

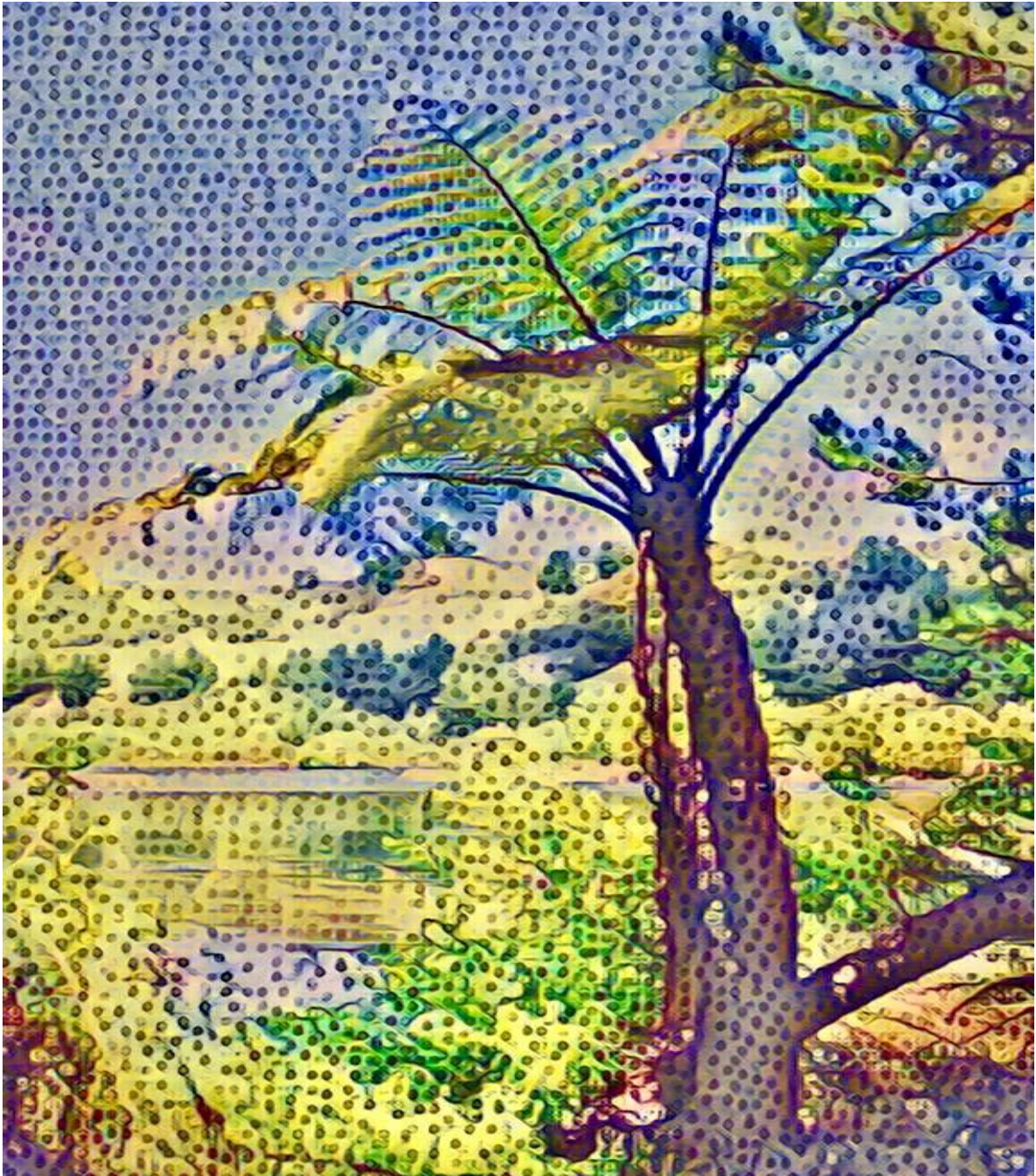
**Te Whatu Ora**

Health New Zealand

Te Manawa Taki Mental Health & Addiction Wellbeing Regional Network

**Te Manawa Taki Regional Mental Health & Addiction**

**Autumn Newsletter 2023**



# Director Regional Mental Health & Addiction Update



## Kia ora, Talofa Lava and Greetings

I hope this Autumn Newsletter finds you all well and safe. It has been an interesting Summer and our best wishes go to those communities who are still recovering from the devastation of Cyclone Gabby.

Significant changes are occurring with the health reforms as well. There are a number of consultation documents that have been released recently. These can be viewed on the Te Whatu Ora website [www.tewhatauora.govt.nz](http://www.tewhatauora.govt.nz)

### Other news in brief:

- Following approval from our regional leadership networks: Nga Kōpara o Te Rito (Whānau Lived Experience), Te Huinga o Nga Pou Hauora (Māori), He Kawai Herenga (Strategic) and Clinical Governance the **Establishing a Service Continuum for Complex Needs (March 2023)** has been released. You can find a copy of this report on our website [www.mentalhealthnetwork.co.nz](http://www.mentalhealthnetwork.co.nz)
- The **Rangatahi Access to Support** project is near completion. The final draft report will be presented to the regional leadership networks for final approval with the Rangatahi Services Framework going live on our website by the end of month.
- **The Manawa Taki Clinical Portal project** continues to be progressed with the first district, Bay of Plenty in the process of working with the vendor to ensure that the product is fit for purpose. Supporting the first roll out is a regional Working Group and regional Steering Group. Watch this space for more information.

On a final note, during this time of change we would like to remind you that our self-worth and self-esteem can be challenged in times of uncertainty so we thought Mana would be a good subject to finish off with. Thank you, Belinda, for the links.

**Insights into mana (4.13mins)** - <https://youtu.be/fjLVSEhB5DI>

**Your value (3.32min)** - <https://youtu.be/yBrRpb8aLwk>

**Purea Nei (2.04min)** - [https://youtu.be/Fqtk\\_bcrnso](https://youtu.be/Fqtk_bcrnso)

Kia kaha everyone and remember to be kind to one another as we are all in this together.

Eseta

## PRIMHD Update

Kia ora,

There are still some providers whose PRIMHD data is not being submitted and the Ministry of Health are currently looking into each of these. If you are struggling and need some support with your data, please contact me.



## PRIMHD Code training

I can provide code training to your teams via Zoom/Microsoft Teams and more than happy to work something out that will mean you not having to have all staff off the front line all at once. I do not mind providing training to just an individual if that is what is required.

## New whānau engagement indicator data dashboard improvements

Since the launch of the Whānau engagement indicator data dashboard in July 2022, the KPI Programme has been collating sector feedback and working with the Family Whānau Advisors Aotearoa network to refine the data available and improve its functionality.

The improved Whānau engagement indicator data dashboards are now live on the KPI Programme website. Users can now view the data from two lenses – tāngata whai ora specific and service episode specific. Based on discussions from the KPI Programme National Forum in November 2022, the dashboards now include functionality to look at the data with phone contact included and excluded.

[Indicators – MH&A KPI Programme \(mhakpi.health.nz\)](https://mhakpi.health.nz)



**Workforce & Information Project Lead, Mental Health & Addiction, Te Manawa Taki**  
waea pūkoro: +64 27 2476 440 | imēra: [belinda.walker@healthshare.co.nz](mailto:belinda.walker@healthshare.co.nz) | pae tukutuku: [www.midlandmentalhealthnetwork.co.nz](http://www.midlandmentalhealthnetwork.co.nz)



## Workforce Updates

### Access new resources for continuous improvement

The KPI Programme Resources page on the website has undergone an upgrade to improve how people working the mental health and addiction sector access resources and tools that support their continuous improvement activities. New resources have also been added to the page including evidence reviews for the KPI Programme indicators, presentations from Benchmarking Breakouts, shared tools and recordings of special events. All resources really are by the people for the people, so do log in and check them out.

[Login or Register – MH&A KPI Programme \(mhakpi.health.nz\)](https://mhakpi.health.nz)

### Assessments and Privacy - Careerforce

This is a reminder that it is a breach of the Privacy Act for personally identifiable information to be used in assessments. In instances where workplace reports or other documents are used as evidence

to support an assessment, it is essential that this is done with the full knowledge and support of the employer, and that any identifying details (e.g., person's name, NHI number, area where they live, unusual conditions/illnesses, family connections) are removed or blacked out before being submitted for marking. Any assessments where such identifying details have not been removed or blacked out will not be accepted and will be returned to the learner for resubmission.

## **Assisting mental health in the workplace**

In this NZBusiness article, health and safety experts discuss how grass roots first aid for mental health in the workplace significantly improves overall worker safety.

[Assisting mental health in the workplace | NZBusiness Magazine | The Business Magazine For NZ SME](#)

## **Become a prescriber for free online CBT courses.**

Just a Thought helps you provide people with free, immediate access to Cognitive Behavioural Therapy (CBT), a gold standard psychological intervention to help patients improve their level of wellbeing. To sign up to prescribe Just a Thought courses in your practice use the link below.

[Clinicians | Just a Thought](#)

## **Burnout isn't a personal failure...but it feels like it is when you're on the way there**

Burnout is an understandable response to social and working conditions, writes Emma Dunning in this analysis of the stresses bearing down on GPs.

[Burnout isn't a personal failure...but it feels like it is when you're on the way there | New Zealand Doctor \(nzdoctor.co.nz\)](#)

## **Call for expressions of interest for collaborative leadership group - Equally Well movement.**

The Equally Well movement is now seeking to establish a collaborative leadership group to support the strategic direction and pathway forward for the collaborative. We are seeking expressions of interest from people who care about equity and understand how to bring about system change, including people with lived experience and whānau perspectives of mental health and addiction.

[Our people | Equally Well](#)

## **Change Hub – Te Whatu Ora**

Set up to keep you updated on the working groups that will implement our new operating model.

[How we work together – Te Whatu Ora - Health New Zealand](#)

## **Continuity of care community of interest: KPI Programme Benchmarking Breakout 27 April from 9:30am to 10:30am**

On Thursday 27 April from 9:30am to 10:30am we follow up the Benchmarking Breakout held on 23 February 2023, facilitated by Simon Hughes, Emerge Aotearoa. We will discuss progress and actions you have made since we last explored the continuity of care indicator dashboard. This is open to anyone across Aotearoa New Zealand who is delivering mental health and addiction services with a passion to drive continuous improvement and equity of health outcomes for tāngata whai ora,

whānau and communities. You are still welcome to attend if you missed the February breakout session. Participation is wānanga style: sharing experience, asking questions and discussion is encouraged.

[Benchmarking Breakout: Continuity of care community of interest – MH&A KPI Programme \(mhakpi.health.nz\)](#)

## **Depression and anxiety in old age during the COVID-19 pandemic: A comparative study of Individuals at cardiovascular risk and the general population**

Compared to the general population, the cardiovascular risk group showed slightly higher levels of depressive symptomatology even at the beginning of the pandemic and may be supported by addressing perceived social support and resilience in prevention programs targeting mental health.

[Depression and Anxiety in Old Age during the COVID-19 Pandemic: A Comparative Study of Individuals at Cardiovascular Risk and the General Population \(nih.gov\)](#)

## **Equally Well - A new online home!**

The Equally Well backbone team is excited to announce a new Equally Well website. This provides a space for information and resources to help you be an active Equally Well champion, as well as opportunities to connect. Our hope is that both new and existing champions can find everything they need on the website to learn more and engage with Equally Well.

[Home | Equally Well](#)

## **Fatigue and its impact on performance and health**

This review explains the basic physiology behind fatigue and outlines its impacts on healthcare practitioners' clinical practice and wellbeing.

[Fatigue and its impact on performance and health - PubMed \(nih.gov\)](#)

## **Forensic Mental Health Services Workforce Development Grant (non-clinical) – next round of grants open 1 May**

The next round of the Forensic Mental Health Services Workforce Development Grant will open Monday 1 May and will close midday Wednesday 31 May. This is available for non-clinical and cultural kaimahi working in regional adult forensic mental health services. The grant will help cover the costs to take part in a course or training programme that aligns with the Let's get real framework, and will help participants to improve health outcomes for Māori accessing forensic mental health services. We encourage applicants to get applications in early.

[Forensic Mental Health Services Workforce Development Grant | Te Pou](#)

## **How to Design a Digital Antidote to Mental Health Discrimination (And Relieve Self-Stigma) - eMHIC recorded webinar.**

In this first eMHIC webinar of 2023, experts from England, Australia and New Zealand discussed how digital technology can support global efforts to eliminate mental health-related discrimination, and remove self-stigma.

[How To Design A Digital Antidote To Mental Health Discrimination And Relieve Self Stigma | EMHIC \(emhicglobal.com\)](https://emhicglobal.com)

## **In My Kete**

This feature includes reviews of books, apps and stories from experts in the mental health sector sharing the resources and knowledge they have found most helpful in their own work and lives. In Te Ao Māori, the kete symbolises sharing of knowledge, insight and prosperity. This reflects the aim of this section: Through sharing what others have found useful, we all benefit.

