-sectional survey conducted between July and September 2015.

[Click here](#) to download publication...



Alcohol and Your Kids

This resource provides parents and caregivers with helpful advice, and includes tips about delaying drinking, being a role model, building and maintaining a good relationship and what to do when things go wrong.

[Click here](#) to order a booklet...

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



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4. NZDF: New Zealand Drug Foundation

UNGASS Unravelling: A Post-Drug Summit Debrief

The NZ Drug Foundation is hosting two post-UNGASS digestion, discussion and consultation sessions in Auckland and Wellington. Come and hear from some of the New Zealanders who participated, find out what the UNGASS means for drug policy here and around the world, ask questions and find answers, and offer your view on where we go from here.

The Auckland session will focus specifically on Māori issues, building on the strong indigenous theme that emerged from our UNGASS representation. This was illustrated by our board chair Tuari Potiki's speech to the General Assembly (linked below).

The session will be valuable for anyone whose work or interests involve drug policy or treatment services, and will entail:

- an overview of what happened at UNGASS
- the likely outcomes that will stem from the summit
- what that means for us in New Zealand
- how indigenous voices can be heard in the drug policy debate
- an opportunity to have your questions answered and your views heard.



Confirmed Speakers

- Hon Peter Dunne | Associate Minister of Health
- Papa Nahi | Kaiwhakahaere, Māori Public Health Leadership, Hāpai te Hauora
- Khylee Quince | Professor, Auckland University Faculty of Law
- Ross Bell | Executive Director, NZ Drug Foundation
- Cameron Price | Students for Sensible Drug Policy

Date, Time, Place

- **Thurs 23 June** | 12:30pm - 3:30pm | Te Mahurehure Marae, 65-73 Premier Ave, Pt Chevalier
- No charge. The session will begin with a complimentary lunch.

RSVP

To book a spot at either session, RSVP to cameron.price@drugfoundation.org.nz



Matters of Substance - quarterly print magazine February 2016

Featuring

[UNGASS 2016: Hopeful global voices](#)

What can the UNGASS achieve? In this feature, we share perspectives from people working in South America, West Africa and Asia in global development.

[Speaking of drugs, eradication and development](#)

Eradication attacks on Colombian drug crops have been hailed by many (including the White House) as a success. **David Young** looks at the local cost and ponders whether world talks offer any real hope for future change.

[The victims of Russia's war on methadone](#)

When Russia seized Crimea last year, it banned opioid substitution medication. Since then up to 100 users have died.

[Many follow the Silk Road trail](#)

Amberleigh Jack embraces the dark side to investigate hidden and illicit drug marketplaces online.

To get your copy visit our [Membership page](#), and for back issues [contact us](#).

To read the online version click on the magazine



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

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5. Alcohol Healthwatch



Fetal Alcohol Spectrum Disorder Workshop

6 Aug 2016: Invitation - A Fetal Alcohol Spectrum Disorder parenting workshop will be held on Saturday August 6th in Wellington in association with FASD-CAN. [For further details and to register click here](#)



Alcohol Law Reform

On April 23rd this year, the Law Commission released its final report [Alcohol in our lives: Curbing the Harm](#), on its comprehensive review of New Zealand's liquor laws. Close to 3000 submissions were received on their original issues paper [Alcohol in our lives](#), the largest number ever received on a social issue.

To coincide with the law reform process, Alcohol Healthwatch and the New Zealand Drug Foundation have joined forces and launched a new initiative called [It's our turn to shout](#). The aim is to encourage and support the wider public to become engaged with the issues and send a clear message to our politicians that it's time for better laws around alcohol.

This is the first significant opportunity in 20 years for individuals and communities to have their say about what sort of alcohol laws will better serve all our interests and reduce alcohol-related harm.

To find out more or to get involved visit <http://www.ourturntoshout.org.nz/>

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

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6. Like Minds Like Mine



[Sign up to Step Forward](#)

Good Reads

Reducing Stigma in Pacific Communities

Combining cognitive behaviour therapy with cultural traditions is a "little bit on the edge", clinical psychologist Evangelene Daniela says, but it is helping to reduce stigma and discrimination experienced by Pacific people.

"I have always had a strong sense of social justice and that comes directly into my work," Evangelene says. "It is very much about perspective. The perspective you have shapes how you respond to a person. "I have had my own challenges with low-level depression and anxiety but nothing clinical. There are other mental health issues in my family with my siblings and Mum has been a psychiatric nurse so that must have had some influence on me." [Click here](#) to read more...

Living With Someone Who Has A Mental Illness

Everyone except their doctor said it couldn't work, two people with bipolar living together. As far as friends and family were concerned, Shane Egen and Joanne Lind-Egen were a bad mix.

