



Tairāwhiti



Waikato



Lakes



Taranaki



Bay of Plenty

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

What's New?



October 2014

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

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What's New – October 2014?

Mental Health and Addiction Specific Sites

1. Mental Health Foundation

What's happening in Mental Health?

[Richie McCaw kicks off Movember](#) 22 Oct, 2014

[It's not too late to play the Wellbeing Game!](#) 13 Oct, 2014

Positive mental health and wellbeing work

[The social life: Community spirit alive online](#) 29 Oct, 2014

A couple of weeks ago we shared five Facebook pages that you should like - there were some crackers in there and a mix...

[Jaelea Skehan - a woman of influence](#) 24 Oct, 2014

One of the Hunter's most dedicated health professionals has won national recognition for her excellent work, writes JIM KELLAR.

[NZ man runs across US in record time](#) 24 Oct, 2014

A 60-year-old Fielding man has broken records for his age group by running from New York to Los Angeles in 51 days.

[Robyn Yousef: TV depression storyline handled with care](#) 23 Oct, 2014

Shortland Street you did it well.

[One week into Walk of NZ](#) 20 Oct, 2014

Rotorua's Kylie Lang is one week into her I'm Not Alone Walk of New Zealand.

[Richie man of the mo-ment for year-end tour](#) 19 Oct, 2014

McCaw backs men's...

[Worthy mission for cyclists](#) 15 Oct, 2014

A convoy of cyclists hoping to raise money for, and awareness of, mental health causes is rolling through South Canterbury. After passing through the Mackenzie Basin yesterday, the 10 cyclists today leave Fairlie for Rakaia via Geraldine.

[Hopes of making difference riding high](#) 14 Oct, 2014

Photo by Leith Huffadine.

[Walking for wellness](#) 14 Oct, 2014

Walkers head out on the inaugural Wellness Walk from King's High School, in Dunedin, yesterday.

[Kylie puts her best foot forward on long trek](#) 11 Oct, 2014

For the past three weeks, Kylie Lang has been itching to get started on her journey.

[Sometimes mental illness can be a picnic](#) 11 Oct, 2014

Sharing and learning about mental health is positive and helps to reduce the stigma, a support worker says. The Mash Trust held a picnic and entertainment event at Victoria Esplanade yesterday to mark the end of Mental Health Awareness Week.

[Running provides special motivation](#) 10 Oct, 2014

Mother, son spread marathon message

[Mindfulness' improves mental health](#) 10 Oct, 2014

A teacher at an inner-city Auckland primary school reported "an enduring sense of

[Focus on learning for mental wellbeing](#) 6 Oct, 2014

The launch of Mental Health Awareness Week today sees local community groups taking up a national challenge to encourage Nelsonians

Featured Books



Empowerment, Lifelong Learning and Recovery in Mental Health: Towards a New Paradigm

Ryan, P., Ramon, S., & Greacen, T. (2012) Palgrave Macmillan

Don't get put off by the bland cover of this text or the wordy title: *Empowerment, Lifelong Learning and Recovery in Mental Health: Towards a New Paradigm*. This academic text actually contains some very interesting and thought provoking essays written by a range of service users and clinicians working in mental health.

I suppose the benefit of having such a long title, is that it certainly spells out what the book is about. As the introduction states, the thesis of the book is that the four concepts of empowerment, lifelong learning, social inclusion and recovery are closely connected and "that together they contribute to a new paradigm in mental health, one that locates the service user as the central driver of their own life".

What's new with this concept? Plenty!

I couldn't agree more, so, as arrogant as it sounds, I wondered at first what new things the authors could tell me about this concept. As it turned out – a lot! The book is divided into three chapters – recovery, social inclusion and employment, empowerment and lifelong learning, and there are a series of essays per chapter.

My favourite section was the recovery section, and the accounts written in first person.

I personally think many an academic text would be livened up by authors only being allowed to write in first person!

Highlights for me were Helen Glover's thoughtful and challenging essay where she asks, is it a new paradigm or old paradigm dressed in sheep's clothing? Are we just simply repackaging the same system? The language may change, but the values don't. However, rather than leaving the reader in a cynical slump, she provides some excellent service assessment tools to help practitioners determine how enabling their service actually is.

Recovery from professional stigma

Another highlight was clinical social worker Robert Surber's honest account of his recovery from his own professional stigma. He acknowledges the insidiousness of professional stigma and

bravely outlines his shocked realisation that he did not know how to relate to people with mental illnesses as equals. He is now committed to ensuring service users are fully integrated as professionals and provides best practice suggestions on how to do this.

I didn't find the other two chapters as interesting, however chapter two is a recommended read if you want to discover more about international employment initiatives such as the Trieste project and the IPS model.

As is chapter three if you want to read in detail about the importance of lifelong learning and in particular the EU project EMILIA. I will leave this project tantalizingly unexplained.

In summary, this book is a useful resource to have on hand at your local library. I would particularly recommend chapter one for people who have an interest in reducing stigma within the mental health sector and are excited by the idea (as I am) that we are shifting towards a brave new paradigm.

Reviewed by Philippa Coyle, Business Development Manager and Like Minds Health Promoter at Mind and Body Learning and Development and Mind and Body Consultants.

Philippa has worked in the mental health and social services sector for more than a decade. She has an MA in English Literature from the University of Auckland and holds a Post Graduate Certificate in Management Studies (Mental Health) from the University of Waikato.

This review first appeared on the Mental Health Awareness Week website's [Good Reads section](#)

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What's On?

Day	Event
November 2014	
Thursday 6th – Friday 7th	In our own Backyard: National Injury Prevention Conference, Wellington
Wednesday 12th	Women and Climate Justice Forum
Friday 14th – Saturday 15th	Dementia: The future is now conference
Wednesday 26th	Safe and Respectful Family, Whanau Relationships

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

.....

2. Skylight

For Skylight's annual report for 2013 – 2014 [click here](#)

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Adult Support group

[Heart Song - Wellington Bereaved Parents' Support Group](#)
[Waves - Bereaved by Suicide Group](#)
[Parenting through Separation](#)

Bookings for all groups are essential
For more information, or to make a booking, please contact Skylight on 0800 299 100

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

3. HPA (Health Promotion Agency)

Is your drinking OK? Take the test to find out more about your drinking. →→→ **Click** the image.



Publication



The Law - off-licensed premises sign 21 October 2014

New signage is available for off-licensed premises which remind customers of the law regarding intoxication and minors ([PDF 59 KB](#))

Media Releases

Depression initiative wins two advertising awards 28 October 2014

Health Minister Jonathan Coleman says the National Depression Initiative has won two major advertising awards at the Institute of Practitioners in Advertising (IPA) Effectiveness awards in London.

“It is great to see New Zealand’s National Depression Initiative gain international recognition at the IPA awards,” says Dr Coleman. “It is a tribute to the work of Sir John Kirwan, FCB New Zealand, the Ministry of Health and the Health Promotion Agency who co-manage the programme. The National Depression initiative has been highly successful.

“Depression affects the lives of thousands of New Zealanders, and it is important people get the support and help that they need.” The National Depression Initiative campaign won gold for the on-line tool ‘The Journal’ and also took out the best international campaign at the IPA awards.

