

Te Whatu Ora

Health New Zealand

Te Manawa Taki Mental Health & Addiction Wellbeing Regional Network

Te Manawa Taki Mental Health & Addiction

Special Edition Newsletter - April 2023



Director Regional Mental Health & Addiction Update



Kia ora, Talofa Lava and Greetings

I hope this special edition newsletter finds you all well. With the weather getting cooler it is time to remind people to get their flu vaccinations to avoid illness. At the same time, you may want to consider getting your COVID shots updated.

Our thoughts are with everyone during the health reform change process. Take the opportunity to provide feedback on the consultation documents that effect your area of work. Bear in mind that Te Whatu Ora is relying on our feedback before they finalise the structures.

We will provide a fuller update in the Winter Newsletter. Until then stay safe and well.

Nga mihi aroha
Eseta

PRIMHD Update

Updating your PRIMHD Mapping Documents

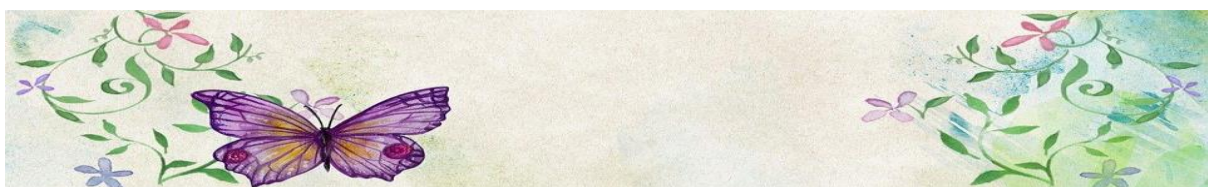
Just a reminder that these need to be updated at least annually or if you have a significant change, then earlier.

- Change to contracted mental health and addiction services.
- New teams needed.
- Old teams finishing and need to be closed.
- Change of address for your offices or where you deliver services from
- Change of name of one of your existing teams/services
- Additional codes needed.

If you would like me to draft these for you or would like me to support/train someone in your service to be able to do this, then please contact me.



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Workforce Updates

Care and support worker pay equity claim.

We continue to face very compressed and challenging timelines, particularly with the General Election approaching in just over six months. Any settlement will hinge on two Cabinet papers that will need to be prepared by officials, and considered by Cabinet to ensure the settlement has Government approval and the funding required. The joint working group (employers and unions) is working towards reaching a settlement Agreement in Principle by July.

[Platform | Atamira Update - April 2023 \(mailchi.mp\)](#)

Ethnic Communities Graduate programme applications now open

We are currently welcoming applications for the third intake of the Ethnic Communities Graduate Programme, due to begin in July/August 2023. This programme offers a pathway into the public service for skilled graduates from ethnic communities, helping to make the public service more representative of the communities it serves. We have had two intakes of graduates who started the programme in July 2021 and February 2022. Recruitment is underway for a third intake, which is due to start in July/August 2023. Participating host agencies for the third intake are Inland Revenue, Ministry of Transport, New Zealand Customs Service, New Zealand Intelligence Community, New Zealand Police, Te Kawa Mataaho – Public Service Commission.

[Ethnic Communities Graduate Programme | Ministry for Ethnic Communities](#)

Frontline managers/coordinators pay equity claim.

Employers remain in discussion with representatives from Te Whatu Ora, Whaikaha, and Manatū Hauora, to establish a lead agency for this claim. Progress is minimal and slow. We have made it explicit that there is heightened concern about the slow progress and the potential impact of the care and support worker pay equity claim, should this get settled by June/July 2023. There is potential that pay relativity issues are going to be significant, and employers will likely face significant recruitment and retention challenges for this workforce.

[Platform | Atamira Update - April 2023 \(mailchi.mp\)](#)

International Approaches to Digital Mental Health Policy and Strategy – recorded webinar

In this webinar, esteemed experts from around the world shared valuable insights gleaned from their respective jurisdictions. They discussed the approaches that have yielded improved mental health outcomes for their populations, shedding light on effective strategies that could potentially be adopted elsewhere.

[Good Governance For Great Outcomes - International Approaches To Digital Mental Health Strategy And Policy | EMHIC \(emhicglobal.com\)](#)

Mental Health Service Awards of Australia and New Zealand are now open for entries - Applications close on 20 April 2023.

It would be great to see a good representation of innovation leaders and NGO and community organisations from Aotearoa. The awards recognise innovation, research excellence, best practice and lived experience leadership in mental health services across Australasia.

[About the Awards - TheMHS Learning Network Inc.](#)

Navigating ownership of “wellbeing” between the individual and the organisation

What role should organisations play in supporting employee mental health? Where does the responsibility lie between the individual and the organisation? And how much burden should an organisation carry regarding the care extended to people and teams in the workplace?

[Where does the responsibility lie? Navigating ownership of “wellbeing” between the individual and the organisation | Umbrella Wellbeing Ltd](#)

NZ Navigator – online tool

An online self-assessment to help identify your organisation's strengths and weaknesses.

[Home - NZ Navigator](#)

Quick relaxation tips

These techniques can be used to help you cope in tense, stressful situations, or when you have a short break during which you need to wind down.

[Relaxation-techniquesfact-sheet.pdf \(blackdoginstitute.org.au\)](#)

Research reveals alarming rate of perceived workplace discrimination

A Massey University study found the experience of discrimination was shown to detrimentally relate to all outcomes and critically affect the mental health of Māori and Pacific employees. Less than ten per cent of Māori and Pacific employees have reported experiencing no discrimination in the workplace.

[Research reveals alarming rate of perceived workplace discrimination \(massey.ac.nz\)](#)

Switching off from work: an interview with Dr Dougal Sutherland

An extensive study by a US psychologist has found that, on average, we check our work emails 77 times a day. But what kind of effect is that having on our mental health and life in general?

[Dougal Sutherland: Switching off From Work | RNZ](#)

Strategic planning resource kit

This resource provides information about the strategic planning process, analysis tools, and drawing up your strategy

[Strategic planning - CommunityNet Aotearoa](#)

What should HR do about mental health at work?

Ceara Nicolls, Research Associate at Umbrella Wellbeing, summarises the research and provides answers on what HR can do to create effective, proactive and meaningful mental health strategies.

[2022-HRNZ-Spring-Magazine-ISSUU-Culture-and-Change.pdf \(umbrella.org.nz\)](https://umbrella.org.nz/2022-HRNZ-Spring-Magazine-ISSUU-Culture-and-Change.pdf)



Professional Development

Collaboration, what does this mean? – Health inequity

Addressing health inequity for tāne Māori PHARMAC seminar

https://youtu.be/J_XIWw7S9EM

Cultural significance – Health inequity

Addressing health inequity for tāne Māori PHARMAC seminar

<https://youtu.be/4W61AQKpb-Y>

<https://youtu.be/wY3T0ziI5zEk>

Experiences of bias

Videos – These learning and education modules about understanding bias in healthcare were developed for Wiki Haumarū Tūrōro – Patient Safety Week 2019.