Yet three years later here they are, very much in love and enjoying life like never before. [Click here](#) to read more...

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

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7. End Seclusion Now

Our Stories

Locked in Seclusion, a Psychiatric Version of "The Hole"

Extract from Laura Solomon's account of her recent experience of Solitary Confinement...

I recently had a craniotomy to remove a brain tumour —oligodendroglioma, grade 2, in case your granny wants to know. I was operated on at Christchurch public hospital.

Three days later, the sutures were pulled from my head and I was discharged, left to find my own way back to Ranui house. I was driven back to my parents' home for the night. Following a nightmare, I sleepwalked into my parents' room and freaked them out, and they arranged to have me put in the local Mental health Unit. I attempted to abscond and was locked in seclusion, a psychiatric version of "The hole." [Click here](#) to read more of Laura's story along with other stories.



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

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8. Midland Regional Network

News, Events & Updates

[Midland Regional Updates](#)

[National Updates](#)



Midland Strategic Leadership Networks

[Midland Maori Leadership Network – Te Huinga Nga Pou Hauora](#)

[Midland Consumer Leadership Network – Te Tipuana Ngā Kakano](#)

[Midland Whanau Leadership – Te Ao Whanau](#)

[Midland Workforce Leadership Network](#)

[Midland Addiction Leadership Network](#)

[Midland Clinical Governance Network](#)

[Midland Mental Health & Addictions Portfolio Managers Network](#)



Midland Clinical Leadership Networks

Midland Duly Authorised Officers Network
Midland MH&A Inpatient Clinical Care Network
Midland Opioid Substitution Treatment Clinical Network
Midland Infant Perinatal Clinical Network
Midland Clinical Workstation

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

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Government Agencies

9. Social Policy Evaluation and Research Unit (Superu)



Latest News

Effective Community- Level Change – May 2016

Community-level initiatives have been widely implemented in New Zealand and overseas.

There are a number of success factors and barriers associated with community-level initiatives. In December last year, Superu published new evidence providing insights about what works and how government can best support communities. [Click here](#) to read more and download full report.

Working to Reduce Family Violence – May 2016

Strong, healthy, non-violent relationships are the foundation of resilient families and whānau, but current levels of family violence in New Zealand are unacceptably high.

It's important that Superu stays abreast of the latest international developments in the evidence base about family...



Events

Intimate Partner Violence: Understanding Research on Risk & Protective Factors

Dr Pauline Gulliver is a Research Fellow in the School of Population Health at the University of Auckland.

Dr Janet Fanslow is the Co-Director of the New Zealand Family Violence Clearinghouse and Associate Professor, Social and Community Health in the School of Population Health at the University of Auckland.

When:

Monday, 27 June 2016, 10 – 11:30am
A light morning tea will be provided

Where:

Makaro room, Wharewaka Function Centre
Taranaki Wharf, Odlins Square, Wellington Wharf
For other assistance please contact Superu:
Phone: 04 917 7042 or email events@superu.govt.nz

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

10. New Zealand Family Violence Clearinghouse

New Bill Introduces Some Reform to Child, Youth & Family

The Children, Young Persons and Their Families (Advocacy, Workforce, and Age Settings) Amendment Bill has been introduced to Parliament, containing some of the planned reforms to Child, Youth and Family.

Social Development Minister Anne Tolley said the Bill was part of the first stage of the reforms and the development of a new model for care and protection. [Click here](#) to read more....



Elder Abuse Week 15-22 June: Research & Resources on Elder Abuse

How common is elder abuse?

In 2015 the Ministry of Social Development published a [report on elder abuse and neglect in New Zealand](#). The report summarised findings from the first study in New Zealand to estimate the prevalence of older people experiencing abuse and neglect. [Click here](#) to read more...



NetSafe Appointed as Key Agency for Online Harassment; Information & Support for Victims

NetSafe has been appointed as the Approved Agency under the Harmful Digital Communications Act 2015.

This gives [NetSafe](#) a statutory role in preventing and addressing online harassment under the new civil enforcement regime. [Click here](#) to read more...



Events

Intimate partner violence: Understanding research on risk & protective factors - Seminar - Auckland - 29 Jun 2016

- **When:** Wednesday 29 June 2016, 10-11.30am
- **Where:** Room 733-201, Gate 1, Tāmaki Campus, 261 Morrin Road, St Johns, Auckland
- **Free.** Places limited. [RSVP required](#)

Organised by the **New Zealand Family Violence Clearinghouse**, University of Auckland.