‘The Journal’ is an online self-help tool fronted by former All Black Sir John Kirwan, who acts as an online personal coach to help people through a six-week programme. More than 47,000 people have signed up to use it. The National Depression Initiative aims to reduce the impact of

depression on the lives of New Zealanders, by aiding early recognition, appropriate treatment, and recovery.

HPA Strikes Gold at Effie Awards 10 October 2014

HPA's 'Yeah, Nah' campaign won two gold, one silver and a bronze at last night's Effie Awards (for effectiveness in marketing communications).

The campaign won gold for the Hardest Challenge category. Convenor of Judges Lew Bentley, said that the Executive judges all agreed that alcohol moderation is a very tough challenge. "It has to overcome significant and entrenched social and cultural behaviours." The campaign also won gold in the Best Strategic Thinking section, silver in the Most Effective Integrated Campaign and a bronze in the Social Marketing - Public Service section.

FCB, HPA's advertising agency, took out the award for the Most Effective Agency of the Year.

What's happening?

[Like Minds, Like Mine Community Partnership Fund 28 Oct 2014](#)

[New research - Alcohol and older adults 22 Oct 2014](#)

[New research - Responding to infants' hunger and satiety cues 10 Oct 2014](#)

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

4. NZDF: New Zealand Drug Foundation

Vacancy: Senior/Principal Policy Adviser

Here's a chance for you to use your exceptional policy, advocacy and relationship building skills to effect change on issues relating to alcohol and other drugs.

Applications close Wednesday 19 November

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

5. Alcohol Healthwatch

What's new?

17 Oct 2014: [FANNZ Update](#)

9 Oct 2014: [FANNZ Update](#)

8 Oct 2014: [Media-More to be done on Fetal Alcohol Spectrum Disorder](#)

Events

14 Nov 2014: [FASD Symposium](#) hosted by the [Youth Offending Team Waitakere](#)

Key note speakers: Dr Valerie McGinn(NZ Expert on FASD) & Christine Rogan (HP Advisor/ FASD Project Coordinator, Alcohol Healthwatch)

Online resource

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



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

6. Like Minds, Like Mine

No updates this month

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

7. Engaging Aotearoa



Click the image for link

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

8. Nga Hau E Wha

Nga Hau E Wha today has a membership of two representatives from each of the four regions (Northern, Midland, Central, Southern) that meet quarterly to learn about each other's activities and collaborate for people who experience mental illness and/or addiction, to have a voice that is heard on a local, regional and national level. For further information on membership please refer to our [Terms of Reference](#).



The Ministry of Health requests NHEW to provide information on:

- ❖ The challenges and issues faced by consumers in New Zealand
- ❖ The challenges in respect to peer support
- ❖ Service development in the Mental Health and Addictions sector
- ❖ Changes and developments of peer support and advocacy
- ❖ Issues arising and on going in all areas relating to consumer services inside the DHB's, NGO and community sector.

[Click here](#) to view Strategic Plan

To join our mailing list, please click on your **regional representatives** email address below and sign up today!!

Midland Region

Nic Magrath (Chair)
Consumer Advisor
Taranaki District Health Board
06 753 7777 ext 8550
nic.magrath@tdhb.org.nz

Chloe Fergusson
Consumer Leader
Te Kupenga Net Trust
06 868 4045
chloe@tekupenga.co.nz

Central Region

Val Dockerty
Consumer Advisor
Whatever It Takes
027 552 0743
valdockerty@witservices.co.nz

Victoria Roberts
victorial.works@gmail.com

Northern Region

Kieran Moorhead
Changing Minds
09 623 1762
kieran@changingminds.org.nz

Tui Taurua
tui.taurua@gmail.com

Southern Region

Julie Whitla
Awareness Executive Committee
AOD Consumer Leadership Group
jooz.w@vodafone.co.nz

Grant Cooper
Team Manager
Otago Mental Health Support Trust
03 477 2598 or 0800 364 462
otagomd@ihug.co.nz

www.nhew.co.nz

9. End Seclusion Now

Seclusion is another name for solitary confinement.



The Mental Health (Compulsory Assessment and Treatment) Act 1992 says that “seclusion shall be used only where, and for as long as, it is necessary for the care or treatment of the patient, or the protection of other patients”. The United Nations Special Rapporteur on Torture says it is cruel, inhuman or degrading treatment, and that it may constitute torture.

End Seclusion Now is a group of like-minded individuals, working to bring about a prompt and decisive end to seclusion, in all of New Zealand's hospitals.

Join us so we can once and for all eliminate seclusion... now!

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Resources



Seclusion Review - consumer led research



Seclusion Statistical reports 2012



The Practice of Seclusion in New Zealand



Draft from HDC on Seclusion Review

What can we do?



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

10. Midland Regional Network

News, Events & Updates

Lakes District
BOP District
Taranaki District
Waikato District
Tairāwhiti District



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

Wait Times – Key points to note

- ✚ **New client definition:** For the purpose of this report, any client that has not been seen by any other MoH/DHB funded mental health and addiction provider within 12 months.
- ✚ **Calculation:** Access rates are calculated from the time a referral is received by a provider until the first face to face visit is logged in PRIMHD.
- ✚ **Discharge:** If the client DNA's several times and you need to discharge them - **use referral end code DM**. The client will continue to appear on the list if discharged using any other referral end code.
- ✚ **Referral start:** If the client is referred by Justice whilst they are still in prison, then the referral start date should be logged as the date of release into the community for PRIMHD purposes.

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

Government Agencies

11. Families Commission

Media releases

[Interim Families Commissioner appointed 28 Oct, 2014](#)

Social Development Minister Anne Tolley today announced that Jo-anne Wilkinson has been appointed as interim Families Commissioner and Chair of the Families Commission Board.

[Expressions of interest 24 Oct, 2014](#)

We're seeking expressions of interest from NGO social service providers to participate in funded external evaluations.

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

12. New Zealand Family Violence Clearinghouse

News

29 Oct, 2014

- [MOH consulting NGOs on child protection policies and worker safety checks](#)
- [Survey: "increasingly fragmented, under-resourced and over-worked community sector"](#)
- [Te Whānau o Waipareira trust launches research unit](#)

28 Oct, 2014

- [Buddy Day 2014: Every adult has a role in preventing child abuse](#)

22 Oct, 2014

- [Amalgamation to create new entity for the community sector](#)

21 Oct, 2014

- [UK to develop national database of child sexual abuse images](#)

15 Oct, 2014

- [Expert Advisory Group supporting Children's Action Plan implementation](#)
- [Pacific Islands Chiefs of Police conference discusses family violence](#)

14 Oct, 2014

- [Christchurch Police and Aviva sign Letter of Agreement](#)

13 Oct, 2014

- [Productivity Commission invites submissions in inquiry into social services](#)

7 Oct, 2014

- [Te Pou Matakana calls for Collective Impact for Whānau Expressions of Interest](#)

2 Oct, 2014

- [Resources for supporting transgender victims of relationship violence and sexual assault](#)
- [Police release crime stats, new family violence dataset "to be launched soon"](#)
- [Ministry of Social Development restructure creates "Community Investment"](#)