[Understanding bias in healthcare | Health Navigator NZ](#)

How language can support respectful environments – recorded webinar

This webinar explored why pronouns are important, and where they fit into the wider picture of rainbow inclusion.

[Webinar - Why are there pronouns in your email signature? — Te Ngākau Kahukura \(tengakaukahukura.nz\)](#)

Kessler-10 (K10) distress scale

The Kessler-10 scale is one of the tools used to screen for psychological distress, such as anxiety or depression. This is not intended to provide a diagnosis – only trained health professionals should do this.

[Distress scale - Kessler 10 | Health Navigator NZ](#)

NZ Diploma in Child Protection

Child Matters offers the this course. Any questions, contact Megan at Child Matters.

[Diploma in Child Protection Studies \(childmatters.org.nz\)](http://childmatters.org.nz)

Overview of the issues – Health inequity

Addressing health inequity for tāne Māori PHARMAC seminar

<https://youtu.be/ayEoBZVPBDs>

<https://youtu.be/LFWEkrOYWgc>

Para Kore – Oranga Taiao

Access is currently free to whānau, hapū, iwi, individuals, households and not-for-profit entities.

Commercial entities and the public sector (excluding schools) must pay \$19.99NZD per person for the three wānanga.

- Te Orokohanga – A creation story
- Ngā Rawa Māori – Natural resources
- Te Pūnaha Hoko Mea – The system of stuff

[Online Learning - Para Kore](#)

Postgraduate Certificate in Health Science

AUT has postgraduate study options in Violence and Trauma Studies, including this course. Any questions, contact Rachel Smith

[Violence & Trauma Studies - Postgraduate Certificate - AUT](#)

Pusi Urale's story (Tongan subtitles)

Videos – These learning and education modules about understanding bias in healthcare were developed for Wiki Haumarū Tūrōro – Patient Safety Week 2019.

[Understanding bias in healthcare | Health Navigator NZ](#)

Te Tiriti o Waitangi, colonisation and racism

Videos – These learning and education modules about understanding bias in healthcare were developed for Wiki Haumarū Tūrōro – Patient Safety Week 2019.

[Understanding bias in healthcare | Health Navigator NZ](#)

Trans and Intersex Health: Community Support and Patient Centred Care 16th & 18th May

Two webinars for healthcare providers in New Zealand These webinars will help you work respectfully with trans and intersex people in healthcare settings. We'll discuss the importance of patient-centred care, with a focus on respect, privacy, and self-determination. We will explore what it means to implement a human rights approach to intersex and trans healthcare, and how this relates to accessing community support.

[Trans and Intersex Health: Community Support and Patient Centred Care — Te Ngākau Kahukura \(tengakaukahukura.nz\)](http://tengakaukahukura.nz)

Trauma-Informed Practice training

Thrive LDN is working with Nicola Lester Psychological Trauma Consultancy to offer free, recorded open access Trauma-Informed Practice training to support individuals and organisations. The training is offered at three levels that can be worked through at leisure providing a structured approach to learning from beginner through to gold standard.

[Trauma-Informed Practice training – Thrive LDN](#)

Understanding and addressing implicit bias

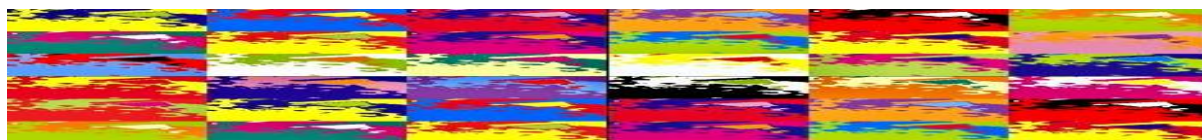
Videos – These learning and education modules about understanding bias in healthcare were developed for Wiki Haumarū Tūrōro – Patient Safety Week 2019.

[Understanding bias in healthcare | Health Navigator NZ](#)

Who me – biased? He ngākau haukume tōku?

Videos – These learning and education modules about understanding bias in healthcare were developed for Wiki Haumarū Tūrōro – Patient Safety Week 2019.

[Understanding bias in healthcare | Health Navigator NZ](#)



Resources

Anxiety and how to manage it

In stressful situations we all get anxious, and that's completely normal. At times the level of anxiety can be too high for us to get on with everyday life. This pamphlet provides useful information on how to recognise anxiety, how to manage your anxiety, and how to reach out for help. Download or order free pamphlets.

[Anxiety and how to handle it \(mentalhealth.org.nz\)](http://mentalhealth.org.nz)

Aotearoa Food Parcel Measure (AFPM)

The Aotearoa Food Parcel Measure (AFPM) is a calculating tool to quantify the volume of kai assistance being given in our communities, distributed through food parcels compiled against the measure. It offers a consistent way for foodbanks and community food distributors to standardise compiling with balanced good foods, therefore counting food parcels by nutritionally adequate volume content. A food parcel should account for 4 people, 3 meals a day, for 4 days, and be compiled at 80% of the nutritional guide.

[Dashboard — Kore Hiakai Zero Hunger Collective](#)

Bipolar Disorder (new resource)

People with bipolar disorder find their moods cycle from very positive and active (high, also called mania) to very depressed and inactive (low, also called depression). Bipolar disorder can make

daily life difficult and affect relationships, but can be managed well with the right mix of tools and support. With treatment, support and activities that build wellbeing, you can live a full and positive life. This pamphlet provides useful information on the experience of bipolar and strategies for recovery, as well as how you can support a family member or friend who may be living with bipolar. Download or order free pamphlets.

[Bipolar Disorder \(mentalhealth.org.nz\)](http://mentalhealth.org.nz)

Boost your resilience

Resilience is the ability to adapt well to any stress or challenges you may face. The more resilient you are, the more you will feel able to “bounce back” from difficult experiences. See our top tips to boost your resilience.

[Resilience | Health Navigator NZ](#)

Borderline Personality Disorder (new updated resource)

People who live with borderline personality disorder often experience a pattern of having unstable relationships, difficulty controlling emotions and thoughts, and behaving impulsively. These symptoms can impact seriously on their lives and their relationships with others. People experiencing this disorder are often blamed for their symptoms but they are not at fault. This pamphlet provides useful information on the symptoms, causes and treatments as well as how you could support a family member or friend who may be recovering from BPD. Download or order free pamphlets.