Domestic violence - Safety first - Shine - Advanced training - 30-31 Aug 2016

- **When:** 30-31 August 2016, 9am-4pm
- **Where:** Shine, 409 New North Rd, Kingsland, Auckland

Training provided by **Shine**

Cost: Community group staff: \$290 (early bird \$235); Other individuals: \$400 (early bird \$330). Early bird rate ends 6 weeks before training date. [Register now](#)



Publications

[Issue 53 – June 2016 Newsletter](#)
[Issue 52 – May 2016 Newsletter](#)

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

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11. Health & Disability Commissioner

*Want to make
a complaint?*

Click [here](#) to get started

*Getting the best
from your health
or disability service*

For Information on getting the best from a service click [here](#)

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

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12. Health Quality & Safety Commission New Zealand

Events

10 July | Seminar: Grieving for the Living, Hamilton Gardens, Hamilton



This seminar will help attendees understand their feelings and obstacles they face. It is for anyone, including:

- survivors of trauma or illness
- families and friends
- carers and health care professionals.

[Download a copy of the event flyer](#) for further information.



News

03 June | Report Shows Fewer Child & Youth Deaths

New figures from the Child and Youth Mortality Review Committee (CYMRC) show deaths of children and young people continue to decline. In 2014, 488 children and young people aged 28 days to 24 years died, compared with 620 deaths in 2010. [Click here](#) to read more...

31 May | Suicide Mortality Review Committee Report Released

Suicide is a major cause of death in New Zealand and the most common cause of death for young people. In 2012, 549 New Zealanders took their own lives with suicide rates being much higher in males. [Click here](#) to read more...



Newsletter

Health Quality & Safety Commission e-update – Issue 20. 02 – 22 May 2016

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

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Human Rights Commission
Te Kāhui Tika Tangata

13. Human Rights Commission

Recent News

10 June | Bill Enshrines Powers of Human Rights Commission

A Bill to improve the Human Rights Commission's ability to deal with crucial issues passed its third and final reading in Parliament today.

Justice Minister Amy Adams says the Human Rights Amendment Bill changes the composition, governance arrangements, functions and powers of the Commission. [Click here](#) to read more...

08 June | HRC Leads Review into Seclusion & Restraints Practices

The Human Rights Commission is leading a review into seclusion and restraint practices in New Zealand with funding from the United Nations.

"The Human Rights Commission and other organisations have repeatedly raised concerns about the way Government agencies detain some New Zealanders and keep them in solitary confinement or seclusion," said Disability Rights Commissioner Paul Gibson. [Click here](#) to read more...



Publications

- [The Rights of Indigenous Peoples – What You Need to Know \(English\)](#)
- [The Rights of Indigenous Peoples – What You Need to Know \(Te Reo\)](#)
- [Business and Human Rights](#)



Submissions

- [Substance Addiction Bill](#)
- [UN CRDP discussion on Independent Living](#)
- [Inquiry into the Future of New Zealand's Mobility](#)
- [EMRIP study on indigenous peoples' right to health](#)
- [Review of the mandate of the EMRIP](#)
- [Response to MoE consultation document on 'Next Steps for Fresh Water'](#)
- [Proposed Free Trade Agreement negotiations between NZ and the EU](#)

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

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14. Ministry of Health

Latest news

01 June | Ransomware: Think Before you Click or Connect

Ransomware attacks across the internet have been increasing over the last three years. People are tricked into becoming victims of ransomware through various means: phishing emails containing web links or attachments, visits to infected websites and malware hidden in content (files, photos etc) downloaded from the internet.

Any data stored on anything that is somehow (or has been) connected to the internet is vulnerable to a ransomware attack. Hospitals and medical facilities around the world are potential targets, along with every other individual or organisation. Ransomware poses real and significant risks – we can't ignore the threat. [Click here](#) to read more...

27 May | Appointments at MoH

The Director-General of Health, Chai Chuah, has announced two further permanent appointments to the Ministry of Health's Executive Leadership Team.

Nick Robinson will become Chief Client Officer and Dr Stewart Jessamine will take up the role of Director Protection, Regulation and Assurance. [Click here](#) to read more...



Grey Matters Newsletter

May 2016 – [Issue 33](#)

April 2016 – [Issue 32](#)

March 2016 – [Issue 31](#)



Publications

03 Jun | Pharmacy Action Plan 2016 to 2020

This Action Plan was developed as a way of addressing the need to provide sustainable, high-quality pharmacist services in a complex and evolving environment. It emphasises the importance of taking an integrated, coherent approach so that all are clear on the role they have to play in making its vision of the future into a reality. [Click here](#) to ready more...



12 May | Mental Health & Addictions: Service Use 2012/13

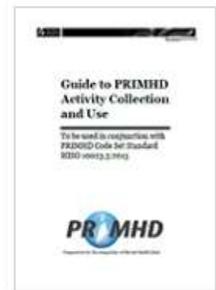
These tables are the latest release of routine mental health and addiction data. The information is broken down by age (including youth), sex, ethnicity, DHB of domicile and deprivation. [Click here](#) to see the key findings...



