

Connect Newslitt

Issue 27
November 2006
CMWB Regional Consumer Network

Kia ora, and welcome to the Connect Newslitt – Issue number 27.

The Newslitt is provided primarily for people who use or who have used mental health services, but we welcome input and readership from those people who make contributions to the sector in other ways, and who have interests in the Mental Health Sector as a whole.

The newslitt provides an opportunity to keep people up to date with what is happening locally and regionally, and to provide information about upcoming opportunities for networking.

We welcome any feedback, and personal contributions should you wish to add them in.

General Updates:

Much has been happening over the last month or so, and we have included some information on some of the conferences that we have had.

Building Bridges was run in Christchurch from October 30th – November 1st. It is with both pride and pleasure that we acknowledge that our very own member – Ms Vicki Burnett was an instrumental part in the success of this conference.

This conference was last run out of Rotorua in 2003, and I would have to say that this time around was even better than the last.

There were a number of key note speakers at the conference, but of particular interest to me and many consumers was this gentleman - Eugene Johnson, LCSW, President/CEO, META Services, Inc

With a key note address called Creating the Future; a Passion for Possibilities it was enlightening to see a delivery that was primarily focused on the passion, possibility and power of peer support services – defined and delivered by peers. Eugene talked about a place called '*The Lounge*', where service users were able to support one another in a variety of ways. This of course provides us with many ideas about the flaws and possibilities in the peer support world here in New Zealand.

Sarah Gordon also spoke in a key note address, and of other major significance was the awarding the Linda Simpson Memorial Award – a \$10K award that is to be used to benefit the wider community. We will keep you informed of the progress on this. For further information about the addresses and such at the conference, hook onto this weblink - <http://www.conference.co.nz/index.cfm/buildingbridges2006> and have a cruise through.

Nutters Conference:

The Nutters Conference was in November – from the 21st – 24th and was held in the beautiful setting of Napier. The Nutters Conference – Valuing Madness was supported by The Lighthouse, the Mental Health Commission, the Mental Health Foundation, and the Like Minds Like Mine project, as well as Central Potential.

After some trepidation about the naming of the conference, it turned out to be one of the very best conferences I have attended, and I have certainly heard this repeated around the blocks.

The conference was opened by **The Honourable Anand Satyanand , Governor-General of New Zealand**. Anand was able to talk about some of his experiences on the Confidential Forum, and his valuing of the kaupapa.

I particularly enjoyed the key note address of Mary O’Hagan who was always a delightful speaker – and I am sure many (including her good self) would share my sentiment that Mary is indeed a leading nutter, as could be seen clearly through her speech.

I would very much recommend that if anyone is able to secure funding for the next Nutters Conference that they pursue the opportunity – an experience well worth the time, and particularly excellent for looking at perspectives from around the country as to what is (and isn’t) happening.

Generally speaking – Conferences tend to occur around this time of year, so no more are coming up that we are aware of, in terms of the Mental Health kaupapa. We will continue in next years Newslitt’s to have a section on up-coming conferences.

So – now with conference season over and done – we move into the xmas season:

Don’t forget to check out the Network BBQ details at the back of our newslitt here – we are again having an xmas BBQ – on the 15th December. We look forward to seeing you there.

Peer Support Services:

There have been some exciting developments with Waitemata District Health Board in the last month or so. Peer Support Services are to become a bigger component of the services offered by Providers in the region. The DHB have put out an RFP – otherwise known as a Request For Proposal for the delivery of peer support services. There is a tidy sum of monies available, and the DHB have made indication that a variety of services may be of benefit. WALSH Trust out in Henderson have been offering Peer services for over a year now – and whilst we have sadly lost Dean Manly from the shores of Auckland, they will no doubt be continue service.

Watch this space for continued updates about Peer Support Services in the WDHB Region.