Events

[Easy Evaluation - Workshop](#)

When 10 November - 11 November 2014

Where Copthorne Airport, Christchurch

Organised by SHORE and Whariki Research Centre

[Developing child protection policies and procedures - Workshop](#)

When Wednesday 12 November 2014, 9am-4pm

Where Christchurch, venue confirmed on enrolment

Organised by Child Matters

[Mauri Ora: Realising Māori potential](#)

When: Wednesday 19 November 2014, 9.14am - 3pm

Where: Auckland University EPSOM Campus, Music Auditorium, Gate 3, Epsom Ave, Mt. Eden, Auckland. (Parking in Student Car Park at Gate 2 & on street)

Organised by Professional Development Seminars

[Child Protection Studies Programme](#)

When 24 - 28 November 2014, 9am-4.30pm

Where Auckland

Offered by Child Matters

[White Ribbon Day - New Zealand](#)

When Tuesday 25 November 2014

Where Events around New Zealand and worldwide

Organised by the White Ribbon Campaign Trust

[16 Days of Activism Against Gender-Based Violence Campaign](#)

When 25 November - 10 December 2014

Where Activities worldwide

Organised by the 16 Days Advisory Committee

[Easy Evaluation - Workshop](#)

When 2 December - 3 December 2014

Where Millenium Hotel, Rotorua

Organised by SHORE and Whariki Research Centre

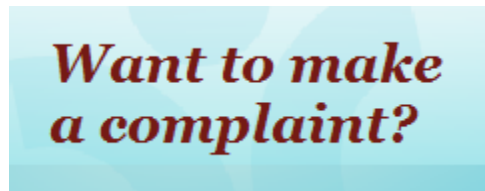
Panui | Newsletter

NZ Family Violence Clearing House

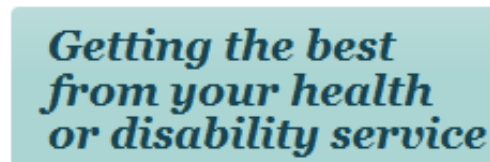
[Issue 35 | September 2014](#)

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

13. Health & Disability Commissioner



Click the image to get started



For Information on getting the best from a service click the image.

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

14. Health Quality & Safety Commission New Zealand

News

30th Oct 2014 | [Increased reporting and learning from events focus of 2013–14 report](#)

22nd Oct 2014 | [New clinical lead for Medication Safety programme](#)

21st Oct 2014 | [October 2014 'Focus on fall' out now](#)

21st Oct 2014 | [Everyone has a part to play in infection prevention and control](#)

16th Oct 2014 | [Dunedin ICU staff celebrate patient safety milestone](#)

16th Oct 2014 | [High-risk medicines must be treated with respect – new campaign](#)

Upcoming Events

[Improvement science in practice](#)

17th - 18th Nov 2014 in Ko Awatea, Middlemore Hospital, Auckland

[Health Roundtable NZ chapter meeting](#)

26th - 27th Nov 2014 Rydges Hotel, 75 Featherson Street, Wellington

Publication and Resources

30th Oct 2014

- [Making health and disability services safer - Serious Adverse Events report 2013–14](#)

21st Oct 2014

- [Focus on fall – Issue 1, October 2014](#)

20th Oct 2014

- [Commission calendar of events](#)

17th Oct 2014

- [Falls analysis template](#)
- [Analysis of falls-related events](#)
- [Falls risk screening, risk assessment and care planning tools from Wanganui DHB](#)

14th Oct 2014

- [Safe use of opioids collaborative information for DHB hospitals](#)

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

15. Human Rights Commission

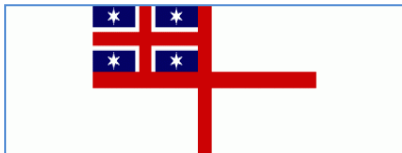
Recent News (scroll on the image for link)



A 'super sized' celebration for Blind Week – 31 October 2014



Richard Falk visit to New Zealand – 30 October 2014



The Declaration of the Independence of New Zealand – 28 October 2014



United Nations Day - 24 October 2014



Dame Susan Devoy's Speech to New Zealand Asian Leaders Inaugural Conference: "Race Relations: Where to Now – 15 October 2014



Kiwis 'sleeping rough' in support of World Homeless Day – 10 October 2014



Banks lead the way on gender equality in the workplace – 3 October 2014



Save the date!

WIFCO to launch 'Compassionate Cities' initiative

The Waikato Interfaith Council has been working since early this year on launching a "[Compassionate Cities](#)" initiative, based on the work of Karen Armstrong.

WIFCO is currently seeking partner organisations and associations to help form a steering committee. The first meeting will be held on **Thursday 13th November at 5:30pm, Chartwell Room, Hamilton Gardens**. More details will follow as the campaign gathers steam. If you or your organisation wants to be part of this initiative please let us know as soon as possible. Email: wifconz@gmail.com.



White Ribbon Day Mountain Bike Relay – Sun 23rd Nov

Peaceful Family Communications

22 & 29 November: [The Peace Foundation](#) invites you to attend the 'Peaceful Family Communication' workshop at **Takapuna Primary School**. For more information email virin@peacefoundation.org.nz or phone Virin Gomber on (09) 373-2379 or 021 1884969. This workshop is fun and friendly and will provide a set of easy-to-use and practical skills to all adults including parents, grandparents, teachers, caregivers, social workers and counsellors.

Regional Interfaith Forum 2015

The Palmerston North Interfaith group will be hosting the 2015 North Island Regional Interfaith Forum on **Saturday 29 August 2015** at Te Whaiora Centre at Massey University, Palmerston North.

Contact: Todd Nachowitz by email: toddnach@gmail.com

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

16. Ministry of Health

Grey Matter newsletter is compiled by the Ministry of Health Library. It provides access to a selection of the most recent NGO, Think Tank, and International Government reports that are relevant to the health context. [Issue 15, 2014 October \(pdf, 432 KB\)](#)

[Information for health professionals: Ebola virus disease \(Word, 251 KB\)](#) – updated 24 October 2014

Publications

Evaluation of the Cancer Nurse Coordinator Initiative Annual Report 2014 *30 October 2014*

The evaluation report provides a snapshot of the first year of implementing the Cancer Nurse Coordinator Initiative across all district health boards. The summary document provides an overview of the evaluation for the sector as well as implementation lessons and insights.

[Read more](#)



New Zealand Maternity Clinical Indicators 2012 *24 October 2014*

This report presents 15 maternity clinical indicators by maternity facility and district health board region for births in 2012 and shows trends in these indicators since 2009.

[Read more](#)

Annual Report for the year ended 30 June 2014 *23 October 2014*

This annual report outlines the Ministry of Health's key achievements for the 2013/14 financial year, including the Ministry's output performance and financial summary. It includes the Health and Independence Report, which provides a snapshot of the overall functioning of the health and disability system in New Zealand. The Minister of Health's report on the implementation of the New Zealand Health Strategy is included in this publication.

[Read more](#)



Health and Independence Report 2014 *23 October 2014*

The Health and Independence Report 2014 provides an overview of the current state of public health in three main sections: health status, factors that influence New Zealanders' health and health system performance.

