



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

What's New?



September 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 – September 2014

Mental Health and Addiction Specific Sites

1. Mental Health Foundation

A grey rectangular banner with a yellow border. The text "Mental Health Awareness Week" is in a smaller font above "6 – 12 October 2014" in a larger font.

World Hearing Voices Day

14 September was World Hearing Voices Day. The Mental Health Foundation is a signatory to the [Melbourne Hearing Voices Declaration](#). The declaration was signed by 56 organisations that believe in the consumer leadership movement.

We believe that holding onto hope is central to people's recovery. There are many myths about hearing voices that leave people isolated, and many people have different beliefs about where voices come from. The experience of hearing voices is meaningful, and through the leadership of those with lived experience, people can come out from isolation, and learn to live with their voices.

We acknowledge the importance of the strong traditions and beliefs associated with hearing voices and the right for people to continue to hold these beliefs while on their recovery journey. Along with the other signatories on the declaration, we are committed to ensuring people feel safe to talk about hearing voices and other unusual experiences, working to enable increased hope, control and opportunity for people who hear voices and their families, listening to the experiences of those who hear voices, working with (rather than against) voices, tackling myths and stigma about hearing voices, and supporting people to build skills that empower them to change their relationship with voices.

For more information about hearing voices, see www.hearingvoices.org.nz

Mental Health Foundation News

[MHF launches new website for Baby Boomers](#)
[Shortland Street suicide storyline support](#)
[Register now to play The Wellbeing Game](#)
[Applications are now open for a \\$10,000 journalism grant](#)

Spring Newsletter



Click the image to access the newsletter.

Did you know Shakespeare invented the name Jessica for *The Merchant of Venice*? Or there's a dust cloud in space that smells like raspberries? Did you know puffins are faster than giraffes, or that Dr Seuss pronounced his surname 'soyce'? Mental Health Awareness Week is just 11 days away, and we're doing what we can to help you Keep Learning in celebration.

We've had some amazing prizes donated to us to celebrate MHAW, including ski passes, cooking lessons, gift baskets, magazine subscriptions, Keep Learning t-shirts and wellbeing packs. To be in to win, you have to enter one of our [competitions](#):

- ✚ Colouring competition – open to all kids between the ages of four and 12. The winner of each age group will win a \$50 Prezzy card, and we have spot prizes to give away too
- ✚ Tweet us something we don't know – we're tweeting interesting facts ([@mentalhealthnz](#)) so you can Keep Learning every day. Do you know something we don't? Tweet it to us using the hashtag #MHAW14, and we could be sending you some goodies
- ✚ Keep Learning selfies – we want to know how ordinary Kiwis Keep Learning. Take a photo of you being curious, creating, imagining, questioning, reading, or upskilling and send it to us via [Facebook](#) or email it to communications@mentalhealth.org.nz the best photos will win prizes.

Being a life-long learner boosts self-confidence and self-esteem, helps to build a sense of purpose, and connects us with others. So sign up for some MHAW activities stay curious and have an amazing Mental Health Awareness Week.

Naku iti nei,
Sophia Graham
Senior Communications Officer
Mental Health Foundation

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[Latest News](#)

[New NZ Resources](#)

[New International Resources](#)

[Update on Stigma & Discrimination](#)

[Update on Wellbeing & Flourishing Literature](#)

[Workshops, Conferences and Meetings](#)

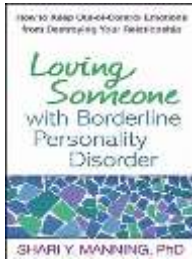
MHF publications 2014



[Stories of Success](#)

Mental health service users' experiences of social inclusion in Aotearoa New Zealand: Na pukorero rangatira: Na tangata waiora i whaiora i enei tuahuatana.

Featured Books



Loving someone with Borderline Personality Disorder: How to keep out-of-control emotions from destroying your relationship
Manning, S.Y. (2011) Guilford Press

Borderline personality disorder (BPD) is a psychiatric diagnosis associated with serious forms of self-harm. It can also manifest as angry outbursts and verbal abuse, binge/purging, drug/alcohol abuse, and suicidal behaviour. Because of their extreme emotional sensitivity and reactivity, people with BPD often have intense and tumultuous relationships with those around them. Borderline behaviour can be particularly hard to understand and friends and family can often feel frustrated, overwhelmed and confused.

A compassionate insight

This book provides those close to someone with BPD a compassionate insight into their loved one's out-of-control emotions.

Author Shari Y. Manning, PhD, offers practical, step-by-step strategies for readers to help their loved one and themselves. Due to the nature of BPD, well-meaning partners, family and friends can find that their own responses to the disorder are often ineffective and can even be harmful. Readers are shown what they can do differently to support someone with BPD, while caring for their own mental, physical and emotional wellbeing.

Easy to understand concepts

One of the most effective treatments for BPD is Dialectical Behavioural Therapy (DBT). Manning, a clinician, is a proponent of leading BPD expert and DBT originator [Marsha Linehan](#). Manning has focused on the treatment of people with BPD since 1993. This is the first book written specifically for friends and family that is grounded in DBT techniques. This is not a clinical text and Manning outlines the concepts of DBT in a way that a lay-person can understand.

Validating emotional distress

Some of the DBT skills discussed include mindfulness, emotional regulation, crisis survival, reality acceptance and interpersonal skills. Another important technique highlighted is the importance of validating someone with BPD's emotional distress.

Acknowledging that they are upset or feeling bad can help to reduce the intensity of their emotions. It also counters with what NOT to do, such as telling the person to calm down thereby invalidating how they feel which is likely to make their emotional arousal go up instead of down. Other unhelpful responses include telling the person how they should be feeling; jumping in to problem solve without being asked, and saying that you understand how they feel when you don't.

Responding to a crisis

How to respond to crisis situations, such as suicidal behaviour are also addressed. Helpful techniques include: telling your loved one how much their suicide would affect you; acknowledging that the person's pain is real and expressing that you have hope for the person even if they currently feel hopeless themselves. BPD can occur in different degrees on a spectrum, with some people appearing quite high functioning and competent in many areas of their life. Some readers with a lesser degree of BPD may not be able to relate to some of the behaviours described in the book.

On the other hand, the book doesn't provide advice on how to manage more extreme behaviours such as rage and physical attacks.

The book's advice on interpersonal skills and techniques such as validation would benefit many people interested in improving their communication skills, not just those with BPD in their lives. It provides an easy to understand overview of DBT and a compassionate and empathic insight into Borderline Personality Disorder.

