

Te Manawa Taki Mental Health & Addiction

SPRING Newsletter 2022



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Director Regional Mental Health & Addiction Update



Kia ora, Talofa Lava and Greetings

Welcome to our Spring newsletter. I hope this finds you all well and safe during the flu season. It has been a busy couple of months as the new health environment is starting to take shape. By now people will have seen Te Whatu Ora and Te Aka Whai Ora's new structures and numerous recruitment advertisements. Check their website pages for up-to-date information.

The Mental Health and Addiction Wellbeing Regional Equity priorities as identified by the regional Chief Executives have continued to be progressed:

1. **Access and Choice** – completed. See the link below for the project reports.
2. **Whānau and Pepi** – completed. [Projects 2021 / 2022 - Midland Mental Health & Addiction Network \(midlandmentalhealthnetwork.co.nz\)](https://projects2021-2022-midlandmentalhealthandaddictionnetwork.co.nz)
3. **People with Complex Needs** – A regional workshop was held on 25 August in Hamilton involving Clinical Governance, He Kawai Herenga and the People with Complex Needs Project Steering Group. The workshop was facilitated by Roz Sorensen and focused on the service continuum for adults with complex needs where our services are missing opportunities. A report is the process of being written and will be presented to the attendees for final approval.
4. **Rangatahi Access** – At our last project steering group meeting we re-focused the direction that we are heading with this piece of work. The Project Steering Group felt strongly that the current report lacked the voice of rangatahi. It was agreed to hold a series of wānanga across Te Manawa Taki alongside building the Framework of Services for each rohe.



I want to take this opportunity to remind our readers of our regional stakeholder Leadership Networks. We are currently looking for members to join Te Huinga o Nga Pou Hauora and Nga Kopara o Te Rito. Please contact Minal for a copy of the Terms of Reference and Expression of Interest.

Te Huinga o Nga Pou Hauora – Māori Leadership whose purpose is:

- To provide regional strategic leadership, develop and grow a network of Māori Whanau, providers, and whaiora who will provide a mandated voice for Mental Health & Addiction Māori development at a regional and national level to:
- Improve Māori outcomes through optimal treatment of mental health and addiction issues – resulting in recovery focussed, effective and efficient services for people and whānau accessing services.
- Reduced Māori disparity in outcomes for mental health and addiction services between population groups and DHB areas across Te Manawa Taki region.

Nga Kopara o Te Rito – Lived Experience and Whanau Leadership whose purpose is:

- To provide strategic leadership and a mandated voice at a regional level:
- Mental Health and Addiction lived experience and whānau expertise
- Steering regional mental health and addiction service development in cooperation with other agencies
- Benchmarking performance
- To foster strategic relationships that add value
- To caucus from a specific lived experience or whānau perspective as required ensuring robust advice.

He Kawai Herenga – Strategic Leadership whose purpose is:

- To ensure a strong equity focus is prioritised
- To drive the four identified projects that lead and support the development of regionally consistent approaches to planning and delivery of services to whānau
- To provide critical thinking that influences decision making
- Being courageous to challenge the status quo, assumptions, and complacency
- To support system transformation as described in:
 - Te Manawa Taki Regional Wellbeing Frameworks
 - He Ara Oranga
 - Health & Disability Review
 - Whakamaui – Māori Health Action Plan
- To focus on the measurements of outcomes for whānau to determine the effectiveness of services in partnership with Nga Toka Hauora

Clinical Governance – Community and Clinical Leadership whose purpose is:

- Mental Health and Addictions expertise
- Steering regional mental health and addiction service development in cooperation with other agencies
- Benchmarking performance. Leading regional mental health and addiction planning
- Leading service improvement
- Supporting the achievement of health targets and policy priorities
- Linking to national and regional governance structures and processes
- Leading and/or supporting the development of nationally consistent approaches to mental health and addiction
- Reducing inequalities in mental health and addiction outcomes
- Improving equity for Māori

Please do not hesitate to contact any of the team if you have any queries:

- Minal Wankhade – Minal.wankhade@healthshared.co.nz for all matters relating to the teams' activities.
- Belinda Walker – Belinda.walker@healthshare.co.nz for all matters relating to workforce, information, and data.
- Eseta Nonu-Reid – Eseta.nonu-reid@healthshare.co.nz for all matters relating to regional work priorities and projects.

Until the Summer 2022 Newsletter stay well, stay warm and be kind to one another.

la manuia le galelue

Eseta

Introducing our new Business Coordinator



Kia ora my name is Minal

Originally from India, I hold a postgraduate qualification in health science from Universities of Pune and Auckland. I have worked in the New Zealand health industry for the past four years in various roles

If I could change one thing for whānau relating to Mental Health & Addiction, it would be to create opportunities where people can openly express what they are feeling without judgement and have control of determining their own wellbeing.

Words of wisdom: If you enhance your energetic system, to be blissful, loving, to be life-sensitive is a natural outcome (Sadhguru).

In my role within our team, I want to ensure that I am providing business coordination that supports projects and the Te Manawa Taki Mental Health & Addiction network, while continuing to learn more about the sector.

PRIMHD Update



Just wanting to acknowledge the effort you are making to ensure data is entered even with the extreme workload most are experiencing.

I have provided lots of PRIMHD training via Zoom and Teams to try and increase the consistency and validity of data for providers in Te Manawa Taki. It is important that you do not under sell the services you provide and what I have been seeing is that there has been a drop off in recording contact with other agencies about the people you support. If you think this might apply to you, I am more than happy to provide refresher training even if it is 1:1.