PRIMHD Resources

PRIMHD Activity Code Guidance

The purpose of this guide is to improve national consistency in the collection and use of PRIMHD activity type codes, also known as T codes, by mental health and addiction services, funders and planners, and the Ministry of Health PRIMHD national collections team. The guide is not a replacement for the HISO PRIMHD standards but is intended to support a consistent national approach so that the quality of the data reported to PRIMHD improves, thereby improving the utility of the national collection. [Click here](#) to download resource...



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

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15. Ministry of Justice



What's New?

June 2016 | Issue 3 – Justice Matters

Chief Executive Andrew Bridgman discusses what we're doing, and need to do, to make sure our customers have a better experience of the justice system; we highlight how restorative justice and iwi panels are making a difference for our customers; and Justice Minister Amy Adams begins a

regular column for us. In this issue, she discusses a new approach to protecting vulnerable New Zealanders. [Click here](#) to read more...

Legal Aid Provider Contract & Practice Standards – Renewal & Refresh

Legal Aid Services is consulting on proposed changes to the Contract for Services and to the Practice Standards for legal aid providers. The current contract expires on 30 November 2016 and we're taking the opportunity to improve the document. We'd like legal aid lawyers' views on proposals that are presented in the discussion document below. The new contract looks different, but nothing of substance has changed. Importantly, there are no substantive new obligations on providers. [Click here](#) for full consultation document... Consultation closes **25 July**

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

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16. Ministry of Social Development



**MINISTRY OF SOCIAL
DEVELOPMENT**
TE MANATŪ WHAKAHIATO ORA

Latest News

03 June | Ministry of Social Development Working With the Community

The Ministry of Social Development (MSD) is continuing to offer a community presence to make sure people in Auckland without a place to stay are getting the help they need.

MSD staff have been placed at Te Paea Marae, and continue to support mobile squads of NGO workers who are actively engaging with homeless in the community.

Auckland Regional Commissioner Blair McKenzie says focusing on the help that is already available through Work and Income is the best way to get people the help they need, quickly.

“Local community organisations make up the mobile squads while we provide the support to make sure people are getting what they need – the help is there, and this is one way we can make sure those needing it are getting it.” [Click here](#) to read more...



Latest Publications

2016 Four-Year Plan

This Four-Year Plan sets out the Ministry's strategic direction for the next four years. It outlines the key priorities and work programmes that will contribute to achieving this strategic direction, meeting the priorities and expectations of government, and delivering better outcomes for New Zealanders. [Click here](#) to access plan...



Work Programmes

Sector Social Trials

The Trials initially began in six rural communities in March 2011 and are currently operating in 16 communities around New Zealand.

The Trials are supported at the national, regional and local level by the [Ministries of Education, Health, Justice, Social Development and the New Zealand Police](#).

The Trials are now coming to a close.

Where successful, the SST will transition from a community-influenced model to a community-led model, with a less narrow focus for the delivery of services.

The remaining SST locations will cease to be funded on 1 July 2016 because they are ready to be managed locally, or performance to date means exit is appropriate. [Click here](#) to read more...

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

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19. National IT Health Board



News & Events

23 – 28 October | SNOMED CT Conference & Expo 2016

Preparations are underway for this year's International Health Terminology Standards Organisation (IHTSDO) Conference and SNOMED CT Expo, the first time New Zealand is hosting this event. It will be held at Te Papa in Wellington on 23-28 October 2016. [Click here](#) for more info...

10 June | SNOMED CT Update

In this issue we focus on SNOMED CT use in injury claims and medical certificates, the ongoing consultation on the draft gynaecology reference sets and how you can join the SNOMED CT user community.

03 June | Conversation Tracker – Digital Health Work Programme 2020

A bigger group of clinicians, DHB IT professionals, health IT vendors and consumers joined Ministry representatives on 22-23 March 2016 in further refining the design of the single electronic health record (EHR).

This conversation tracker provides a summary of the workshop and insights from the discussions.

20 May | Waikato DHB Launches First NZ Virtual Health Service

Virtual DHB lets patients talk to their hospital doctor over their smartphone from home instead of travelling to an outpatient appointment.

Waikato DHB is gradually signing up doctors from all its services across its five hospital sites and is talking to GPs and other community organisations about opportunities this service can offer their patients too. See the Radio New Zealand article and video [here](#). [Click here](#) to read more...

Newsletters

- [April / May | eHealth Update](#)

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

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17. Office for Disability Issues



What's Happening?

Revising the New Zealand Disability Strategy

In 2016, the Office for Disability Issues is leading a process to revise the New Zealand Disability Strategy.