Review by Karen Issell, Volunteer for the Resource and Information Service at the Mental Health Foundation.

You can find [Loving someone with Borderline Personality Disorder](#) in our library catalogue. Books reviewed in this blog can be borrowed from the comprehensive lending library within the Resource & Information Service. It is located at Units 109-110, Zone 23, 23 Edwin St, Mt Eden and is open to the public from 9.00am - 4.30pm, Monday to Friday; phone (09) 623 4812. If you are outside Auckland, try your local public library for a copy first, if they don't have it, we may be able to post the book out to you (requires membership).

What's On?

Day	Event
October 2014	
Monday 6th	NZ Population Health Congress, Auckland
Tuesday 7th	John Kirwan Stand By Me Author Talk, Wellington NZ Population Health Congress, Auckland
Wednesday 8th	NZ Population Health Congress, Auckland
Thursday 9th	The Dark Horse
Tuesday 14th	ISPS-NZ Making Sense of Psychosis Conference: Shifting the Korero, Auckland
Wednesday 15th	ISPS-NZ Making Sense of Psychosis Conference: Shifting the Korero, Auckland Strengthening resilience for the Workplace, Wellington The Royal Australian and New Zealand College of Psychiatrists 2014 Conference, Dunedin
Thursday 16th	ISPS-NZ Making Sense of Psychosis Conference: Shifting the Korero, Auckland The Royal Australian and New Zealand College of Psychiatrists 2014 Conference, Dunedin

Friday 17th	ISPS-NZ Making Sense of Psychosis Conference: Shifting the Korero, Auckland The Royal Australian and New Zealand College of Psychiatrists 2014 Conference, Dunedin
Saturday 18th	AWEA Centenary, Auckland
Sunday 19th	AWEA Centenary, Auckland
Monday 20th	Peer Zone, Auckland
Tuesday 21st	Peer Zone, Auckland
Friday 31st	Suicide: Is it time for openness? Wellington
November 2014	
Sunday 2nd – Wednesday 5th	International Pacific Health Conference, Auckland
Thursday 6th – Friday 7th	In our own Backyard: National Injury Prevention Conference, Wellington

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

2. Skylight

New Resource



For Parents, Carers, family and friends who are concerned about the wellbeing of a young person, check out the new and fantastic support website we have partnered with the Mental Health Foundation and Youth line to develop.

See the great information, the video clips, the Facebook community and the opportunities to engage and make your own comments.

www.commonground.org.nz

Media Releases

Trauma, loss and grief support for New Zealand workers

Trauma, loss and grief at work has been very much in the news over the last week and front line workers in particular may be feeling vulnerable as they go about their daily jobs. A ground breaking handbook from Skylight, a respected trauma and grief support agency, can help workplace leaders' to understand the impact of trauma, loss and grief in their workplace and how to mitigate these.

Skylight's Deputy Chief Executive Tricia Irving Hendry says, "Critical events have a powerful impact on people at work and on the dynamics of the workplace. It's vital that support mechanisms are put in place to support those going through trauma, change, loss and grief." Traumatic events can have a major impact on staff wellbeing and functionality and as the full impact of recent events ripple through the nation, providing effective support for people at this time is essential. The Skylight handbook offers key guidelines and tools for workplace leaders to support their staff compassionately and effectively when they are dealing with difficult and stressful situations.

"When an employee is struggling at work, it's important to be aware of this and to start conversations with them. Understanding the individualised nature of trauma and grief reactions is key, as well as being aware of how to implement support strategies." Says Skylight Chief Executive Bice Awan,

Managing trauma, loss and grief in the workplace is straight talking and strategic handbook. To order a copy call [0800 299 100](tel:0800299100). A one-day Skylight workshop '*Managing trauma loss and grief in your workplace*' complements the handbook.

Workshop Programme

Wellington

[Daytime Workshops for professionals](#)

[Evening Workshops 6.30 - 8.30 pm for professionals and interested community members](#)

Auckland

[Daytime Workshops for professionals](#)



Adult Support group

[Heart Song - Wellington Bereaved Parents' Support Group](#)

[Waves - Bereaved by Suicide Group](#)

[Parenting through Separation](#)

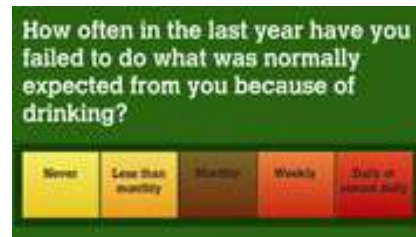
[Bookings for all groups are essential](#)

[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.



Publications – September 2014



Media Release

28 September 2014

Dub-roots four piece Head Chef from Wellington High School took out first place in this year's finals of Smokefreerockquest at Auckland's Q Theatre on Saturday night.

After regional finals held nationwide, the top six bands and three solo/duo performers played in front of a capacity crowd at the national final of New Zealand's only nationwide, original youth music event.

Head Chef got their name from a friend who used to 'cook us up the meanest feeds', and are Carlos McQuillan (rhythm guitar and vocals), Leon van Dijk (lead guitar and backing vocals), Dylan Quinn (drums) and Ted Bartley (bass and backing vocals).

Second placed band was Joe's Van from Mt Maunganui College, a trio with a six-year history in Smokefreerockquest. They are Cormac Seymour (lead guitar), Rory Priest (drums) and Jake Nicholas (singer and bass).

The solo/duo section was taken out by Georgia Lines, from Tauranga's Bethlehem College, who also won the Smoke free Women's Musicianship award worth \$1000 cash.

Second placed was Cam Dawson, a profoundly blind Year 10 student at Manurewa High School. Cam is originally from Blenheim. [Read the release »](#)

2014 Smoke free Pacifica Beats - National Final Results

27 September 2014

The all girl soul group Soulful 7 from Auckland Girls' Grammar won the 2014 national final of Smoke free Pacifica Beats held at Auckland's Q Theatre on Friday night.

The band members are Zina Setefano (keyboard), Victoria Nanai (drums), Narelle Apa (guitar,vocals), Colleen Vatau (bass), Tuputala Auvele (saxophonist), Angie Fa'apoi and Seini Pua (vocals). Spokesperson Angie Fa'apoi said the band was very grateful to their families, teachers, and schools and to their mentor Annie Crummer.