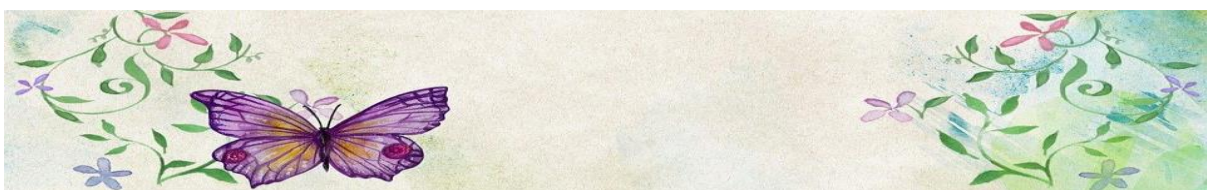
And remember no question is silly and I don't mind how many times you ask the same one.

Let's get this region rocking!!!

Workforce & Information Project Lead, Mental Health & Addiction, Te Manawa Taki

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www.midlandmentalhealthnetwork.co.nz



Workforce Update – Looking after our workforce

What has really become evident is that our workforce is really struggling with staff shortages, illness, and increased demand. This update is dedicated to valuing the wellbeing of our existing workers and the tremendous effort they put in on a daily basis to provide services for our whānau.
Thank you for all you do and take some time to look after you as well.

Why staff wellbeing plans matter

A recent survey of New Zealand workplaces revealed more than a third have no workplace wellbeing plan in place. The 2015 Health and Safety at Work Act requires workplaces to look after the physical and mental health and well-being of their staff. This means looking at work through a health and safety lens and understanding the risks that affect people's well-being at work.

Clinical psychologist Dougal Sutherland believes it is necessary, now more than ever, for organisations to understand what a healthy work environment looks like and to provide it for their employees. Read his insights and recommendations on the link below

[Why staff well-being plans matter | News | Victoria University of Wellington \(wgtn.ac.nz\)](https://www.victoria.ac.nz/news/2016/05/why-staff-well-being-plans-matter)

Resilience for health professionals

By Suicide Prevention Co-ordinator based in Waitaha Canterbury

Current healthcare challenges are particularly stressful at individual, organisational, and systemic levels. Workforce resilience is fundamental to coping with demanding situations and maintaining an effective healthcare system. This webinar focusses on individual resilience and providing a roadmap for coping with adversity. Additional reading and viewing is provided for those who are particularly interested, and follow-up interactive workshops will be offered to dive deeper into refining skills to foster resilience.

[Resilience for health professionals - myhealthhub.co.nz](https://myhealthhub.co.nz/resilience-for-health-professionals)

Open Minds

Mental health is relevant at work because we spend so much of our time there; we bring our whole selves to work and sometimes we go through hard times and need extra support. We are, after all, only human.

The Open Minds videos, managers guide, tips, factsheets, posters and FAQs provide managers with practical tips to help with conversations about mental health in the workplace.

[Open Minds | Mental Health Foundation](https://www.openminds.org.nz/)

Personal Resilience, Compassion Fatigue and Burnout

We live in challenging times, especially for those that work in healthcare. The demands we face can result in exhaustion and overwhelm that can eventually lead to compassion fatigue and may end in burn-out. The first step in developing increased resilience is to recognise the signs and symptoms of compassion fatigue and burnout and to prioritise interventions.

- The difference between compassion fatigue and burn out.
- Tools to recognise personal risk factors for compassion fatigue and burn out
- Discuss ways to increase resilience to decrease the risk of compassion fatigue and burnout

[Personal Resilience, Compassion Fatigue and Burnout - myhealthhub.co.nz](https://myhealthhub.co.nz/personal-resilience-compassion-fatigue-and-burnout)

Team tackling bullying wins national award

A team of academics who collaborated with students and health leaders to develop a tool that has reduced bullying on clinical placements has won a national award.

The Faculty of Medical and Health Sciences team collaboratively developed a system for senior medical students to anonymously report bullying, harassment and discrimination on clinical placements – as well as excellence, inclusion and respect.

[Team tackling bullying wins national award - The University of Auckland](#)

DVFREE Family Violence Training for Workplace Support People

Delivered by family violence specialists, this training is critical for preparing your 'First Responders' to provide safe and effective support for employees, while maintaining professional boundaries. Training is available either in-person or online.

Next Online training via Zoom – (9am-12.30pm both days):

20 & 21 September 2022

Online training requirements: Each participant must use a separate laptop or desktop with audio and video capability, with a headset if there are others nearby, and be available for a brief individual session before the training. We will send out Zoom links for sessions ahead of time. More about Zoom technology requirements at www.zoom.us.

Email us to enquire about reduced fees for not-for-profits and small businesses.

[DVFREE Family Violence Training for Workplace Support People | Shine \(2shine.org.nz\)](#)

How to create a mentally healthy workplace

This factsheet from Module 3 of Open Minds e-learning explains what makes a mentally healthy workplace and links to resources and further support. Includes

Having a people-first culture

Having inclusive mental health processes and policies

Encouraging employees to stay mentally and physically healthy

Resources to help you become a mental health champion in your workplace

[How to create a mentally healthy workplace | Mental Health Foundation](#)

Improve Work-Life Balance: Mental Health Tips for Remote Workers

Your home and your wellbeing: how to achieve a work-life balance while working from home

We cover a range of topics, including:

- Changing attitudes and behaviours to work-life balance
- Tips on how to adjust and be more productive when working from home
- Red flags that you're not managing work-life balance well

<https://www.comparethemarket.com/mortgages/content/achieve-a-work-life-balance-working-from-home/>

ProQOL Measure (Professional Quality of Life)

Professional Quality of Life (proQOL) is intended for any helper - health care professionals, social service workers, teachers, attorneys, emergency response, etc. Understanding the positive and negative aspects of helping those who experience trauma and suffering can improve your ability to help them and your ability to keep your own balance.

The ProQOL measure is available free.