A Reference Group has been established to provide advice on the engagement process to be used, and provide advice on the content of the revised strategy. [Read more about the 2016 revision of the New Zealand Disability Strategy](#)

[Join the Conversation to Build a New Disability Strategy for NZ](#)

Join the conversation on how disabled New Zealanders and their whānau can live a good life, feel valued, supported and able to participate in their communities.

The new disability strategy, to be developed by the Office for Disability Issues, will provide clear direction for the government over the next ten years, helping them to make informed decisions on issues that impact disabled people.

Visit www.jointheconversation.nz today to fill in a survey, record a video, register for an event or find out how to run your own workshop.

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

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18. Office of Children's Commissioner



What's Happening?

New Commissioner Appointed

We're excited that Judge Andrew Becroft will be the new Children's Commissioner, starting 1st July.

Judge Becroft brings huge integrity and intelligence to the role. As Principal Judge of the Youth Court he has a comprehensive understanding of the needs of young people in the care and protection and youth justice systems. He knows what is working, what isn't and what a really good system would look like. He's the right appointment at the right time. [Click here](#) to read more...

May 2016 | Are We There Yet?

As Children's Commissioner, I made child poverty a priority for my term, and convening the EAG was a critical component.

As I come toward the end of my five-year term as Children's Commissioner, it is timely to reflect on the progress in addressing child poverty in New Zealand – there are some things to be pleased about, but still much left unchanged.



This document provides an account the main areas of progress, and sets out my view on what still needs to happen for the children of New Zealand. [Click here](#) to download report.

www.occ.org.nz

Living well with supportive systems

19. Child Youth and Family

News

William Wallace Award Nominations Open for 2016

Let a young person know just how remarkable they are by nominating them for a William Wallace Award.



These awards celebrate the achievements of young people who have had a tough start to life but have shown exceptional strength and perseverance.

The awards are open to young people in the care of Child, Youth and Family, iwi or child and family services. Young people who have recently transitioned out of care are also encouraged to apply.

Nominations for this year's awards close on **Monday 8 August 2016**, and the award ceremony will be held in Wellington in December.

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

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20. Office for Senior Citizens

Where to Find Senior Citizens Info

- [SuperSeniors website](#)
- [NZ Superannuation and other income support](#)
- [Elder Abuse and Neglect – contacts for advice and support](#)
- [Connects - Connecting Neighbours and Communities](#)
- [Preventing social isolation and loneliness](#)
- [SuperGold Card Positive Ageing Strategy - read the latest report](#)
- [The Business of Ageing - Realising the Economic Potential of Older People in New Zealand](#)
- [Enduring Power of Attorney - Protect your future](#)

Organisations That Help Senior Citizens

- [SeniorNet - technology learning centres for older people](#)
- [Ministry of Health - Health of older people](#)
- [Age Concern](#)
- [GreyPower](#)
- [Eldernet - information about services for older people](#)
- [INsite - news and views from the aged care sector](#)

www.osc.govt.nz

Living well with supportive systems

21. SPINZ (Suicide Prevention Information NZ)

Resources

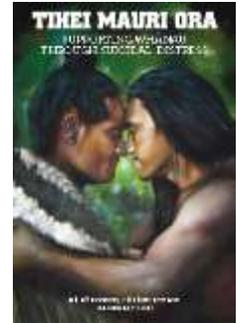
Are You Worried Someone is Thinking of Suicide?

If you're worried that someone might be thinking about suicide, don't be afraid to ask the directly. [Click here](#) to download this helpful resource...



Tihei Mauri Ora – Supporting Whanau Through Suicidal Distress

This resource is developed with whānau in mind. It is aimed at helping whānau and friends to support someone who is in crisis or distress. This resource gives you information about what to look for and how to help someone who may be feeling suicidal.



A person who is distressed might not ask for help, but that doesn't mean that help isn't wanted. Most people who attempt suicide don't want to die – they just want to stop hurting. Support and connection with whānau, friends and culture can help them to find a way through.

[Click here](#) to download or order resource online...

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

Living well with supportive systems

22. The Beehive



Latest Releases

14 June | \$14m to Help Offenders with Mental Health Issues

Corrections will receive close to \$14 million from the Justice Sector Fund to enable it to purchase mental health services for offenders in prison and in the community over the next two years.

Police has also received funding to enhance information sharing on mental health, says Corrections and Police Minister Judith Collins.

A Corrections study, released today, found that prisoners have high rates of mental health and substance use disorders. The report found that 62 per cent of prisoners had some form of mental health or substance abuse disorder in the last 12 months, and 20 per cent had both these disorders. The disorders often went undetected or were not treated properly. [Click here](#) to read more...