P.S. Survivors Incorporate:

Building Relationships with a focus on community integration

We work to improve our own, and our peers' quality of life, through mutual support, action for change and information access

Contact details:

Phone: 09) 376 7164

Mob: 021 206 8759

Lets get REAL:

What knowledge, skills and attitudes do people need to support service users, and their families and whanau on the journey called recovery????

Workshops are being run which support the development of a new framework of "Real Skills" for people working within the sector.

The day goes from 9am through to 4pm.

The Auckland workshop is on Tuesday 12th December 2006

If you are interested, please contact: Lisa.Norton@moh.govt.nz or 04) 496 2546.

If you cannot make a toll call, please contact Tui on 09) 623 1762 and she can get the info for you, or come into the office and make the call from here.

JOB VACANCY

TRAINER : MENTAL HEALTH

" Looking for a new and rewarding challenge?"

We are a progressive organisation that is committed to providing quality consumer-driven rehabilitation services. The organisation has grown rapidly due to the high level of success in the services it provides.

We are seeking a dedicated, experienced, professional Trainer based in Papatoetoe, South Auckland with the ability to provide comprehensive and ongoing training and support for the Counties Manukau region.

This is a key role where you will manage and lead a professional effective service delivery with a recovery focus for people with ongoing and complex mental health needs with concurrent alcohol/drug issues.

You will provide training in a structured and formal way that supports client development and a high standard of client care.

Preferred applicants will have:

- Sound training and facilitation experience
- Commitment to recovery values and consumer-driven service
- Advanced communication and interpersonal skills

- Commitment to ongoing learning and professional development
- A current full drivers licence
- Strong documentation and computer skills

If you have an empathy towards people and a commitment to ongoing professional development, and to providing care in a culturally appropriate and sensitive way and the principles underpinned in the Treaty of Waitangi.

Applicants with 'lived' experience are encouraged to apply.

For a copy of the position description, application form and further information please email kylieh@challenge.co.nz.

Applications including a CV, completed application form, covering letter and any other supporting documentation should be emailed to kylieh@challenge.co.nz

FLAX WEAVING



WHARIKI EVERY **THURSDAY**

1 – 3pm, 54 Carruth Road, Papatoetoe
Ph 279 8233

Shared Vision Northshore:

This is a monthly get-together for people with the experience of mental ill health to discuss relevant issues and offer solutions.

For more information – please call the Network or Raeburn House 09) 441 8989
Next forum will be in 2007

West Auckland Shared Vision:

When: Last Friday of the Month
Consumer Forum 8.30 – 10.00
Group forum 10.00 – 12.00

Where: Kelston Community Centre
Great North Road
Glendene
(Top of the Hill by the cemetery)

Who: Anyone interested in Mental Health issues within the West Auckland Region.

The next West Auckland Shared Vision Hui will be held 07, we will let you know ASAP.

Special Interest Groups – S I G's

Over the course of 2007 – GOSH are we there nearly, we will be establishing a number of Special Interest Group's and of course being in the world of the Mental Health Sector – we need an acronym so they are called SIG's.

We have identified the need for some, but if you have a special interest and think that it could be developed into a group – please call Deb to discuss the options. Heres some to start though.....

Plant Barn Special Interest Group:

We will continue this group again in 2007.

The group consists of consumers who are working in Mental Health Services, and we provide discussion and support topics.

First group of the season – February 22nd – at the Plant Barn on St Lukes Road – Café out the back. Come along – first coffee is on us.....

Smokers Special Interest Group:

Well, there are those that smoke – and those that don't. Some of smoke only when we enter services, some only when we drink and socialise. Whatever your reasons for smoking – or NOT smoking, the DHB's across NZ have in place a policy that says we cannot – that being the royal we of the entire population – smoke when on a site occupied by a DHB or where any service is delivered by a DHB.

This has huge implications for those of us who from time to time have a go at internally auditing our Mental Health Acute Units. From 2008 onwards, for those of us visiting the acute ward for an extended stay, smoking will not be an option unless we leave the premises. That is okay, expect for those of us who are held in seclusion or in ICU and are physically unable to leave.