[ProQOL Measure | ProQOL](#)

How to Keep Work Stress from Taking Over Your Life

Work-related stress can get the best of us all. Emails, Slack messages, phones ringing off the hook, your co-worker dropping by for an impromptu meeting — it's enough to make anyone frazzled.

Feeling some tension is normal, especially if you're facing a looming deadline or challenging assignment. But when work stress becomes chronic, it can end up affecting both your physical and emotional well-being.

[14 Ways to Manage Work Stress and Avoid Burnout \(healthline.com\)](#)

Keep your workplace positive and healthy

Keeping your team safe and healthy is important for your business. If your employees feel you care about their wellbeing, they will usually be more productive, happier, and less stressed. If employees feel stressed it can:

- cause burnout
- result in employees resigning
- affect productivity.

Find out what you can do to build a positive and healthy workplace.

[Why workplace wellbeing is important — business.govt.nz](#)

Problem solving together planning template

This template goes through reasonable accommodations planning from Module 2 of Open Minds e-learning helps people managers put a support plan in place with an employee experiencing mental distress or illness.

[problem-solving-together-planning-template.pdf](#)

Burnout in the Digital Age: How to Avoid Workplace Stress

- 52% of employees feel burnout, and “signs of burnout” have increased by 24% throughout 2020
- 96% of employers provide mental health resources to staff, but only 1 in 6 employees feel supported by these resources
- 79% of people feel “at or beyond workload capacity”
- Burned-out employees are 63% more likely to take a sick day

Here are just some of the topics covered:

- What burnout is, and why people get burnt out
- How professionals and individuals can avoid and combat burnout
- Behavioural changes that can indicate burnout, which HR professionals should look out for
- How COVID-19 has affected burnout of employees
- How to balance workplace stress with career progression

<https://www.thanksben.com/how-to-avoid-workplace-burnout-stress-in-the-digital-age>

Burnout, stress and intentions to leave work in New Zealand psychiatrists; A mixed methods cross sectional study

High burnout appears to affect one in three psychiatrists in New Zealand. Many attribute their feelings of burnout to demand for their services.

[Burnout, stress and intentions to leave work in New Zealand psychiatrists; a mixed methods cross sectional study - PMC \(nih.gov\)](#)

Burnout Test

Are you currently experiencing burnout? It is more than just fatigue. Determine your level of burnout with our Burnout Self-Assessment. This tool can assist you in determining whether or not you are experiencing this syndrome. It allows you to assess how you feel about your job and your work experiences.

Approx time – 8 minutes
No. of questions – 15

[Online Burnout Test - Mind Help \(Self-Assessment\)](#)

8 Tips for Avoiding Burnout and Functioning at Your Best

Are you feeling drained both physically and emotionally? You could be headed for burnout. Here are some preventive tips to ease your stress.

[Avoiding Burnout: 8 Tips to Function at Your Best \(healthline.com\)](#)

5 Signs You're A Work Martyr Who Is Sacrificing Yourself For The Job

A can-do attitude and a good work ethic are commendable, but too many of us confuse busyness with accomplishment. If you are trapped in this mindset, you might be a work martyr.

"The work martyr is similar to a workaholic, but the work martyr is someone who wears that busyness as a badge of honor," said Melody Wilding, an executive coach and licensed social worker. "They are someone that prides themselves on staying late, being the go-to person for everything."

[5 Signs You're A Work Martyr Who Is Sacrificing Yourself For The Job | HuffPost Life](#)

Stressed workers join new 'quiet quitting' trend

The latest phenomenon emerging from TikTok is the concept of 'quiet quitting', as stressed and burnt-out workers begin to push back against their high workloads by rejecting the extra tasks they were not hired to do. It comes as the ongoing pressures of the Covid-19 pandemic have led not only to higher workloads and fewer staff, but also forced people to hit pause and consider healthier boundaries in the workplace.

The Southern Cross Health Insurance – BusinessNZ Workplace Wellness Survey, carried out between March and June last year, found 66% of businesses reported an increase in stress levels, with 91% citing the ongoing Covid-19 pandemic as a partial reason why.

[Stressed workers join new 'quiet quitting' trend \(1news.co.nz\)](#)

[PowerPoint Presentation \(businessnz.org.nz\)](#)

Experiences of workplace bullying and harassment in Aotearoa New Zealand

New research has revealed that Māori, Pacific, Asian, as well as disabled and bisexual workers, are disproportionately affected by bullying and harassment in the workplace.

"Healthcare seems to be the one that goes right across in terms of high prevalence of racial harassment, sexual harassment and bullying.

"In healthcare, you've got huge power dynamic. So the majority of people who perpetrate these behaviours occupy a more senior role to the victim. In those really hierarchical occupations, there's a high risk of abuse of power." Listen to the RNZ interview here:

<https://www.rnz.co.nz/national/programmes/morningreport/audio/2018856382/disproportionate-effects-of-bullying-in-the-workplace>

Proactive workplace wellbeing support for meaningful change

Clearhead makes mental wellbeing easy by connecting people to the support they need as soon as they need it. We have a modern therapy booking and appointment management system, with proactive mental health support for workplaces and individuals. For those who prefer a self-directed approach, we have a suite of self-help tools and an intelligent Wellbeing Assistant available 24/7.

Clearhead supports your people to be proactive and resilient with their mental health. Reach employees before they get to crisis point with self-help tools and techniques to recognize early warning signs.

We connect people to a high-quality network of over 400+ reputable therapists.

Clearhead makes it simple for businesses to fund therapy as part of our Employment Assistance Program (EAP). Employees can efficiently book the therapist that best suits them. All while maintaining their confidentiality.

[Workplace Wellbeing & Employee Mental Health | Clearhead](#)

Your Permission Slip to Laughter

An easy way to weave laughter into your day! It really can be as simple as reading a funny joke or watching a silly cat video.