"She gave us the confidence to reach out and connect with the audience," she said. "We worked really hard and had no idea how we would do when we saw all the other bands. All our band members are blessed with amazing talent, this is what we do, and we love to perform."

Second place, went to nine piece reggae band Open Arms from Rotorua Boys High School who receive musical gear to a total value of \$1500 from NZ Rock shops. The band members are Tawhirimatea Witoko (lead vocals), Terence Apiata (bass), Arapeta Paea (vocals), Wirihana Te Rangi (vocals), Te Hakaraia Wilson (vocals), Tuariki Brown (lead guitar), Lacey Betham (keyboard), Te Tauhu Kingi (rhythm guitar), AJ Moke (drums).

Terence Apiata from Open Arms won the APRA Songwriters Award for his song *Addiction*, winning \$500 cash and a mentoring workshop with a kiwi music success. Third place went to Jah Mon Fever from Aotea College in Porirua,

The six finalists were narrowed down from over 100 entries in Smoke free Pacifica Beats this year. The event recognises and reflects the unique cultural identity of Aotearoa New Zealand and the South Pacific, with bands required to have some Maori or Pacific Island elements in their music or performance. [Read](#)

Daylight saving means it's time to be Sun Smart

25 September 2014

The arrival of daylight saving this weekend signals that ultraviolet (UV) levels are rising rapidly and it's time for New Zealanders to be Sun Smart, says Wayde Beckman, the Health Promotion Agency's (HPA's) Sun Smart spokesperson.

"While our temperatures are still quite low, UV is already strong enough to cause sunburn if we don't use sun protection for our skin. Sunburn is a big concern because it's linked to melanoma, the deadliest form of skin cancer. And New Zealand has one of the highest rates of melanoma in the world."

Dr Richard McKenzie, Emeritus Researcher – Atmospheric Radiation at the National Institute of Water and Atmospheric Research (NIWA), says the level of UV increases rapidly as the sun's elevation increases, with the most rapid increase at the time of the spring equinox, 23 September.

[Read the release »](#)

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

4. NZDF: New Zealand Drug Foundation

No updates this month

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

5. Alcohol Healthwatch

Media releases

4 Sept 2014

[Aucklanders more at risk from alcohol-related harms](#)

[Snapshot Alcohol-Related Harm 2013 Ak vs NZ](#)

[Snapshot Alcohol-Related Harm 2013 -Methology](#)

What's new?

[FANNZ Update](#) (FASD Day 9/9/14) 8 Sept 2014

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. Engage Aotearoa



<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](#).



[Click here](#) to view the 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!

Catherine Jones' experience of seclusion as a mental health inpatient suggests the practice is far from benign.

"I have regular nightmares about it. I wake at 5am, rigid, in a cold sweat and feeling sick to the stomach.

It is "seclusion" and while it sounds benign, it is anything but."

Catherine Jones' – Freelance Journalist

Resources



[Seclusion Review - consumer led research](#)



[Seclusion reduction best practice report](#)



[Seclusion Statistical reports 2012](#)



[The Practice of Seclusion in New Zealand](#)

What can we do?



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

10. Midland Regional Network

News, Events & Updates

Please [click here](#) if you would like a copy of the presentation on HISO code changes and [click here](#) for access to important PRIMHD information from Ministry of Health website.



[Lakes District](#)
[BOP District](#)
[Taranaki District](#)
[Waikato District](#)
[Tairāwhiti District](#)
[National](#)

Leadership Networks

[Midland Māori Leadership Network – Te Huinga Nga Pou Hauora](#)
[Midland Consumer Leadership Network – Te Tipuana Ngā Kakano](#)
[Midland Whānau Leadership – Te Ao Whānau](#)
[Midland Workforce Leadership Network](#)
[Midland Addiction Leadership 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

Publications

Growing Up in New Zealand

Vulnerability Report 1: Exploring the Definition of Vulnerability for Children in their First 1000 Days

[Download GUINZ Vulnerability Report 1](#)



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

12. New Zealand Family Violence Clearinghouse

News

30 Sep, 2014

- [Addressing high risk family violence; intimate partner homicide prevention](#)
- [Visual online tool on women's rights globally](#)

26 Sep, 2014

- [World Health Organisation urges strengthening of health system responses to violence](#)
- [Fourth round of Capability Investment Resource: focus on NGO collaboration and learning](#)

24 Sep, 2014

- [Attitudes to gender equality and VAW in Australia – report](#)
- [Gender, Sexism and Social Activism: A Youth Workshop Resource](#)

23 Sep, 2014

- [Campus-based sexual violence prevention resources](#)
- [Productivity Commission to investigate improving the delivery of public services](#)
- [Child protection policies and safety checks required under Vulnerable Children Act](#)

15 Sep, 2014

- [Political debate on family violence available online](#)
- [March calls for end to sexual and domestic violence](#)

09 Sep, 2014

- [Third Children's Team established in Horowhenua and Ōtaki region](#)

3 Sep, 2014

- [Election 2014: Political parties on family violence](#)

Events

[Injury Prevention and Safety Promotion - 12th World Conference](#)

When 19 - 23 October 2014

Where Atlanta, Georgia, United States

Hosted by CDC Injury Centre, the Centre for Injury Control at Emory University and the Johns Hopkins International Injury Research Unit of the Johns Hopkins Bloomberg School of Public Health.

[Protecting children with disabilities - Workshop](#)

When Wednesday 29 October 2014, 9am-4pm

Where Auckland, venue confirmed on enrolment

Organised by Child Matters

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

When Thursday 30 October 2014, 9am-4pm

Where Auckland, venue confirmed on enrolment

Organised by Child Matter

[Dynamics of sexual abuse - Workshop](#)

When Friday 31 Oct 2014, 9am-4pm

Where Auckland, venue confirmed on enrolment

Organised by Child Matters

[Easy Evaluation - Workshop](#)

When 5 November - 6 November 2014

Where Hamilton Gardens, Exhibition Hall – Chartwell Square Room

Organised by SHORE and Whariki Research Centre

Panui | Newsletter

NZ Family Violence Clearing House

[Issue 34, August 2014](#)

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

13. Health & Disability Commissioner



Download your Health Passport

[Introduction to the Health Passport](#)

[Health Passport](#)

[Health Passport \(with pictures\)](#)

[Health Passport as a Word document](#) (for filling your passport out before you print)

[download the cover](#) (you may like to Print cover in colour)

[Download your Guide.](#)

You can also order all these items through our [online shop](#), free for consumers.