[Borderline Personality Disorder \(mentalhealth.org.nz\)](http://mentalhealth.org.nz)

Building Critical Thinking and Porn Literacy

These tools can help stimulate critical thinking and draw out young people’s ideas and understandings during porn conversations.

[2.2 Building Critical Thinking and Porn Literacy \(O&O\) - The Light Project](#)

Collective grief in the aftermath of Cyclone Gabrielle

For those impacted directly or indirectly by Cyclone Gabrielle, you may have noticed that your emotions are heightened right now – or that you don’t even know what you are feeling. This is completely normal and understandable as we adjust to changing circumstances and different routines.

[Untitled \(umbrella.org.nz\)](http://umbrella.org.nz)

Consumer voice: What does equity mean to you and your community?

'It means everybody has the same opportunities and ability to participate. And that will mean that some people need more help than others' – Valerie Smith.

Watch members of the consumer health forum Aotearoa describe what equity means to them in their own words. Ngā mihi nui to all the consumer health forum Aotearoa members for sharing your voice in this video: Valerie Smith, Peter Waihape and Tui Taurua.

[Consumer voice: What does equity mean to you and your community | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

Counting the cost of online gambling

Problem gambling has a compounding cost not just for individuals but also for their families and their communities.

[Counting the cost of online gambling | InSight+ \(mja.com.au\)](#)

Depression in later life

Depression is more than an 'attack of the blues'. Depression is a state of persistent and ongoing unhappiness. Many older people experience depression and it often goes undetected and untreated. This pamphlet provides useful information on how to recognise depression, its causes, and where to get help. Download or order free pamphlets.

[Late Life Depression \(mentalhealth.org.nz\)](#)

Digital Stuff We Love

Website that enables you to find a tool to help with....

[Home - Digital Stuff We Love](#)

Empathy Experiment

This video experiment flips the perspective on homelessness. What would you do?

<https://youtu.be/hQHOMjHxg7k>

Faith and belief communities

Good Thinking provides tailored wellbeing resources and support for faith and belief communities, including guides, videos and podcasts.

[Faith and belief communities | Good Thinking \(good-thinking.uk\)](#)

Food Safety Guide

AFRA is proud to release this Food Safety Guide that has been developed to provide clear and useful best practice advice to all people working in the food rescue sector – from donors, drivers and volunteers.

[AFRA Food Safety Guide - AFRA](#)

Founga hono ngāue‘aki e Utrogestan

Ko e Utrogestan ko ha progesterone. ‘Oku ngāue ‘aki fakataha ia mo e oestrogen, ko ha menopausal hormone therapy (MHT) ma‘á e kakai ‘oku ‘i ai honau taungafanaú.

[utrogestan-tongan-factsheet.pdf \(healthnavigator.org.nz\)](#)

Get the right health services

There's a wide range of health services in Aotearoa New Zealand to help you and your whānau manage health and hauora. Find out where you can get help, and when and how to look after yourself at home.

[Medical help | Health Navigator NZ](#)

Grow on Katikati

"Let Food be thy Medicine and Let Medicine be thy Food." We really like seeing the growing momentum of this community-led regenerative food cycle project in Katikati, Bay of Plenty, leading their community's response to food security solutions.

[Grow On Katikati \(katikatitaiao.org\)](http://katikatitaiao.org)

Haratua (April to May) – a time to prepare for winter

There are still plenty of jobs to be done and much to be enjoyed as we prepare for the cooler winter months – especially thinking about next season planting and working out which crops you may want to grow and harvest. Check out these handy April tips for gardening by the Maramataka.

[Gardening by the moon – Organic Edible Garden](#)

Holding onto your rangatiratanga

Watene Campbell shares his culture, his story. Whakamana is a Māori word meaning to advocate for something, or to build it up. Through his talk, Watene hopes to whakamana young people, and help them hold their rangatiratanga and whakapapa within themselves.

<https://youtu.be/5NzONRzT120>

How pokies are designed to keep you hooked

Ringed bells, flashing lights and the promise of fortunes. What appears to be a simple game is a sophisticated system built to draw you in again and again.

[Poker machine addiction: How do the pokies' lights, sounds cause problem gambling? \(smh.com.au\)](http://smh.com.au)

I lost my son to a gambling addiction. Firms must change, not pay fines that are dwarfed by profits.

"The greed of gambling companies can be linked to hundreds of suicides in the UK every year."

[I lost my son to a gambling addiction. Firms must change, not pay fines that are dwarfed by profits | Liz Ritchie | The Guardian](#)

Identity

"Living in a world where everybody wears masks due to lack of self-identity, a brave girl encounters the truth that sets her free"

<https://youtu.be/ikGVWEvUzNM>

Ko wai ahau hero poster

A series of A2-size posters that support the use of a personal plan when a rangatahi/young person is experiencing tough times or challenging thoughts. Download or order for free.

[Ko wai ahau hero poster \(mentalhealth.org.nz\)](http://mentalhealth.org.nz)

Legend of the Two Wolves

Native American Legend. It is said that there are two wolves within each of us...

https://youtu.be/x95_BTea18

Leo Moana o Aotearoa Pacific Languages of Aotearoa

This project is the first of its kind. The aim of the project is to investigate the use of, and attitudes to, nine Pacific languages in Aotearoa - Te Gagana Tokelau, Vagahau Niue, Te Reo Māori Kuki 'Āirani, Gagana Samoa, Lea faka-Tonga, Te Gana Tuvalu, Vosa Vakaviti, Fäeag Rotqam and Te taetae ni Kiribati. In doing so, it aims to contribute to the planning, maintenance, and revitalisation of these languages.

[Ministry for Pacific Peoples — Leo Moana o Aotearoa – the Pacific Languages of Aotearoa Survey \(mpp.govt.nz\)](http://mpp.govt.nz)

Light Project

Over the last 5 years, a whole new porn landscape for young people has emerged... with how much porn's out there, its easy access, the type of porn that's mainstream, how it's shaping youth sexual culture. We've teamed up with some experts and put together this site for young people, their whānau, and youth professionals wanting to learn more about porn and be part of the conversation here in Aotearoa.

[The Light Project | Equipping communities to navigate new porn landscape](#)

Local Support Services – Perinatal depression or anxiety

If you or someone you know might be suffering with depression or anxiety during their pregnancy or early parenting, you can find people to talk to here. Many support groups can offer services such as coffee mornings, counselling, peer support meetings, lists of local services. They are a safe place for mums or dads with perinatal anxiety or depression to connect with others and help acknowledge their struggles.