HOW TO USE:

Download this print-friendly A6 permission slip file. Print four per one A4 page then cut out. Fill in the details and pass onto someone who might be in need of a laughter break.

[842814_4d51e30aea274b58a139c1dbef14af6b.pdf \(groovnow.com\)](#)

[Teams that laugh together, stay together.](#) Laughter is seriously good for team morale. Discover ways to laugh more within a team.

[5 awesome health benefits of laughing.](#) From triggering a release of dopamine, to decreasing stress hormones. Learn about the brain science of laughter.

[How to get your sense of humour back.](#) It's completely normal to lose your sense of humour when times are tough. Here are some ideas to help rediscover it, if you're struggling.

[10 ways to laugh more every day.](#) Want to experience the incredible health and feel-good benefits of laughing more? Check out ways to inject more laughter into your life.

Violence and Aggression in the Workplace

Violence and aggression is a growing issue in healthcare; as a response to social and personal circumstances increasing examples of violence towards health professionals are becoming apparent. Behaviours that are not tolerated in other settings need to be managed, often in challenging circumstances and where both the cause and effect need to be addressed. Of concern is the tendency of some staff to under-report or normalise episodes of violence, often based on the assumption that this is just 'part of the job'. As tension continues to rise during the current pandemic, it is likely that aggression will also escalate. There may not be an easy answer, but recognition, consistency and peer support are key components to responding.

[Violence and Aggression in the Workplace - myhealthhub.co.nz](#)

Open Minds

Online training materials and information to equip managers with the tools and confidence to talk about mental health.

[About Open Minds | Mental Health Foundation](#)

Enabling you to work smarter, not harder

By Dr Janine Bycroft, CEO Health Navigator, Charitable Trust and GP

- 1000s of health topics
- medicine fact sheets
- NZ's Health App Library
- video library
- self-care tips, personal stories
- multiple language resources.

We'll also share tips and resources to support positive behaviour change including how to get started with prescribing high quality digital tools and apps.

[Enabling you to work smarter, not harder - myhealthhub.co.nz](#)

Working Well - resources and webinars

Resources for organisations so they can create a culture that prioritises the mental health and wellbeing of their employees.

[Working Well Guide and Resources | Mental Health Foundation](#)

[Working Well webinars on workplace wellbeing | Mental Health Foundation](#)

Exploring how the way we work impacts the consumer experience

An exploration of consumer experiences of communication and decision-making when things do not go well in health care and a clinician's perspective of what might contribute to that experience. Watch the presentation by the HQSC

<https://youtu.be/zPF1T51m0DY>

Consumer, peer support and lived experience workforce stocktake of available information

Workforce surveys conducted in 2018 and 2020 estimate the CPSLE workforce is around 481 full-time equivalent (FTE) positions. Nearly all (96 percent) are employed in adult mental health and addiction services. Peer support workers are the largest role group. In 2020, the child and youth workforce included consumer advisors (4 FTEs) as well as 17 FTE peer support workers. Across services for all age groups, NGOs employ 87 percent of the workforce and DHBs 13 percent; alcohol and drug (AOD) services employ around 17 percent of the adult mental health and addiction CPSLE workforce, and mental health services 83 percent.

[Consumer, peer support and lived experience workforce... | Te Pou](#)

Honouring kaimahi Māori in the lived experience workforce.

Manukura | Tui Taurua

He kāhui kuaka ki te rangi, he kāhui waka ki te moana. Honouring kaimahi Māori in the lived experience workforce.

The kuaka migration is linked to ancestral navigation, the journey of tūpuna back to Hawaiki and links us to other indigenous people. Kuaka nest in Alaska and migrate to Aotearoa.

Te Whāriki O Te Ara Oranga is honouring the contribution of Manukura who have committed to pursuing equity and justice for tāngata whenua within the mental health and addiction systems. We are privileged to recognise and tautoko the mahi of a tireless wāhine toa, Tui Taurua.

See full post and video on link below

[Posts - Whāriki \(whariki-ao.nz\)](#)

Holidays and leave at a glance

There may be times when your business is short-staffed because of sickness or other leave. We have guidance on how to deal with different types of leave or to understand what your obligations are as an employer.

Sick leave

Once they've worked for you for six months, employees are entitled to at least 10 days paid sick leave each year. You must also:

- carry over unused sick leave into the next year. The maximum accumulation is 20 days — although you can provide more if you want to
- allow employees to use sick leave to care for a sick or injured spouse, partner, dependent child or any other dependent individual
- pay employees what they'd usually earn for the days they're on sick leave.

[Sick leave entitlements » Employment New Zealand](#)

[Introduction to holidays and leave — business.govt.nz](#)

Professional Development

Free 1hr Webinar on MyHealthHub

After watching these and answering a very short quiz you can be awarded a certificate and if you are eligible, CME hours.

Trauma-informed care – enhancing patient outcomes

By Nurse Practitioner/Cognitive Behavioural Therapist and clinical lead at Just a Thought

In this presentation you'll learn about trauma informed care, and the basics of trauma screening. We'll look at the benefits of practicing in a trauma-informed way, both in terms of improved patient outcomes, job satisfaction and identifying and working with cases that seem 'hard to treat' where there is trauma involved.

[Trauma-informed care - enhancing patient outcomes - myhealthhub.co.nz](https://myhealthhub.co.nz/trauma-informed-care-enhancing-patient-outcomes)

Trauma Informed Care and Trauma Screening

By John Davies Registered Nurse Mental Health, Specialist Mental Health Services, Te Whatu Ora - Canterbury

John has worked exclusively in the Mental Health field since 1999 where he started practicing in Northland, before moving to Ngawhata Hospital in Nelson. He then worked in the Te Whare Manaaki Medium Secure Unit until 2010 where he then moved to the Forensic Community Team until 2019 until moving to Youth forensic. John is now currently a Registered Nurse Mental Health, Specialist Mental Health Services, Canterbury DHB. He also works in an on-call role for Crisis Resolution.