13 June | 2016 Health Volunteer Awards Announced

Health Minister Jonathan Coleman has congratulated the Sing Your Lungs Out Choir as the winner of the 2016 Minister of Health Volunteer Awards.

"The health volunteer awards celebrate and recognise the thousands of dedicated health sector volunteers who give many hours of their time to help other New Zealanders," says Dr Coleman. "This year there were nearly double the number of applicants which made the judging quite difficult. [Click here](#) to read more..."

11 June | Re-Offenders Decrease by 25 per cent

The number of people going on to re-offend after completing a sentence has decreased by 25 per cent from 2011, Corrections Minister Judith Collins said today.

"This is excellent progress, and I'm very proud of the hard work the Department of Corrections has done to get to this point. Reducing re-offending is hugely important because less crime means fewer victims and safer communities." [Click here](#) to read more...

09 June | Pharmac Widens Access to New Treatments

Health Minister Jonathan Coleman welcomes Pharmac's decision to fund six new treatments which will give New Zealanders access to new medicines.

“Budget 2016 invests an extra \$124 million over four years to enable Pharmac to provide increased access to new medicines,” says Dr Coleman.
“As a result of the Government’s increased funding, Pharmac has announced its approval of the first package of new treatments which will benefit over 40,000 New Zealanders. [Click here](#) to read more...

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

Living well with supportive systems

Workforce Centre’s

23. Health Workforce NZ

Publications

30 May | Final Evaluation to NZ’s Health & Disability Workforce

In 2013, Health Workforce New Zealand (HWNZ) commissioned the Northern Regional Alliance of District Health Boards (the NRA) to manage a pilot of an innovative approach to training sonographers developed by The University of Auckland. This initiative occurred in the context of a significant ongoing shortage of sonographers in the public health sector nationally, but especially in the Auckland region. [Click here](#) to read more and download publication...

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

Living well with supportive systems

24. Le Va



What’s New?



NRL Recruits Le Va to Support Wellbeing of Pasifika League Communities

Le Va has officially joined the NRL’s State of Mind programme to provide expert advice on mental health to support the wellbeing of Pasifika and Maori rugby league communities in New Zealand, the Pacific and Australia.

[Click here](#) to read more...

#GPS2016 Lifting Limits Stream

One of the different approaches we took at #GPS2016 was focussing a holistic lens on our traditional sectors. This included combining public health and disability into one workshop stream – which, according to our [Youth Action Komiti](#), allowed those present to look at meaningful solutions to youth-related issues across these sectors so that boundaries could be challenged.



“Lifting Limits” was the name the Komiti gave the public health & disability streams and it was incredibly appropriate. [Click here](#) to read more...



Sharing the Results of #GPS2016

#GPS2016 brought together people from across sectors to showcase cutting edge solutions from the perspective of Pasifika young people, within their families and communities.

Thank you to our generous sponsors and partners, ACC, The Ministry of Health, Te Pou, Injury Prevention Aotearoa and the NRL. [Click here](#) to read more...

Aunty Dee

Hi there, we're Le Va. We're a non-government organisation and the team behind Aunty Dee.



Le Va literally refers to the "space between" – the relational space. In terms of human interaction, va is the space that relates.

We see Pasifika wellbeing in a holistic way – taking in to account all dimensions of a person, family or community – physical, mental, social, environmental and spiritual.

This is reflected in our diverse portfolio of work across mental health, addiction, disability, suicide prevention, public health, general health, sport, local government and education. We're also on a mission to help young people flourish in Aotearoa.



Le Va Training Calendar

- **29 July** | **Engaging Pasifika Cultural Competency Programme, Northland DHB**
- **11 August** | **Engaging Pasifika Cultural Competency Programme, Invercargill**

Sector Events

24 June – 03 July | **Babette Rothschild – Somatic Trauma Therapy – 12 Day Workshop**

The Centre for Mental Health Education is excited to be offering three 12-day intensive courses in trauma therapy which each run over 12 months.

This course was developed and led by Babette Rothschild, author of the bestselling *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*. [Click here](#) for more info...



Publication

- **How the Workforce Centres are Supporting You: April - June 2016**
- **Aunty Dee Online Wellbeing Tool – Information Sheet**
- **Pasifika Media Guidelines for Reporting Suicide In NZ**

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

25. Matua Raki

News

03 June | Building Understanding to Improve Women's Wellbeing

Practising in a person-centred care way involves understanding the problems a person is facing. Learning about a person's strengths, hopes and dreams guides how to best support their recovery. Being gender sensitive and considering the uniqueness of each person, their connections to their family and whānau and their communities is essential. [Click here](#) to read more...