[Support Services - PADA Perinatal Anxiety & Depression Aotearoa](#)

Mana to Mana Practice of Community Food Distribution

Community food distribution is about connecting to and celebrating people. In this, we are invited to recognise our own mana and the mana of everyone we encounter. Mana to Mana Practice of Community Food Distribution invites us to look for ways of respecting the inherent mana of people and all things, and to reflect on our own practices as we walk with people, recognising what people bring with them and what we have to offer. It draws from old Ao Māori wisdom to guide our relationships and our actions and invites us to reflect deeply, together.

[Mana to Mana Practice — Kore Hiakai Zero Hunger Collective](#)

Māori and Bipolar Disorder Research Project

A video sharing the findings and resources from the recently completed Māori and Bipolar Disorder Research Project.

<https://youtu.be/PkriQLlvpos>

Me pēhea te kai i te Utrogestan

He progestogen te Utrogestan. Ka whakamahia me te taiaki-uwaha, hei haumarua taiāki ruahinetanga (menopausal hormone therapy, (MHT)), mō te hunga he whare tangata ō rātau.

[utrogestan-te-reo-maori-factsheet.pdf \(healthnavigator.org.nz\)](#)

Men and Depression

Depression affects all ages, all cultural and economic groups, and people of all genders. It is thought that men experience depression just as often as women, but they are less likely to ask for help. This pamphlet provides useful information on what depression is, its symptoms, the treatment options available, self-help tips, and how to get help. Download or order free pamphlets.

[Men and depression \(mentalhealth.org.nz\)](#)

Men's Mental Health: Q&A

Mental health is a topic that many men find difficult to talk about. We often struggle to find words to support others going through a rough time, especially at work. Last year, we did a webinar on men's mental health and collected questions from the audience.

[67-Mens-Mental-Health-QandA.pdf \(umbrella.org.nz\)](#)

Ngā Rawa Māori Natural Resources- - onjine wānanga

The purpose of this wānanga is to learn what our everyday stuff is made from. By the end of this wānanga, you will understand how our stuff connects to our natural world.

[Online Learning - Para Kore](#)

Night Eating Syndrome

Night eating syndrome is an eating disorder associated with fragmented sleep. Night eating syndrome causes people to wake up during the night to eat and can lead to poor sleep quality and a number of chronic health conditions, including cardiovascular disease and diabetes. We discuss the causes and effects of night eating syndrome, as well as actionable ways to manage symptoms of the condition.

[Night Eating Syndrome: Symptoms, Causes, and Treatments | Sleep Foundation](#)

O le ā le inumaga o le Utrogestan

O le Utrogestan o se progestogen. E fa'aaogāina fa'atasi ma le oestrogen, o se togafitiga e sui a'i le hormone o loo gaosi e ou fuatagata ona ua lē toe gaosi e lou tino i le taimi e muta tumau ai lou palapala masina poo le menopausal hormone therapy (MHT) mo tagata e iai le fa'a'autagata (to'ala fanau).

[utrogestan-samoan-factsheet.pdf \(healthnavigator.org.nz\)](#)

Open Minded with Sir JK

Watch Sir John Kirwan & Shantelle Thompson in a conversation about boundaries. Filmed on location in Melbourne.

<https://youtu.be/swlMsleCWs0>

Pacific Language weeks this year

Save these dates to celebrate the different languages.

- May 28-June 3: Samoa Language Week
- July 9-15: Kiribati Language Week
- July 30-August 5: Cook Islands Language Week
- September 3-9: Tonga Language Week
- October 1-7: Tuvalu Language Week
- October 8-14: Fijian Language Week
- October 15-21: Niue Language Week
- October 22-28: Tokelau Language

Paid Whānau and Family Carer policy.

Te Whatu Ora - Health New Zealand has updated their policy which means people who are assessed as a low or moderate need now have the option of a paid whānau member to provide care and support.

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

Para Kore

Established in 2010, Para Kore Marae Incorporated is a Māori, not-for-profit, zero waste organisation with a vision of oranga taiao, oranga whānau, oranga marae. With kaimahi throughout the motu Para Kore delivers a te ao Māori based sustainability education programme called Oranga Taiao.

[Home Page - Para Kore Para Kore - Para Kore](#)

Perinatal Mental Health Awareness Week 2023 1-7 MAY

Every first week in May, PADA – Perinatal Anxiety & Depression Aotearoa celebrates Perinatal Mental Health Awareness Week, with World Maternal Mental Health Day on the first Wednesday in May, this year being the 3rd May. This year marks the 12th annual Perinatal Mental Health Awareness Week. Throughout the week, we share stories, information and provide opportunities to increase understanding and help for people suffering from perinatal (anytime during pregnancy, birth or early parenting) mental health issues associated with the perinatal period.

This year, we are committed to showing how we can all make a difference to improve perinatal mental health outcomes in Aotearoa New Zealand, by working together to make a world of difference for people in this vulnerable time. Our theme this year is He Toa Takitini | Stronger Together!

[Perinatal Mental Health Awareness Week - PADA - Perinatal Anxiety & Depression Aotearoa](#)

Pink Shirt Day 2023 Friday 19 May!

We've been busy putting together a bunch of new and revamped resources for our workplace event packs and toolkits so that in just over six weeks, you can help us turn Aotearoa into a sea of māwhero/pink. Our free packs include a bunch of amazing goodies like posters, compliment stickers in Te Reo Māori and English, a tear-off compliment poster, pink photo props and a fundraising flyer.

[Pink Shirt Day Resources – Mental Health Foundation of NZ](#)

Postnatal Depression (new updated resource)

Having a baby can be both a joyful and a stressful time, particularly the first few weeks and months with baby. It is normal to feel anxious and tired. For most parents, this soon goes away and you will start to feel more comfortable with your new role. If, after a few weeks, you feel like you are not coping - that you are not yourself and you need more support - reach out and let someone know straight away. This pamphlet provides information on postnatal depression, its related conditions and how to get support and help. Download or order free pamphlets.

[Postnatal depression \(mentalhealth.org.nz\)](#)

Poutūterangi

Poutūterangi is a lunar phase, usually around March, marked by the rising of the star some call the same name. It is also the sixth phase of summer, Matiti Rautapata, when the seed pods burst and the seeds fall (tapata) onto the dry leaf beds below. With Poutūterangi shining bright in the sky this month, this is an indication it is a time of harvest. "Carry on harvesting beans, chillies, capsicum, celery, courgettes, cucumber, leeks, lettuce, peas, potatoes, pumpkin, tomatoes, eggplants and sweetcorn. Jerusalem artichokes will be ready to be dug up and roasted through autumn."

[Maramataka Maori Lunar Calendar | Maori new year in New Zealand](#)

Ramadan – a healing time for physical and mental health

In this blog, Good Thinking's Project Officer, Samira, shares her experience of observing Ramadan and how taking time for spiritual reflection can benefit your mental wellbeing.