His topic will include:

- Definition of trauma
- Trauma and colonisation specific to Aoteroa
- Extent of trauma
- Trauma and physical health
- Trauma and mental health
- Definition of Trauma informed care
- Specific trauma based Interventions

[Trauma Informed Care and Trauma Screening - myhealthhub.co.nz](https://myhealthhub.co.nz/trauma-informed-care-and-trauma-screening)

Palliative care for people with Pre-existing Diagnosis of Mental Illness

Helen Butler, Associate Head of Mental Health and Addiction in the School of Nursing at the University of Auckland

- Explore the relationship between and inequities of physical illness for people with a diagnosis of mental illness
- Explore the issues around access and utilisation of palliative care for people with a diagnosis of mental illness
- Discuss her PhD research which focuses on palliative care for people with a diagnosis of mental illness

[People with Pre-existing Diagnosis of Mental Illness - myhealthhub.co.nz](https://myhealthhub.co.nz/people-with-pre-existing-diagnosis-of-mental-illness)

Critical Thinking Skills Masterclass

Dr Sandy Richardson, Senior Lecturer with the School of Health Sciences, University of Canterbury and the Nurse Researcher for the Emergency Department at Christchurch Hospital, Te Whatu Ora - Canterbury

Revising the fundamentals of critical thinking in nursing practice

- Links to clinical practice and patient outcomes
- Biases, unconscious and otherwise

- Logic and logical fallacies
- Thinking about thinking
- Practical examples and challenges in practice

[Critical Thinking Skills Masterclass - myhealthhub.co.nz](https://myhealthhub.co.nz/critical-thinking-skills-masterclass)

Managing adults with a severe and enduring eating disorder

Elaine Franks, Consultant Liaison Nurse, South Island Eating Disorders Service, The Princess Margaret Hospital

- Diagnostic criteria for Severe and Enduring Eating Disorders
- Development of a Severe and Enduring Eating Disorder
- Treatment and management
- The legalities of ending treatment and Advance Care Planning

[Managing adults with a severe and enduring eating disorder - myhealthhub.co.nz](https://myhealthhub.co.nz/managing-adults-with-a-severe-and-enduring-eating-disorder)

Avoidant Restrictive Food Intake Disorder (ARFID)

Ursula McColloch: Consultant Clinical Psychologist (CDHB), Fiona Leighton: Paediatric Dietitian (CDHB)

Restrictive Eating is a persistent feeding or eating disturbance leading to avoidance of food, resulting in significant weight loss or nutritional deficiency and/or impairment in psychosocial functioning.

The topic will include:

- A framework for understanding restrictive eating patterns
- Understanding the process of food exploration
- Evidence based practical tools adapted for age and stage
- Meeting nutrition needs from a restricted-diet lens
- Referral pathways for additional support

[Avoidant Restrictive Food Intake Disorder \(ARFID\) - myhealthhub.co.nz](https://myhealthhub.co.nz/avoidant-restrictive-food-intake-disorder-arfid)



Tuia te ao – new app

Tuia te ao is an educational resource for Spark New Zealand staff to learn basic Māori language and protocol to support their day-to-day mahi (work).

Interactive features within the app include pronunciation of Māori words, maps with Māori names and iwi groups, values and principles, mihimihi/pepeha (introductions), ngā mihi (greetings), poroporoaki (farewells), whakataukī (proverbs), and waiata (songs).

[Tuia te ao - Apps on Google Play](https://play.google.com/store/apps/details?id=com.sparknz.tuia)

[Tuia te ao on the App Store \(apple.com\)](https://apps.apple.com/nz/app/tuia-te-ao/id1488888888)

Supporting Parents Healthy Children, First 1000 days, Adverse Childhood Experiences Online Forum

The Whāraurau Supporting Parents Healthy Children, Parenting and Trauma teams present this forum. The focus of this forum is the first 1000 days of a tamariki's life, prevention of ACES through enhancement of growth in protective factors, and how this integrates into whānau inclusive practice. The intended outcomes are that the workforce will leave with increased knowledge and tangible tools to translate into practice.

The themes are:

- Supporting Parents Healthy Children
- First 1000 days

- Whānau inclusive practice
- ACES - protective factors
- Parental mental wellbeing, trauma, and parenting practice

The agenda will be posted closer to the date.

For queries about this event please contact:

courtney.hopman@auckland.ac.nz

[SPHC ACES Online Forum | Whāraurau \(wharaurau.org.nz\)](https://wharaurau.org.nz)

Choice and Partnership Approach (CAPA) Forum Sept 28th online

This forum provides an opportunity for DHB, NGO, and Primary Health services to increase their knowledge about the Choice and Partnership Approach. This forum will focus on CHOICE and the Rangatahi experience within our services, with sessions on CHOICE, Rangatahi experience, Goal-based outcomes, Implementation science as well as self-care in the workplace.

Confirmed speakers include Dr. Ann York, Dr. Terryann Clark, Dr. Duncan Law, and Wendy Donaldson. This free online event provides a full agenda, which will enable choices around session participation throughout the day.

<https://wharaurau.org.nz/events/choice-and-partnership-approach-national-cap-a-forum-2022#active-vertical-tab>

Motivational Interviewing workshop – recorded and available to view (3.5hrs)

Presenter Dr Joel Porter

Motivational interviewing is a particular way to help people recognise and do something about their current and/or potential problems. It is very useful with people who are reluctant to change or who are ambivalent about changing. It is intended to assist the person resolve ambivalence and to get them moving along a path of change.