[Book Reviews | Mental Health Foundation](#)

## **International Forum on Quality and Safety in Healthcare – Melbourne 30 Oct-1 Nov**

The Institute for Healthcare Improvement and British Medical Journal will bring their combined experience and expertise to deliver an inspiring conference for those passionate about improving outcomes for their patients and communities. Between 30 October and 1 November 2023, the International Forum on Quality and Safety in Healthcare, in Melbourne, will focus on the key themes in health and care in Oceania while bringing in perspectives and knowledge from around the world.

[International Forum on Quality and Safety in Healthcare in Melbourne 2023 | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

## **Launch of revised social and community services apprenticeships**

To better meet the needs of the community-based support workforce, Careerforce have released six revised apprenticeship programmes. These revised programmes lead to the awarding of the New Zealand Certificate in Health and Wellbeing (Social and Community Services) (Level 4) and are delivered as the:

- Apprenticeship in Whānau, Community and Social Services
- Apprenticeship in Mental Health and Addiction Support
- Apprenticeship in Diversional Therapy
- Apprenticeship in Disability Support
- Apprenticeship in Community Health Work
- Apprenticeship in Youth Work

[Qualifications - Careerforce - Qualifications for Life. Skills for Good](#)

## **Learners with a disability – Careerforce support**

Careerforce is committed to improving outcomes for our disabled learners, working with a lived experience advisory group to ensure our programmes are accessible and fit-for-purpose. Among the initiatives, disabled learners are assessed to identify individual support needs. The functionality of Aka Toi, our online learning platform is being developed to support learners with different impairments. Learners are given awareness and support to use assistive technologies and will be given more flexibility around time to complete assessments. Careerforce assessors are also being upskilled to better understand the needs of our disabled learners.

[Equitable Learner Success - Careerforce - Qualifications for Life. Skills for Good](#)

## **Let's get real forum for champions - 27 April in Dunedin**

Join us for this one-day workshop that aims to equip people to successfully embed *Let's get real* within their organisations. This includes leaders, educators, and other people with an interest in *Let's get real* who have the support to progress this work with their organisation.

For more information contact [trish.gledhill@tepou.co.nz](mailto:trish.gledhill@tepou.co.nz) or register via the link below.

[Dunedin Let's get real champions forum | Te Pou](#)

## **Lines have become blurred between work and home for nearly half of working Kiwis**

Seek's resident psychologist Sabina Read says employees have developed an 'always on' mentality when it comes to work.

[The lines have become blurred between work and home for nearly half of working Kiwis | Stuff.co.nz](#)

## **Māhuri Tōtara: National support worker summit**

Are you a support worker working in a mental health and addiction service? Te Pou invites you to attend the national support worker summit, Māhuri Tōtara, on Tuesday 13 June 2023 in Wellington. The theme of the summit is “The value of support work – recognising and celebrating support workers’ contribution and value.” Through this event we want support workers to feel proud of their mahi and the positive difference it makes to people’s lives. There is no cost for the summit, and Te Pou is offering a limited number of travel and accommodation assistance grants.

[Māhuri Tōtara - National Support Worker Summit Grant | Te Pou](#)

[Māhuri Tōtara: National Support Worker Summit | Te Pou](#)

## **Māori learners – Careerforce support**

Our Rōpū Taupuhupuhi Āmio / National Mobile Support team provides options for kanohi-ki-te-kanohi (face-to-face) kaupapa Māori approach support through wānanga mahi and noho marae. As needed, we will provide extra support to any ākonga (learners) and ngā kaiaromatawai (assessors) in working with the Te Ao Māori unit standards. Also, our assessors can assess in te reo Māori if requested.

[Rōpū Taupuhupuhi Āmio – Supporting Māori Success - Careerforce - Qualifications for Life. Skills for Good](#)

## **New Reducing Restrictive Practices community of interest**

During the KPI Programme National Forum held in Te Whanganui-ā-Tara (Wellington) in November 2022, participants of the Seclusion indicator benchmarking breakout expressed a desire to keep talking about least restrictive practices, using the data to draw out insights about what is happening nationally and sharing improvement ideas and innovations. A sector driven community of interest dedicated to least restrictive practices now meets monthly via Zoom. The community is focused on building a shared understanding of restrictive practices uncovering what is working across Aotearoa New Zealand services to both reduce (and sustain the reduction) of their use. If you share this interest and passion for reducing restrictive practices in our mental health and addiction sector, email the KPI Programme team at [info@mhakpi.health.nz](mailto:info@mhakpi.health.nz) to join the community.

## **Ngā kaimahi o te rāngai hauora Māori**

Integral to improving hauora Māori is developing our hauora Māori workforce and increasing its capacity. By deepening the understanding of te ao Māori and Māori views on issues and solutions that originate from a traditional Māori knowledge base, across the entire health system - that is truly the path to pae ora - benefitting not only the daily lives of whānau Māori, but all New Zealanders. Te Aka Whai Ora will boost efforts to attract, develop and retain essential talent - notably those with lived experience, aroha and manaaki, who are committed to contributing to better health outcomes for Māori.

[Workforce Development | Māori Health Authority \(teakawhaiora.nz\)](https://www.teakawhaiora.nz/workforce-development)

## **Ngā Waka o Matariki**

This interactive resource combines audio and video with the written word to present the Ngā Waka o Matariki framework to inspire into action. Consider how Ngā Waka o Matariki will contribute to the mahi of yourself and your organisation in improving the health care journey of whaiora Māori and whānau.

[Ngā Waka o Matariki | Equally Well](https://www.equallywell.org.nz/nga-waka-o-matariki)

## **Navigating the improved whānau engagement indicator: KPI Programme Benchmarking Breakout - 20 April from 9:30 to 10:30am**

We will uncover insights and identify areas for service improvement, discuss trends and patterns that have been observed and what this means for service users and the mental health system. This is open to anyone across Aotearoa New Zealand who is delivering mental health and addiction services with a passion to drive continuous improvement and equity of health outcomes for tāngata whai ora, whānau and communities. You are still welcome to attend if you missed the February breakout session. Participation is wānanga style: sharing experience, asking questions and discussion is encouraged.

[Benchmarking Breakout: Navigating the improved whānau engagement indicator – MH&A KPI Programme \(mhakpi.health.nz\)](https://www.mhakpi.health.nz/benchmarking-breakout-navigating-the-improved-whānau-engagement-indicator)



## **New Pacific project set to support ākonga through collaborative partnership.**

A collaborative partnership between Te Whatu Ora, Wintec | Te Pūkenga, and the Ministry of Social Development has seen the launch of a new project specifically for Pacific ākonga (students). The Wayfinder project, a Pacific workforce guided pathway with a focus on health programmes. The Wayfinder project is a pilot created for Pacific People's workforce development in the Waikato region, with a focus on pathways in health. These include enrolled nursing, nursing, midwifery, counselling, social work and physiotherapy.

[New Pacific project set to support ākonga through collaborative partnership \(wintec.ac.nz\)](https://wintec.ac.nz)

## **NGO workforce survey reports – Te Pou**

Last year, Te Pou surveyed NGOs about their workforce. The NGO workforce estimates report describes the size of the adult alcohol and drug and mental health (including forensic) workforce (5,165 FTE positions employed and vacant, 11 percent vacancy rate). The NGO workforce challenges report describes workforce development support needs. The reports conclude that an overarching NGO workforce development plan is needed, and both reports set out key priorities based on the survey findings. A plan must be co-designed and co-produced with NGOs to reflect their diversity and specifically address equity issues for Māori. More reports from the survey are planned for this year, as are reports about Te Whatu Ora providers' workforce.

[More Than Numbers | Workforce Data | Te Pou](#)

## **Nurse educators launch podcast**

Three Starship Nurse Educators, Erin Carn-Bennett, Marie Collinson and Alison Cartwright have created their own podcast called "Sim Nurse NZ – Conversations about all things Simulation". Health simulation relates to education and training healthcare professionals in representations of real-life procedures, to build skills in a safe environment without risking patients or staff. The podcast topics focus on this and related training that can help healthcare professionals and improve patient safety through theory and research.

[Sim Nurse NZ | a podcast by simnursenz \(podbean.com\)](https://simnursenz.podbean.com)

## **Pasifika learners – Careerforce support**

Careerforce has a team of Pacific staff who understand the needs and demands of our Pacific learners. We run Talanoa (open discussion) sessions, and face-to-face and online fono (workshops) with a focus on empowering and engaging our Pacific learners to feel supported in their studies. Through our Pacific Coordinator, we offer assistance for all who are learning in the workplace

[Pasifika learner support - Careerforce - Qualifications for Life. Skills for Good](#)

## **Policy changes urged to ensure Aotearoa's health workforce reflects society**

Policy changes are urgently needed to ensure Aotearoa's future health workforce reflects the diverse communities it will serve, according to a new University of Otago-led study.

[14 March 2023 Policy changes urged to ensure Aotearoa's health workforce reflects society, News, University of Otago, New Zealand](#)

## **Programmes underway to naturalise foreign-trained doctors.**

Pilot programmes are now underway in Auckland and Hamilton to familiarise doctors with the practices of New Zealand's hospitals and GP clinics. Doctors trained overseas have the requisite medical knowledge but may not have experience working in New Zealand, where practice and procedures often vary from the countries, they've trained in. Two new programmes aim to address this discrepancy and help more foreign-trained doctors practice in New Zealand.

[Programmes underway to naturalise foreign-trained doctors \(1news.co.nz\)](https://www.1news.co.nz)

## **Registrations now open for the Quality Improvement Scientific Symposium 2023, 8 Nov, Tāmaki Makaurau Auckland**

Te Tāhū Hauora is hosting its eighth scientific symposium for health care quality improvement practitioners on 8 November 2023 in Tāmaki Makaurau Auckland. The theme for the 2023 symposium is 'Whole-systems quality: Better together'. The call for abstracts will go out on 1 May 2023.

[Quality Improvement Scientific Symposium 2023 | Health Quality & Safety Commission \(hqsc.govt.nz\)](https://www.hqsc.govt.nz)

## **“See Us” Toolkit**

Many people experiencing mental health and addiction issues die much earlier than the general population, with a two to three times greater risk of premature death (defined as dying before the age of 65). Two-thirds of this is due to cardiovascular disease, cancer, and other physical illnesses. Determined to impact this imbalance, the Equally Well Collaborative has launched the SEE US activation campaign. Designed to overcome diagnostic overshadowing (when mental health and addictions health histories overshadow physical health needs) the campaign draws attention to it by giving a platform to the voice of lived experience and provides a multimedia toolkit.

[SEE US toolkit | Equally Well](https://www.equallywell.org.nz)

## **Shift Work Disorder**

What it is, what causes it, and how it can be diagnosed and treated

[Shift Work Disorder: Overview and Complications | Sleep Foundation](https://www.sleepfoundation.org)

## **Social Service Providers Aotearoa (SSPA)**

A national body representing some 200 community organisations working with at-risk children and young people and with families, whānau and communities. We are a registered charity and incorporated society.

[About SSPA](https://www.sspa.org.nz)

## **SSPA Whakamanawa conference May 1-2 Te Papa, Wellington**

Careerforce is proud to again be sponsoring Social Service Providers Aotearoa's (SSPA) annual conference, Whakamanawa 2023. This conference brings together all those working across Aotearoa

New Zealand's community social services and wider social sector, and will be its first time being back kanohi ki te kanohi – fully in-person for three years.  
[Events Archive \(sspa.org.nz\)](https://sspa.org.nz)

## **SIMPLE. Method to Systemic Culture Transformation**

The SIMPLE. Method provides a first of its kind engagement & alignment process to build unity on a large scale and achieve transformation change at the 'system' level.

[Growth Development](#) | [Unity Aotearoa](#) | [Unleashing the potential of](#)

## **Substance use and taiohi: a brief intervention tool – May 29 9am-4pm Auckland**

In this **one-day workshop on 29 May in Auckland** led by Jo Claridge, a specialist practitioner in AOD/CEP, you will:

- increase your understanding of taiohi substance use.
- gain insights into how to support taiohi who are using.
- learn about the SACS screening tool which is used to assess taiohi substance use related harm
- develop a framework you can use to explore the issue with taiohi and provide support

[Substance use and taiohi: a brief intervention tool](#) | [Whāraurau \(wharaurau.org.nz\)](https://wharaurau.org.nz)

## **Supporting learner success - learner study time**

Careerforce will soon share the topline results from the 2022 annual employer survey, together with actions they are committing to as a result of feedback. In each of their annual employer surveys, Careerforce have consistently asked employers about what they consider to be the most significant barriers to their staff completing their learning programmes. 'Lack of time' has consistently been the highest perceived barrier, and by some margin. This mirrors the feedback from their learners when we ask them the same question, with 50% of learners citing lack of time as their greatest barrier to achievement.

## **Te Aka Whai Ora strengthens nursing leadership with new appointment.**

Nadine Gray (Te Whakatōhea) has been appointed as Chief Nursing Officer. In this specialist advisory role, Nadine will provide a broad range of clinical advice and support across Te Aka Whai Ora.

[Te Aka Whai Ora strengthens nursing leadership with new appointment](#) | [Māori Health Authority](https://maorihealthauthority.govt.nz)

## **Transforming Workplace Culture Online Course**

This online course equips you with a clear roadmap to how to transform workplace/organisational culture. 10 session delivered over 10 weeks, 1-2 hours weekly, Flexible learning to be completed when it suits you and available for up to 1 year.