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

14. Health Quality & Safety Commission New Zealand

pau

News

29th Sep 2014

- [Australian and New Zealand guidelines for hip fracture released](#)
- [Professor James Bagian workshops offer a rounded view of patient safety](#)

18th Sep 2014

- [New resources to improve patient safety in theatre](#)

17th Sep 2014

- [Kiwi eye health app wins award](#)

16th Sep 2014

- [Call for nominations for the Perinatal and Maternal Mortality Review Committee](#)
- [Call for nominations for the Family Violence Death Review Committee](#)
- [Call for nominations for the Child and Youth Mortality Review Committee](#)

8th Sep 2014

- [Commitment to reducing harm from falls continues](#)

5th Sep 2014

- [Update on the safe use of opioids collaborative](#)

Upcoming Events

[Medication Safety Forum 2014](#)

16th Oct 2014 James Cook Hotel, Chancellor 1, 147 The Terrace, **Wellington**

[Health Roundtable NZ chapter meeting](#)

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

Publication and Resources

[Australian and New Zealand Hip Fracture Registry](#)

29th Sep 2014

[Video: Implementing briefing and debriefing sessions at Hutt Valley DHB](#)

18th Sep 2014

[Oxycodone: How did we get here and how do we fix it](#)

5th Sep 2014

[Safe use of opioids collaborative](#)

5th Sep 2014

[Professor Alexander Gallus presentations on preventing hospital-related VTE](#)

4th Sep 2014

[Medication Safety Watch – Issue 11, September 2014](#)

3rd Sep 2014

[ALERT: Transdermal patches](#)

3rd Sep 2014

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

15. Human Rights Commission

Recent News (scroll on the picture for link)



Impressions of the New Zealand Diversity Forum: The Business of Diversity - 26 September 2014



Queenstown taxi driver courageous – Human Rights Commission – 23 September 2014



Emma Watson Gives A Powerful Speech at U.N. About Gender Inequality – 22 September 2014



Changing face of New Zealand should be reflected in mainstream media newsrooms – Race Relations Commissioner – 19 September 2014



More woman at the top table means better outcomes for NZ – 18 September 2014



More work to be done by New Zealand to fully realise the rights of the disabled – 16 September 2014



Fair travel for support workers removes an existing injustice – 12 September 2014



Rainbow Laces campaign against homophobia in football kicking off this weekend – 10 September 2014



Newsletter

On The Bright Side - Paenga Hihiko

Monthly acknowledgments from the Race Relations Commissioner for cultural diversity and positive contributions to race relations in New Zealand. [September 2014](#)

<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 14, 2014 September \(pdf, 372 KB\)](#)

Media Releases

Awarding of major contract marks start of Christchurch Hospital Redevelopment

25 September 2014

Schick Construction & Cartage has been awarded the first main contract in the construction of Christchurch Hospital's Acute Services Building (ASB). The Hamilton-based company will be responsible for enabling works on the site, behind Christchurch Women's Hospital, according to Evan Davies, chair of the Christchurch Hospitals Redevelopment Partnership Group. The works will include the:

- relocation of underground services
- installation of new sewer tanks
- removal of some trees on the site
- installation of hoardings
- reorganisation of traffic flows at the front of the hospital
- excavation in preparation for the ASB's foundations

Activity will start on Monday 29 September with a carefully staged reorganisation of the traffic flows at the front of the hospital. This work will be done in small sections to minimise disruption and is expected to take until the end of October. The current car park at the rear of the site will still be available to patients and visitors during this time.

Mr Davies says, 'The enabling works will continue until March 2015, with construction of the ASB planned for completion by mid 2018.' The 62,000 square metres ASB is part of the \$650 million plus redevelopment of Christchurch and Burwood Hospitals. It will include:

- new operating theatres
- about 400 new beds
- purpose-designed children's facilities
- an expanded intensive care unit
- a state-of-the-art radiology department
- a new emergency department
- a helipad
- car parking
-

The ASB is one of the anchor projects in Canterbury's recovery from the 2010 and 2011 earthquakes. It will also assist the Canterbury District Health Board in meeting the health needs of its growing and increasingly ageing population. Because of its importance to Canterbury people, the ASB will be constructed to the highest seismic standards.

Project Team Starts on Grey Hospital Design *16 September 2014*

The project team responsible for designing the new Grey Base Hospital has been appointed and is starting to work with hospital user groups, according to Cathy Cooney, chair of the West Coast Hospital Redevelopment Partnership Group. Included in the appointments are:

- CCM Architects supported by Jacobs (Health Planners) and Wayne Kelsall, a local Greymouth Architect.
- Quantity Surveyor Davis Langdon
- Project managers from Johnstaff

Further appointments will be made for other services such as engineering, planning advice and other specialist areas.

The project team will work with the government-appointed HRP, the West Coast District Health Board and user groups over the next nine to ten months in designing the new hospital. Construction is expected to start by the end of 2015, with building to be completed in 2017.

The government has allocated \$68 million to rebuilding the hospital, which will include a 24/7 Emergency Department; a critical care unit; an integrated family health centre; three operating theatres; 24/7 acute general surgery facilities; and a 24/7 obstetric unit. The new hospital will also

offer daytime orthopaedic surgery and elective (planned) surgery for low to moderately complex operations.

The current 45 year-old hospital is in need of a significant upgrade but is uneconomic to repair. "The new hospital will be much better equipped to provide modern healthcare. It will be more efficient and flexible, so that the building can be adapted as technology and care delivery changes in the future," Ms Cooney says.

Publications

[Cancer: Historical summary 1948–2011](#) 17 September 2014

A summary of cancer registration and death data from 1948–2011 for selected cancer sites.

[Read more](#)

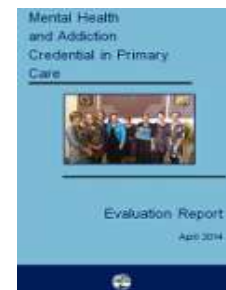


[Improving the lives of people with dementia](#) 10 September 2014

This publication outlines nine key areas the Ministry of Health will support over the next three years to maximize the health, independence and wellbeing of people with dementia. [Read more](#)

[Mental Health and Addiction Credential in Primary Care Evaluation Report](#) 09 September 2014

This report is an evaluation of a demonstration coordinated by Health Workforce New Zealand. [Read more](#)



[Green Prescription Active Families Survey Report: June 2014](#) 01 September 2014

This report presents the findings of the sixth survey in an on-going monitor of participants in the Green Prescriptions Active Families (Active Families) programme.