[Motivational Interviewing 1 & 2 Dr Joel Porter | Whāraurau \(wharaurau.org.nz\)](https://wharaurau.org.nz)

Free supervision skills training for senior MHA nurses

Te Pou is pleased to announce an exciting free training opportunity available to senior registered nurses (Te Whatu Ora and NGOs) currently in or moving into a supervision role within the mental health and addiction sector.

The training is Supervision Skills for Registered Nurses, delivered by Aly McNicoll from New Zealand Coaching and Mentoring.

The training will take place across three days via Zoom.

- Session 1, Supervision Skills - Monday 17 October, 9am to 4pm
- Session 2, Supervision Skills - Wednesday 26 October, 9am to 4pm
- Session 3, Peer Supervision Model Tool Kit - Wednesday 30 November, 9am to 1pm

You must be able to attend all three days of training without interruptions, have access to your own device with reliable internet, and have manager approval to attend this training.

This is a Level 5 NZQA course with 5 credits (micro-credentialled).

The training is **limited to 20 funded places**, which will be allocated equitably throughout Aotearoa and across Te Whatu Ora and NGOs. Please submit an expression of interest using this online form by **Wednesday 14 September**.

[Supervision Skills Training for Senior MH&A Nurses - Expressions of Interest \(office.com\)](https://office.com)

Considerations of Confidentiality and Consent in our mahi with Young People: a forum to guide best practice – recorded and available to view (3hrs)

YouthLaw Aotearoa is a free community law centre for children and young people nationwide. They provide free legal services to anyone aged under 25 who are unable to access legal help elsewhere, or those acting on their behalf. YouthLaw Aotearoa is a registered charity (CC10505) and part of the nationwide community law centre network. They are the only organisation operating across New Zealand where children and young people can access free legal services just for them.

The workshop was recorded. The recording and the presentation can now be accessed via the Resource tab below.

[Considerations of Confidentiality and Consent in our Mahi with Young People - 04 April 2022 | Whāraurau \(wharaurau.org.nz\)](#)

Code of ethics/ Professional Boundaries Ara Taihoi – recorded and available to view (1hr)

Mana Taihoi:

Training provides an introduction to the youth development principles of Aotearoa. This is a principle-based framework that informs the way we work with all young people in Aotearoa. These principles have evolved from those that were previously expressed in the Youth Development Strategy of Aotearoa, and are the result of a comprehensive national review, informed by the voice of young people, Te Ao Māori, people who work with young people and Aotearoa based research and literature. The training invites participants into a journey of exploring and understanding positive youth development in the context of Aotearoa/NZ. Together we explore the mana our young people carry, and how positive youth development approaches can enhance this mana. Participants are introduced to each principle and how they are interconnected, and apply these to the young people they work with.

Code of Ethics:

This training is foundational for understanding the Code of Ethics for Youth Work in Aotearoa and how it guides our practice in New Zealand. The interactive and practical training has core topics that include:

- The purpose of the Code of Ethics
- The youth development framework and ethical implications
- Exploration of common ethical scenarios using the Code as a reference point.

[Code of ethics/ Professional Boundaries Ara Taihoi | Whāraurau \(wharaurau.org.nz\)](#)

Restorative Foundations for people working in the Health and Disability sector - microcredentials

The Health Quality & Safety Commission is working in partnership with the Te Ngāpara Centre for Restorative Practice Victoria University of Wellington, and the National Collaborative for restorative practice and hohou te rongopai (peace-making from the Māori worldview) within the health and disability system.

We have heard that increasing sector capability is essential to enable the development of restorative initiatives. Micro credentials in restorative foundations and responses have been developed using a co-design approach and will be available from Victoria University of Wellington, commencing September 2022.

[Key information about the course content can be found here](#) (125KB, pdf)

More information about the course and how to register can be found via the links below:

<https://wellingtonuni-professional.nz/course-template/?eventtemplate=1454-restorative-foundations>

<https://wellingtonuni-professional.nz/course-template/?eventtemplate=1455-restorative-responses>

Ātea – Disability 101 training - Free

Ātea is an exciting new training programme led by disabled people that aims to increase participants' awareness of attitudes towards disabled people, and how to reduce barriers so that everyone can participate fully in society.

Developed by the Te Pou Disability Workforce Development Team, the workshop is relevant to anyone who interacts with disabled people in their work or personal life.

We have spaces at three workshops scheduled over the remainder of 2022. Two workshops will be held online, with one held in-person in Wellington.

As this is a new offering from Te Pou, we are still evaluating Ātea's ability to influence organisational change and deliver value to organisations, so we would initially like to offer these workshops to teams within an organisation. The workshop is **free** for participating organisations, in exchange for you spending a short time after the workshop with our evaluators.

If you have a team that would like to attend one of the three workshops, please contact [Rebecca Merrington](#).

The workshop is interactive, with most topics involving small group activities and discussion. Given the nature of the workshop, participants will be limited to 16 people. If minimum attendance is not reached, the session may be postponed.

[.Ātea - Disability 101 | Disability awareness workshops | Te Pou](#)

Open Minds E-learning

Mental distress or illness doesn't discriminate and can happen to all sorts of people, for all sorts of reasons, at almost any time.

For workplaces and people managers, it's important to be inclusive and supportive of people experiencing mental distress, but it's not always easy to know how to get started.

Our three e-learning modules, which include videos, factsheets and templates, can show you how. It provides people managers with the skills and resources to open up the conversation about mental health challenges and support employees through the tough times.

- Module 1: Building trust and engagement
- Module 2: Problem solving together
- Module 3: Building mentally healthy workplaces

The modules should take no more than one hour each to complete. They are designed to be user-friendly so can be done on the go from your mobile phone. Don't worry if you only get part way through a module, your progress will be saved so you can pick up where you left off.

