

**From:** Claire Moore [clairemoore@rcnet.co.nz]  
**Sent:** Wednesday, August 23, 2006 10:47 AM  
**To:** networker@rcnet.co.nz  
**Subject:** Newslitt no.25

## Connect Newslitt Issue 25, 22nd August 2006 CMWB Regional Consumer Network

Welcome to the Connect Newslitt - Issue twenty-five.  
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.

### Stop the Taser March

This year the NZ Police are planning to introduce Taser guns into New Zealand for a trial period. One of the target groups that the police want to be able to use the Tasers on are 'People in Mental Health Emergencies' Naturally this is alarming news. Many groups are against the introduction of the Taser gun into New Zealand:

- New Zealand Nurses Organisation
- Clothing, Laundry and Allied Workers Union



- Maritime Union New Zealand,
- Unite Union,
- Postal Workers Association
- National Distribution Union.
- Mental Health Commission
- Sharon Clair, Vice President Maori, CTU
  
- Michael Bott, Human rights barrister
- NZ Council for Civil

Liberties

- John Minto, Campaign Against The Taser. Peace Movement Aotearoa,
- Human Rights Foundation of NZ,

- Balance NZ
- CMWB Regional Consumer Network

This march happened on Saturday 19th August on Queen st, Auckland. Each person involved in the march held crosses with the names of people in Nth America who had died immediately following being tasered by the police. 5 -people from the Network attended. The Network Consumer Caucus has written a letter to the Minister of Police expressing extreme concern regarding ths matter. We are following this closely and will keep Network members informed. I f you would like further information regarding Tasers please contact the office. I nformation is held in the Resource Room and with the Network Coordinator.

### Consumer Caucus

The next Consumer Caucus is on the 21<sup>st</sup> September from 1.30-3.30pm. Caucus held at the GROW office corner Kingsway Ave and St Lukes Rd, Mt Albert. New Network members welcome. Transport assistance available on the day.

### National Peer Support Forum

This event happened on August 2<sup>nd</sup> here in Auckland. There was good representation from across NZ from Northland to Southland. The day was superbly organised by Carolyn Swanson of Service User Workforce Development - Mental Health Programmes. To contact Carolyn for further information Ph. 027 564 4095 or 09 300 6854 or [Carolyn.Swanson@mhpg.co.nz](mailto:Carolyn.Swanson@mhpg.co.nz)

### Documents available from the National Peer Support Forum:

Understanding What Useful Help Looks Like: The Standards of Peer Support  
Cheryl MacNeil, Ph.D. and Shery Mead, M.S.W.  
MacNeil C. & Mead S. (2003).

### General Documents available

Suicide Trends – New Zealand 1983-2003 (2006) Ministry of Health NZ.

Te Korkiri – The Mental Health and Addiction Plan 2006-2015 (2006) –  
Ministry of Health NZ.

### Situations Vacant

Mind and Body are advertising for a Maori Mental Health Advisor.  
For further information contact Laura Aston, Mind and Body Consultants Ltd., PO  
Box 26-393 Epsom or email [laura@mindandbody.co.nz](mailto:laura@mindandbody.co.nz) Ph 630 5909.  
Applications close at 9am on 11<sup>th</sup> September 2006.

## Service changes

Maranga House Trust have moved from 3 Akepiro St, Eden Terrace to 27 Normanby Rd, Mt Eden (opp. No.18 and in between the Yellow building and the Big Pen factory) Ph 631 0330.

Te Korowai Aroha has had a name change. The service is now called 'Affinity'. The contact details have not changed.

## Franklyn Bi-Polar/Depression Group

The launch of this support group has been postponed until a venue has been confirmed.

## Up-and-Coming Training

Trauma Informed Peer Support Training

Thursday 21st, Friday 22nd, Saturday 23rd and Sunday 24th September 2006)

Facilitator: Shery Mead, **Vermont, USA.**

While peer support has become widely recognized as a significant factor in mental health recovery, there is still a long way to go in defining it as a true alternative to traditional services. Even though many peer groups and programmes have started out with equality in relationships and a different idea about "what works," it is not uncommon to see the development of hierarchical (even pathologizing) roles when there is conflict or discomfort.

In a trauma-informed system, issues of power are constantly explored and evaluated therefore helping those of us who have seen ourselves as victims begin to challenge that role in a safe setting. With this new ability to challenge a passive, "illness" role, many of us find that we are now able to confront other areas of our lives in which we have felt powerless.