[Read more](#)

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

17. Ministry of Justice

What's new?

The Ministry of Justice [Annual Report for the 2013/14 year](#) is now available.

[Changes to domestic violence programmes](#)

The Domestic Violence Amendment Act 2013 makes changes to programmes delivered in response to Family Court orders, effective **from 1 October**.

[Leading Justice Symposium](#)

Summary of Proceedings from the Symposium held at Parliament on 29 April 2014



Click the image to access site

Interesting Statistics

[Highlights from the 2013/14 Conviction and Sentencing Statistics](#)

[Highlights from the 2013/14 child and youth prosecution statistics](#)

[National Crime Statistics](#)

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

18. Ministry of Social Development

Latest News

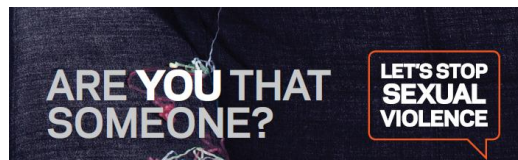
[Annual Report](#) 21 October 2014

The 2013/2014 Annual Report has been released.

[Benefit fact sheets](#) 17 October 2014

The benefit fact sheets for the September 2014 quarter have been released.

Investing in Services for Outcomes (ISO) provides tools and ways of working that support the Ministry initiatives like the [Children's Action Plan](#), [Social Sector Trials](#), and the cross-government [Better Public Services](#).



"It's about time we say things how they really are..."

Victims of sexual violence usually know the perpetrators and the events leading up to the assault are often witnessed by others. Let's stop sexual violence by seeing the signs, speaking up and stepping in safely.

Download the posters for printing here. These files are sized to be printed on A3-size paper.

- [Bar](#) - "Someone should tell him he's being a dick"
- [Car park](#) - "Someone should tell him to back off"
- [Hallway](#) - "Someone should check she's ok with that"
- [House party](#) - "Someone should tell them to stop – she's too wasted"

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

19. National IT Health Board

What's happening?

[Patient kiosk will help ED waiting times](#) 28 October 2014

Thames Hospital is the first in New Zealand to trial a patient kiosk, an idea which won Clinical Director, and Telehealth Forum member, Dr Ruth Large a finalist position at the Clinicians Challenge

[Clinicians' Challenge finalists announced](#) 16 October 2014

This year's Clinicians' Challenge attracted more entries than ever before, and judges say the entries were of a particularly high standard.

[Privacy Commissioner examines health data storage](#) 30 September 2014

Privacy Commissioner John Edwards has released a report examining the protection of trust and privacy in electronic health records.

<i>Date</i>	<i>Event</i>	<i>Location</i>
10–12 November 2014	Graeme Osborne, eHealth Ambassadors and National IT Health Board partners are presenting at Health informatics NZ's HINZ 2014 – 13th annual conference	Auckland

Case studies – Health IT stories

[ED staff has better access to patients' medical information](#) – 4 DHBs

[Cutting edge care in rural Tuhoe area](#) – Eastern Bay of Plenty

[Telehealth helping treat communicable disease](#)

[Address Services trial at Hokianga Health](#)

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

20. Office for Disability Issues

What's happening?

United Nations recommendations for New Zealand

The United Nations Committee on the Rights of Persons with Disabilities has released its Concluding Observations on its review of New Zealand. In response, the Minister for Disability Issues welcomed the recommendations and feedback, and stated that New Zealand will formally respond in 2015. [Read more about the United Nations review of New Zealand](#)

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

21. Office of the Children's Commissioner

No updates this month

www.occ.org.nz

22. Child Youth and Family

Resources

Social Workers in Schools

There are lots of resources available for social workers, including guidelines, training documents, presentations, templates and other reference resources. [SWiS resources](#)



Sex'N'Respect

This talks about how to heal after experiencing abuse, how to help a friend, how to step up and be an active bystander if you see something dodgy, consent, what to do if you are being sexually harmful and much more! It also has a great 'Where to get help' page, with heaps of links to other helpful websites and resources for young people... [Sex'N'Respect](#)

News from Child, Youth and Family - [October 2014](#)

Publications

Awahi Mai Awahi Atu [e-newsletter issue 10 - 28 October 2014](#)

If you are worried....

There might be times when you're worried and don't know how to help, or the family might not want help. There are lots of agencies that you can call and ask for advice, share your worries and get their support. They can help with things like parenting issues, and provide support if families are struggling.

Groups that can help

-  **Barnardos:** For family counselling
Call: 0800 227 627
Website: <http://www.barnardos.org.nz/SupportServices/FamilyCounselling.asp>

 -  **Plunketline:** For 24 hour help with anything to do with parenting and children under fives
Call: 0800 933 922
Website: <http://www.plunket.org.nz/>

 -  **Relationships Aotearoa:** For help with family or relationship problems
Call: 0800 735 283
Website: <http://www.relationshipsaotearoa.org.nz/>
-

Working together seminars A schedule of workshops, which generally run from 9.30am to 2.30pm, is below. If you would like to register your interest in attending a workshop, please contact [Kate Gilchrist, Child Matters on 07 838 3370 or \[kate@childmatters.org.nz\]\(mailto:kate@childmatters.org.nz\)](#)

Northland	
Whangaruru	10 November
Whangarei	11 November
Paihia	18 November
Auckland	
Takapuna	17 October
Onehunga	21 October
Papakura	23 October
Pukekohe	31 October
Central	
Lower Hutt	17 September
Otahuhu	26 September
Hawera	17 October
New Plymouth	23 October
Wellington	19 November
Napier	20 November
Wairoa	27 November
Southern	
Dunedin	4 November
Balclutha	5 November
Invercargill	6 November
Ashburton	11 November
Timaru	12 November
Oamaru	13 November

National Caregiver Training Programme workshops

Foster-carers and caregivers from across New Zealand are welcome to attend our free workshops, and they are not limited to caregivers associated with Child, Youth and Family or Fostering Kids. If you'd like some information about our workshops you can chat to your caregiver social worker, your Non-Government Organisation or the Programme Administrator.

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

23. Office for Senior Citizens

Nothing new this month

www.osc.govt.nz

24. SPINZ (Suicide Prevention Information New Zealand)

Helpline services available **24 hours a day, seven days a week**

- ✚ Lifeline - 0800 543 354 or (09) 5222 999 within Auckland
- ✚ Depression Helpline - 0800 111 757
- ✚ Suicide Crisis Helpline (aimed at those in distress, or those who are concerned about the wellbeing of someone else) - 0508 828 865 (0508 TAUTOKO)
- ✚ Healthline - 0800 611 116

- ✦ [Samaritans](#) - 0800 726 666 (for callers from the Lower North Island, Christchurch and West Coast) or (04) 473 9739 (for callers from all other regions)
- ✦ [Youthline](#) - 0800 376 633, free text 234 or email talk@youthline.co.nz
- ✦ [What's Up](#) (for 5-18 year olds; 1 pm to 11 pm) - 0800 942 8787
- ✦ [Kidsline](#) (aimed at children up to 14 years of age; 4 pm to 6 pm weekdays) – 0800 54 37 54 (0800 kidsline)
- ✦ www.depression.org.nz - includes The Journal online help service
- ✦ www.thelowdown.co.nz - visit the website, email team@thelowdown.co.nz or free text 5626 (emails and text messages will be responded to between 12 noon and 12 midnight).
- ✦ [OUTLine NZ](#) - 0800 688 5463 (OUTLINE) (provides confidential telephone support for sexuality or gender identity issues).
- ✦ [Common Ground](#) - a central hub providing parents, family, whānau and friends with access to information, tools and support to help a young person who's struggling.
- ✦ Outside of New Zealand, you can find help near you through this [international list of crisis centres](#).