[Growth Development](#) | [Unity Aotearoa](#) | [Unleashing the potential of](#)

## **Trauma-informed approaches in training and education programmes Forum: Let's get real – 17 April**

Every interaction in health education and training presents opportunities to enhance learning for the

existing and emerging health workforce through using Let's get real to inform education programmes. A trauma-informed approach recognises and understands how trauma can negatively affect individuals, whānau, and communities. When workers understand trauma and the impacts of these experiences, they can become more equipped to recognise trauma and respond to people and whānau in ways that promote their safety and wellbeing. Register and join us for this next forum for educators on Monday 17 April that explores the use of our Let's get real Tool for educators to effectively embed trauma-informed approaches into your training and education programmes.

[Let's get real: Forum for educators Trauma focus \(virtual\) | Te Pou](#)

## **Trauma-Informed Care: From Māori and Pacific Perspectives – 30 May, Auckland 8.30am-5pm**

Are you working with taiohi and tamariki who have experienced a traumatic event? Are you wanting to provide trauma-informed care through a Māori and Pacific lens? If you are working with taiohi in either clinical or non-clinical settings, this face-to-face training will provide you with a deeper understanding of the impact of trauma, specifically intergenerational trauma. Based on Māori and Pacific concepts and strategies for providing trauma-informed care

[Trauma-Informed Care: From Māori and Pacific Perspectives | Whāraurau \(wharaurau.org.nz\)](#)

## **Whānau Voice representative Te Whakaruruhau mō te Mate Wareware / the Dementia Mate Wareware Leadership and Advisory Group**

Te Whatu Ora and Te Aka Whai Ora have undertaken a recruitment and appointment process for two Whānau Voice representative positions to Te Whakaruruhau mō te Mate Wareware / the Dementia Mate Wareware Leadership and Advisory Group. They have appointed the first Whānau Voice representative and hope to confirm the second Whānau Voice representative soon. Treasure Thomas-Egglestone is our first Whānau Voice representative. Treasure brings a wealth of experience and knowledge of dementia mate wareware, with personal experience supporting her mother living with dementia mate wareware. Treasure's appointment is for three years with a start date of 3 April 2023.

## **Whāriki He Aka Hui: Addressing the training needs of the lived experience workforce – Sector Innovation 18 April 11am**

Join us on Tuesday 18 April from 11am to 12pm via Zoom, to hear how two Aotearoa New Zealand organisations have innovated to meet the training needs of their mātau ā-wheako consumer, peer support and lived experience (CPSLE) workforce. Janice McGill (Pathways) and Dave Burnside (Odyssey) describe their process and innovation in response to the CPSLE competencies. Hosted through collaboration between Whāriki o te Ara Oranga and the Te Pou lived experience team, this webinar provides an opportunity to reflect on our own response to sector training challenges.

Register via the link below.

[Meeting Registration - Zoom](#)





## Professional Development

### **AOD Parliamentary Symposium on 1 June**

NZ Drug Foundation will bring together experts, decision-makers, lived experience leaders and innovative thinkers from Aotearoa and around the world, for an absorbing day of panel discussions and presentations focussed on addressing unmet health needs.

[Save the date - NZ Drug Symposium and Forum \(mailchi.mp\)](#)

### **Australasian Winter Conference for Brain Research - August 26-30, Queenstown**

This conference is New Zealand's premier annual neuroscience conference attracting delegates from all over New Zealand and beyond. Its purpose is to encourage interaction between a wide range of academic and clinical brain research disciplines, including anatomy, biochemistry, kinesiology, neural modelling, neurology, pharmacology, physiology, and psychology.

[AWCBR | Neuroscience | Queenstown | New Zealand](#)

### **Basic Competencies in Working with CALD Communities in a Mental Health and Addiction Context - Free**

This module aims to provide a critical cultural understanding and the application of cultural awareness, knowledge, sensitivity and skills when working with culturally and linguistically diverse (CALD) Asian, Middle Eastern, Latin American, African and European communities to achieve culturally safe, equitable and responsive outcomes. Available online or remote face-to-face.

[Basic Competencies in Working with CALD Communities in a Mental Health and Addiction Context | eCALD](#)

### **Coexisting problems in taiohi (youth) e-learning 3hrs**

Identify, assess and provide assistance in the treatment of substance abuse that affects the mental wellbeing of taiohi.

[Coexisting problems in taiohi \(youth\) | Goodfellow Unit](#)

### **Depression/distress: how to manage – recorded webinar.**

Pim Cuijpers and Bruce Arroll present cases of depression/distress that commonly occur in primary care. Pim presents the evidence on what has been shown to work in primary care from the talk therapy point of view. Evidence on situations where medication may be useful is also covered.

Bruce talks about how he uses the FACT (Focused Acceptance and Commitment Therapy) model to get an assessment of his patients' lives and how their mood is affecting their lives and vice-versa.

[Depression/distress: how to manage | Goodfellow Unit](#)

## **Drug Checking – recorded webinar**

Drug checking checks the safety of drugs and is Aotearoa's latest drug harm reduction service. It combines scientific practices with relaxed harm reduction conversations, giving people practical information to reduce harm from drugs in a non-judgmental and non-stigmatizing way.

In this Lunchtime Learning session, Leah Rothman provides you with an overview of what it is, how to talk to young people about it and how they can access it. We touch on the harm reduction model, tips and advice to talk about with young people who use drugs and where to get more information.

[Lunchtime Learning - Drug Checking | Whāraurau \(wharaurau.org.nz\)](#)

## **Focussed acceptance and commitment therapy e-learning 1.5hrs**

For health workers interested in mental and or physical health where therapy can be brief, time-limited and available to all who may need it. It will appeal to primary care doctors, nurses, psychologists, counsellors, health coaches and health care assistants.

[Focussed acceptance and commitment therapy | Goodfellow Unit](#)

## **Health and wellbeing for Māori e-learning 1hr**

Developing strong relationships with your patients and their families leads to greater diagnosis accuracy and continuity of care.

[Health and wellbeing for Māori | Goodfellow Unit](#)

## **HoNOSI training to become a trainer Wednesday 10 May**

With voluntary collection of HoNOSI from 1 July 2023 and mandatory collection from 1 July 2024, HoNOSI trainers will play an integral role in helping services to get ready. This three-module training will equip clinicians with the necessary skills and knowledge to become HoNOSI trainers within their own Te Whatu Ora district or NGO service. The training is open to any mental health clinician in the country who wants to be a trainer. The free training will be held on Wednesday 10 May. Participants must complete all three modules to become a HoNOSI trainer. Registrations close at 5pm on Friday 3 May. Find out more and register for HoNOSI training on the link below.

[Become a HoNOSCA trainer | Workshop | Te Pou](#)

## **In-person adverse events learning programme workshop – Auckland and Christchurch in May**

Registrations are open for the in-person adverse events learning programme on Thursday 11 May 2023 in Auckland and Wednesday 31 May 2023 in Christchurch. These workshops are designed to improve consumer, whānau and health care worker safety by supporting health and disability services to report, review and learn from adverse events. This education programme will assist with conducting effective reviews of adverse events in a range of health care settings using the learning review methodology. There is a registration fee of \$110 incl GST per person. You will be required to complete some online learning prior to the workshop, which can be done at your own pace.

[Adverse events review workshops | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

## **International Indigenous Dementia Research Network (IIDRN) Annual Conference – Nov 7-9, Hawaii**

The aim of this conference is to advance research in the area of Alzheimer's disease and related dementias (ADRD) in Indigenous populations worldwide. It will bring together leading scientists, policy makers, Indigenous elders, Indigenous communities and organisations, people living with dementia, and trainees to exchange information on current research and advancements concerning ADRD in the context of health equity. Other aims are to support collaboration, career development, and relationship building to grow the scientific community to address the increasing dementia disparities in Indigenous populations.

[IIDRN Conference - Memory Keepers \(memorykeepersmdt.com\)](http://memorykeepersmdt.com)

## **Labels – Do the labels we use for certain populations create exclusion? – workshop Thursday 13 April, 10am-12pm Tāmaki Makaurau / Auckland**

When addressing issues of equity and intersectional need, our social services and wider social sector is asked to think specifically about groups of people who are not experiencing equitable outcomes, and access to services and supports. During the workshop, you'll have the chance to consider the impact of the language we use when speaking about the people we're working with.

[Events Archive \(sspa.org.nz\)](http://sspa.org.nz)

## **New online Te Tiriti Workshops**

We've been teaching people about Te Tiriti and developing high-quality learning resources to support Te Tiriti application for over 20 years.

While we've been doing this work for a while, we are continually keeping our work fresh through new content and delivery approaches. Our new online delivery options provide engaging, accessible and flexible learning.

[Workshops for organisations | Groundwork](#)

## **Promoting Digital Tools – recorded webinar**

Love it or hate it, digital tools are here to stay. The webinar will give an overview of digital tools available in Aotearoa New Zealand designed to support mental health and wellbeing of young people and their whānau. Emphasis is on home-grown tools and those are that are free to use. There are handy tips on how to introduce and encourage young people to use the tools and also how to keep up with the ever changing technology.

[Lunchtime Learning - Promoting Digital Tools | Whāraurau \(wharaurau.org.nz\)](http://wharaurau.org.nz)

## **PTSD - podcast**

In this episode Cheryl Buhay discusses PTSD. What we need to know and how we can look after ourselves in a pandemic to avoid this diagnosis.

[PTSD | Goodfellow Unit](#)

## **Shift work – podcast**

Fiona Johnston discusses how to thrive when working shifts, including strategies to optimise your sleep quality and quantity.

[Shift work | Goodfellow Unit](#)

## **Substance use and taiohi (youth) e-learning (4hrs)**

Substance use and other issues that affect the mental wellbeing of taiohi/young people. The transition from childhood to adulthood is a time of immense change, physically, mentally and socially. It is a time of experimentation when most taiohi will be exposed to new ideas and experiences. It is natural to be curious, and some will choose to try substances, with or without the knowledge of their whānau during this time.

<https://www.goodfellowunit.org/group/145>

## **Support for the grieving: a psychological flexibility approach – recorded webinar**

Some people find themselves more ‘stuck’ in grief: it remains at high intensity for many months or years, or they cannot reengage with important areas of their life. The Psychological Flexibility approach, the best-known form being ACT, is based on a ‘universal’ model of how we all react to the circumstances we find ourselves in, especially the difficult ones. In over 800 Randomised Controlled Trials, it has been shown to be helpful with a range of life challenges – including physical health conditions such as chronic pain, stress, anxiety and depression, addictions, significant mental health problems, workplace stress, child stress and adolescent development and others.

[Support for the grieving: a psychological flexibility approach | Goodfellow Unit](#)

## **Supporting Parents Healthy Children e-learning 1hr**

Orientation to the guideline for Supporting Parents Healthy Children.

[Supporting Parents Healthy Children | Goodfellow Unit](#)

## **Thriving clinician – recorded webinar**

When healthcare workers are well, they provide better care and that achieves better health outcomes. As a psychologist coach the presenter believes that coaching provides a way forward for us in healthcare. She shares some of her experience coaching.

[The thriving clinician | Goodfellow Unit](#)

## **Trans Health and Primary Care – recorded webinar**

In June-July 2022, we hosted a series of three webinars for clinicians and other people working in primary care. The series is a conversation about trans health, and how we can reduce barriers and improve practice for trans and non-binary people accessing primary healthcare.

[Webinar series - A Conversation about Trans Health and Primary Care — Te Ngākau Kahukura \(tengakaukahukura.nz\)](#)



## **Vegan babies – podcast**

In this episode, Dr Taisia Cech and Dr Marissa Kelaher will discuss how to optimise nutrition in the prenatal period for expectant parents, and in the first 1000 days.

[Vegan Babies | Goodfellow Unit](#)

## **What's happening in child & adolescent psychiatry? – recorded webinar.**

Dr Mirsad Begic on child and adolescent psychiatry- including eating disorders and ADHD.

[What's happening in child & adolescent psychiatry? | Goodfellow Unit](#)

## **Working with interpreters Basic Competencies - free**

This module aims to provide knowledge and practical skills to work effectively with interpreters in therapeutic ways. It provides knowledge on assessing the need for an interpreter and gaining skills to work effectively with interpreters in telehealth, in-person and group settings. Available online or remote face-to-face.

[Basic Competencies in Working with interpreters | eCALD](#)

## **'You're not alone' series available now**

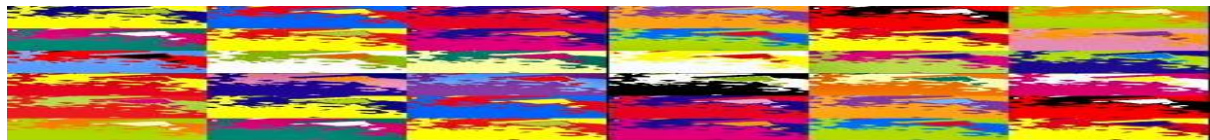
The concept for the third episode in this series by Ministry of Youth Development developed by young advisors highlights how resilient and fearless young people can be.