Events

21 July | Addiction Leadership Day, Auckland

Matua Raki and the National Committee for Addiction Treatment (NCAT) host Addiction Leadership Days three times a year in the main centres with the aim of bringing together leaders in the addiction sector workforce to facilitate professional networking and to add to current knowledge. Participants are drawn from the fields of policy; planning; funding; training and education; consumers; service management and delivery and they are open to cultural leaders and those involved in leadership roles in other fields such as mental health and justice.



Sector Events

- 24 June | Perinatal Anxiety & Depression Seminar
- 04 July | NZ Interprofessional Health Conference
- 28 July | Supporting Parents, Healthy Children Practitioner Workshop, Tauranga
- 07 September | Cutting Edge Maori Hui 2016
- 07 – 10 September | Cutting Edge Conference – Celebrating Transformation

www.matuaraki.org.nz

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26. Te Pou

Events

- 04 July | ADOM Trainers & Champions Refresher Training, Wellington
- 05 July | PADA Seminar Services – Gisborne
- 09 July | H.U.G Your Baby – Help Understanding & Guidance for Youth Families
- 04 August | Cognitive Behavioural Therapy: An Introductory 2 Day Workshop
- 15 August | Sensory Processing, Trauma & Attachment
- 23 – 26 August | TheMHS Aotearoa 2016 - People: Authenticity Starts in the Heart
- 01 – 04 September | Psychology Without Borders – NZPsS Conference, Wellington
- 13 – 16 September | Partnership Brokers Training, Auckland



Newsletter

- April Newsletter

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

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27. Te Rau Matatini



Te Rau Matatini

Latest news

He Paiaka Totara

He Paiaka Totara is the Māori Psychology Wānanga being held at Tokorangi marae in Feilding. The wānanga will be held on 1 - 3 July 2016. For further information contact Luke Rowe luke.rowe@centralpho.org.nz or Waikaremoana Waitoki moana@waikato.ac.nz.

May E-Pānui

The latest e-pānui is available for people to read and share with others – [Click here...](#)

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

Living well with supportive systems

28. Werry Centre



Latest News

Workforce Update

As we move into autumnal days, The Werry Workforce Team are stepping into a busy time of year with many training workshops, for a and regional support events offered throughout the country to services offering support to infants, children, young people and families. Since our last newsletter, there have also been some exciting new developments. [Click here](#) to read more...

The HABITs Project

Everyone here at the Werry Centre is really excited to be involved in 'A Better Start' (see <http://www.abetterstart.nz/en.html>), a project that is taking on the biggest health and education challenges that NZ children face – obesity, literacy and mental health. A Better Start is one of the [National Science Challenges](#) - a research collaboration that draws New Zealand experts from different institutions and disciplines together to tackle large, complex problems. [Click here](#) to read more...



Events & Training

- **13 July** | Midland Regional Forum, Mental Health iCAMHS / AOD
- **28 July** | Comprehensive Training With a Focus on DBT for Families
- **03 – 05 August** | NCAST Parent – Child Interaction Feeding Scales, Auckland
- **02 August** | Annual Pacific Incredible Years Fono, Auckland

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

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International Organisation

29. World Health Organisation

13 June | [WHO convenes 3rd meeting of Emergency Committee on Zika and observed increase in neurological disorders and neonatal malformations](#)

On 14 June 2016, WHO will convene the 3rd meeting of the Emergency Committee under the International Health Regulations (2005) (IHR) on Zika and observed increase in neurological disorders and neonatal malformations.

The Committee will consider whether the Zika virus and related complications still constitute a Public Health Emergency of International Concern, review the implementation and impact of earlier recommendations made by the Committee, and determine if new recommendations are needed or existing recommendations require revision. [Click here](#) to read more...



Publications

World Health Statistics 2016: Monitoring Health for the Sustainable Development Goals

May 2016 – The World Health Statistics series is WHO’s annual compilation of health statistics for its 194 Member States. World Health Statistics 2016 focuses on the proposed health and health-related Sustainable Development Goals (SDGs) and associated targets. It represents an initial effort to bring together available data on SDG health and health-related indicators. In the current absence of official goal-level indicators, summary measures of health such as (healthy) life expectancy are used to provide a general assessment of the situation. [Click here](#) to read more about report...



<http://www.who.int/en/>

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Other

30. Health Navigator



News

08 June | Putting Patients at the Centre of Care

Dr Jeff Lowe is a firm believer in patients having more control over the management of their own health. And he believes patient portals are the way of the future.

A GP at Karori Medical Centre in Wellington, he says it’s all about equipping people with more knowledge to look after themselves. [Click here](#) to read more...