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

25. The Beehive

Latest Releases

31 October, 2014

Earthquake repair programme well on track

A significant milestone in the Government's commitment to the Christchurch rebuild has been achieved, says Social Housing Minister Paula Bennett.

[Read full release >>](#)

30 October, 2014

Flying Start Business Plan winners announced

Small Business Minister Craig Foss today announced STQRY is the supreme winner of the 2014 Business.govt.nz ANZ Flying Start Business Plan Competition.

[Read full release >>](#)

Multi-million dollar upgrade for The Gardens School

A multi-million dollar upgrade has been confirmed for The Gardens School in Manurewa by Education Minister Hekia Parata and Associate Education Minister Nikki Kaye.

[Read full release >>](#)

National youth mental health unit underway

Health Minister Jonathan Coleman today turned the first sod at the site of the new \$15.3 million national youth forensic mental health unit in Wellington.

[Read full release >>](#)

Report forecasts \$100 billion construction boom

Building and Housing Minister Dr Nick Smith today welcomed the findings of the second National Construction Pipeline report, which confirms building and construction activity in New Zealand is expected to reach unprecedented levels by 2017.

[Read full release >>](#)

29 October, 2014

Optimising the role of pharmacists

Health Minister Jonathan Coleman has announced the formation of a new steering group to explore optimising the role pharmacists play in community health care.

[Read full release >>](#)

First steps taken towards flag referendum

Cabinet has agreed on the details of the flag referendum process and every political party represented in Parliament has been invited to take part, say Prime Minister John Key and Deputy Prime Minister Bill English.

[Read full release >>](#)

Teachers celebrated across New Zealand

Education Minister Hekia Parata has today acknowledged the enormous contribution teachers across the country are making every day to ensure all children are successful in education.

[Read full release >>](#)

28 October, 2014

Depression initiative wins advertising awards

Health Minister Jonathan Coleman says the National Depression Initiative has won two major advertising awards at the Institute of Practitioners in Advertising (IPA) Effectiveness awards in London.

[Read full release >>](#)

Three people have completed Ebola monitoring - all well

Health Minister Jonathan Coleman says three people entering New Zealand were identified for self-monitoring as healthcare workers helping in the response in West Africa, and all have now been cleared.

[Read full release >>](#)

More than 600 take up 3K to Christchurch jobs

Social Development Minister Anne Tolley says the Government's 3K to Christchurch scheme is a winner with 633 unemployed people taking up the offer.

[Read full release >>](#)

Interim Families Commissioner appointed

Social Development Minister Anne Tolley today announced that Jo-anne Wilkinson has been appointed as interim Families Commissioner and Chair of the Families Commission Board.

[Read full release >>](#)

Cancer Society joins up with Cricket World Cup

Sport and Recreation Minister Jonathan Coleman welcomes the ICC Cricket World Cup's decision to appoint the Cancer Society as its official NZ charity partner.

[Read full release >>](#)

2015 PM's Education Excellence Awards launched

Education Minister Hekia Parata today launched the 2015 Prime Minister's Education Excellence Awards.

[Read full release >>](#)

24 October, 2014

Wairarapa's needs assessments a one stop shop

Health Minister Jonathan Coleman has today seen first-hand Wairarapa DHB's innovative approach to streamlining the region's needs assessments.

[Read full release >>](#)

23 October, 2014

More parents resolving their differences out of court

The Government's family justice reforms are proving highly successful, with almost 75 percent of parenting disputes referred to mediation being completely resolved without the need to go to court.

[Read full release >>](#)

Better emergency care at Wellington Hospital

Health Minister Jonathan Coleman today visited Capital and Coast DHB which has made good progress on the government's shorter stays in emergency department target.

[Read full release >>](#)

Christchurch affordable housing partnership announced

Fletcher Residential has been chosen as the Government's private sector partner for a new affordable housing project on an 11.5-hectare Crown-owned site in Christchurch, Building and Housing Minister Dr Nick Smith announced today.

[Read full release >>](#)

New system will identify drink-drive offenders

Police Minister Michael Woodhouse today officially launched the national roll-out of the Booze Bus Biometrics (BBB) system.

[Read full release >>](#)

Health sector passes annual check-up

Health Minister Jonathan Coleman says the annual report on Implementing the New Zealand Health Strategy 2014 shows that public health and disability services continue to offer better access to safe and effective care.

[Read full release >>](#)

1000th school connects to fast internet

The rollout of fast internet to schools continues to exceed expectations with the connection by Network for Learning (N4L) of the 1000th school to the Government's Managed Network, Associate Education Minister Nikki Kaye says.

[Read full release >>](#)

22 October, 2014

Agencies well prepared in case of Ebola

Health Minister Jonathan Coleman says government agencies remain prepared to deal with any potential Ebola cases in New Zealand.

[Read full release >>](#)

First NZ job fairs in November

The Government has announced that a series of job fairs will be held in capital cities across Australia to encourage more Kiwis to return home and Australians to settle here to help fill emerging skills gaps and support thriving New Zealand-based businesses.

[Read full release >>](#)

Annual Report shows ACC on right track

Minister for ACC Nikki Kaye today welcomed the release of the Accident Compensation Corporation's Annual Report, which shows its financial performance is improving.

[Read full release >>](#)

21 October, 2014

Prisons safety to be boosted as on-body cameras goes nationwide

Corrections Minister Peeta Sam Lotu-liga says staff and prisoner safety in prisons will be boosted by the wider use of on body cameras in sites around the country.

[Read full release >>](#)

17 October, 2014

Health Minister checks out Ebola unit

Health Minister Jonathan Coleman has today seen first-hand how Auckland's Middlemore Hospital is well prepared to treat any suspected Ebola patients.

[Read full release >>](#)

Sole Parents lead the way in benefit drop

Social Development Minister Anne Tolley welcomes the latest release of benefit figures showing the number of people on welfare for the September quarter is the lowest since 2008, with sole parents leading the impressive results.

[Read full release >>](#)

New Zealand wins Security Council seat

Prime Minister John Key has welcomed New Zealand securing a place on the United Nations Security Council for the 2015-16 term.

[Read full release >>](#)

16 October, 2014

Campaign to help Kiwis recognise stroke signs

Health Minister Jonathan Coleman says a new campaign to help New Zealanders recognise the signs of a stroke is being launched in Waikato today.

[Read full release >>](#)

New technology speeds up cancer treatment

Health Minister Jonathan Coleman says new technology being used at Auckland City Hospital will enable more precise and faster radiotherapy treatment for people with cancer.