[Ramadan – a healing time for physical and mental health | Good Thinking \(good-thinking.uk\)](#)

Regulations published to support tenancy laws for victim/survivors.

Regulations were published in December 2022 that support the new tenancy laws designed to help victim/survivors.

[Regulations published to support tenancy laws for victim/survivors | New Zealand Family Violence Clearinghouse \(nzfvc.org.nz\)](#)

Response, recovery and realising a food secure Aotearoa.

This whakatauki talks directly to collaboration, acknowledging the need for government, industry, and community to work together. When there is unity through difficulty, we can accomplish what is needed – more so by the energetic qualities and virtues of that collective effort.

[response, recovery and realising a food secure aotearoa — Kore Hiakai Zero Hunger Collective](#)

Science Corner – Better Boundaries

Learn more about the science of wellbeing with everyone's favourite behavioural scientist, Dr Fiona. Get practical tips for creating boundaries.

<https://youtu.be/SwGvp-agc9w>

Social Supermarket Insights

Integrating and adopting a 'More Choice' food assistance model is the latest shift in community food distribution. Kore Hiakai Zero Hunger Collective have had conversations with some of those operating these innovative models across Aotearoa so that we can better understand and share their insights.

[More Chore and Social Supermarket Models — Kore Hiakai Zero Hunger Collective](#)

Stress and how to manage it

Stress is a natural occurrence in a life and everyday stress is necessary for growth and development. The danger lies in too much stress or prolonged stress. This pamphlet provides useful information on what contributes to stress, the warning signs to watch for and how to manage you stress.

[Stress and how to handle it \(mentalhealth.org.nz\)](https://www.mentalhealth.org.nz)

Struggling To Make The Right Choice? Here's What To Do! Gaur Gopal Das

Have you ever been in a situation where you have only two choices uncertainty about which one will work and which one will not? Although you have to choose one of them. One willing to bear the consequences that it brings. Many people are not able to decide and remain confused in there life.

<https://youtu.be/2kgtRq6Z9eI>

Super Grans Tairāwhiti.

Tairāwhiti has been hit with some big challenges in the last four weeks. Supergrans, alongside other community food groups, has been there to help respond to the needs of whānau. In the midst of your own flood experiences.

[Home | SuperGrans Tairāwhiti Gisborne Foodbank \(supergranstairawhiti.nz\)](#)

Te Orokohanga A Creation Story – online wānanga

The purpose of this wānanga is to remind us that through our whakapapa we descend from Ranginui and Papatūānuku and that we are a part of the natural world. By the end of this wānanga, we hope you will respond to the call to strengthen connection to Papatūānuku.

[Online Learning - Para Kore](#)

Te Pūnaha Hoko Mea The System Of Stuff – online wānanga

This wānanga is about the linear system of how our stuff is made. It investigates other more sustainable alternatives to this system and makes connections to te ao Māori values and practices.

[Online Learning - Para Kore](#)

Te reo medicine resources

The Māori Pharmacists' Association Ngā Kaitiaki o Te Puna Rongoā has a free phone line to answer questions whānau have about their medicines. Call [0800 664 688](tel:0800664688). Note: This is a non-urgent service, and they will get back to you within 24 hours. [For urgent health advice freephone Healthline 0800 611 116](tel:0800611116).

Te whakarite i tētahi kaupapa ārai i te mate whakamomori

Download or order free pamphlets

[Te whakarite i tētahi kaupapa ārai i te mate whakamomori \(mentalhealth.org.nz\)](http://mentalhealth.org.nz)

Understanding bias in healthcare

Videos – These learning and education modules about understanding bias in healthcare were developed for Wiki Haumaruru Tūroro – Patient Safety Week 2019.

[Understanding bias in healthcare | Health Navigator NZ](#)

Use-by or Best-before?

Many of us get confused by the dates printed on our food packaging. Some of us wouldn't touch food even a day past the date listed, while others are comfortable to eat food well after. Knowing the difference between 'use by' and 'best before' is important in reducing food waste. Download this free poster to help.

[Best Before Date Guidelines - AFRA](#)

Utrogestan

Last month we released a Utrogestan for menopausal hormonal treatment factsheet that explains what this medicine is, how and when to take it, and what side effects to look out for. This information is now available in te reo Māori, Samoan and Tongan.

[Utrogestan | Health Navigator NZ](#)

Victoza (liraglutide)

Victoza is a medicine used to treat type 2 diabetes. It lowers your blood glucose levels, protects your kidneys and reduces your risk of heart attack or stroke. It may also help you lose weight and live longer. Read our factsheet to find out more about this medicine.

[Victoza | Health Navigator NZ](#)

Whānau Cookbook

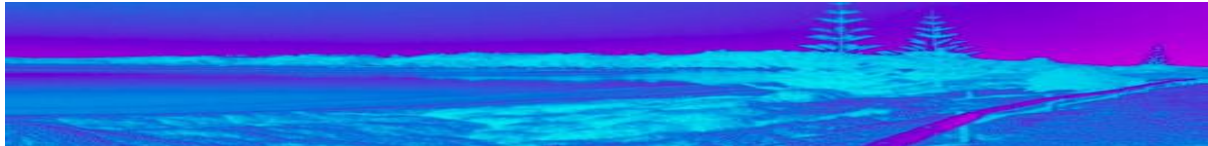
This cookbook has been developed to offer nutritional guidance for meal choices. All recipes have been carefully crafted to align with Nutritional Guidelines as per the Aotearoa Food Parcel Measure, providing whānau with 3 meals per day for a total of 4 days at 80% of the recommended nutritional intake.

[C:\Users\TAMMIE~1\AppData\Local\Temp\mso35F5.tmp \(squarespace.com\)](C:\Users\TAMMIE~1\AppData\Local\Temp\mso35F5.tmp (squarespace.com))

Youth and Porn

The Light Project developed a new online resource kit for health professionals on Youth and Porn Navigating the Issues. The kit includes 12 resources across three areas.

[Resources | The Light Project](#)



Have your say!!

Human Rights Hui - Rotorua 1 May or Gisborne 5 May 2023

Attend a hui near you to share your views on human rights in Aotearoa New Zealand for the government's upcoming report to the United Nations. The report informs a process called the Universal Periodic Review (UPR). Organised by: Ministry of Foreign Affairs and Trade
Register via the website link below.