[Read more](#)

Health Targets

Click here for: [2013/14 quarter four - results summary](#)

Featured Work

Stoptober is a 31-day quit smoking challenge designed to help thousands of kiwis kick the smoking habit for good. Already successful in the UK, it's the first time Stoptober has been held in New Zealand and begins on **1 October**. To help people quit smoking habit, there are free daily texts, emails, a free mobile app plus social media, radio, television and fun events.

Stoptober is being funded under the Ministry of Health's Pathway to Smoke free New Zealand 2025 Innovation Fund and run by Action on Smoking and Health (ASH).

Find out more on www.stoptobernz.co.nz

In-between travel settlement

An Agreement which establishes national payments for travel time and travel cost for home and community support workers has been negotiated. The Crown began negotiations with unions, employers and funding agencies in the home and community support sector to find a solution to the issue of travel between clients in 2014. As well as payment for in-between travel the agreement includes a comprehensive review of the sector and a planned transition to a 'regularised' workforce



[Rest home search and audit summaries](#)
[Full audit reports](#)

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

17. Ministry of Justice

[Better public services](#): Reducing crime: Achieving the Government's targets to 2017 - previous trends, action plans and measuring results

Accessing court decisions online

This page provides information about where to find all final decisions made by the courts that are available to the public. These are:

- Higher courts
- District courts
- Environment court
- Employment court
- Tenancy tribunal
- Disputes tribunal
-

<http://www.justice.govt.nz/courts/accessing-court-decisions-online>

Court and tribunal statistics

View the latest [workload and waiting time statistics for courts and tribunals](#).

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

18. Ministry of Social Development

Message from Ministry of Social Development

'Following the tragic events in Ashburton on Monday 1 September, we're putting further security measures in place to reinforce that our staff and clients can feel safe at our offices. If you're visiting one of our offices, you may be asked to show identification and need to have a specific reason for going in. We encourage you to ring the Contact Centre on 0800 559 009. The Contact Centre will be able to help you with many situations over the phone and will make an appointment for you if you do need to come in'.

Latest News

[MSD releases first stage findings of independent security review](#) - 26 September 2014

Ministry of Social Development (MSD) Chief Executive Brendan Boyle today released the findings of the first phase of the independent review into the Ministry's security environment.

[Satellite sites to remain closed until further notice](#) - 19 September 2014

Work and Income's satellite sites remain closed until further notice while a review into security of the Ministry of Social Development's public-facing service centres continues, says Work and Income Deputy Chief Executive Debbie Power.

Community Investment Update - 11 September 2014

[Make it Happen Te Hiku up-date](#) Following the launch of Te Hiku's community report, the next phase of the MSD-supported Make it Happen Te Hiku project is underway - helping the community's plans become a reality.

[Social housing update](#) Earlier this year MSD took on new social housing responsibilities. This includes contracting with community housing providers for social housing tenancies.

[Message from Murray Edridge, Deputy Chief Executive, Family and Community Services and Approvals](#)

[Capability Investment Resource - Fourth Distribution](#) Application dates have been published for the fourth distribution of the Capability Investment Resource (CIR), together with information on guidelines and workshops for potential applicants and capability mentors.

[Children's Teams gear up in the regions](#) With two demonstration Children's Teams up and running and eight new teams announced in May 2014, the Children's Directorate has no time to waste.

[Vulnerable Children Act passed into law](#) On 1 July the Vulnerable Children Act passed into law. The Act forms a significant part of comprehensive measures to protect and improve the wellbeing of vulnerable children and strengthen our child protection system.

.....

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?

[New report reviews patient portals](#) 26 September 2014

A report by Patients First predicts that within five to 10 years patient portals will be as much a part of day-to-day life for a significant proportion of the population as internet banking and online airline bookings are today.

[Article highlights NZ eHealth initiatives](#) 18 September 2014

New Zealand can claim 'genuinely world-class expertise in the delivery of technology in the health sector', says reporter James Riley in an article in iStart magazine.

[\\$3 million to support patient portals](#) 05 September 2014

The Ministry of Health is investing \$3 million to expand the roll out of patient portals and allow more people to securely access their health information online.

Date	Event	Location
3 October 2014	Entries for the ITHB and HINZ sponsored Clinicians' Challenge	National
17 October 2014	Nexus Booth IT innovations entries from DHBs, PHOs and Health NGOs	National
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

[Families, residents and facilities benefit from Comprehensive Clinical Assessment for Aged Care \(interRAI\)](#) - Levin

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

20. Office for Disability Issues

No updates this month

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

21. Office of the Children's Commissioner



Statement of Performance Expectations 2014 - 15 June 2014
[Download \(pdf 534 KB\)](#)

New paper: why investing in kids matters

New Zealand needs every single child to thrive - for their own future and the future of the country. But many children are not getting what they need to do well in life. This paper outlines why we will all benefit if we invest better in children. [Read the paper](#)

www.occ.org.nz

22. Child Youth and Family



News

[Temporary site for Ashburton Community Link](#) 25 September 2014

We are still searching for a temporary alternative site for the Ashburton Community Link. This is being done as quickly as possible.

Brochures

[View Child, Youth & Family current range of brochures](#)

Key Statistics

Children in out of home placements, by placement type

Placement Type	As at 30Jun2009	As at 30Jun2010	As at 30Jun2011	As at 30Jun2012	As at 30Jun2013	As At 31Mar2014
Non Family / Whānau Placement	1,540	1,512	1,405	1,427	1,298	1,270
Family / Whānau Placement	1,896	1,746	1,610	1,639	1,698	1,879
Child and Family Support Services*	659	630	546	518	521	548
CYF Family Home Placement	168	160	143	114	103	118
CYF Residential Placement	34	46	55	47	47	32
Other Supported Accommodation	111	144	126	139	177	196
Distinct National	4,408	4,238	3,885	3,884	3,844	4,043

