

Connect Newslitt Issue 20 28th March 2006

CMWB Regional Consumer Network

Welcome to the Connect Newslitt - Issue twenty.

Newslitts are produced primarily for people who use or have used mental health services but can be received by other interested persons as well. The primary purpose of the Newslitt is to provide information and notification of opportunities for Networking.

Network BBQ Friday 12th May 11am - 3pm here at the Network 762 Mount Eden Rd, Auckland.

Great opportunity to Network/socialize at your leisure, free food and good company. Transport assistance available.

New Library Books

Latest additions to the Resource Room are the following books:

1. The Lie of the Land, Author - Rhonda Bartle, published 2005.
2. State of the Maori Nation - 21st century issues in Aotearoa, Author - Malcom Mulholland and contributors, published 2006.
3. Why are you wearing those Colours? Author - Thelma van der Werff, published 2005.
4. Naughty Boys - anti-social behaviour, ADHB and the Role of Culture, Author - Sami Timimi, published 2005.

If you would like one of these books held for you ph 623 9384 - pick up within a week.

Council for Mental Well-Being Trust Annual General Meeting (AGM)

The Council for Mental Well-Being Trust are the organisation that has the responsibility for this Network.

AGM date:

Wednesday 26th April

4pm-8pm

Venue - Tennis Pavilion (same grounds as the Fickling Centre)

Consumer Caucus

The next Consumer Caucus is on Thursday 20th April from 1.30-3.30. Don't forget new venue - GROW offices, cnr St Lukes Rd and Kingsway Ave. Transport assistance available. **Reminder** this meeting is primarily for people who have experience of mental illness.

Speakers Bureau Training

Contact Deb Christensen Ph 623 1762.

Documents available

- Self Assessed Outcome Measurements information letter.
- Tauawhitia te Wero - Embracing the Challenge: National Mental Health and Addiction Workforce Development Plan 2006-2009

Korowai Whaimana workshop on Human Rights - for people with mental health conditions.

Gareth and a co presenter are running another workshop again. These workshops are fantastic and they are free. Usually the training is a few hours long, you will get really useful information to take away from the training day. Know your rights and support others.

Contact Gareth Ph 820 0380 to register your interest. A date will be confirmed this coming week.

Mental Health Commission

The term of the Mental Health Commission expires on the 31 August 2007.

'The purpose of the Mental Health Commission has been:

- Monitoring the implementation of the National Mental Health Strategy.
- Monitoring on the performance of key agencies in relation to the implementation of the Strategy,
- Working with the health sector to promote better understanding by the public of mental illness and to eliminate discrimination, and
- Working toward strengthening the mental health workforce.'

The Ministry of Health is interested in hearing your views on the mental health Commission being shut down and they would appreciate your feedback on:

1. 'Do you think that the Commission has filled its statutory functions (outlined above)? Please comment.
2. Do you think that the Commission has contributed to the mental health sector over the past 10 years?
3. What is your view on the expiry term of the Mental Health Commission?
4. Do you have any other comments?'

Please send your written comments via post or email to:

Address: Tanith Robb
Sector Policy
Ministry of Health
PO Box 5013
Wellington
Email: tanith_robbs@moh.govt.nz

All comments must be received by Friday 5th May 2006.
Otherwise, we will be discussing this and developing a response at the next Consumer Caucus meeting advertised in this Newslitt. The Caucus can also request time to speak to the Ministry officials in person.

Ministry of Health Meetings

The Ministry of Health are having 6 public meetings across New Zealand regarding the Document called Te Tahuhu - improving Mental Health. The meeting being held in Auckland is on this coming Wednesday 5th April from 9am - 2pm at the Copthorne Hotel 196-200 Quay st, central Auckland. For more information please see the attached info.

Bo Ai She up-date:

I am the new coordinator of Bo Ai She, a Chinese mental health consumer self-support organization. From now on, I will be in charge to send you new messages of our activities. Following are some ongoing and coming programs of Bo Ai She:

1.Creative Life Program: five more sessions to go: (All are in Manderain)

1.04/04/06 11:00am communication skill.

2.18/04/06 10:30am conflict resolve, stress management, and time management.

3.02/05/06 10:30am relaxation

4.16/05/06 10:30am self esteem

5.30/05/06 10:30am goal setting and personal plan

2.Well Recovery Action Plan: 3 more sessions to go: (in English)

10:30am, 04/04/06, 18/04/06, 02/05/06

3.We will start an art painting class in July. The details of the class will be discussed in our regular meeting (04/04/06), with the tutor, Ivan Yeo. All above activities are at Dunkirk Rd. activity center.

Anyone intending to join Bo Ai She should be a mental health consumer in Auckland area, plus s/he regards her or his ethnicity as a Chinese. Our contact phone number is : 6251668. Thank you.

Sincerely yours,

Hong

"HELP! From Pauline

I need somebody, not just anybody.

Tufuga Arts Trust is in the process of setting up an arts centre for the people of South Auckland.

There is stacks of work to be done.

If you would like to help on a regular basis please contact me at

vitablack@hotmail.com. or leave a message at the Network.

I need someone who is energetic, hardworking, intelligent, with a good sense of humour and is willing to turn their hand to anything.

This is a volunteer position at the moment but will hopefully become a paid position for the right person in time."