[Ministry of Foreign Affairs and Trade Events | Eventbrite](#)

Ministry of Pacific Peoples Nominations Service

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[Ministry for Pacific Peoples — Nominations Service \(mpp.govt.nz\)](#)

Reducing energy hardship

The independent Energy Hardship Expert Panel, established by MBIE in 2021, has released its proposed strategies to reduce energy hardship. Since it was established, the Panel has engaged with a wide range of communities and key stakeholder groups to hear their experiences of energy and energy hardship and supporting energy wellbeing. These groups include individuals and whānau living in energy hardship, experts and representatives from across the energy sector, beneficiary advocacy groups, Māori and Pasifika community-level providers, health and social services and energy-related

sectors. The underlying causes of energy hardship have been grouped into five kete: health of the home, knowledge and navigation, energy accessibility and choice. energy affordability and consumer protection. The Panel is now seeking feedback on its proposed strategies to better support households experiencing energy hardship and it will present its final report to government by June 30. Visit the website for more information and to **submit feedback by April 28**.

[Energy hardship expert panel and reference group | Ministry of Business, Innovation & Employment \(mbie.govt.nz\)](https://www.mbie.govt.nz)



News

A partnership between Māori healing and psychiatry in Aotearoa New Zealand

This paper describes an example of Māori healing and psychiatry working together in an Indigenous mental health context in Aotearoa. The case of a Māori teenager with pseudo-seizures and voice-hearing is described to illustrate the partnership in action.

[A partnership between Māori healing and psychiatry in Aotearoa New Zealand | BJPsych International | Cambridge Core](#)

ASA supports online gambling review following pulled 22Bet ads

"The ASA supports a review to ensure the legislation is fit for purpose and able to deal with the breadth of media platforms that publish or broadcast advertisements targeting New Zealanders".

[ASA supports online gambling review following pulled 22Bet ads - stoppress.co.nz](https://www.stoppress.co.nz)

By the numbers: Who is eating all of our food if we make enough to feed 40 million people?

This article raised some interesting questions about our food systems with a call for a national food security plan for Aotearoa.

[By the numbers: Who is eating all of our food if we make enough to feed 40 million people? | Stuff.co.nz](https://www.stuff.co.nz)

Experts in Australia warn Crown reforms are ‘just shifting the problem’ of gambling addiction.

"Our recommendation has always been that the measures put in place in Crown should also be translated into pubs and clubs because we're otherwise just shifting the problem,"

[12ft | Crown casino: Gaming experts say enforced gambling breaks on Crown won't stem problem gambling](https://www.12ft.com.au)

Former rugby star sheds light on mental health through kids' books

It can be easy for kids to miss the fact that sports stars are human and have to work on their mental health game too. To help bridge that gap, a retired pro rugby player and dad has picked up writing kids' books. Former Māori All Black and Crusader Tim Bateman had some incredible moments during his sporting run, but said there have been some heavy lows.

[Former rugby star sheds light on mental health through kids books \(1news.co.nz\)](https://www.1news.co.nz/news/former-rugby-star-sheds-light-on-mental-health-through-kids-books)

Insidious politics of mental illness

Questioning the mental health system and labels given to various conditions by psychiatrists is the focus of a special issue of New Zealand Sociology.

[The insidious politics of mental illness - The University of Auckland](https://www.nzsc.org.nz/insidious-politics-of-mental-illness)

Government spending on mental health facilities

Mental Health and Wellbeing Commission Chief Executive Karen Orsborn spoke to Craig McCulloch on *Morning Report* about the government's upgrade of mental health facilities.

[Karen Orsborn interview about government spending on mental health facilities | Mental Health and Wellbeing Commission \(mhwc.govt.nz\)](https://www.mhwc.govt.nz/news/karen-orsborn-interview-about-government-spending-on-mental-health-facilities)

Latest data: Choice to care, is to be poor.

Women are sacrificing hundreds of thousands of dollars by providing unpaid care for whānau in Aotearoa New Zealand, according to the latest report by Alzheimers NZ and our partners. On average, household incomes with carers are 10 percent less than those of non-carers. The report recommends more funding for carers and support services, more investment in respite options and further support for carers who are employed (eg paid leave options or tax credits).

[Choice to care is choice to be poor, latest data shows - Alzheimers New Zealand](https://www.alzheimersnz.org.nz/news/latest-data-choice-to-care-is-to-be-poor)

New disaster response research following Cyclone Gabrielle being commissioned

The Ministry of Health has announced funding for research to enable a better understanding of the scope and scale of the health and wellbeing impacts of the cyclone on affected communities in Hawke's Bay and Tairāwhiti. Funding of \$1m (GST exclusive) will be awarded to the successful organisation to deliver the project.

[https://www.health.govt.nz/news-media/news-items/new-disaster-response-research-following-cyclone-gabrielle-being-commissioned?utm_source=sfmc&utm_medium=email&utm_campaign=E-Bulletin+12+April+2023+-+Kim&utm_content=noalias#:~:text=response%20knowledge%20base,-,Funding%20of%20%241m,-\(GST%20exclusive\)%20will](https://www.health.govt.nz/news-media/news-items/new-disaster-response-research-following-cyclone-gabrielle-being-commissioned?utm_source=sfmc&utm_medium=email&utm_campaign=E-Bulletin+12+April+2023+-+Kim&utm_content=noalias#:~:text=response%20knowledge%20base,-,Funding%20of%20%241m,-(GST%20exclusive)%20will)

New guidelines for reducing and eliminating seclusion and restraint under the Mental Health (Compulsory Assessment and Treatment) Act 1992

Manatū Hauora have released the new guidelines which can be found on their website.

[Guidelines for reducing and eliminating seclusion and restraint under the Mental Health \(Compulsory Assessment and Treatment\) Act 1992 | Ministry of Health NZ](#)

New-look bowel screening kit in response to feedback

Fantastic feedback was received from Māori and Pacific communities, who found the packaging of the current bowel screening test kit “a bit ugly and unappealing”. In response the bowel screening kit has been redesigned and tested with priority audiences and is now being rolled out.

[New-look bowel screening kit rolled out | National Screening Unit \(nsu.govt.nz\)](#)

Relationship and sexuality education: media, research, resources and new campaign

In this news story we pull together media articles, research and resources related to relationship and sexuality education for young people.

[Relationship and sexuality education: media, research, resources and new campaign | New Zealand Family Violence Clearinghouse \(nzfvc.org.nz\)](#)

Ronald Karaitiana appointed Director Partnering and Engagement Kahu Taurima | Maternity and Early years for Te Aka Whai Ora

Ronald Karaitiana (Ati Haunui a Paparangi, Ngāti Kauhungunu, Rangitane and Ngāti Haua), who joins the Te Aka Whai Ora whānau as Director Partnering and Engagement – Kahu Taurima | Maternity and Early Years. Ronald has extensive experience in the public sector with over three decades in the social and health spaces. He previously worked at ACC leading Māori injury prevention and moved to claims management to lead cultural conversations with their Māori, Pacific and Asian teams. He has also been the CE of a Kaupapa Māori Mental Health Addictions and Whānau Ora provider.