[Te Manatū Whakahiato Taiohi on Instagram: “You're Not Alone’ Anime Pilot – Episode 3 has launched... check it out! The concept for this episode was proposed and developed by one of...”](#)

## **Youth vaping – podcast**

Dr Colette Muir talks about youth vaping, what we need to know.

[Youth vaping | Goodfellow Unit](#)



## **Resources**

### **20 Minute Guide**

Parental guidance about how to help your child who is using substances or engaging in other risky behaviours.

[Introduction to the Parent's Guide - The 20 Minute Guide](#)

## Activity Tool kit

We've gotcha covered! We've made organising your event or activity easier by creating tools and templates for you to promote, decorate and run it! You can find editable invites, posters, decorations plus tips to promote it.

[Event Toolkit \(neighboursaotearoa.nz\)](http://neighboursaotearoa.nz)

## After suicide support services for whānau

The death of a loved one is one of life's most difficult experiences and losing someone to suicide is particularly traumatic, with its own set of unique challenges. Our whānau support workers have had the experience of losing a loved one to suicide and can navigate the complex journey with you. Find out more in our suicide support services brochure.

[Suicide-Postvention-brochure-web-YBR.pdf \(yellowbrickroad.org.nz\)](http://yellowbrickroad.org.nz)

## Ainsley's kōrero

Ainsley's journey to healing involved rediscovering her culture and spirituality, and going through a programme to address the root of her alcohol abuse.

[Alcohol Journeys — Ainsley's kōrero](#)

## Alcohol and the teenage brain"

Produced by Professor Dan Lubman is a highly acclaimed four minute animation that discusses adolescent brain development and highlights the effects of alcohol and risky drinking on different brain regions, as well as its impact on behaviour.

[https://youtu.be/g2gVzVIBc\\_g](https://youtu.be/g2gVzVIBc_g)

## Alcohol Drug Helpline

Friendly, professional, confidential, non-judgmental advice and support – about your own or someone else's drinking or drug use Call free [0800 787 797](tel:0800787797)., Text free [8681](tel:8681), Live chat free at [www.alcoholdrughelp.org.nz](http://www.alcoholdrughelp.org.nz), Find us on Facebook: [Alcohol Drug Helpline NZ](#). Ask about our Māori services, services for Pacific peoples, or services for young people.

[Alcohol & Drug Helpline \(alcoholdrughelp.org.nz\)](http://alcoholdrughelp.org.nz)

## Alcohol Drug Helpline - Māori

At the Helpline we are committed to providing a culturally affirming service, utilising resources available specifically for Māori, and referring callers to kaupapa Māori treatment services when requested. The Helpline has a comprehensive list of kaupapa Māori services available in Aotearoa.

Telephone [0800 787 798](tel:0800787798) (free from your landline or mobile) or FREE TXT [8681](tel:8681) (we will TXT you back)

[Alcohol & Drug - Contact \(alcoholdrughelp.org.nz\)](http://alcoholdrughelp.org.nz)

## Alcohol Drug Helpline - Pasifika

Our Pasifika Helpline seeks to provide a holistic, culturally affirming service which meets your physical, spiritual and mental needs and encourages support from family and community. Telephone [0800 787](tel:0800787)

[799](#) any day, 24 hours a day, or FREE TXT [8681](#) and we will TXT you back. The Pasifika Helpline has a full list of Pacific and other services throughout New Zealand.

[Alcohol & Drug - Contact \(alcoholdrughelp.org.nz\)](http://alcoholdrughelp.org.nz)

## **Alcohol Drug Helpline - Youth**

The Youth Helpline has dedicated people experienced in working through issues with young people. They offer free, confidential support and guidance. They are able to talk to you about your own drinking or drug use or about another person's drinking or drug use. Our people can provide you with a few simple steps to help keep yourself and your friends safe while socialising and drinking. We can provide information and advice about a particular drug and the effect it may have if taken.

We can provide advice and practical strategies to help you ease up on the amount your drink.

Maybe you have a friend or family member drinking or taking drugs and you are concerned for their wellbeing. Talk to us, we can help. Call 0800 787 YTH ([0800 787 984](#)) any day, 24 hours a day, or FREE TXT [8681](#) and a counsellor will TXT you back. You can have a confidential **chat with us** by clicking the Chat with us button at the bottom of this website.

[Alcohol & Drug - Contact \(alcoholdrughelp.org.nz\)](http://alcoholdrughelp.org.nz)

## **Alcohol Journeys**

The aim of this project is to share real stories of change, to encourage whānau to have their own brave conversations, and how to make changes to ease up on their drinking. These are real stories shared by whānau across Aotearoa. Names and personal details have been changed for privacy reasons. We are honoured by the koha these storytellers have given in sharing their experiences to help others.

<https://www.alcoholjourneys.org.nz/>

## **All Right?**

Whether the going's good or times are tough, there are lots of little things we can do to strengthen our wellbeing and boost the way we feel. For simple ideas on looking after yourself and others, have a browse of the menu or head to our Get Started page, using the link below.

[Get Started | All Right?](#)

## **Amohia te Waiora**

We're stronger without alcohol. Together we can address alcohol harm in our whānau, our communities, and in Aotearoa. Amohia Te Waiora - We're stronger without alcohol encourages us to do something about the effect alcohol has on ourselves, our whānau and our communities. Amohia Te Waiora means to 'uphold wellness'.

[Alcohol.org.nz](http://Alcohol.org.nz) — Amohia te Waiora

## **AOD Lived Experience Forum June 2 at Te Wharewaka o Pōneke**

The Drug Foundation invites people and whānau with lived or living experience to a forum to connect with each other, reflect on what our health needs are, and provide feedback into the health system. Organisations in the AoD sector will be invited to support people to attend, and for those who are not affiliated to an organisation, attendance will be free of charge. Where possible, support will be

provided to enable you to attend. However, places will be limited in order to ensure diversity of people and experiences.

[Save the date - NZ Drug Symposium and Forum \(mailchi.mp\)](#)

## **Be part of Anxiety Research with oVRcome**

Want to take part in our clinical trials? We pay for transport and your time. You'll learn skills to manage anxiety from a clinical psychologist and help us develop effective tools for people struggling with phobias - just like you. Complete the questionnaire online to express interest.

[Research Signups \(typeform.com\)](#)

## **Brewing Kombucha at home**

RoA Kombucha founder Chaad Lawrence and our Bay of Plenty Community Connector, Gideon will take you through a DIY kombucha brewing course.

<https://www.youtube.com/watch?v=cU4mK8OU-kc>

## **Building stronger and connected communities through food security.**

In this session, you will hear from Candice Luke from Pātaka Kai who will talk about why Pātaka Kai started and quick tips to create one in your community.

[https://youtu.be/BxAmnZ\\_uJvo](https://youtu.be/BxAmnZ_uJvo)

## **Building whānau connections from the ground up**

Taonga can mean many different things to many different people, for Tia Paea it's a way to connect to treasured memories of her childhood.

[Building whānau connections from the ground up | Tākai \(takai.nz\)](#)

## **Call for expressions of interest for collaborative leadership group - Equally Well movement.**

The Equally Well movement is now seeking to establish a collaborative leadership group to support the strategic direction and pathway forward for the collaborative. We are seeking expressions of interest from people who care about equity and understand how to bring about system change, including people with **lived experience and whānau perspectives** of mental health and addiction.

[Our people | Equally Well](#)

## **Call to Earth - Sika Sound Journey**

Set in a beautiful natural cave in the forests of New Zealand, experience the power of a Sika Sound Journey. Features flute, drum, Māori instruments and voice.

<https://youtu.be/mZq7-UEpWUs>



## **Calming the scary times**

Children's fears can feel very real to them, just as adults' fears feel very real to them, too.

[Calming the scary times | Tākai \(takai.nz\)](#)

## **Can You Take Melatonin Every Night?**

For one reason or another, you may have taken melatonin to help you fall asleep at night. It is typically safe for adults to take melatonin every night for short periods of time, but what about every day? Several factors affect whether an individual should take melatonin every day such as their specific sleep problem, their age, and other health factors...

[Is It Safe to Take Melatonin Every Night? | Sleep Foundation](#)

## **Cannabis and the teenage brain”**

Produced by Professor Dan Lubman is a short, animated video about the effects of cannabis on the brain. Brain development, adolescence and short and long-term effects of cannabis are explained in simple language.

<https://youtu.be/FvszaF4vcNY>

## **Citizen's Advice Bureau**

We provide free, confidential, independent information and advice to anyone. We help people know what their rights are and how to access services they need. We use insights from our clients' experiences to show when policies and laws and/or their implementation are having a negative impact on people. We work for positive social change.

[Citizens Advice Bureau \(cab.org.nz\)](http://cab.org.nz)

## **Community Funding options**

Check out what funding support is available in your area. We will regularly update this page with new funding opportunities as they arise.

[Funding options \(neighboursaotearoa.nz\)](#)

## **Community Law in 60 seconds**

Learn about the service provided and how to access.

<https://youtu.be/IIOBMAJioqU>

## **Concern over data privacy with TikTok**

Chief Customer Officer Leanne Ross spoke to media about TikTok concerns following the launch of their new youth safety controls.

[Concern over data privacy with TikTok \(newstalkzb.co.nz\)](#)

## **Do Moon Phases Affect Your Sleep?**

People have speculated about the moon's impact on human health and behaviour for millennia. Ancient Roman philosopher Pliny the Elder claimed that the moon could “penetrate all things” and

theorized about its influence on tides, marine life, plants, animals, and human activity. While science has since explained some lunar phenomena, like tides and eclipses, much is still shrouded in mystery. [How Lunar Phases Can Have an Effect on Your Sleep | Sleep Foundation](#)

## **Dealing with uncertainty, survivor's guilt, and all sorts of emotions right now**

Dr Sarb Johal, clinical psychologist and specialist in emergency psychology, speaks about how we can look after ourselves and our loved ones in the aftermath of Cyclone Gabrielle.

[All Sorts | A kōrero with Dr Sarb Johal, part 1: Dealing with...](#)

## **Dementia and smoking.**

It is estimated that people who smoke in later life have a 60% higher risk of developing dementia.

[NZ Dementia Foundation > Knowledge Exchange > Brain health tips > February: Smoking](#)

## **Depression at work: I wanted to hide it from everyone.**

For Geoff, mental health was something briefly touched on in medical school as something to be aware of in patients. Not himself. Doctors don't get sick. So, when the stresses of work started to catch up with him, Geoff didn't know what to do. And it was a long time before he sought help.

Hear Geoff reflect on his experiences at medical school and in the field, how he manages his mental health today, and his dreams for the medical industry.

[Depression at work - I wanted to hide it from everyone - Beyond Blue](#)

## **Diversity Counselling New Zealand**

Offer free professional counselling services for ethnic communities in English, Tamil, Hindi, Sinhalese, German, Bemba, Japanese, Bengali, Punjabi, Korean, Hungarian, Afrikaans and Nyanja. They can offer counselling through an interpreter for other languages.

[Diversity Counselling New Zealand \(dcnz.net\)](#)

## **E tautoko ana koe i te mema o tō whānau me ngā wero hauora hinengaro?**

Kei konei mātou ki te āwhina kia whiwhi koutou ko ō taupuhi ki te tautoko e hiahia ana koe.

[YBR-org-brochure-Maori-web.pdf \(yellowbrickroad.org.nz\)](#)

## **Empathy**

A wise lesson in empathy

<https://youtu.be/gYH0D52fXe8>

## **Family Mental Health Rights**

Are you supporting a whānau member using mental health services? This page explains your family mental health rights and what to expect if a loved one is receiving compulsory mental health treatment.

## Family Services Directory

Lists information about family support organisations and the services/programmes they offer to support New Zealand families to cope with common issues and problems.

[Family Services Directory](#)

## Find a psychologist

If you would like to find a registered psychologist in your area, the New Zealand Psychological Society Find a Psychologist service can assist with this. You can also speak to your GP about getting a referral to a psychologist.

[New Zealand Psychological Society Directory \(psychology.org.nz\)](#)

## Find Wellbeing Support

The website provides a home for the Access and Choice primary mental health and addiction services all in one place. It gives those interested in accessing support a search tool to find their nearest providers.

[Home | Find wellbeing support | Te Whatu Ora – Health NZ](#)

## Funded flu vaccination

Last year, Manatū Hauora Ministry of Health announced that some people with mental health and addiction issues can be eligible for a free flu vaccination. The specific eligibility criteria includes anyone with

- schizophrenia,
- major depressive disorder,
- bipolar disorder,
- schizoaffective disorder or
- anyone currently accessing secondary or tertiary mental health and addiction services.

**From April 1**, the 2023 influenza vaccine is available to the general population. If you are wanting a get a flu vaccination and believe you maybe be eligible for the funded vaccine, please talk to a member of your mental health or AOD clinical team, pharmacist, doctor or other support. We also want to encourage whānau and services to be proactive and support tāngata whai ora to ask about the funded flu vaccine through the service, a GP, pharmacy, or pop-up clinic. Where to go for walk-in vaccination, and more information about eligibility can be found on the website.