[Read full release >>](#)

15 October, 2014

Reform of RMA critical to reforming housing affordability

The Resource Management Act needs to explicitly recognise the importance of New Zealanders' access to more affordable housing if the downward trend in home ownership over the past 20 years is to be reversed, Building and Housing, and Environment Minister Dr Nick Smith said today at the Property Council New Zealand's Residential Development Summit in Auckland.

[Read full release >>](#)

14 October, 2014

Minister welcomes Northland's roll out of free under 13s doctors' visits

Health Minister Jonathan Coleman welcomes Northland's decision to fund free doctors' visits and prescriptions for under 13s.

[Read full release >>](#)

9 October, 2014

New Health Minister heads out to the sector

Health Minister Jonathan Coleman is getting out of the Beehive to meet the health sector, starting with Southern District Health Board tomorrow.

[Read full release >>](#)

8 October, 2014

Applications open for the 2014 Prime Minister's Pacific Youth Awards

Applications for the 2014 Prime Minister's Pacific Youth Awards open today, offering the chance to highlight the success of young Pacific peoples in New Zealand.

[Read full release >>](#)

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

Workforce Centre's

26. Health Workforce NZ

My DHB - Click on My DHB to find health services in your area and how well your DHB is performing.



Current Projects

New workforce roles and models of training are on trial to test whether these improve patient outcomes, staff efficiency and provide value for money

Case management and care coordination training A proposed national training programme in case management and care coordination.

Clinical exercise physiologist Clinical experience for postgraduate sports science students at a specialist exercise and rehabilitation facility.

Rural Health Interprofessional Immersion Programme A demonstration project to run rural training placements for senior nursing, medical, physiotherapy, pharmacy and other students.

Simulation training for theatre staffs A new whole-team training programme for surgical theatre staff, including surgeons, nurses, anaesthetists and technicians.

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

27. Le Va

Latest News

2015 mental health and addiction scholarship applications open now! [Check out the eligibility criteria and download an application form today.](#) **Applications close 20 February 2015.**



Leadership conference providing support for Pacific NRL players. With another NRL season just completed, the league often turns to issues such as player welfare. Le Va attended and supported their recent conference in Sydney, focused on mental health and leadership. Check out the [clip from Tangata Pasifika](#).

Suicide Prevention Feedback Fono at a town near you!

Le Va is facilitating a feedback fono so communities can see how they are contributing to suicide prevention and FLO: Pasifika for Life... and also what we are doing about it. Please join us at a [fono](#) near you.



Sau Ta O goes online

Sau Ta O is the cultural competency programme designed by the Ministry of Education for those working in the education sector who wants to develop their cultural competency to effectively work with Pasifika communities.

Engaging Pasifika training calendar 2014

Date	Sector	Location
13 November 2014	Addiction (CEP)	Wellington
9 December 2014	Open	Auckland

Te Pou and Le Va Events November 2014

- ❖ 06 November 2014 | [Engaging Pasifika Cultural Competency Workshop \(Recovery Solutions Ltd\)](#)
- ❖ 18 November 2014 | [Engaging Pasifika Cultural Competency Workshop](#)

Sector Events November 2014

- 07 November 2014 | [Pasifika Health Promotion, Whanau Ora and Social Determinants of Health](#)
- 09 November 2014 – 12 November 2014 | [The Australasian Professional Society on Alcohol and Drugs](#)
- 10 November 2014 – 12 November 2014 | [Family therapy training - Auckland](#)
- 10 November 2014 | [Equally Well summit](#)
- 12 November 2014 – 14 November 2014 | [ImagineBetter Conference: Moving On - Success in Transition](#)
- 13 November 2014 – 14 November 2014 | [Cognitive Behavioural Therapy, an introductory two-day workshop](#)
- 17 November 2014 – 20 November 2014 | [PeerZone personal development workshop in mental health and addiction](#)
- 20 November 2014 | [Addiction Leadership Day - Christchurch 2014](#)
- 21 November 2014 | [HEEADSSS Assessment workshop](#)
- 25 November 2014 | [White Ribbon Day](#)

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

28. Matua Raki

Supporting the Workforce

ADOM (Alcohol and Drug Outcome Measure) implementation project

The Ministry of Health have mandated ADOM collection and reporting from 1 July 2015 for all DHB and NGO community-based outpatient adult addiction services. This includes outpatient

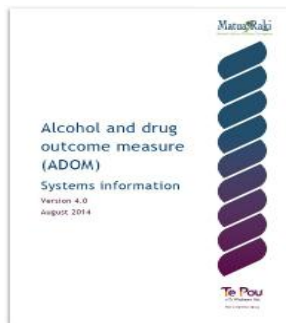
after-care or continuing care programmes, post-residential or outpatient intensive treatment programmes.

ADOM implementation - get started now!

Te Pou and Matua Raki are supporting addiction services to implement ADOM. To get started:

- ✚ [download your briefing pack](#)
- ✚ please [email Helen](#) so we can support you throughout your implementation, or alternatively you can phone her on 027 450 6410
- ✚ find out about our [ADOM train-the-trainer programme](#)

Publication



[ADOM Systems Information Version 4.0](#)
30 September 2014 by Te Pou and Matua Raki

www.matuaraki.org.nz

29. Te Pou

News

[News from TheMHS](#)

Published: 28 October 2014 By Richard Woodcock

The 2014 TheMHS conference was held in Perth. Te Pou is pleased to present the TheMHS keynote address from Dr Pat Bracken, available to view until the end of November.

[Six Core Strategies© and Safewards](#)

Published: 20 October 2014 by Anne Brebner

Almost on a daily basis either I - or my colleague Carolyn Swanson – are asked to comment on the similarities, differences and/or fit of the Six Core Strategies© and Safewards.

[Disabled People's Organisations training programme](#)

Published: 30 September 2014 by Frances Anderson

The Disabled Person's Assembly (DPA) is developing training modules for Disabled People's Organisations (DPOs). The modules will equip disabled people and people working in disability support services with practical, UNCRPD based human rights knowledge and skills to apply directly in their work, advocacy and related activities.

Latest Te Pou resources

[Equally Well posters](#)

Published 16 October 2014 by Te Pou

[Individualised funding for New Zealand mental health services: a discussion paper](#)

Published 09 October 2014 by Te Pou

Te Pou Events November 2014

13 November 2014 | [Train the trainer \(TTT\) HONOS Refresher training](#)

Sector **Events November 2014**

- 07 November 2014 | [Addiction Nurses Seminar](#)
- 09 November 2014 – 12 November 2014 | [The Australasian Professional Society on Alcohol and Drugs](#)
- 10 November 2014 – 12 November 2014 | [Family therapy training - Auckland](#)
- 10 November 2014 | [Equally Well summit](#)
- 12 November 2014 – 14 November 2014 | [Biennial Maori mental health nursing wananga: Ki te ao marama - nga taonga tuku iho](#)
- 12 November 2014 – 14 November 2014 | [ImagineBetter Conference: Moving On - Success in Transition](#)
- 13 November 2014 – 14 November 2014 | [Cognitive Behavioural Therapy, an introductory two-day workshop](#)
- 17 November 2014 – 20 November 2014 | [PeerZone personal development workshop in mental health and addiction](#)
- 20 November 2014 | [Addiction Leadership Day - Christchurch 2014](#)
- 21 November 2014 | [HEEADSSS Assessment workshop](#)
- 25 November 2014 | [White Ribbon Day](#)
- 28 November 2014 | [Substance Withdrawal Management - Whanganui](#)
-

Your Stories



Get Active men's group at Tauranga's Opioid Substitution Service

People experiencing long-term dependence on substances can also experience increased anxiety, reduced self-image and social isolation. Meaningful activity can help address these issues and have a positive impact on a person's recovery. [Read more](#)



Parents advocate for their children by telling their stories

Parents of disabled children have been supported to share their experiences through stories, thanks to Te Whanau Kotahi Community Trust. [Read more](#)

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

30. Te Rau Matatini

Latest news

Healing Our Spirit Worldwide - November 2015

Te Rau Matatini will be hosting the seventh gathering of Healing Our Spirit Worldwide from 16-19 November 2015, Kirikiriroa Hamilton, Aotearoa New Zealand.