Tools

- [Panic Disorder Severity Scale](#)
- [Workplace Stress Test](#)
- [Anxiety Test](#)

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

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31. Working for Youth

Latest Publications

[Central North Island Youth Workers Regional Training Plan 2015 / 2016](#)

32. Skip – Strategies for Kids/Information for Parents

Resources

SKIP booklets can be ordered individually or in larger quantities. Everyone is welcome to order the booklets, whether they are to be read by individuals, used in parenting support groups, or displayed in a workplace.

Whakatipu resources have child development information, activities and tikanga-based learnings for all whānau.

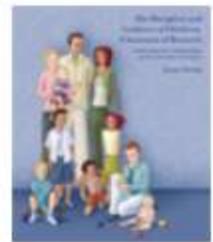
[Click here](#) to place orders...



Research & Training Material

SKIP provides independent research on positive parenting and training materials to help promote positive parenting messages throughout.

Resources include posters, DVDs, books and training modules and are intended only for organisations providing positive parenting education for parents. So please only order what you need.



33. Health Promotion Forum of New Zealand

Rongo Korero/News

Health Promotion Forum Wins Bid to Host World Conference

Health Promotion Forum of New Zealand – Runanga Whakapiki Ake i te Hauora o Aotearoa (HPF) has been successful in its bid to host the next World Conference on Health Promotion. This will be the first time New Zealand has hosted the conference and represents the country's recognised leadership in health promotion: particularly indigenous wellbeing.

Set to take place in Rotorua, **April 2019**, the triennial conference of the International Union of Health Promotion and Education (IUHPE) will receive 2,000-3,000 health promotion and education professionals from around the world. [Click here](#) to read more...

HPF to Represent NZ's Leadership in Health Promotion at Global Forum

In recognition of New Zealand's leadership in health promotion – particularly indigenous health – HPF's Executive Director Sione Tu'itahi has been invited to speak at the 6th Global Forum on Health Promotion to be held this year in Canada.

The theme of this year's Forum is *Health Promotion - At the Very Heart of Sustainability*. Hosted in Charlottetown, Prince Edward Island, Canada **October 16-17, 2016**, this is the first time it will be held outside Geneva and it is a timely reminder of the 30th anniversary of the Ottawa Charter.

[Click here](#) to read more...



Trainings & Events

09 – 12 August | Block One: Certificate of Achievement In Introducing Health Promotion, Whakatane

Participants in the Certificate of Achievement in Introducing Health Promotion (also known as the short course) report finding the course highly valuable. Add value to your health promotion experience and register now for our next course! [Click here](#) for more info...

06 – 09 September | Block Two: Certificate of Achievement In Introducing Health Promotion, Whakatane

Health Promotion Forum has 25 years' experience in offering training to meet the needs of a range of communities, programmes and service providers. We would be delighted to tailor a course to meet the needs of your group. Please contact us to discuss your training requirements. This course is a joint venture between Health Promotion Forum of New Zealand (HPF) and Manukau Institute of Technology (MIT)

30 September | Pasifika Health Promotion, New Plymouth

This workshop will look at how Non-communicable diseases such as diabetes, heart disease, lung disease and cancer impact the wellbeing of the Pacific community. Medical, social and cultural aspects of Non-communicable diseases will be explored. Basic knowledge and understanding of the four main risk factors that are common to all the main NCDs will be discussed from a determinant of health perspective. A self- evaluation tool looking at how competent you are as a Pacific health promoter will be included for discussion.

[Click here](#) for more info...



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

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34. Gambling Helpline New Zealand

Helpline for All Gambling Issues



networks in your area.

We have professional Maori counsellors trained to help people who are affected by gambling. Our Kaupapa is to listen and support you and your whānau, in dealing with the effects of problem gambling.

We can offer you a range of practical suggestions, and where possible we can put you in touch with support

Vai Lelei, Talofa Lava, Fakaalofa Lahi Atu, Kia Orana, Malo E Lelei, Taloha Ni, Bula Vinaka, Greetings

We have experienced counsellors who are trained to work with you around gambling problems. We have counsellors who are part of the Pacific community and have a shared understanding of the Pacific culture.



Our experienced financial counsellors are trained to work with you around gambling problems and gambling debt. We provide specialist gambling debt crisis counselling for gamblers, their partners, family and others.

People of all ages can be affected by gambling. At Youth Gambling Helpline we have younger counsellors who can listen to you, and help you talk through any challenges you may be having with your own, or someone else's, gambling.



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

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35. Pharmac

Scholarships

Hiwinui Heke Scholarship

In partnership with the Māori Pharmacists' Association, Ngā Kaitiaki o Te Puna Rongoā o Aotearoa (MPA) and PHARMAC, this scholarship was established to support the education of Māori pharmacy students studying toward their Bachelor of Pharmacy degree, and to promote pharmacy as a career.

[Click here](#) for more information...



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