[Flu \(influenza\) vaccines | Ministry of Health NZ](#)

## Food and mood

This updated booklet provides ideas on how to eat in a way that feels healthy and tips on eating healthy when we are struggling with our mental wellbeing.

[food-and-mood-2023.pdf \(mind.org.uk\)](#)

## **Food Parcels**

If you are in need of food assistance or in self-isolation, please get in touch with your local foodbank to make an appointment or arrange delivery of a food parcel. Contact details can be found in our regional online directory on our website.

[Foodbank New Zealand | Find a Foodbank](#)

## **Foodprint – free app**

Connects users to eateries with surplus and imperfect food available for purchase at a discount. Each day the eateries who have partnered with Foodprint upload surplus food items that will otherwise be thrown out. The food is still completely fine to eat and of the same quality as if you'd purchased directly from the store itself. In just a few clicks, you can search for and purchase food items while exploring local eateries and rescuing food from being sent to landfill.

[Foodprint on the App Store \(apple.com\)](#)

[Foodprint - Apps on Google Play](#)

## **Free Legal Advice – Community Law Centre**

Got a legal problem? Maybe we can help. We're lawyers and we're also community workers. We listen carefully, we're whānau friendly, and we help you find solutions you feel comfortable with. We're passionate about making sure that everyone in Aotearoa, no matter how little money you have, has access to justice and enjoys real equality.

<https://youtu.be/IIOBMAJioqU>

[Community Law - Free Legal Help throughout New Zealand](#)

## **Free Online Learning Platform for Schools and Home Schooling**

Six micro learning moments (bitesize interactive modules less than 20 minutes long) are now available FREE to Years 9-11 via Netsafe's new online learning platform.

[Netsafe Online Learning Platform - Netsafe – Providing free online safety advice in New Zealand](#)

## **Generally Famous Podcast featuring Mike King**

Mike King's question for all Kiwis - and mental health tips for parents

[Mike King's question for all Kiwis - and mental health tips for parents | Stuff.co.nz](#)

## **Getting Through a Disaster – in more languages**

This resource provides tips on getting through a natural disaster, reminding us that feeling all sorts of emotions is normal in difficult times. Download free copies.

[All Sorts | Getting through a natural disaster \(more languages\)](#)

## **Grandparents raising grandchildren Trust**

Provides support for grandparents/kin who are raising grandchildren/whānau children in difficult circumstances.



[Grandparents Raising Grandchildren \(grg.org.nz\)](http://grg.org.nz)

## **Healing our wairua**

In this video Whaea Huhana Clayton-Evans talks about her spiritual experiences and how we can heal our wairua.

<https://www.alcohol.org.nz/assets/Uploads/Untitled.mp4>

## **Healing Vibrations: How Sound Can Help Heal You**

Sound has a unique ability to impact our emotions and help us heal. Here's how to incorporate this ancient form of stress reduction into your day.

[Singing Bowls & Sound Baths: Could They Help You Heal? \(psycom.net\)](http://psycom.net)

## **Health awareness animation videos in multiple languages**

Videos produced by the Ministry for Ethnic Communities and are available in English, Mandarin, Cantonese, Arabic, French, Korean, Japanese, Hindi, and Spanish. They will also be released in Punjabi, Somali, Indonesian, Persian, Urdu, Tagalog, Tamil, Brazilian Portuguese, Thai, and Gujarati.

[Information in languages other than English | Ministry for Ethnic Communities](#)

[Videos | Ministry for Ethnic Communities](#)

## **Healthy coping strategies video for young people**

A video aimed at young people with Anna Freud Centre clinician Hannah Woods discussing the importance of healthy coping strategies for mental health.

<https://youtu.be/Cv2DJ9riXb4>

## **Hindi Wellbeing Guides**

Learn how to manage anxiety, boost your mental health and lower your stress levels with our free wellbeing guides. Download your own copies.

[Hindi Guides - Yellow Brick Road](#)

## **“I thought he'd be better off without me” - Sandi's experience of post-natal depression.**

After wanting to be a mother all her life, Sandi found the reality of parenting tougher than she expected.

[“I thought he'd be better off without me” - Sandi's experience of post-natal depression \(beyondblue.org.au\)](http://beyondblue.org.au)

## **Just a Thought online courses – Become a prescriber.**

Just a Thought helps you provide people with free, immediate access to Cognitive Behavioural Therapy (CBT), a gold standard psychological intervention to help patients improve their level of wellbeing. To sign up to prescribe Just a Thought courses in your practice use the link below.

[Clinicians | Just a Thought](#)

## **Kia māia te kōrerorero - Have a brave conversation.**

Talking about your experience can make a difference for others. Talking about your experience with alcohol takes courage, but sharing our stories connects us and makes us stronger.

[Alcohol Journeys — Ainsley's kōrero](#)

## **Kid with a fuse – Ross' experience of anger and depression**

Ross spent a long time bottling up his feelings and eventually, this started to take a toll on his mental health.

[A kid with a fuse – Ross' experience of anger and depression \(beyondblue.org.au\)](#)

## **Know the Risks of Meth: Multimedia Resources**

The use of methamphetamine, or meth, is on the rise. Too often, people struggling with meth become trapped in their addiction, suffering the negative effects on their health and well-being. But it is possible to break free from meth and recover. Help stop the use of meth and provide support to those in need of treatment by sharing and airing these resources.

[Know the Risks of Meth: Multimedia Resources | SAMHSA](#)

## **Kōrero ki ngā mātanga - Talk to a professional**

You're not alone in your alcohol journey. You can find support services all over Aotearoa New Zealand. Whether you are concerned about your own drinking or someone else's, there are people who can talk things through with you.

[Alcohol Journeys — Ainsley's kōrero](#)

## **Kotahitanga Pilot - Western Bay of Plenty Rangatahi Providers**

In March 2021 a common conversation was being had amongst operational leadership across various hour services in the Western Bay of Plenty. The main conversation point surrounded the question of – how do we ensure we can even begin to be responsive to the needs of our rangatahi when we are not working together as a community?

[Growth Development | Unity Aotearoa | Unleashing the potential of](#)

## **Living Well with Serious Mental Illness**

With early and consistent treatment, people with serious mental illnesses can manage their conditions, overcome challenges, and lead meaningful, productive lives.

[Living Well with Serious Mental Illness | SAMHSA](#)

## **Looking after our hearing.**

Hearing loss is associated with cognitive decline independently of factors such as age, sex, and education that might explain this correlation.

[NZ Dementia Foundation > Knowledge Exchange > Brain health tips > January: Hearing](#)

## Looking after our wairua

In this video, Matua Tau Huirama introduces the concept of tapu and tells us how to look after our wairua.

[https://www.alcohol.org.nz/assets/Uploads/tau\\_final\\_draft.mp4-1080p.mp4](https://www.alcohol.org.nz/assets/Uploads/tau_final_draft.mp4-1080p.mp4)

## Mahi Aroha - Re-Imagining Community - A view from Ōpōtiki

How we choose to use our time and skills to contribute positively to the lives of others in our community. Article by Shannon Hanrahan of KŌ Kollektive, page 15 of the Unity Aotearoa magazine,

<https://www.growthdevelopment.co.nz/unity-aotearoa-magazine>

## Manawa My own survival plan – free app

Manawa - My own survival plan is a suicide safety plan app which has been developed with people who have lived through suicidal thoughts and experiences, to help you find a way through. It can help to make your own plan for what to do when things feel really bad. 'Manawa' symbolises having hope in your heart, it's the driving force behind why you are putting this plan together.

[Manawa on the App Store \(apple.com\)](#)

[Manawa - Apps on Google Play](#)

## Manawanui

Self-Directed Disability Funding. Manawanui is a social enterprise driven by the belief that self-direction is a fundamental human right. We are strongly committed to supporting our customers' choices and to going above and beyond to make it easier for people to live their lives how they want, starting with making managing funding easy.

<https://www.manawanui.org.nz/>

## Ministry for Pacific Peoples

We bring the Pacific voice, perspective and understanding to policy and initiatives. The Ministry for Pacific Peoples is the Crown's principal advisor on policies and interventions aimed at improving outcomes for Pacific peoples in Aotearoa.

[Ministry for Pacific Peoples — About us \(mpp.govt.nz\)](#)

## Narcolepsy

What it is, its causes, and the steps that can help manage it

[Narcolepsy: Causes, Symptoms, Treatments | Sleep Foundation](#)

## Neighbours Aotearoa (formerly Neighbours Day Aotearoa)

A community development initiative dedicated to growing, connecting and strengthening neighbourhoods across the country. It is a place-based and local approach – neighbours linking up in their local communities. Each year in March we encourage everybody to do something small - or large! - that lets you know a neighbour that bit better.

[Our Story \(neighboursaotearoa.nz\)](#)

## **New Zealand Telehealth Services**

We have the privilege of running free to the public, virtual health, mental health, and social services - available 24 hours a day, 7 days a week. Those services run 24/7 across seven digital channels including voice, webchat, and text.

[Whakarongorau Aotearoa](#)

## **Non-Tech Activities**

Do we need parental controls for Legos, books, or pulling weeds in the backyard? No. Rethink how toxic screen use is controlling our kids lives and stop giving kids smartphones and video games.

[Non-Tech Activities](#) | [ScreenStrong](#) | [ScreenStrong](#)

## **OCD treatment course - free online**

This has been carefully adapted from This Way UP's long-standing OCD course in collaboration with Aotearoa's OCD support group, Fixate. The course mirrors what would be delivered in face-to-face CBT for OCD, providing gold standard CBT and exposure and response prevention (ERP) therapy across six structured parts to help people learn how to manage OCD.

[OCD course](#) | [Just a Thought](#)

## **OLGANON**

Help for parents forum has stories and advice from other parents who have struggled with children overusing video games and can be a helpful place to find information and support.

[I Need Help for Parents of Gamers](#) | [On-line Gamers Anonymous&reg; \(olganon.org\)](#)

## **Open Street Pantries Locations Aotearoa**

Find your nearest pantry on our website. No appointments, No form filling & No criteria's. Open 24hrs a day, 7 days a week. Don't be shy, grab a kai.

[Pātaka Locations - PĀTAKA KAI \(patakai.co.nz\)](#)

## **Overcoming diagnostic overshadowing – “See Us” Toolkit**

Many people experiencing mental health and addiction issues die much earlier than the general population, with a two to three times greater risk of premature death (defined as dying before the age of 65). Two-thirds of this is due to cardiovascular disease, cancer and other physical illnesses. Determined to impact this imbalance, the Equally Well Collaborative has launched the SEE US activation campaign. Designed to overcome diagnostic overshadowing (when mental health and addictions health histories overshadow physical health needs) the campaign draws attention to it by giving a platform to the voice of lived experience and provides a multimedia toolkit.

[SEE US toolkit](#) | [Equally Well](#)

## **Parenting advice and strategies for adolescent alcohol use**

Evidence-based parenting strategies to help prevent or reduce your teenager's alcohol use, as recommended by the NHMRC Australian Guidelines to Reduce Health Risks from Drinking Alcohol (

[edec9f\\_55c5be6a70e4417aa8fd104da457e646.pdf \(parentingstrategies.net\)](#)

## **Pātaka Kai Toolkit**

Want to set up a Pātaka Kai in your neighbourhood? Our pals at Pātaka Kai have put together an awesome toolkit

[Pataka Resources - PĀTAKA KAI \(patakai.co.nz\)](https://patakai.co.nz)

## **Pera's kōrero**

Pera's alcohol abuse has led him into fights, gangs, jail, and getting caught for drunk driving.

[Alcohol Journeys — Talk to a professional](#)

## **Pihikete Karankawa**

“Mō tētahi kakara Māori ake nei, whakamahia te karengo, e taea ai e koe te hoko mai i ngā toa motuhake.”

[Neighbours Aotearoa](#)

## **Pink Shirt Day 2023 is fast approaching.**

On **Friday 19 May**, Aotearoa will come together once again to celebrate the pinkest day of the year. Join our sea of māwhero/pink to Kōrero Mai, Kōrero Atu, Mauri Tū, Mauri Ora – Speak up, Stand Together, Stop Bullying! Join The Movement. Get event packs

[Pink Shirt Day : Sign up for updates \(jotform.com\)](#)

## **Possible treatments for anosmia (smell dysfunction) post-Covid**

Loss of smell function (anosmia) is recognized as occurring post-Covid-19. Two papers offer options.

[Possible treatments for anosmia \(smell dysfunction\) post-Covid | Goodfellow Unit](#)

## **Project guide**

Want to set up an ongoing community project? We've put together a quick guide to get you going!

[SHARED EXTERNALLY | Let's plan your project - Google Drive](#)

## **Protecting our heads.**

A possible link between traumatic brain injury and dementia was raised after some former boxers developed brain disease at a younger age than expected.

<https://www.nzdementia.org/BrainHealthCalendar/December-avoid-head-injury>

## **Pronouns**

Pronouns are one way that people express and communicate about gender. Using the right pronouns for a person is a basic sign of respect.