This special interest group is about following the implementation plan and discussing the more fundamental issues that this policy presents. It doesn't matter if you smoke, don't smoke or occasionally smoke, if you want to follow this kaupapa, come along.

First meeting – February 1st, 10.00 at the Network.... 762 Mt Eden Road, will be excellent to see you there. Let Deb know if you would like a copy of the policy for WDHB, CMDHB or ADHB.

Evening Support Group for Workers:

We would like to propose that for those of us who are in employment and cannot make a day time meeting – such as the plant barn, that we introduce an evening support meeting perhaps once per month.

Feedback or suggestions on this would be welcome.

Consultation Documents:

Improving Access to General Elections for People with Disabilities:

Due in Friday 8th December – please contact Deb for input into the Network Submission or alternatively to look at your own submission.

Documents available:

Northland District Health Board – District Strategic Plan 2005 – 2010
Mental Health Foundation – Strategic Plan 2006 – 2010
Mental Health Commission – Annual Report year ending June 2006

MHAC:

Mental Health Advocacy Coalition – our member is Vicki Burnett. This group meets bi-monthly to discuss issues throughout the sector. The group focuses on Systemic Issues as opposed to individual issues. If you would like to know more, please contact Deb at the Network. If you have an issue you would like to have forwarded to MHAC, Deb can help with that to – so very helpful pc@networknorth.org.nz

Consumer Caucus:

The next consumer caucus won't be happening until February next year
The Caucus will continue to be held at the GROW office on the corner of Kingsway Ave and St Lukes Road, Mt Albert for the early part of next year, although we are looking at alternative spaces also.
Transport assistance is available, and new people are always welcome.
The purpose of the caucus is to discuss what is happening in the sector at this time, and to provide information to be forwarded to strategic bodies such as the Network North Coalition and MHAC. This is very much a forum for discussion and meeting people however, and even if you just want to rock along and enjoy the company and the muffins, please feel free to do so.

Phobic Phone Line:

A reminder to all that the Phobic phone line is available for support.
If you experience Panic, Depression, OCD, Stress related disorders, Anxiety, Phobias or PTSD, you are welcome to call and talk with someone.

The number is 0800 1 4 ANXIETY
That's – 0800 1 4 2 6 9 4 3 8 9

www.phobic.org.nz

The phobic phone line operates 24 hours, 7 days a week, and can be called from anywhere in the country.

Community Alcohol and Drug Services:

Just a reminder that CADS are a free service that operate across all of Auckland, and they are there to support people who have issues with Alcohol and Drugs. This includes family members or others who are concerned about the use or abuse of Alcohol and Drugs.

CADS can be contacted on 845 1818.

CADS offer services such as detox, counselling and workshops for people concerned about the affects of alcohol and drug. They work from a harm reduction model and are very client focused.

Computer Access:

The Network is able to offer people the use of computers, including printing facilities, copying and internet. We are able to assist you with the setting up of an email hotmail account, which you are able to access not only from our facilities, but from internet cafes. We would be happy to spend some time with you to help set this up, and to introduce you to the world of internet surfing.

If this sounds like it might appeal, or you want to find out more, call Deb on 09) 623 1762.

Network Hours:

The network has someone on site from 9.00am – 3pm Monday to Friday.

The Resource room is open to come and read in, or just come and relax in the environment and make yourself a cup of tea.

Complaints:

The Network has a formal complaints procedure in place which was identified in the Newslitt earlier in the year. Just a reminder, if you wish to make a complaint, please contact the Network for the documentation – which will enable you to contact the people in the process you need to connect with.

Next Edition:

- ***Look out for our guest editorial on Nutrition***
- ***Whats happening over the Xmas period to support you and yours through that difficult festive season.***

Please do not hesitate to contact us with any queries you have or if we can be of any assistance.