Snapshot as at 30 June each year

***Approved under s396 CYPF Act**

****Includes other supervised accommodation and boarding schools**

Notifications at a regional level

Region	Operational Area	F2009	F2010	F2011	F2012	F2013	YTD 01Jul2013 - 31Mar2014*
Auckland Region	Te Tai Tokerau	4,884	6,059	6,299	7,116	8,222	6,203
Auckland Region	Waitemata	14,530	19,765	21,879	22,147	20,288	13,852
Auckland Region	Counties / Manukau	23,276	23,235	26,798	26,016	25,049	16,816
Midlands Region	Waikato	7,656	8,845	15,743	17,248	15,464	12,440
Midlands Region	Bay Of Plenty	10,016	12,376	15,936	15,494	15,546	11,843
Central Region	Western	5,148	6,980	8,301	8,426	8,078	6,120
Central Region	Eastern	8,608	9,139	11,671	10,713	11,315	9,511
Central Region	Lower North Island	6,371	8,562	8,978	9,658	8,319	6,139
Central Region	Greater Wellington	9,372	10,259	12,260	12,523	10,547	7,818
Southern Region	Upper South	3,579	3,582	5,031	5,578	5,611	4,288
Southern Region	Canterbury	10,340	10,601	11,906	11,536	13,210	10,336
Southern Region	Otago / Southland	5,606	4,792	5,496	6,177	6,381	4,465
Contact Centre / Adoptions		562	726	811	775	629	345
National		110,797	124,921	151,109	153,407	148,659	110,176

* From July 2010 the family violence referrals requiring no CYF action have been recorded separately.

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**

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.cyf.govt.nz/>

23. Office for Senior Citizens

Nothing new this month


www.osc.govt.nz

24. SPINZ (Suicide Prevention Information New Zealand)

Latest News

[World Suicide Prevention Day: A connected Aotearoa will help prevent suicide](#)

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).
- ✚ [SPARX.org.nz](http://www.sparx.org.nz) - SPARX is an online e-therapy tool provided by the University of Auckland. SPARX helps young people learn skills to deal with feeling down, depressed or stressed. [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

Releases

18 September, 2014

Bay residents to get cancer care closer to home

Around 500 Bay of Plenty residents a year will now be able to have their cancer treatment closer to home rather than making a 3 hour round trip to the cancer centre in Hamilton.

[Read full release >>](#)

17 September, 2014

Measles outbreak over

Associate Health Minister Jo Goodhew has welcomed the end of the recent measles outbreak in New Zealand. [Read full release >>](#)

Formulary Users Hits 1 Million Mark

Associate Health Minister Peter Dunne has congratulated the team at the New Zealand Formulary as the number of users of this excellent resource has surpassed the 1 million mark.

[Read full release >>](#)

Students to share their views on older people

Senior Citizens Minister Jo Goodhew has announced an essay competition for primary school students aimed at understanding youth attitudes towards older people. [Read full release >>](#)

16 September, 2014

Celebrating women's right to vote

Women's Affairs Minister Jo Goodhew has celebrated the 121st anniversary of women's suffrage with an event recognising women leaders in innovation. [Read full release >>](#)

12 September, 2014

New Auckland Special Housing Areas to deliver 8000 more homes

A fourth tranche of 17 Special Housing Areas (SHAs) that would yield more than 8000 additional new homes across Auckland was today announced by Housing Minister Dr Nick Smith and Auckland Mayor Len Brown. [Read full release >>](#)

Cabinet approves in-between travel settlement

A proposed settlement has been agreed that will lead to home support workers getting paid for the time they spend traveling between clients.

[Read full release >>](#)

11 September, 2014

Council ratification marks further progress

Housing Minister Dr Nick Smith today welcomed Christchurch City Council's ratification of the Christchurch Housing Accord which will enable further housing initiatives to assist the city's recovery. [Read full release >>](#)

Four new Partnership Schools to open

Education Minister Hekia Parata today announced the Government has signed contracts to open four new Partnership Schools in 2015. [Read full release >>](#)

The number of GP trainees continues to grow

The number of doctors practising in New Zealand will continue to grow as record numbers of graduates have signed up for GP training next year says Health Minister Tony Ryall.

[Read full release >>](#)

9 September, 2014

NZ supports Pacific disaster risk management

Foreign Minister Murray McCully and Civil Defence Minister Nikki Kaye today announced a new partnership aimed at helping Pacific Island nations prepare for and manage natural disasters.

[Read full release >>](#)

8 September, 2014

Adult Learners' Week celebrates women in trades

Women's Affairs Minister Jo Goodhew has focused on the increasing number of women entering trades as she officially opened Adult Learners' Week, He Tangata Mātauranga.

[Read full release >>](#)

7 September, 2014

Horowhenua Ōtaki Children's Team underway

Social Development Minister Paula Bennett is welcoming the establishment of New Zealand's third Children's Team, in the Horowhenua and Ōtaki region. [Read full release >>](#)

5 September, 2014

\$3 million to expand patient portals

The Ministry of Health is investing \$3 million to expand the roll out of patient portals and allow more people to securely access their health information online. [Read full release >>](#)

4 September, 2014

\$22m upgrade for North Canterbury schools

The Government is investing more than \$22 million in the redevelopment of four schools across North Canterbury, Associate Education Minister Nikki Kaye says. [Read full release >>](#)

3 September, 2014

New service will improve intestinal failure care

Health Minister Tony Ryall has announced a new National Intestinal Failure service, costing \$1 million over three years, will be established to improve the quality of care for patients suffering with intestinal failure. [Read full release >>](#)

New Science Challenge to build a better NZ

The Government has announced a new initiative to develop better housing and urban environments as part of its programme of National Science Challenges.

[Read full release >>](#)

2 September, 2014

Māori Battalion's legacy to be preserved

The history of the legendary 28th Māori Battalion will be further preserved as part of a project to record the histories of the Battalion's A, B and D companies, says Education Minister Hekia Parata. [Read full release >>](#)

Better primary care services for New Zealanders

New Zealanders are getting more immunisations, checks for diabetes and heart diseases and more help to quit smoking says Health Minister Tony Ryall. [Read full release >>](#)

Government focuses on long term quake recovery

Canterbury Earthquake Recovery Minister Gerry Brownlee has today announced a programme of change to how the government delivers its support for recovery in Christchurch and the surrounding area. [Read full release >>](#)

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

Workforce Centre's

26. Health Workforce NZ

Latest News

[Voluntary Bonding Scheme: 2015's hard-to-staff communities and specialties](#)

Publications

Pacific Health Workforce Service Forecast 22 September 2014

This report considered ways to increase the number of Pacific peoples in the health workforce and improve outcomes for Pacific patients. It is one of 13 forecasts commissioned by Health Workforce New Zealand (HWNZ) to build a picture of the future health workforce. [Read more](#)



Mental Health and Addiction Credential in Primary Care Evaluation Report 09 September 2014

This report is an evaluation of a demonstration coordinated by Health Workforce New Zealand. [Read more](#)

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

27. Le Va

News

World Suicide Prevention Day: Pasifika for Life

September 10 was World Suicide Prevention Day, and Le Va acknowledged the courageous efforts that our communities across New Zealand carry out every day to [prevent suicide for Pasifika people](#).