[Pronouns — Te Ngākau Kahukura \(tengakaukahukura.nz\)](#)

## **Recipes from across the motu.**

Check out the diverse and delicious recipes people have shared from neighbourhoods across the motu. Have you got a whānau favourite you would like to share?

[Recipes \(neighboursaotearoa.nz\)](https://neighboursaotearoa.nz)

## **Re-energising our wairua.**

In this video, Michael Naera talks about how we can nourish and feed our wairua.

<https://www.alcohol.org.nz/assets/Uploads/Untitled-2.mp4>

## **Resources for Families Coping with Mental and Substance Use Disorders**

Every family is unique, but all families share a bond that can be used to support one another during trying times. While there is no one-size-fits-all solution for helping a family member who is drinking too much, using drugs, or dealing with a mental illness, research shows that family support can play a major role in helping a loved one with mental and substance use disorders.

[Resources for Families Coping with Mental and Substance Use Disorders | SAMHSA](#)

## **Responding to school reluctance or refusal: Strategies for parents**

New evidence-based parenting guidelines for parents of primary and secondary school-aged children who are struggling with school attendance. These guidelines are intended for parents who are worried about their child's engagement with school and those whose child is already experiencing school reluctance or refusal.

[22be58\\_eb886bb0d7a540a783290ffd76e2cdd5.pdf \(parentingstrategies.net\)](https://parentingstrategies.net/22be58_eb886bb0d7a540a783290ffd76e2cdd5.pdf)

## **Restless Legs Syndrome (RLS)**

What it is, its causes and symptoms, and how it can be addressed to improve sleep

[Restless Legs Syndrome: Symptoms and Causes | Sleep Foundation](#)

## **Sleep debt**

Sleep debt is the difference between the amount of sleep someone needs and the amount they actually get. Since sleep debt is cumulative, going to sleep 30 or 60 minutes later than usual for a few days can quickly add up. Learn how much sleep your body needs and 5 tips on how to catch up on sleep...

[Sleep Debt: Can You Catch Up on Sleep? | Sleep Foundation](#)

## **Stigma and Depression: What's It All About?**

Depression can happen to anyone at any time. It's a treatable medical condition but when stigma gets in the way, care gets delayed.



[Stigma Around Depression: Types and Reducing the Stigma \(psyc.com.net\)](http://psyc.com.net)

## **StopNCII**

What do you do if someone is threatening to share your intimate images? StopNCII.org is a free tool designed to support victims of Non-Consensual Intimate Image (NCII) abuse. Founded in 2015, the Revenge Porn Helpline (RPH) has supported thousands of victims of non-consensual intimate image abuse.

[Stop Non-Consensual Intimate Image Abuse | StopNCII.org](http://StopNCII.org)

## **Tākai – kia matua rautia**

Tākai is a village of whānau supporters who work together to wrap around whānau, communities and our littlest tamariki under-five. Through raumei, hononga, ako and pūtea for community initiatives, we work towards our shared vision of kia matua rautia – a thriving village raising children together.

<https://youtu.be/R03SNo8003U>

## **Take**

## **It**

## **Down.**

Having nudes online is scary, but there is hope to get it taken down. This service is one step you can take to help remove online nude, partially nude, or sexually explicit photos and videos taken before you were 18. It lets individuals take control of their intimate images by submitting a case that proactively searches for their images on participating apps.

[Take It Down \(ncmec.org\)](http://ncmec.org)

## **Tāmata, whakaora me te taurikura**

He pukapuka tātaki ki te tiaki-whaiaro pai ake

[Self-Care-web-YBR-Maori.pdf \(yellowbrickroad.org.nz\)](http://yellowbrickroad.org.nz)

## **Te ao Māori oranga hinengaro response to severe weather impacts**

In the wake of Cyclone Gabrielle and other flooding events, Te Aka Whai Ora has developed a recovery plan to support the mental wellbeing of those affected. They have partnered with Te Kurahuna, a hauora Māori partner, by providing funding and support to uplift whānau wairua (spirit), provide whānau hinengaro tautoko (mental and emotional health), and deliver help where needed, to strengthen overall whānau wellbeing. Led by Dr Diana Kopua and Mark Kopua, their teams have extensive experience providing online and in-person te ao Māori pastoral, therapeutic and supervisory support to whānau, kaimahi, volunteers, and the wider community. Initiatives include Tūporeariki - an indigenous approach to healing through a collective mahi, and a mix of mental and emotional wellbeing focused wānanga and other wrap around support within the Te Tairāwhiti and Hawkes Bay rohe. For further information or to join one of the programmes please make contact.

[info@tekurahuna.com](mailto:info@tekurahuna.com)

## **Te hiki i te kapua pōuri**

He pukapuka tātaki hei whakamārama hei whakamahu hoki i te mate pāpōuri

[Depression-brochure-web-YBR-Maori.pdf \(yellowbrickroad.org.nz\)](http://yellowbrickroad.org.nz)

## **Te noho ki te wā**

He urunga ki te āta mahara mō ngā whānau o ngā tāngata e pāngia ana e ngā wero hauora hinengaro  
[Mindfulness-brochure-web-YBR-Maori.pdf \(yellowbrickroad.org.nz\)](#)

## **Te tuku i te māharahara**

Mā ngā whānau o ngā tāngata me ngā wero hauora hinengaro  
[Anxiety-brochure-web-YBR-Maori.pdf \(yellowbrickroad.org.nz\)](#)

## **Tips To Help Parents Manage Children’s Anxiety After The Floods And Cyclone**

Even if you haven’t been directly affected, the recent floods have given us all a bit of a jolt. Graphic images of raging floodwaters, upturned vehicles, collapsed houses, roads and bridges that have simply disappeared provide a ready mental backdrop to some of the harrowing accounts of the damage caused by the weather. FamilyWorks Practice Lead Ian Tomkins says there are a few simple things parents can do to help ease their kids' anxiety.

[Tips To Help Parents Manage Children’s Anxiety After The Floods And Cyclone | Scoop News](#)

## **Tīwhiri Whakamāmā - Tips for easing up**

You can start changing the way you're drinking whenever you're ready. Be gentle with yourself. Try having two alcohol-free days every week. If you already do that, try adding one more.

[Alcohol Journeys — Ainsley’s kōrero](#)

## **True or False: When You Sleep Doesn’t Matter**

Despite advancing science, it’s common to encounter misinformation about sleep. Is more sleep always better? Does napping make up for lack of sleep? Does exercising at night affect your sleep?

See if you believe some of these myths and uncover the truth about sleep...

[Common Myths and Facts About Sleep | Sleep Foundation](#)

## **Two ways of breathing to improve mood/anxiety.**

'**Sighing**', characterized by deep breaths (a large breath and an extra inhalation) followed by extended, relatively longer exhales, has been associated with psychological relief, shifts in autonomic states, and a resetting of respiratory rate.

'**Box breathing**' or 'tactical breathing', which military members have used for stress regulation and performance improvement, is inhaling for a count of 4, holding for a count of 4, exhaling for a count of 4 and holding again for a count of 4.

## **Understanding parents’ influence on baby’s brain**

Parents and whānau have an enormous influence on their baby’s brain development. Parents are responsible for building their baby’s brain – and they don’t need to be a scientist to do it.

Find out from whānau what they might already know about early brain development and help fill in any gaps or clarify information for them.

[Early brain development | Tākai \(takai.nz\)](#)

## **UNITY Aotearoa**

UNITY. Aotearoa is about building more awareness as a society and learning how we can better thrive and support one another so that we, Aotearoa, can do better on uniting on those things that matter.

[Growth Development | Unity Aotearoa | Unleashing the potential of](#)

## **Wellbeing Guides – Chinese**

Learn how to manage anxiety, boost your mental health and lower your stress levels with our free wellbeing guides. Download your own copies

[Chinese Guides - Yellow Brick Road](#)

## **Whakarongorau Aotearoa**

We have the privilege of running free to the public, virtual health, mental health, and social services - available 24 hours a day, 7 days a week. Those services run 24/7 across seven digital channels including voice, webchat, and text.

[Whakarongorau Aotearoa](#)

## **Whānau activities**

These activities are all about connecting with our whānau and culture. There's something for everyone from helping your kids learn their pepehā, to having fun with waiata, tauhokohoko and games like tū kōhatu.

[Whānau Activities | All Right?](#)

## **What is mental health?**

Trying to describe your own mental health can be tricky. To help, we've developed the mental health continuum: a scale, which aims to give you the words to describe how you're feeling, and to ask how others are feeling. Learn about what these stages look and feel like, and find actions and support options.

[What is mental health - Beyond Blue](#)

## **When depression and alcohol meet – Richard's story**

Richard's alcohol addiction and battle with depression took a massive toll. After battling for years, he took action to turn his life around.

[When depression and alcohol meet – Richard's story \(beyondblue.org.au\)](#)

## **Why the Census asked about gender and sexual orientation matters for health.**

Without baseline data, New Zealand lacks fundamental information about Rainbow Communities, their needs and how services can best be delivered.

[Why the Census asking about gender and sexual orientation matters for health | Stuff.co.nz](#)

## **Why we need reminders of connectedness**

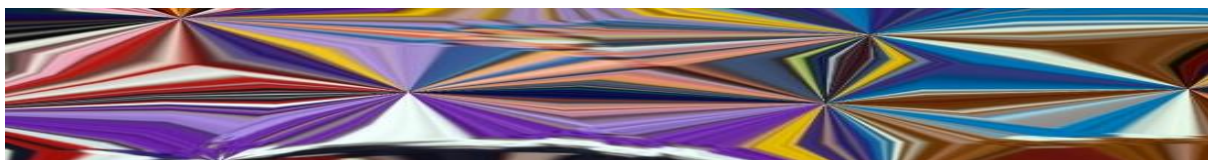
Clinical psychologist Tegan Cruwys asks how we can feel more connected to our loved ones, even when they're not around. Podcast guest Mónica tries out different happiness practices.

[Why We Need Reminders of Connectedness \(The Science... \(berkeley.edu\)](#)

## **Yellow Brick Road Suicide Prevention Brochure**

We know that for some of the whānau we support, part of the journey can be significant suicidal distress. Read our suicide prevention brochure to learn how to support someone in suicidal distress and how we can support you and your family mental health.

[Suicide-Prevention-brochure-web-YBR.pdf \(yellowbrickroad.org.nz\)](#)



## **News**

### **Additional mental wellbeing support for cyclone-affected**

The Government has confirmed \$3.25 million in funding to support the immediate mental wellbeing needs of people impacted by Cyclone Gabrielle.

[Additional mental wellbeing support for cyclone-affected | Beehive.govt.nz](#)

### **Aotearoa Immunisation Register**

The Aotearoa Immunisation Register is a new system developed by Te Whatu Ora to record vaccines. It was launched in early February 2023, to provide better and efficient delivery of immunisations and a more equitable system for our communities. This will replace the National Immunisation Register and the COVID-19 Immunisation Register completely by the end of 2023. The new register provides up-to-date information about immunisation coverage across the motu and keeps a record of the vaccinations New Zealanders have received or chosen not to receive. Māori and Pacific community providers have been prioritised since the start of February 2023 to ensure their patients are vaccinated before we hit the 2023 flu season, with others following later in the month.

Please reach out to team at [AIR.engagement@health.govt.nz](mailto:AIR.engagement@health.govt.nz) to find out more.

### **Ātea - Disability 101 successfully launched in community**

As part of this training, Ngati Maniapoto reached out to Te Pou to offer the Ātea workshop to welfare

and social workers to enhance their understanding of disability and apply that knowledge within their activities.

[Ātea - Disability 101 successfully launched in community | Te Pou](#)

## **Auditor-General's strategic intentions to 2028**

Our strategic intentions describe what we will focus on in the next five years to achieve our long-term outcome that Parliament and the public have trust and confidence in the public sector and how we will manage our functions and operations to do that. The new strategy has four new strategic priorities:

- Strengthening our core assurance role
- Increasing our impact with public organisations
- Enhancing our impact in te ao Māori
- Building on our reputation as a source of trusted information

Ultimately, our strategic intentions will allow us to work towards our Office's purpose of improving trust and promoting value in the public sector.

[Learn more about our strategic intentions on our website.](#)

## **Belgium bans gambling advertising from July 1**

"The government is deeply concerned about the impact of the huge amounts of gambling advertising that our society is facing..."

[Belgium bans gambling advertising from July 1 | Reuters](#)

## **Big changes being proposed to New Zealand TAB**

The future of the New Zealand TAB could become clearer this week as New Zealand's sole betting operator receives proposals from the three overseas betting agencies looking to run the majority of its operations.

[Exclusive: The big changes being proposed to New Zealand TAB - NZ Herald](#)

## **Child poverty statistics show no annual change in the year ended June 2022**

Child poverty rates for the year ended June 2022 were unchanged compared with the previous year, according to figures released by Stats NZ.

[Child poverty statistics show no annual change in the year ended June 2022 | Stats NZ](#)

## **Committee recommends new system to support survivors of family violence homicide.**

The Family Violence Death Review Committee is calling for an after-care system to support whānau affected by family violence homicide.