[Open Minds E-learning | Mental Health Foundation](#)

Reprogram - Charge the Brain - LIVE WEBINAR

Thu, Nov 3, 2022 12:30 PM - 1:30 PM NZDT

With busy lives and increasing change, how do we leverage the power of our brain? This discussion looks at how the neuroscience of attention, memory and energy can be applied to daily life. In this webinar we will look at: Understanding the importance of perspective and organisation to re-program and energise. Exploring the science and power of self-talk, purpose & perspective. Bounce back techniques to rewire over time and in the moment. Meet the presenter: Sara Keenan is a Business Customer Experience Facilitation Manager at ASB Bank. Her background encompasses leadership and coaching, and training effectiveness and time management all at levels and industries. This webinar is brought to you by ASB and Dairy Women's Network.

[Registration \(gotowebinar.com\)](#)

Men In Mind online training

Men in Mind is a world-first, online professional training program for therapists. It aims to increase therapists' skills and confidence to engage, connect with, and respond more effectively to male clients.

As therapists, when men come through our door, we need to ensure we're offering therapy that meets them where they're at. With Men in Mind, you'll learn the latest strategies for delivering therapy that works for men

[Men in mind \(movember.com\)](http://meninmind.movember.com)

More Kia Noho Rangatira Ai Tātou workshops coming soon

Kia Noho Rangatira Ai Tātou is a unique education programme that aims to build understanding of disabled people's rights and self-determination, from the unique cultural context of Aotearoa.

This workshop will be useful for disabled people, whānau and those working with disabled people either in the sector or wider community.

The online workshops are held over four 2.5-hour sessions, from 9.30am to noon. Workshops will take place in September and December. We also have an in-person 2-day programme in Auckland in November. [Dates and booking information are available on our website.](#)

Resources



There is no mental health without sleep health

The first thing I do whenever I review wellbeing materials/advice/programs is search the website or documents for the word "sleep". I do this because of evidence at the individual and population level showing that habits and patterns of good sleep are the MOST protective lifestyle factors in terms of reducing mental health distress. Evidence also shows that inadequate sleep is a common and

growing problem (especially for youth), and is strongly associated with distress, anger, dysregulation, accidents, injuries, impaired decision-making, risk-taking, suicidality, impaired learning and poor impulse control. Between Europeans and Maori, poor sleep health is also inequitably distributed. Beyond this huge and growing evidence base, it is plain old common-sense wisdom that we all need proper sleep – *Doug Smith Tairāwhiti*

Sleep duration and psychological well-being among New Zealanders

The impact of sleep duration on psychological well-being was examined in 51,699 New Zealand adults using data from the New Zealand Attitudes and Values Study questionnaire in 2014–2016. Optimal sleep duration was reported by 58% of respondents to be 7 to <9 hours, but actual sleep duration was <7 hours in 37% and ≥9 hours in 4.5%. Short sleep duration was associated with negative psychological well-being, while long sleep duration was associated with an increased likelihood of depression. Rates of short sleep duration were particularly high in Māori and Pasifika.

[Sleep duration and psychological well-being among New Zealanders - ScienceDirect](#)

Sleep Hygiene: Good Sleep Habits

Good sleep habits are often referred to as good sleep hygiene. There are many things that can be done to improve sleep. Here, we will give you some guidelines for what you should and should not do for a good night's sleep. Many people have trouble with their sleep. Many things can help you have a better night's sleep.

- Keep regular times for going to bed and getting up.
- Relax for an hour before going to bed.
- Avoid going to bed on a full or empty stomach. •
- If you are not asleep after 20 minutes in bed, go to another room until you feel tired again.
- Many poor sleepers spend too long in bed.
- Keep distracting things out of the bedroom.

- Get some sunlight during the day.
- Most adults of all ages need 7-8 hours of sleep a day.
- An evening nap can make it hard to sleep at night.

[Layout 1 \(sleephealthfoundation.org.au\)](https://sleephealthfoundation.org.au)

5 ways to improve your sleep

Tips for getting a good night's sleep

<https://youtu.be/-HtzWrwuHcl>

Racial Discrimination and Ethnic Disparities in Sleep Disturbance: the 2002/03 New Zealand Health Survey

Māori had a higher prevalence of each sleep disturbance item than Europeans. Reported experiences of racial discrimination were independently associated with each sleep disturbance item, adjusted for ethnicity, sex, age group, and socioeconomic position. Sequential logistic regression models showed that racial discrimination and socioeconomic position explained most of the disparity in difficulty falling asleep and frequent nocturnal awakening between Māori and Europeans; however, ethnic differences in early morning awakenings remained.

Racial discrimination may play an important role in ethnic disparities in sleep disturbances in New Zealand. Activities to improve the sleep health of non-dominant ethnic groups should consider the potentially multifarious ways in which racial discrimination can disturb sleep.

[Racial Discrimination and Ethnic Disparities in Sleep Disturbance: the 2002/03 New Zealand Health Survey - PMC \(nih.gov\)](#)

How to... Sleep Better

Good sleep doesn't just mean lots of sleep: it means the right kind of sleep. Sleep affects our ability to use language, sustain attention, understand what we are reading, and summarise what we are hearing; if we compromise on our sleep, we compromise on our performance, our mood, and our interpersonal relationships.

[How to sleep better | Mental Health Foundation](#)

Calm your worries and sleep

In this animation, sleep scientist Jared Minkel reveals a few of his favorite strategies for calming your mind at bedtime.

How to calm your worries and sleep better: a scientist's tips for falling asleep more quickly

<https://youtu.be/FuITaDhEtDY>

[Calm your worries and sleep | Health Navigator NZ](#)

Why do you need to get help for sleep problems in schizophrenia?

If you are already at risk of psychosis, sleep problems can increase this risk.