Rotorua community goes digital in NZ first

A collaborative project between the Dementia Learning Centre and Rotorua Library, with funding from Internet NZ, is proving successful for people with dementia mate wareware in becoming more technologically literate. In a first for Aotearoa New Zealand, Director Dr Kathy Peri developed a three-phase plan to provide the tools for libra <https://alzheimers.org.nz/blogs/computer-literacy-for-kiwis-with-dementia-mate-wareware-a-first-of-its-kind/>ry staff to bring the digital world to the dementia mate wareware community.

[Computer literacy for Kiwis with dementia mate wareware a first of its kind - Alzheimers New Zealand](#)

Royal Commission welcomes extension as new evidence emerges

An extension granted for the Abuse in Care Royal Commission of Inquiry reinforces the importance of the voices of survivors and the work being done to bring them justice.

[Ministry for Pacific Peoples — Royal Commission welcomes extension as new evidence emerges \(mpp.govt.nz\)](#)

'Serious concern' over Brendon McCullum YouTube gambling ads

Since it's not based in New Zealand, those putting money into the site may be at risk, as it's not regulated here.

['Serious concern' over Brendon McCullum YouTube gambling ads \(1news.co.nz\)](#)

Toolbox changing the classroom for Māori, Pasifika students.

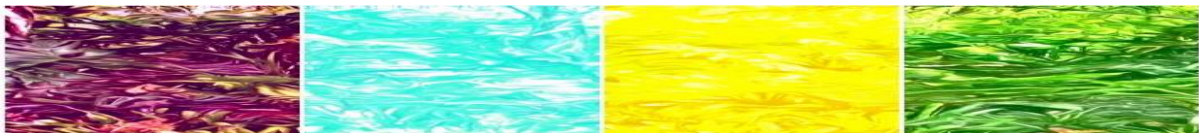
The Lālanga Toolbox aims to help improve Māori and Pasifika attendance at school and drive their success. It's currently being used at Manurewa South School. The programme focuses on whānau-based learning and was founded by Lesieli Oliver in 2020.

[The toolbox changing the classroom for Māori, Pasifika students \(1news.co.nz\)](#)

Upskilling older people to become tech savvy

Introducing more older people to online digital training is the goal of six providers in an initiative driven by the Office for Seniors and supported by the Ministry for Pacific Peoples (MPP). Digital training providers will deliver essential digital skills courses for up to 5,000 learners around the country. Māori and Pacific people aged 55 and over can access the free training due to challenges faced such as experiencing significant health issues sooner than others. Other seniors can access the free training aged 65 and over.

[Digital Literacy Training for seniors | Te Tari Kaumātua \(officeforseniors.govt.nz\)](#)



Reports, documents and research

Cheat Sheet: What is a national food plan, and how would it help food security?

This article discusses the rise and shortage of food supplies and understanding what is a national food plan;

[Cheat Sheet: What is a national food plan, and how would it help our food security? | Stuff.co.nz](#)

Children must co-design digital health research

The WHO framework states that children's inclusion at every stage of the process is crucial. WHO advocates for digital health developers to establish a youth advisory board to advise on projects and be meaningfully involved at every stage. Engaging, listening, and working with children in all aspects of digital health research is essential for improved health.

[Children must co-design digital health research \(thelancet.com\)](#)

Development of an Australian FASD Indigenous Framework: Aboriginal Healing-Informed and Strengths-Based Ways of Knowing, Being and Doing

Aboriginal culture intuitively embodies and interconnects the threads of life that are known to be intrinsic to human wellbeing: connection. Therefore, Aboriginal wisdom and practices are inherently strengths-based and healing-informed. Underpinned by an Indigenist research methodology, this article presents findings from a collaboration of Aboriginal and non-Aboriginal peoples to develop an Australian Foetal Alcohol Spectrum Disorder (FASD) Indigenous Framework during 2021 to 2023.

[Development of an Australian FASD Indigenous Framework: Aboriginal Healing-Informed and Strengths-Based Ways of Knowing, Being and Doing - PMC \(nih.gov\)](#)

Education Review Office report on racism in schools towards ethnic students

The topic of racism and discrimination is part of the core work of our Ministry. Every day, we work to improve inclusion and promote equitable access to government information and services. This is one of our top priorities.

[Education For All Our Children: Embracing Diverse Ethnicities | Education Review Office \(ero.govt.nz\)](#)

Experiences of the COVID-19 Lockdown and Telehealth in Aotearoa New Zealand: Lessons and insights from mental health clinicians.

Clinicians, fearful of contracting COVID-19, struggled to adapt to working from home while maintaining their well-being, due to a lack of resources, inadequate pandemic planning, and poor communication between management and clinicians.

[IJERPH | Free Full-Text | Experiences of the COVID-19 Lockdown and Telehealth in Aotearoa New Zealand: Lessons and Insights from Mental Health Clinicians \(mdpi.com\)](#)

Fast tracking informative clinical trials: lessons for mental health

Although the mental health crisis might not dominate the headlines in the same way that a novel viral infection would, the silent pandemics of depression and other mental health conditions pose a major threat to health and wellbeing globally. Furthermore, the limitations of our evidence base are in many ways reminiscent of the methodological shortcomings observed during the COVID-19 pandemic. Indeed, clinical trials in psychiatry often fail to inform clinical practice, and systematic analyses of clinical trials for psychological and pharmacological mental health interventions showed that most trials are dramatically underpowered to detect the effect sizes that one could reasonably expect from them.

[Fast tracking informative clinical trials: lessons for mental health - The Lancet Psychiatry](#)

FVDRC and Auditor General find public sector is failing to provide whānau-centred support.

Reports from the Family Violence Death Review Committee (FVDRC) and Auditor-General both found that the public sector is struggling to design and work in ways that support whānau aspirations and needs and that are consistent with the aims of Whānau Ora.

[FVDRC and Auditor General find public sector is failing to provide whānau-centred support | New Zealand Family Violence Clearinghouse \(nzfvc.org.nz\)](#)

Growing Up in New Zealand has released the latest round of new findings

Now We Are Twelve focuses on the lived experience of 12-year-olds and their families, covering topics identified as key to the ongoing wellbeing and improvement of life here in Aotearoa such as material wellbeing and identity.

[Now We Are Twelve \(growingup.co.nz\)](#)

Health4Life eHealth intervention to modify multiple lifestyle risk behaviours among adolescent students in Australia: a cluster-randomised controlled trial.