Organisational Guidelines for Disability Support Services: Working with Pasifika People with Disabilities and their Families

Le Va has developed [New Zealand's first organisational cultural competency guideline](#). Its purpose is to provide organisational guidance to disability support services working with Pasifika people to ensure the delivery of high quality support, and improve access to disability support services amongst Pacific communities.

Publication

Strengthening Solutions for Pasifika Rainbow

Published 10 September 2014 by Phylesha Brown-Acton and Maiava Carmel Peteru



Engaging Pasifika: National Pasifika Cultural Competency Training Programme 2014-2015

Published 09 September 2014 by Le Va

Engaging Pasifika training calendar 2014

Date	Sector	Location
14 October 2014	Mental health	Whangarei or Midcentral
13 November 2014	Addiction (CEP)	Wellington
9 December 2014	Open	Auckland

Sector Events

October 2014

- 03 October 2014 | [Perinatal mental health seminar - Napier](#)
- 05 October 2014 | [Public Health Association Policy Forum](#)
- 07 October 2014 – 08 October 2014 | [Cognitive Behavioural Therapy, an introductory two-day workshop](#)
- 09 October 2014 – 10 October 2014 | [Mental Health & Addictions Nurse Educator Forum](#)
- 11 October 2014 | [Brain food: Healthy eating for optimum mental health](#)
- 13 October 2014 – 15 October 2014 | [Family therapy training - Palmerston North](#)
- 15 October 2014 – 19 October 2014 | [2014 Annual ANZ ACT Conference](#)
- 16 October 2014 – 17 October 2014 | [AnzaCBT Conference 2014](#)
- 20 October 2014 – 23 October 2014 | [PeerZone Personal Development Workshop](#)

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

28. Matua Raki

Supporting the Workforce ADOM implementation project

The Alcohol and Drug Outcome Measure (ADOM) is a brief outcome measure relevant to New Zealand alcohol and other drug (AOD) services. Te Pou and Matua Raki have formed an [ADOM implementation](#) team whose role is to assist addiction services to implement ADOM.

Te Pou and Matua Raki event October 2014

14 October 2014 | [Engaging Pasifika Cultural Competency Workshop - mental health focus](#)

The programme aims to ensure a mental health, addiction, disability and public health workforce that can better engage Pacific clients, families and communities at the critical first point of contact, ensuring the best possible outcomes for Pacific consumers and their families/aiga.

www.matuaraki.org.nz

29. Te Pou

News

[Second meeting of the national mental health and addiction information reference group](#)

24 September 2014

The second meeting of the national mental health and addiction information reference group was held in Auckland on 11 September. The group has a good representation from sector groups, the Ministry, clinicians and leaders in the mental health and addiction sector.

[More than numbers survey results tell us more about workforce](#) 15 September 2014

This year, many adult mental health and addiction organisations took part in the *More than numbers* organisation workforce survey. We now have a comprehensive picture of the workforce, which will help organisations prepare for the future.

Latest Te Pou resources

[Debriefing following seclusion and restraint - A summary of relevant literature](#)

Published 24 September 2014 by Te Pou

[Equally Well consensus position paper](#)

Published 11 September 2014 by Te Pou, Platform and partners

[Competencies for the mental health and addiction service user, consumer and peer workforce](#)

Published 26 August 2014 by Te Pou

Sector Events

October 2014

- **03 October 2014** | [Perinatal mental health seminar - Napier](#)
- **07 October 2014 – 08 October 2014** | [Cognitive Behavioural Therapy, an introductory two-day workshop](#)
- **09 October 2014 – 10 October 2014** | [Mental Health & Addictions Nurse Educator Forum](#)
- **09 October 2014** | [Substance Withdrawal Management - Hawke's Bay](#)
- **10 October 2014** | [Substance Withdrawal Management - Rotorua](#)
- **11 October 2014** | [Brain food: Healthy eating for optimum mental health](#)

- 13 October 2014 – 15 October 2014 | [Family therapy training - Palmerston North](#)
- 14 October 2014 | [Working with Older People in the Addiction Sector - Advanced Practice Workshop - Wellington](#)
- 15 October 2014 – 19 October 2014 | [2014 Annual ANZ ACT Conference](#)
- 16 October 2014 | [Working with Older People in the Addiction Sector - Advanced Practice Workshop - Auckland](#)
- 31 October 2014 | [Working with Older People in the Addiction Sector - Advanced Practice Workshop - Christchurch](#)
- 20 October 2014 – 23 October 2014 | [Peer Zone Personal Development Workshop](#)
- 31 October 2014 | [Substance Withdrawal Management - Northland](#)
- 31 October 2014 | [Working with Older People in the Addiction Sector - Advanced Practice Workshop - Christchurch](#)

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

30. Te Rau Matatini

Latest news

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 \(0800 628 284\)](tel:0800628284) 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

Events & Training

Event/Training	Dates	Sector
SYHPANZ Annual Conference 2014 - 'Talking HEEADSSS'	10-11 October 2014	Auckland
Family Therapy Training 2014	13-15 October 2014	Palmerston North
Midland Regional ICAMHS Forum	16 October 2014	Rotorua
The Autism Spectrum Disorder Health Specialist's Training	20-21 October 2014	Christchurch
What Happens when Infants and Children Lead the Way?	24 October 2014	Queenstown

Research

SPARX related research SPARX is a online self-help tool for depression which is now freely available in New Zealand. We have tested SPARX in New Zealand in several ways and we currently have collaborations under way to explore aspects of SPARX in the USA, Japan, the Netherlands, Australia and elsewhere. For example collaborators from the University of Tasmania are exploring the use of SPARX for young people in rural and remote areas. New Zealand clinical teams have tested the use of SPARX in inpatient mental health services for young people.

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

International Organisation

32. World Health Organisation

“Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.”

WORLD HEALTH ORGANISATION, 1948

Latest News

[Synchronized polio immunization campaigns in western and central Africa](#)

22 September 2014 - This week, 18 countries across western and central Africa have been holding synchronized polio immunization campaigns to reach nearly 94 million children with oral polio vaccine (OPV).