### **Peer Support an Alternative Approach.**

Shery Meads training details the difference between peer support and other helping practices. It includes appendices for warmlines, peer run crisis programs, and for peers working in the system. Modules will include:

- Creating Learning Environments
- What is Peer support anyhow?
- First Contact and Language
- Listening Differently
- Building Trauma-Informed Mutually Responsible relationships
- Working with Challenging situations
- Conflict
- Self Care/Relational Care/Work Care

Anyone is welcome at this training. It is specifically designed for people who are currently working with or thinking about developing peer run programs, peer groups and/or peer programs

that exist in the context of other mental health services or in combination with other mental health services.

For registrations contact Balance: Head Office, PO Box 7210, Mid Avenue, Wanganui. Ph/fax (03) 366 3631. email: [bipolar@balance.org.nz](mailto:bipolar@balance.org.nz)

NB. Training is held in Wanganui.

### Frozen funds Trustee appointments

See below

### Ron Coleman Training

See below

### 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](mailto:clairemoore@rcnet.co.nz) or Jim Campbell

[networker@rcnet.co.nz](mailto:networker@rcnet.co.nz) for Training and Education Phone Deb or Tui 623 1762.

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

Regards, Claire Moore Coordinator – Regional Consumer Network

Hi everyone

Most of you have probably heard of the patients frozen funds, which were recalled by the Health Department in 1987 after it was found that people living in psychiatric and psychopaedic hospitals had not been receiving interest on benefit money paid into hospital trust accounts. Around half of the money was reimbursed to its owners in the early 1990s.

The remaining funds of around \$4 million are going into a charitable trust, for the benefit of people with psychiatric and intellectual disabilities. The Public Trust has been working on a trust deed for the last several years in conjunction with the Mental Health Commission, consumers and the Ministry of Health. A majority of trustees must be people with psychiatric or intellectual disabilities.

Below is the advert calling for applications for trustees. Please pass onto your networks.

Mary O'Hagan

## **Trustee Appointments**

Public Trust wants to form a Board for the newly established Mental Health and Intellectual Disability Services Trust. Public Trust are asking for applications for membership of the Board. The Trust's role is to make grants to groups and services who provide assistance, research and advocacy that will benefit people who use Mental Health and/or Intellectual Disability services. It is the Board's role to choose who to give the grants to.

The trust fund is invested by Public Trust. Public Trust will report to the Board as to how much money is available for grants each year. The Board is not responsible for investment or administration of the Trust.

The Board members do not get paid but will have their travel and accommodation costs paid. It is planned that the Board meet in Wellington.

There will be up to 7 Board members appointed. It is planned that at least half of the Board will have personal experience of mental health services or intellectual disability services.

People who apply who have contacts in either the intellectual disabilities or mental health sectors are especially wanted.

Please get your applications in by 8 September to:

**Stephanie Gillbanks**  
**Public Trust Special Business**  
**PO Box 5067**  
**Wellington**  
**0800 371 471**

[stephanie.gillbanks@publictrust.co.nz](mailto:stephanie.gillbanks@publictrust.co.nz)

AMHS are pleased to host three hope inspiring workshops  
facilitated by Ron Coleman

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## **Workshop 1**

### **Recovery Workshop geared for service recipients**

9.30am – 12.30pm on 11<sup>th</sup> September  
\$75 for non-AMHS staff

**VENUE: North Shore Events Centre**  
Silverfield & Argus Place Entrances  
Glenfield

## **Workshop 2**

### **Recovery Workshop geared for service providers**

1.30 – 4.30pm on 11<sup>th</sup> September  
\$75 for non-AMHS staff

**VENUE: North Shore Events Centre**  
Silverfield & Argus Place Entrances  
Glenfield

## **Workshop 3**

### **Working with Voices Workshop**

9.30 – 4.30pm on 12<sup>th</sup> September  
\$125 for non-AMHS staff

**VENUE: North Shore Events Centre**  
Silverfield & Argus Place Entrances  
Glenfield

All workshops are designed to help people who are supporting others in their recovery and are open to service providers, tangata whaiora / service users (free) and whanau / family (free). Numbers are limited.

Ron Coleman has been active in the field of mental health since 1991, when effecting his own recovery from mental illness, he used his experiences to develop his ideas for recovery centred treatment of others. Since then he has gone on to write numerous books and papers on the subject and was influential in the development of the Hearing Voices Network in the UK. Ron now works with his wife Karen under the banner of 'Working To Recovery', a company doing training and consultancy work in mental health. With the continued focus of which is the further development of recovery based services.

Please complete the attached application form and return to AMHS