[Committee recommends new system to support survivors of family violence homicide | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

## **eMHIC Supports UNICEF to Develop E-Mental Health Solutions for Youth**

eMHIC and UNICEF's Europe and Central Asia regional team have been in conversation since 2018 with a focus on developing practical online solutions for helping "connect kids to care". The eMental Health International Collaborative (eMHIC) was an important source inspiration, providing international leadership for building USupport, set to be launched later this year.

[EMHIC Supports UNICEF To Develop E-Mental Health Solutions For Youth | EMHIC \(emhicglobal.com\)](#)

## **Funding changes mean more support for home support services.**

More people can receive paid care from whānau or family members, as a result of recent funding changes. People who need support services in their home can choose to be cared for by a paid member of their whānau or family, or by an external carer funded by Te Whatu Ora – Health New Zealand and Te Aka Whai Ora – Māori Health Authority. Previously, whānau or family members were only eligible to be paid as caregivers for people assessed as having high, or very high needs. Caregivers providing support for whānau or family members who have low or medium needs can now also be compensated for their time and effort. This funding gives more choice to people who need support to stay well in their home and community. Care and support services include household tasks or personal care. These are provided to support older people, those with chronic health conditions, or people with mental health or addiction issues living in the community.

[Home support services for older people and others – Te Whatu Ora - Health New Zealand](#)

## **Gambling firms in UK fined £7.1m for failing to protect customers.**

The regulator says the firms, owned by the same company, failed to meet their obligations on preventing harm to customers through lax controls.

<https://news.sky.com/story/gambling-firms-fined-7-1m-for-failing-to-protect-customers-12840573>

## **Good climate policy is good mental health policy too**

Clinical psychologist Lucy McLean and journalist Shanti Mathias both attended the latest climate protests. They explain how taking action to mitigate the climate crisis can also help improve mental health.

[Good climate policy is good mental health policy too | The Spinoff](#)

## **Government delivers on Dawn Raids commitment.**

The Government is delivering on one of its commitments as part of the New Zealand Government's Dawn Raids apology, welcoming a cohort of emerging Pacific leaders to Aotearoa New Zealand participating in the He Manawa Tītī Scholarship Programme. This cohort will participate in a bespoke leadership training programme that supports partner countries to build knowledge and skills.

Government delivers on Dawn Raids commitment | [Beehive.govt.nz](#)



## **Health Quality and Safety Commission: Te Tāhū Hauora**

The Health Quality & Safety Commission has put in place a new te reo Māori name, Te Tāhū Hauora, and updated our logo to reflect this, with a new tohu (pattern) representing our role and responsibilities. Visit the website below for the whakapapa.

[Update to Commission logo and new te reo Māori name | Health Quality & Safety Commission \(hqsc.govt.nz\)](https://www.hqsc.govt.nz)

## **Innovative trial of drug checking ‘sweat patch’ could stick**

Drug checking could soon be easier thanks to an innovation in the science. A soon-to-launch trial of drug patches, or “sweat patch”, will check Aotearoa Alcohol and Other Drug Treatment (AODT) Court participants for various illegal drugs, making it easier to monitor usage and assist people with recovery from addiction. “The sweat patch is affixed to the skin in much the same way as a band-aid and is worn, for up to 14 days to detect the presence of drugs excreted through perspiration,” says Peter Carter, Te Whatu Ora interim director of addiction. Facilitated by Te Whatu Ora, the patches will initially be trialled across Tāmaki Makaurau in coming weeks with 10 AODT Court participants. The success of the trial will mainly depend on the viability of the patches in assisting participants with abstinence and continued sobriety, says Peter. The patch can test for a range of drugs: Methamphetamine, Amphetamine, Cocaine, Codeine, Morphine, Heroin, Marijuana and PCP.

## **Kiwi parents worry about kids’ tech use but struggle to control their own – nib survey**

This year the survey shows technology use continues to nag at parents, with the real impacts on health and wellbeing increasingly evident.

[Kiwi parents worry about kids’ tech use, but struggle to control their own – nib survey reveals | nib](#)

## **Launching Netsafe Lab!**

We are excited to bring Netsafe Lab to Aotearoa New Zealand - the new technical, information and insights part of Netsafe. We have created the Lab to contribute to the continuing improvement of online safety through data, policy development and technological solutions, for the benefit of people in New Zealand, the Pacific and the wider world.

[Netsafe Lab - Netsafe – Providing free online safety advice in New Zealand](#)

## **Major changes on the horizon for medical device businesses**

New legislation is before the select committee that could significantly change the regulatory landscape for businesses involved in the medical device industry (including manufacturers, importers, exporters, distributors and logistics providers). 'Medical device' is an umbrella term used to describe products and equipment that are generally used on or in a person for a therapeutic purpose (ie generally a medical or diagnostic purpose). Medical devices range from cotton swabs, tongue depressors and sunscreen, to pacemakers and surgical robots used for keyhole surgery.

[Major changes on the horizon for medical device businesses \(buddlefindlay.com\)](#)

## **New agency will offer Pasifika same-day access to mental health services**

The Pacific Mental Health Commissioner was officially launched recently, aiming to ensure people are seen before they become really sick.

[New agency will offer Pasifika same-day access to mental health services | RNZ News](#)

## **New Zealand Defence Force: Resetting efforts to reduce harmful behaviour.**

The Auditor-General's report on progress by the New Zealand Defence Force (NZDF) on implementing Operation Respect has found NZDF needs to act with urgency to create a safe, respectful, and inclusive environment for all its personnel. Watch a video summarising the key messages from our report.

<https://youtu.be/Vty3JcX4GjM>

## **Pharmac prioritised Māori and Pacific patients for access to new diabetes drugs – did they get it right?**

The controversial 2021 decision by the government drug-buying agency Pharmac to prioritise Māori and Pacific patients in its funding of two game-changing new diabetes drugs appears to have paid off.

[Pharmac prioritised Māori and Pacific patients for access to new diabetes drugs – did they get it right? \(theconversation.com\)](https://theconversation.com/pharmac-prioritised-maori-and-pacific-patients-for-access-to-new-diabetes-drugs-did-they-get-it-right/)

## **Video games with simulated gambling to be given R18+ rating in Australia under new proposal to protect children and problem gamblers.**

There is mounting concern over the easy access children have to games with gambling elements given the links between people who play simulated gambling games and real monetary gambling.

[Video games with simulated gambling to be given R18+ rating under new proposal to protect children and problem gamblers - ABC News](#)

## **Whānau, Consumer and Clinician Digital Council membership confirmed.**

Te Whatu Ora – Health New Zealand and Te Aka Whai Ora – Māori Health Authority have confirmed 18 foundation members of their inaugural Whānau, Consumer and Clinician Digital Council. The new national Council will help to shape data and digital technologies to enable improved and equitable health outcomes across Aotearoa. It will provide a pivotal link between the data and digital decisions makers at Te Whatu Ora and Te Aka Whai Ora and clinicians, whānau, consumers, hapori and communities.

[Whānau, Consumer and Clinician Digital Council membership confirmed – Te Whatu Ora - Health New Zealand](#)

## **Whakarongorau Aotearoa partnering with virtual reality health tech start-up oVRcome, to improve access to mental health care**

This comes as a result of what we saw and supported during the intensity of the COVID response – increased general anxiety and specifically, needle phobia - and what we have seen since, with the pressures on the health system to respond. oVRcome uses virtual reality (VR) and smartphone technology to help people overcome anxiety and phobias (including heights, spiders, flying, and dogs) through VR exposure therapy. It's estimated that 18% of the world's population have a phobia or anxiety that limits them in some way. Our purpose is to give everyone in Aotearoa the opportunity for wellness and our kaupapa is to invest to innovate, to help achieve that.

[Virtual Reality Exposure Therapy App To Overcome Phobias and Social Anxiety \(ovrcome.io\)](https://ovrcome.io)

## **Will the Therapeutic Products Bill prevent you from growing lemons and purchasing cinnamon?**

The proposed regulation of natural health products (NHPs) under the Therapeutic Products Bill has sparked wide debate and concern in some quarters. Many of those concerns appear to be based on myths and misconceptions of what NHPs actually are, and how they will be regulated. This article sets out the key provisions in the Bill relating to NHPs and dispels some of those common myths and misconceptions.

[Will the Therapeutic Products Bill prevent you from growing lemons and purchasing cinnamon? \(buddlefindlay.com\)](https://buddlefindlay.com)

## **World-leading family harm prevention campaign supports young NZers**

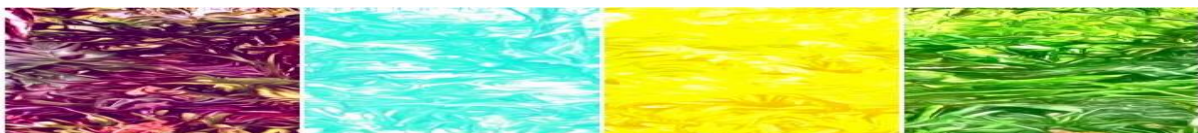
Associate Minister for Social Development and Employment Priyanca Radhakrishnan has today launched the Love Better campaign in a world-leading approach to family harm prevention.

[World-leading family harm prevention campaign supports young NZers | Beehive.govt.nz](https://www.beehive.govt.nz)

## **Zero seclusion hui first in nearly three years**

Around 60 project leaders and Mental Health and Addiction (MHA) staff from most health districts met in Wellington on 14 March to discuss ways to reduce variation in seclusion rates across the country.

[Zero seclusion hui first in nearly three years | Health Quality & Safety Commission \(hqsc.govt.nz\)](https://www.hqsc.govt.nz)



## **Reports, articles, documents, and research**

## **2021 COVID-19 Māori Health Protection Plan: December 2022 Monitoring Report**

The December 2022 Māori COVID-19 Monitoring Report provides an overview of progress made against the 2021 COVID-19 Māori Health Protection Plan (the Māori Protection Plan) between May and November 2022. The Monitoring report is a supplementary to the 2021 COVID-19 Māori Health Protection Plan (the Protection Plan).

[2021 COVID-19 Māori Health Protection Plan: December 2022 Monitoring Report | Ministry of Health NZ](#)

## **A better start national science challenge: supporting the future wellbeing of our tamariki E tipu, e rea, mō ngā rā o tō ao: grow tender shoot for the days destined for you**

Current measures of wellbeing are critically limited in their suitability to reflect the dynamic, culture-bound, and subjective nature of the concept of 'wellbeing'.

[Full article: A better start national science challenge: supporting the future wellbeing of our tamariki E tipu, e rea, mō ngā rā o tō ao: grow tender shoot for the days destined for you \(tandfonline.com\)](#)

## **Acceptability and feasibility of "Village," a digital communication app for young people experiencing low mood, thoughts of self-harm, and suicidal ideation to obtain support from family and friends: Mixed methods pilot open trial**

During this open trial, Village was found to be acceptable, usable, and safe. The feasibility of a larger randomized controlled trial was also confirmed after some modifications to the recruitment strategy and app.

[JMIR Formative Research - Acceptability and Feasibility of "Village," a Digital Communication App for Young People Experiencing Low Mood, Thoughts of Self-harm, and Suicidal Ideation to Obtain Support From Family and Friends: Mixed Methods Pilot Open Trial](#)

## **Adverse outcomes in adulthood for abuse survivors**

Victims of childhood sexual abuse are more likely to suffer difficulties across multiple aspects of their lives as adults, a University of Otago study has found.

[14 March 2023 Adverse outcomes in adulthood for abuse survivors, Media releases, University of Otago, New Zealand](#)

## **'An accident waiting to happen' - experiences of police officers, paramedics, and mental health clinicians involved in 911-mental health crises: A cross-sectional survey**

The single-agency frontline response may be detrimental to service users in crisis and under-utilizes the skills of mental health staff. New ways of inter-agency cooperation are required, such as co-located police, ambulance and mental health nurses responding in partnership.

['An accident waiting to happen' - experiences of police officers, paramedics, and mental health clinicians involved in 911-mental health crises: a cross-sectional survey \(wiley.com\)](#)

## **Association between women's exposure to intimate partner violence and self-reported health outcomes in New Zealand**

Half of New Zealand women have experienced domestic abuse, which triples their risk of chronic disease and almost doubles their risk of a diagnosed mental illness.

[Association Between Women's Exposure to Intimate Partner Violence and Self-reported Health Outcomes in New Zealand - PubMed \(nih.gov\)](#)

## **Counting what counts: A systematic scoping review of instruments used in primary healthcare services to measure the wellbeing of Indigenous children and youth**

This review assesses the availability and characteristics of measurement instruments that have been applied in primary healthcare services in Canada, Australia, New Zealand and the United States to assess the wellbeing of Indigenous children and youth.

[Counting what counts: a systematic scoping review of instruments used in primary healthcare services to measure the wellbeing of Indigenous children and youth - PubMed \(nih.gov\)](#)

## **COVID-19 restrictions impact family violence and wellbeing, empowered communities key to supporting safety at home**

During the 2020 national lockdown, reports of family violence increased considerably, but the New Zealand Police and advocacy groups were concerned that this was still under-reported.