[Study warns swift action needed to curb exponential climb in Ebola outbreak](#)

22 September 2014 -- Unless Ebola control measures in west Africa are enhanced quickly, experts from the WHO and Imperial College, London, predict numbers will continue to climb

exponentially, and more than 20 000 people will have been infected by early November, according to a new article in the New England Journal of Medicine released 6 months after WHO was first notified of the outbreak in west Africa.

[WHO statement on the second meeting of the International Health Regulations Emergency Committee regarding the 2014 Ebola outbreak in west Africa](#)

22 September 2014 -- The second meeting of the Emergency Committee convened by the Director-General under the IHR 2005 regarding the 2014 Ebola virus disease (EVD, or "Ebola") outbreak in west Africa was conducted with members and advisors of the Emergency Committee through electronic correspondence from 16 September 2014 through 21 September 2014.

[WHO welcomes decision to establish United Nations Mission for Ebola Emergency Response](#)

19 September 2014 -- The United Nations (UN) General Assembly and the Security Council have approved resolutions creating the United Nations Mission for Ebola Emergency Response (UNMEER) to contain the on-going outbreak which has sickened more than 5,500 people and killed over 2,500.

Fact Sheets

[Children: reducing mortality](#) 16 September 2014

[Adolescent pregnancy](#) 14 September 2014

[Suicide](#) 4 September 2014

World Health Statistics 2014

WHO annual World Health Statistics reports present the most recent health statistics for the WHO Member States.

[By section](#)

[Full report](#)

<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](#)

[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 us](#) 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.

[Care Plans & Action Plans](#)

[Real stories, share your experiences](#)

[Online tools, quizzes & self-help resources](#)

Wellbeing self-assessment

How happy are you?

Good mental wellbeing - some people call it happiness - is about more than avoiding mental health problems. It means feeling good and functioning well.

This tool uses WEMWBS, a scale often used by psychologists to measure wellbeing.

Choose the statements that best describe your thoughts and feelings over the last two weeks and you'll get a helpful snapshot of how you're finding life.



[Start](#) ▶

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

34. Working for Youth

Recent Notices

RDC Funding rounds open 12/09/2014

The Lowdown - seeking young people to share their stories 08/09/2014

Upcoming Events

Colour Dash 9th Nov

Have you heard that the colour dash is coming to Rotorua on 9 November? Attached is a copy of our poster for...

Professional Development Seminars

A Practical Guide to Working with Suicidal Youth 10 November 2014

Mauri Ora – Realising Maori Potential 19 November 2014

Restorative Conference Facilitation Skills 24, 25, 26, November 2014

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

35. Skip – Strategies for Kids/Information for Parents

Information for Parents

Need parenting support? The Family Services Directory helps you to find parenting support programmes in your region.



Parenting types The type of parent you are will influence your child's development. Children learn their behaviours from how you interact with them.



Things to try This section looks at common behaviour and development problems. It offers some things to try, some things to think about and some thoughts on what children might be thinking.



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

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

36. Deaf Aotearoa New Zealand

Deaf Awareness Workshops - how do I book a workshop?

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

www.deaf.org.nz

37. Autism New Zealand Inc

Training Programs

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

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

38. Health Promotion Forum of New Zealand



Click the image if you want to me a member.

Rongo Korero/News

Health professionals call for action on climate change and health. Ten New Zealand health organisations - including HPF - released a joint 'Call to Action on Climate Change and Health' on Tuesday 16 September [more](#).

Politics, Power and People

Prof Sharon Friel has a three step game plan for health promoters facing endless budget cuts or, as she calls it; 'structural violence' [more](#)

Newsletter

The autumn edition of our newsletter Hauora is out now. Contents include:

- [Defining health promotion](#)
- [Health promotion: the cutting edge of health and wellbeing](#)
- [Chatham Islands provide excellent health promotion model](#)
- [Kautaha: a strengths-based approach to building health and wellbeing](#)
- [HPF interns and fellows: a win-win relationship](#)
- [Unity and diversity in HPF board](#)



Calendar Events

Dates	Type of Training	Location	Registration
October 17	Māori Concepts of Health	Greymouth	Registration open
October 31	Māori Concepts of Health	Kerikeri	Registration open
November 7	Pasifika Health Promotion, Whanau Ora & the Social Determinants of Health	Auckland	Registration open

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

39. Medsafe

Publication

Prescriber Update is a newsletter written for healthcare professionals which provides information on safety concerns with medicines and medical devices.

[Download the latest issue of Prescriber Update - September 2014](#) (PDF 3.19 MB, 12 pages)

News and Events

9 September 2014	Committees	Recent NZ Gazette Notices Relating to Classification
9 September 2014	Committees	Medicines Classification Committee - Dates and Deadlines
9 September 2014	Consumer Information	Hormonal contraceptives and blood clots
4 September 2014	Committees	The classification database has been updated

<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

[Anxiety and depression](#) **17 October 2014**

[Managing your patient who has dementia](#) **13 November 2014**

[Practical management of childhood eczema](#) **17 November 2014**

News

[Proposal to list a range of interventional cardiology products supplied by Bio-Excel \(Australia\) Ltd](#)
22 September 2014 PHARMAC is seeking feedback on a proposal to list a range of interventional cardiology products supplied by Bio-Excel (Australia) Pty Ltd ("Bio-Excel") in Part III of Section H of the Pharmaceutical Schedule from 1 November 2014. **Closes: Monday, 13 October 2014.**

[Listing of various contrast media](#)

11 September 2014 PHARMAC is pleased to announce decisions relating to various contrast media that will take effect from 1 October 2014 through an agreement with Regional Health Limited.

[Be aware of different potency with newly listed Qvar \(beclomethasone\) inhalers](#)

2 September 2014 The smaller particles delivered by the newly-funded Qvar inhalers mean patients changing to this presentation will usually require lower doses.

<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](#)



Upcoming Events

[The ABC of BOC with Dr Alice Rota Bartelink](#) **Christchurch on 24 October 2014**

The ABC of BOC Working with Older Adults with Complex Health Care Needs Who Display Behaviours of Concern. Need some...

[21st Hospice New Zealand Palliative Care Conference on](#) **29-31 October 2014**

Held at Te Papa in Wellington, the theme for the conference is Reaching Out, Community Engagement. Check Hospice NZ website...

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/>