Pauline.

Waitakere Shared Vision Consumer Forum

This meeting is always the last Friday of every month. The next one being on Friday 28th April 9am - 10am held at the Kelston Community Centre, cnr Great Nth Rd and Awaroa Rd, Glendene - Activity room 2. Breakfast provided.

National Mental Health Support Workers Training Grant

For information contact the Network and leave an address so we can send you a copy of a letter from the Community Support Services.

Network operational hours are:

9-3pm Monday - Friday

Premises: 762 Mt Eden Rd, Mt Eden. It is best to ph. before you come so that we can plan to be here.

PO Box 10 256 Dominion Rd.

Ph 623-9384 fax 623-1763 cell 021 654 896 clairemoore@rcnet.co.nz or Jim Campbell networker@rcnet.co.nz

Any comments or feedback regarding the Network are always eagerly received.

Regards, Claire Moore Coordinator – Regional Consumer Network

Please note: The material sometimes published in Newslitts does not necessarily reflect the CMWB Regional Consumer Network policy but represents each writers own understanding of life.

The following is from the web page:

<http://www.moh.govt.nz/moh.nsf/ae774c9787aa0d3e4c256669006aed54/d6b9d3fd858442637cc25713300106ac2?OpenDocument>

Draft Action Plan: Te Tāhuhu Improving Mental Health 2005-2015

The Second New Zealand Mental Health and Addiction Plan

Date of publication: March 2006

ISBN: 0-478-29936-8

ISBN: 0-478-29937-0

HP 4226

Citation: Ministry of Health. 2006. Draft Action Plan Te Tāhuhu Improving Mental Health

2005-2015: The Second New Zealand Mental Health and Addiction Plan. Wellington: Ministry of Health.

Introduction

The Ministry of Health is currently consulting on a draft action plan to implement Te Tāhuhu Improving Mental Health 2005 -2015: The Second New Zealand Mental Health and Addiction Plan and welcomes your feedback.

Te Tāhuhu Improving Mental Health set the strategic direction and Government priorities for investment in mental health and addiction for the next ten years. It described a set of outcome statements and ten leading challenges that are the future focus of mental health and addiction policy and service development. There are strong linkages and connections across all the leading challenges and progress needs to be made on all ten for improvements in outcomes for people affected by mental illness and/or addiction to occur.

The ten leading challenges in Te Tāhuhu Improving Mental Health are:

- Promotion and prevention
- Building mental health services
- Responsiveness
- Workforce and culture for recovery
- Māori mental health
- Primary health care
- Addiction
- Funding mechanisms for recovery
- Transparency and trust
- Working together.

The draft action plan is comprehensive and wide in its scope, and sets actions to address all the leading challenges. The draft action plan is a high-level document, and like *Te Tāhuhu Improving Mental Health* includes a mix of both high-level and specific operational actions. In addition to specific actions, key stakeholders and milestones/measures are noted, along with timeframes clustered around three time periods, 1-3 years, 3-5 years and 5-10 years. The action plan also identifies the responsibilities of the Ministry of Health and District Health Boards, the two agencies with stewardship responsibilities for implementing the action plan.

How to have your say

There are four different ways you can make a submission:

1. Write down your comments and post them to:
Te Tāhuhu Action Plan
Submissions
Ministry of Health
PO Box 5013
Wellington
2. Email your submission to: tetahuuactionplan@moh.govt.nz
3. Download the submission form in Word, save it to your computer, fill it in and email it to: tetahuuactionplan@moh.govt.nz
4. Attend a consultation meeting where your comments will be recorded manually.

Consultation meetings

The Ministry of Health is holding six meetings open to anyone who wishes to provide feedback on the draft action plan.

Date	Location	Time	Venue
Tuesday 4 April	Whangarei	9.30 am – 2.00 pm	Kingsgate Hotel, 9 Riverside Drive
Wednesday 5 April	Auckland	9.30 am – 2.00 pm	Copthorne Hotel Auckland HarbourCity, 196–200 Quay Street
Thursday 6 April	Hamilton	9.30 am – 2.00 pm	Ferrybank Reception and Conference Centre, Grantham Street
Friday 7 April	Wellington	9.30 am – 2.00 pm	Copthorne Hotel, Plimmer Towers, Cnr Boulton Street and Gilmer Terrace
Monday 10 April	Christchurch	9.30 am – 2.00 pm	Commodore Airport Hotel, 449 Memorial Avenue
Tuesday 11 April	Dunedin	9.30 am – 2.00 pm	Mercure Hotel, 310 Princes Street

Document availability

The Draft Action Plan: Te Tāhuhu Improving Mental Health 2005-2015 is available on this website in PDF and Word format below.

Draft Action plan in PDF format this is 84 pages long and nearly 1mb

[http://www.moh.govt.nz/moh.nsf/0/DB9D3FD858442637CC25713300106AC2/\\$File/te-tahuhu-draft-action-plan-mar06.pdf](http://www.moh.govt.nz/moh.nsf/0/DB9D3FD858442637CC25713300106AC2/$File/te-tahuhu-draft-action-plan-mar06.pdf)

Please don't hesitate to ask if you think I can be of assistance,

Kind Regards

Vicki Burnett

Project Support

Network North Coalition

09 589 3932

021 58 11 88

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