[COVID-19 restrictions impact family violence and wellbeing, empowered communities key to supporting safety at home | Mental Health and Wellbeing Commission \(mhwc.govt.nz\)](#)

## **Depression literacy in older Chinese people in New Zealand**

Older Chinese people would benefit from information regarding mental health conditions and their interventions. Strategies to deliver this information and de-stigmatise mental illness in the Chinese community which incorporate cultural values may be beneficial.

[Depression literacy in older Chinese people in New Zealand - PubMed \(nih.gov\)](#)

## **Describing the health-related quality of life of Māori adults in Aotearoa me Te Waipounamu (New Zealand).**

To reduce inequities experienced by Māori it is crucial that the health status of Māori and the values Māori place on health-related quality of life are properly understood. This can only be achieved using Māori-specific data.

[Describing the health-related quality of life of Māori adults in Aotearoa me Te Waipounamu \(New Zealand\) - PubMed \(nih.gov\)](#)

## **Differences in physical activity participation among young adults in Aotearoa New Zealand**

Intersections between socio-demographic characteristics should be considered when promoting physical activity among young adults in Aotearoa New Zealand, particularly young adults not employed/studying, and young women who live in deprived areas or identify as Asian or Pasifika.

[Differences in physical activity participation among young adults in Aotearoa New Zealand | BMC Public Health | Full Text \(biomedcentral.com\)](#)

## **Door-to-door for mental health: A summary report**

Teams referred to as 'People Connectors' asked Australian householders about their wellbeing. The evaluation findings summarised in this report focus on the suitability of the project and its effectiveness and value for householders and communities.

[ACDC-Summary-Rep\\_FA\\_Web.pdf \(csi.edu.au\)](#)

## **Early trajectory of clinical global impression as a transdiagnostic predictor of psychiatric hospitalisation: a retrospective cohort study**

Identifying patients most at risk of psychiatric hospitalisation is crucial to improving service provision and patient outcomes. Existing predictors focus on specific clinical scenarios and are not validated with real-world data, limiting their translational potential. This study aimed to determine whether early trajectories of Clinical Global Impression Severity are predictors of 6 month risk of hospitalisation

[Early trajectory of clinical global impression as a transdiagnostic predictor of psychiatric hospitalisation: a retrospective cohort study \(thelancet.com\)](#)

## **Effects of a high-prebiotic diet versus probiotic supplements versus synbiotics on adult mental health: The "Gut Feelings" randomised controlled trial**

A high-prebiotic dietary intervention may improve mood, anxiety, stress, and sleep in adults with moderate psychological distress and low prebiotic intake.

[Effects of a high-prebiotic diet versus probiotic supplements versus synbiotics on adult mental health: The "Gut Feelings" randomised controlled trial - PubMed \(nih.gov\)](#)

## **Foetal alcohol spectrum disorder in Aotearoa, New Zealand: Estimates of prevalence and indications of inequity**

The findings support the need for policy and prevention initiatives to support alcohol-free pregnancies to reduce lifelong disability caused by prenatal alcohol exposure.

[Foetal alcohol spectrum disorder in Aotearoa, New Zealand: Estimates of prevalence and indications of inequity - PubMed \(nih.gov\)](#)

## **GoMo Health Leads The Way With Digital Therapeutics**

GoMo Health was established in 2013. Leveraging years of applied research in the “digital-to-human” behavioral and cognitive science of human motivation, activation, and resiliency, Bob Gold, Chief Behavioral Technologist and Founder, began applying BehavioralRx®, his (then) emerging digital therapeutic engagement science to engage with millions of underserved and vulnerable patients, caregivers, and families with mental health challenges.

[GoMo Health Leads The Way With Digital Therapeutics | EMHIC \(emhicglobal.com\)](#)



## **Identifying neurodevelopmental disabilities from nationalised preschool health check**

Combination of B4SC screening measures using composite modelling could lead to significantly improved identification of preschool children with neurodevelopmental disabilities and may optimise access to academic, personal and family support.

[Identifying neurodevelopmental disabilities from nationalised preschool health check - PubMed \(nih.gov\)](#)

## **Instability matters**

The assessment of trajectories based on repeated assessments of markers of mental illness could be of interest for clinical practice (eg, the diagnostic process and treatment provision) and research. However, both the psychometric quality of instruments for assessing relevant constructs and the timing of repeated assessments are crucial to draw valid and reliable conclusions and derive meaningful clinical implications.

[Instability matters \(thelancet.com\)](#)

## **Is sports betting the gateway to problem gambling in teens and young adults?**

Since sports betting became legal in Ohio Jan. 1, gambling in the state has been booming. But while the casinos, mobile app companies and the state government are counting the cash, there's some legitimate concern that sports betting both normalizes and makes gambling accessible in new and dangerous ways. This is especially true for both children and teens too young to gamble legally and even young adults of gambling age who experts say are particularly vulnerable to developing addictive behaviours because the decision-making parts of their brains have not fully developed.

[Is sports betting the gateway to problem gambling in teens and young adults? - cleveland.com](#)

## **Key priorities and solutions for the older persons' mental health and addiction sector**

This resource outlines priorities and innovative solutions for the older persons' mental health and addiction sector, as identified by attendees at the inaugural Older Persons' Mental Health and Addiction Symposium.

[Key priorities and solutions for the older persons' mental... | Te Pou](#)

## **Korikori kōrero: A mobile method of inquiry for moving Māori women and their knowledges.**

The research aimed to identify common traits or ways of knowing and being, by engaging with Māori women in their chosen physical activities and preferred environments.

[Full article: Korikori Kōrero: a mobile method of inquiry for moving Māori women and their knowledges \(tandfonline.com\)](#)

## **Local government impact report: Creating thriving communities**

Healthy Families NZ's third national impact report has a focus on local Government and the ways in which they place the hauora of whānau at the forefront.

[44d27c\\_f6fac32396a847eca13bd534f0db90b3.pdf \(healthyfamiliesnz.org\)](#)

## **Male survivors of sexual violence and abuse (SVA): Barriers and facilitators to reporting and accessing services**

Male survivors can take many years to both reach out for help and report sexual violence and abuse. The study identified five key themes from male survivors' experiences that impact help seeking.

[mssa-barriersfacilitators-report-feb-17-final.pdf \(msd.govt.nz\)](#)

## **Māori experiences of social housing in Ōtautahi Christchurch**

Māori social housing tenants have described how important it is to have communal space, social activities, and community leadership to feel like their home was really uplifting their wellbeing.

[Full article: Māori experiences of social housing in Ōtautahi Christchurch \(tandfonline.com\)](#)

## **New Zealand's Internet Insights 2022**

The survey was compiled by Kantar Public, who polled more than 1,000 people in Aotearoa to reveal how the Internet is impacting our lives. Aspects covered include concerns and safety, internet use and flexible working.

[New Zealand's Internet Insights 2022 » InternetNZ](#)

## **Positioning of psychodynamic psychotherapy in the treatment of depression: A comparison of the RANZCP 2020 and NICE 2022 guidelines**

A comparison of the 2022 NICE guidelines and 2020 RANZCP clinical practice guidelines recommendations for the treatment of depression using psychodynamic psychotherapy, which both recommend psychological interventions first-line.

[Positioning of psychodynamic psychotherapy in the treatment of depression: A comparison of the RANZCP 2020 and NICE 2022 guidelines - PubMed \(nih.gov\)](#)

## **Reframing well-being: Lessons from Aotearoa New Zealand's first wave COVID-19 response**

The authors suggest that Indigenous models of well-being are well placed to inform policy strategies enabling holistic well-being, but this needs to be done in ways that pair Indigenous and Western knowledge, rather than integrating or assimilating this knowledge into Western science approaches.

[Reframing well-being: Lessons from Aotearoa New Zealand's first wave COVID-19 response - Stronge - Asia Pacific Viewpoint - Wiley Online Library](#)

## **Relationship between sleep duration and health among Pacific adolescents within New Zealand: Findings from the Pacific Islands Families study**

Sleep insufficiency is ubiquitous among Pacific adolescents and associated with negative impacts on their health and wellbeing.

[The relationship between sleep duration and health among Pacific adolescents within New Zealand: Findings from the Pacific Islands families study - PubMed \(nih.gov\)](#)

### **‘Sleeper issue’: Online gambling more addictive than pokies**

The Australian Green party have sworn to make online gambling the next frontier for reform in NSW with calls for a ban on simulated gambling features such as “loot boxes” for under-18s, as participation rates grow faster than any other segment of the gaming and wagering industry.

[NSW poker machines: Online gambling more addictive than pokies, Greens says \(smh.com.au\)](#)

### **Small changes in children's sleep lead to significant changes in eating habits**

Just an hour less of sleep a night affects what and how children eat, University of Otago research shows.

[15 March 2023 Small changes in children’s sleep lead to significant changes in eating habits, News, University of Otago, New Zealand](#)

### **Strengthening implementation research on social prescribing in mental healthcare for older adults in Western Pacific Region**

Aging population grows faster and has great demand for mental healthcare in the Western Pacific Region. Within the continuum of holistic care framework, mental healthcare for older adults is conceptualized to promote people’s mental wellbeing, the “positive” states of mental health. As social determinants accounts much for mental health outcomes, addressing these factors may benefit older adults’ mental wellbeing in natural settings. Social prescribing, emerged as an innovative approach linking medical and social care, has been observed to potentially benefit mental wellbeing of older adults.

[Strengthening implementation research on social prescribing in mental healthcare for older adults in Western Pacific Region \(thelancet.com\)](#)

### **Te Maramataka-An indigenous system of attuning with the environment, and its role in modern health and well-being**

This conceptual paper highlights a uniquely Indigenous way of understanding the environment (the maramataka) and its connection to health.

[Te Maramataka-An Indigenous System of Attuning with the Environment, and Its Role in Modern Health and Well-Being - PubMed \(nih.gov\)](#)

### **Therapist voices on a youth mental health pilot: Responsiveness to diversity and therapy modality**

This article explores therapists' views on a large youth mental health pilot project which included an individual cognitive behaviour therapy component. They concluded involving therapists in co-design of services from the outset will likely benefit future service development.

[Therapist Voices on a Youth Mental Health Pilot: Responsiveness to Diversity and Therapy Modality - PubMed \(nih.gov\)](#)

## **Tupuānuku – nourishing the physical health of tāngata whai ora**

This is a three-year research study led by Ruth Cunningham, Debbie Peterson and Helen Lockett which is investigating the enablers and barriers that effect the access and quality of physical health care for people with mental health and addiction issues in Aotearoa.

[Tupuānuku | Equally Well](#)

[Tupuānuku project, Our research interests, University of Otago, Wellington, University of Otago, New Zealand](#)

## **UBC research draws new links between video game ‘loot boxes’ and gambling.**

The researchers surveyed more than 400 regular gamers, aged 18 to 24, who were not involved in gambling, and followed up with them six months later to see if any had started gambling.

[UBC research draws new links between video game ‘loot boxes’ and gambling | Globalnews.ca](#)

## **Understanding the complexity, patterns, and correlates of alcohol and other substance use among young people seeking help for mental ill-health**

Findings highlight the importance of screening for substance use in youth primary mental healthcare settings, offering a key opportunity for early intervention.

[Understanding the complexity, patterns, and correlates of alcohol and other substance use among young people seeking help for mental ill-health - PubMed \(nih.gov\)](#)

## **Using ChatGPT to write patient clinic letters.**

The appropriate recording and communication of clinical information between clinicians and patients are of paramount importance. Recently there has been a much-needed drive to improve the information that is shared with patients. However, the preparation of clinical letters can be time consuming. Although there has been an increase in the use of letter templates and voice recognition systems, with the aim of improving efficiency, novel technologies such as natural language processing (NLP) and artificial intelligence (AI) have the power to revolutionise this area of practice. NLP algorithms are designed to recognise and understand the structure and meaning of human language, classify texts according to their content or purpose, and generate responses that are appropriate and coherent.

[Using ChatGPT to write patient clinic letters - The Lancet Digital Health](#)

## **Variation in the use of compulsory community treatment orders between district health boards in New Zealand**

CTO use increases with Maori ethnicity, young adulthood, and deprivation. Adjusting for socio-demographic factors does not explain the wide variation in CTO use between DHBs in New Zealand. Other regional factors appear to be the major driver of variation in CTO use.

[Variation in the use of compulsory community treatment orders between district health boards in New Zealand - PubMed \(nih.gov\)](#)

## **We blew up the pokies, brought back the music and lifted turnover 700% (Australia)**

"Pokies aren't just bad for health and bad for society, they are anti-business and anti-innovation. They make businesses lazy. They make governments lazy. They serve as a form of social subsidy stopping businesses from failing when they should. They act as a possibility levee, stopping ideas from thriving when they should."

[12ft | NSW poker machines: How Petersham Bowling Club was revived without the pokies](#)

## **What the longest happiness study reveals about finding fulfilment.**

A new book summarizes the findings from a famous happiness study, the Harvard Study of Adult Development that began in the 1930s, and explains how you can be happier.

[What the Longest Happiness Study Reveals About... \(berkeley.edu\)](#)

## **World Happiness Report 2023**

There is a growing consensus about how happiness should be measured. This consensus means that national happiness can now become an operational objective for governments.

[Home | The World Happiness Report](#)