Healing Our Spirit Worldwide is an international movement established to address the devastation of chemical abuse and dependence among indigenous people around the world and promote the health and healing of indigenous individuals, families, communities and nations.

The purpose of the *Healing Our Spirit Worldwide* – the Seventh Gathering is to bring together indigenous peoples from around the world to share their strength, hope and wisdom as they face community health, governance, and substance abuse issues.

Join us to connect and learn from other peoples and discuss ways to heal the spirit, heal the earth, and sustain cultural practices for the next generation. Further information can be found at <http://www.hosw.com/>

Training Programmes

- [Māori Suicide Prevention Training](#)
- [Kaitaki Ahurea – Cultural Competency Course](#)
- [Tuhono Tuara – Māori Public Health Training Programme](#)
- [Te Pātaka Uara Training](#)
- [Kaumātua Training](#)

We can help design training specifically for your organisation. Contact our training team on **0800 MATATINI (0800 628 284)** or by emailing training@matatini.co.nz for more information.

Current research and evaluation projects

[Tomo Mai](#)
[ORA Database](#)
[Te Tomokanga](#)
[Te Ipu Whakahaua](#)

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

31. Werry Centre

Latest News

The TrACY Study

MATCH (Modular Approach to Therapy for Children) is an evidence-based therapy designed in the United States by Professor John Weisz (Harvard University) and colleagues. It provides a flexible set... [Read more](#)

Postgraduate Certificate in Health Sciences – Child & Adolescent Mental Health

Do you have any new staff that would benefit from core training in child and adolescent mental health? This Certificate has been offered by the University of Auckland... [Read more](#)

SPARX online tool launched to help young people cope with feeling down

SPARX, an online e-therapy tool to help young people develop skills to deal with feeling down, depressed or stressed, was launched by Prime Minister John Key in April. An initiative of the Prime Minister's Youth Mental Health Project, SPARX is a clinically tested self-help tool

developed especially for young New Zealanders by the University of Auckland. For more information visit: <https://sparx.org.nz/>

Events & Training

Event/Training	Dates	Location
Family Therapy Training 2014: Systemic Approaches to Working with Individuals, Couples and Families	10-12 November 2014	Auckland
Tikanga Ririki: A strength-based Maori Parenting Model	17-18 November 2014	Auckland
HEEADSSS Assessment	21 November 2014	Rotorua
Wraparound Systems of Care: Introduction to Wraparound Training	24-26 November 2014	Auckland
Family Therapy Training 2014: Systemic Approaches to Working with Individuals, Couples and Families	2-4 December 2014	Cambridge

Information sheets

For Families

- [Alcohol & Drug Disorders Family/Whanau Info Sheet](#)
- [Anxiety Family/Whanau Info Sheet](#)
- [Depression Family/Whanau Info Sheet](#)
- [Family Therapy Family/Whanau Info Sheet](#)
- [Mental Health Assessment Info Sheet](#)
- [OCD Family/Whanau Info Sheet](#)
- [Psychosis Family/Whanau Info Sheet](#)

For Young People

- ✓ [Alcohol & Drug Disorders Young People Info Sheet](#)
- ✓ [Anxiety Young People Info Sheet](#)
- ✓ [Depression Young People Info Sheet](#)
- ✓ [Family Therapy Young People Info Sheet](#)
- ✓ [Mental Health Assessment Young People Info Sheet](#)
- ✓ [OCD Young People Info Sheet](#)
- ✓ [Psychosis Young People Info Sheet](#)

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

International Organisation

32. World Health Organisation

WHO News

[WHO welcomes Swissmedic approval of Ebola vaccine trial at Lausanne University Hospital](#)
28 October 2014 -- WHO welcomes the approval by Swissmedic, the Swiss regulatory authority for therapeutic products, for a trial with an experimental Ebola vaccine at the Lausanne University Hospital.

[Mali confirms its first case of Ebola](#)

24 October 2014 - Mali's Ministry of Health has confirmed the country's first case of Ebola virus disease. The Ministry received positive laboratory results, from PCR testing, on Thursday and informed WHO immediately. In line with standard procedures, samples are being sent to a WHO-approved laboratory for further testing and diagnostic work.

[WHO convenes industry leaders and key partners to discuss trials and production of Ebola vaccine](#)

24 October 2014 -- WHO convened a meeting with high-ranking government representatives from Ebola-affected countries and development partners, civil society, regulatory agencies, vaccine manufacturers and funding agencies to discuss and agree on how to fast track testing and deployment of vaccines in sufficient numbers to impact the Ebola epidemic.

[WHO tobacco treaty makes significant progress despite mounting pressure from tobacco industry](#)
18 October 2014 -- The sixth session of the Conference of the parties (COP6) to the WHO Framework Convention on Tobacco Control (FCTC) concluded today in Moscow. Several landmark decisions were adopted in the course of the six-day session, regarded as one of the most successful in the WHO FCTC's history.

[WHO and partners agree on a common approach to strengthen Ebola preparedness in unaffected countries](#)

10 October 2014 - WHO and partner organizations in Brazzaville have agreed on a range of core actions to support countries unaffected by Ebola in strengthening their preparedness in the event of an outbreak.

Fact Sheets

[Obesity and overweight](#) 29 October 2014

[Tuberculosis](#) 22 October 2014

[Chikungunya](#) 28 October 2014

[Poliomyelitis](#) 26 October 2014

[MiNDbank – national policies, strategies and laws on Mental Health from around the world](#)

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



Other

33. Health Navigator

Trusted health information and self-help resources for all New Zealanders



Website features include:

- 100s of [health topics](#)
- [Asthma](#), [diabetes](#), [gout](#), [kids](#) ...
- Plain English [medication information](#)
- [Library](#) with [videos](#), [people's stories](#)
- [Multiple languages](#)

Resources for Health Providers:

- [Guidelines](#), [pathways](#), & [tools](#),
- [Resources](#) and [training](#)

New Resources & Topics

- ✚ [View the article on Fizzy Drinks, Not worth Teens Effort!](#)
- ✚ [Easy to read medication factsheets](#)
- ✚ [Ebola information](#)

[Assessment Tools](#)

This section will be of most interest to health professionals and provides a place to find and share useful resources relating to quality improvement and clinical excellence.