Lifestyle risk behaviours are prevalent among adolescents and commonly co-occur, but current intervention approaches tend to focus on single risk behaviours. This study aimed to evaluate the efficacy of the eHealth intervention Health4Life in modifying six key lifestyle risk behaviours (ie, alcohol use, tobacco smoking, recreational screen time, physical inactivity, poor diet, and poor sleep, known as the Big 6) among adolescents.

[Health4Life eHealth intervention to modify multiple lifestyle risk behaviours among adolescent students in Australia: a cluster-randomised controlled trial \(thelancet.com\)](#)

I feel really good when ... Strengthening youth mental health and wellbeing in Murihiku Southland: Research Insights from Rangatahi

This work was part of Te Rourou's Invercargill Initiative that showed that young people in the region want more support with their mental health and wellbeing.

[Towards trustworthy and trusted automated decision-making in Aotearoa. \(vodafone.co.nz\)](#)

Improving Pacific Child Wellbeing - 10 Year Action Plan - Tamaiti Ole Moana

If New Zealand is to deliver lasting improvements to the health and wellbeing of all Pacific children, we need to turbo-charge actions, including building thousands of homes and upgrading tens of thousands more, says a new report commissioned by Pacific child advocates Moana Connect.

<https://pacchildconf.co.nz/wp-content/uploads/2023/03/Tamaiti-Ole-Moana-Pacific-Children-March23.pdf>

Interventions for improving executive functions in children with foetal alcohol spectrum disorder (FASD): A systematic review.

The consequences for children born with birth defects and developmental disabilities encompassed by foetal alcohol spectrum disorder (FASD) are profound, affecting all areas of social, behavioural, and cognitive functioning. Given the strong evidence for a core deficit in executive functioning, underpinned by impaired self-regulation skills, there has been a growing focus on the development of interventions that enhance or support the development of executive functions (EFs).

[Interventions for improving executive functions in children with foetal alcohol spectrum disorder \(FASD\): A systematic review - PMC \(nih.gov\)](#)

Ministry of Pacific Peoples Nominations Service

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[Ministry for Pacific Peoples — Nominations Service \(mpp.govt.nz\)](#)

Neurodiversity and mental health

This rapid literature review presents research on the mental health and addiction needs of people with an intellectual disability or autism spectrum disorder.

[Neurodiversity and mental health | Mental health and... | Te Pou](#)

New report on access to services for male survivors of sexual violence

MSD commissioned research into the help seeking experience of male survivors of sexual violence and abuse.

[New report on access to services for male survivors of sexual violence | New Zealand Family Violence Clearinghouse \(nzfvc.org.nz\)](#)

New research explores gendered health impacts related to IPV.

Research from He Koiora Matapopore | the 2019 New Zealand Family Violence study looked at health impacts for women and men related to lifetime experience of intimate partner violence (IPV).

[New research explores gendered health impacts related to IPV | New Zealand Family Violence Clearinghouse \(nzfvc.org.nz\)](#)

Pacific Languages Strategy

The Pacific Languages Strategy 2022–2032 is the first of its kind in Aotearoa New Zealand. It takes a long-term approach to coordinating our support for Pacific languages across government, communities, and other key stakeholders. The Strategy will be implemented through a Pacific

Languages Government Action Plan and ethnic-specific Community Language Action Plans. Progress will be monitored through the Leo Moana o Aotearoa project.

[Ministry for Pacific Peoples — The Pacific Languages Strategy 2022-2032 \(mpp.govt.nz\)](https://mpp.govt.nz)

Psychological distress in community-dwelling individuals living with severe and persistent mental illness

People living with severe and persistent mental illness have high levels of psychological distress as measured by the K6.

[Psychological distress in community-dwelling individuals living with severe and persistent mental illness \(sagepub.com\)](https://www.sagepub.com)

Racism, xenophobia, and discrimination: data disaggregation is a complex but crucial step to improving child health.

Racism, xenophobia, and discrimination are major determinants of child health, leading to poor health among affected children at every stage of their life, with potential intergenerational implications. Poor health outcomes for children might arise directly from interpersonal forms of violence and abuse, but also structurally via restricted access to health care and other services. Health effects can include psychological distress, depression, malnutrition, asthma, increased health risks in the short term and long term and, in some cases, increased mortality in affected population.

[Racism, xenophobia, and discrimination: data disaggregation is a complex but crucial step to improving child health - The Lancet](https://www.thelancet.com)

Renewed call to improve approaches for developing foetal alcohol spectrum disorder diagnostic criteria:

Commentary on “Comparison of three systems for the diagnosis of foetal alcohol spectrum disorders in a community sample

[Renewed call to improve approaches for developing fetal alcohol spectrum disorder diagnostic criteria: Commentary on “Comparison of three systems for the diagnosis of fetal alcohol spectrum disorders in a community sample” \(wiley.com\)](https://www.wiley.com)

Staff perceptions of the quality of care delivered in a New Zealand mental health and addiction service

This study has identified, for what appears to be the first time, empirical and concerning differences in staff ratings of the quality of care delivered to Māori and SMHAS users overall.

[Staff perceptions of the quality of care delivered in a New Zealand mental health and addiction service: Findings from a qualitative study - Craik - International Journal of Mental Health Nursing - Wiley Online Library](https://onlinelibrary.wiley.com)

Theorising Mental Health

If knowledge and treatment for mental disorders like depression have been improving, why are people getting sicker? Questions are raised about the mental health system and labels given by psychiatrists.

[01 Cohen Theorising-Mental-Health-Introduction-to-Special-Issue final.pdf \(saanzt.net\)](#)

Unaffordable home heating increases risk of severe mental distress

There is mounting evidence internationally that finding yourself unable to adequately heat your home can not only lead to poor physical health but can also increase the risk of severe mental health distress. University of Otago Public Health researcher, Dr Kimberley O'Sullivan, has been looking at the findings and says there are lessons for Aotearoa New Zealand.

[Unaffordable home heating increases risk of severe mental distress | PHCC](#)

Victorian government reveals new gambling rules at Crown Casino including mandatory 15-minute breaks

Victoria's Casino and Gaming minister, Melissa Horne, said the measures will address problem gambling at the venue.

[Victorian government reveals new gambling rules at Crown Casino including mandatory 15-minute breaks - ABC News](#)

Vitamin D may reduce risk of diabetes in pre-diabetics.

A review of individual patients from three trials reported a reduction of 3% in absolute risk of pre-diabetes.

[Vitamin D and Risk for Type 2 Diabetes in People With Prediabetes: A Systematic Review and Meta-analysis of Individual Participant Data From 3 Randomized Clinical Trials - PubMed \(nih.gov\)](#)