Continuing Professional Development

[Courses](#)

- [Online Learning](#)
- [Short Courses](#)
- [Postgraduate study](#) - long-term conditions

[Lectures - A - Z Topics](#)

- [Video Library for health professionals](#) (links to separate page)

[New roles and scopes of practice](#) - Links to Health Workforce NZ

[Professional Requirements](#)

Reference Resources

- [Journal Reviews](#)
- [Online Textbooks](#),
- [Self-directed Reading](#)

Topic missing? - [tell](#) what else to add

Self Management Quick Links

Self-management is a term used to describe what we, as individuals and families/whanau do to keep ourselves healthy, to manage long-term or on-going health problems well and to prevent or delay complications.

- ❖ [Support Networks](#)
- ❖ [Share in decision making - it's your health and life](#)
- ❖ [Toolkit for Health Providers](#)

Two new apps, a new SKIP Facebook dad-min and a revitalised Twitter feed! [Read full details](#)

Training

SKIP can help with additional training for parent educators - do get in touch if you'd like to increase your knowledge and capability in these areas

SKIP training	Learn more about SKIP key messages and effective ways to work with parents.	Contact: Vicky Ellison
Whakatipu training	Ideas for using the Whakatipu resources with whānau	Contact: Maraea Teepa
Brain development	Ways to get this inspiring information across to parents	Contact: Vicky Ellison
Media training	Ways to work with the media to promote positive parenting.	Contact: Elizabeth Goodwin

Information for Parents



Child development and behaviour As parents, it helps us to understand what stage our child is at in their development and behaviour so we can adapt the environment and our responses to them as they grow.

Children's voices These video clips show snippets of interviews with children. They talk about how they like to be treated, what makes them happy, and how they like to be spoken to.



Six things children need The SKIP approach is based around six principles – the six things children need to grow into happy, capable adults.

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

36. Deaf Aotearoa New Zealand

Deaf Awareness Workshops - how do I book a workshop?

Contact [national office](#) and request a **Think.Deaf.Discover** workshop

Talk Hands 2014 Magazines (click the image for link)



www.deaf.org.nz

37. Autism New Zealand Inc

Training Programs

F.A.N.Z Framework for Autism in New Zealand
Way to Play

Newsletter

Autism New Zealand National Newsletter October 2014

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

38. Health Promotion Forum of New Zealand



Click the image if you want to be a member.

Rongo Korero/News

Health professionals urge review of TPP

Health professionals are urging Trade Minister Tim Groser to hold a comprehensive health impact assessment of the Trans-Pacific Partnership (TPP) agreement to protect the health of...[more](#)

'Prescription for a Healthier NZ" - NZCPHM

A briefing by the New Zealand College of Public Health Medicine (NZCPHM) focuses attention on seven key issues [more](#)

Education and Training

Check out the workshops for Māori health promotion:

[Māori concepts of health promotion](#)
[Working with the Whanau Ora tool](#)
[Māori indigeneity, Whanāu Ora and the determinants of health](#)
[TUHANZ](#) (Treaty Understanding of Hauora in Aotearoa New Zealand)
[Leadership Training for Māori in Public Health](#)

Calendar Event

Dates	Type of Training	Location	Registration
November 7	Pasifika Health Promotion, Whanau Ora & the Social Determinants of Health	Auckland	Registration open
November 19	Health Promotion for Asian Communities	Hamilton	Registration Open

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

39. Medsafe

News and Events

23 October 2014	About Medsafe	Medsafe on the Move
13 October 2014	Monitoring Communication	Reduced adhesion and efficacy noted by some patients using Mylan Fentanyl Transdermal patches
3 October 2014	Committees	Minutes of the 159th Medicines Adverse Reactions Committee Meeting - 11 September 2014
2 October 2014	Committees	Comments on Agenda Items for the 52nd MCC meeting

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

40. Gambling Helpline New Zealand

Specialist Services

Maori Gambling Helpline

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

If you feel you may have or have had a gambling problem or you may be affected by someone who gambles, we welcome you to call the service. Whilst the service has been created to support

Maori, their partners, friends or whanau – we welcome all non- Maori wishing to access our service.

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

Our Hours of Operation - Haora mō ēnei kaupapa

Our free national phone number is: **0800 654 656**

Mondays 12.00 noon – 4.00pm

Wednesdays 5.00pm – 9.00pm

Saturdays 8.00am – 12.00 noon

Pasifika Gambling Helpline

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

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

You may be the person gambling, or you may be a family member or friend concerned about someone else's gambling. We're here for all of you.

Our Hours of Operation

Our free national phone number is: **0800 654 657**

Tuesdays 5.00pm - 9.00pm

Thursdays 6.00pm - 9.00pm

Fridays 12.00noon - 4.00pm

Youth Gambling Helpline

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.

If you have any questions, or if you want to have a chat, please give us a call on our free-phone number **0800 654 659**.

Our phones are open on **Monday evenings from 5pm to 8pm.**

If you'd like to call us outside of these hours, leave us a voicemail message and we will call you back. Unless you explicitly give us permission, we won't identify ourselves to the person who answers the phone until we're sure we're speaking with you.

If it's urgent you can contact the **Gambling Helpline 24 hours a day, 7 days a week on 0800 654 655.**

Resources

Downloadable self help booklets

[Concerned about your Gambling?](#)

[Concerned about someone's gambling?](#)

[Preparing for a change](#)

Gambling triggers
10 warning signs
frequently asked questions
Exclusion

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

41. Pharmac

Upcoming Seminar

Managing your patient who has dementia 13 November 2014
Practical management of childhood eczema 17 November 2014
Sleep disorders 20 November 2014
Assessing and managing conditions within maternity care 5 December 2014

News

[Agreement with Bio-Excel \(Australia\) Pty Limited for the supply of interventional cardiology products](#) **24 October 2014** PHARMAC is pleased to announce the approval of an agreement with Bio-Excel (Australia) Pty Limited ("Bio-Excel") for the supply of interventional cardiology products.

[New listings - Laxsol and Redipred](#)

23 October 2014 PHARMAC is pleased to announce the approval of an agreement with Aspen Pharma Pty Limited for the listing and supply of the oral tablet docusate sodium with sennosides (Laxsol) and Aspen Pharmacare Australia Pty Limited for the listing and supply prednisolone oral liquid (Redipred).

[New medicine listings improve treatment options for people with respiratory conditions](#)

20 October 2014 PHARMAC decisions to fund four new medicines will improve treatment options for over 10,000 people with a wide range of respiratory conditions

Newsletter

[Device advice](#), Issue 7 - 15 October 2014

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

42. Waka Hourua

Latest News

["Preventing suicide: a global imperative" released](#)

The World Health Organisation (WHO) has released its first suicide prevention report "Preventing suicide: a global imperative" and its Mental Health Action Plan 2013 – 2020 is targeting a 10% global suicide reduction by...



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

43. National Dementia Cooperative

You may find the answer to your question here about NDC [PowerPoint presentation](#)



Documents

[Improving the lives of people with dementia - NZ Ministry of Health 2014](#)

[Understanding and Respecting Customers with Dementia - A Guide for Staff 2014](#)

<http://ndc.hiirc.org.nz/section/19790/national-dementia-cooperative/>