- Sleep problems may be the first sign of onset or relapse of illness.
- Sleep problems make it harder to get better.
- Sleep problems cause other health issues.

[Schizophrenia and Sleep \(sleephealthfoundation.org.au\)](https://sleephealthfoundation.org.au)

Social media use is (weakly) related to psychological distress

Although the growing prevalence of social media usage raises concerns about its potentially negative impact on mental health and distress, research has found mixed results. This study resolves these

inconsistencies by examining the association between hours of time spent on social media use and psychological distress in a sample of New Zealand adults (N = 19,075). After adjusting for demographics and time spent on various other activities (e.g., exercise, sleep, and housework), social media use correlated positively with psychological distress. Although social media use had one of the largest per-hour unit associations with psychological distress compared with time spent engaging in other habitual activities, the association was very weak. Thus, only excessive amounts of social media usage would result in practical changes in distress. These findings provide robust data from a large-scale national probability sample of adults, demonstrating that social media use is typically not a serious risk factor for psychological distress.

[Social Media Use Is \(Weakly\) Related to Psychological Distress | Cyberpsychology, Behavior, and Social Networking \(liebertpub.com\)](#)



Sleepio app

Watch this video explaining how Sleepio works.

Professor Colin Espie introduces Sleepio

[Sleepio app | Health Navigator NZ](#)

Te oranga e rikoriko ai: Shining the Light on Gambling Harm

If you've got a question about gambling harm in Aotearoa, or are just interested in learning more about the impacts of gambling in New Zealand, our team are here to help.

The Problem Gambling Foundation host a weekly Zoom session focussing on education people about harm reduction/reducing the risk of gambling harm, from a public health perspective, with clinical support for those who need it, and adding the clinical lens to harm reduction/risk management strategies.

[Shining the Light on Gambling Harm • Problem Gambling Foundation \(pgf.nz\)](#)

The Real Drug Talk

Web series by Villainess.com with information about substance, the law, how to be safe, choosing to be sober, and when and how to get help

[The Real Drug Talk | Villainesse](#)

Methamphetamine

The Drug Foundation has a number of resources including videos about a number of topics.

Here is a link to a video and infographic poster about methamphetamine is for New Zealand parents, caregivers, whānau and those working with young people to understand basic facts about methamphetamine use. Don't stop here, start a conversation.

They are also all available in Te Reo, English, Samoan, Tongan and Chinese

[Methamphetamine | NZ Drug Foundation - At the heart of the matter](#)

A new type of drug campaign: TV Ads to reduce drug harm

Have you ever seen a drug awareness campaign and thought, 'Wow, I'll never use drugs again'? Well, neither have we.

Aware is a drug and alcohol campaign you'll actually want to watch. The concept emerged following a simple conversation about the unrealistic nature of our media landscape. When campaign messaging is so out of touch, e.g., 'Just Say No', the public often reject or disregard what is said entirely.

The student-led short series tackles some of the uncomfortable realities of drug and alcohol use that are seldom represented in Aotearoa New Zealand's media. We found it strange that in a seemingly broad-minded and forward-thinking country, we still hold on to outdated mindsets from the 1980s. Stemming from this, the team behind Aware set out to produce compelling narratives that imagine a better future.

[A new type of drug campaign: TV ads to reduce drug harm - The Level](#)

<https://www.youtube.com/watch?v=GdTqXZmVMFE>

https://youtu.be/CoyKnOJ_aqc

<https://youtu.be/x0txHXReACw>

Fentanyl

Fentanyl is a drug that's often used medically to relieve pain, but only needs an extremely small dose to have an effect. That's why if you're not expecting it, it lead to an overdose or death.

It has been detected in white powder sold as both cocaine and methamphetamine in Aotearoa and has led hospitalisations.

If have white powder, you should test it with a fentanyl test strip or bring it to a drug checking clinic. In Aotearoa you can buy test strips online from the Needle Exchange and The Hempstore.

Call 111 and ask for an ambulance immediately if you or someone else has any of the below signs after taking this substance. Tell them what you have taken. Don't leave the person alone and treat it as an overdose if unsure:

- The person's face is extremely pale and/or feels clammy to the touch.
- Their body goes limp.
- Their fingernails or lips have a purple or blue colour.
- They start vomiting or making gurgling noises.
- They cannot be awakened or are unable to speak.
- Their pupils become very small.
- Their breathing and/or heartbeat slows or stops.

Read and watch more on

[Fentanyl in Wairarapa - Everything you need to know - The Level](#)

The Level

The Level is a straight up guide for people who use drugs

Site has information on the drug, safer using, drug checking, making changes and finding support.

They also News & Stories and you can order free resources

<https://thelevel.org.nz/>

Order your Mental Health Awareness Week resources

Mental Health Awareness Week (MHAW) is on 26 September – 2 October. This year's MHAW is all about

We know you're excited to start planning for MHAW in your workplace, so we're thrilled to share our FREE resources are now available to order and download. Order the amazing resource packs, which contain a MHAW flyer, sticker sheets, four posters and a set of kōrero conversation cards. We also have resources to download including our MHAW 2022 Guide, which is packed full of ideas and activities to help you reconnect with your hoamahi/colleagues this MHAW and beyond.

Sign up for updates, including announcements about our MHAW workplaces webinar on Tuesday 27 September, at mhaw.nz.

[Mental Health Awareness Week | Mental Health Awareness Week. 26 SEPTEMBER - 2 OCTOBER 2022 \(mhaw.nz\)](#)

Our best mental health tips – backed by research

Protecting our mental health is easier than you might think. We can all do it, every day and with simple activities that help us feel OK, we're better able to cope with life.

It's a bit like brushing your teeth every day – important in preventing problems. It's the same for our mental health. It can also be fun!

Each of our tips has been created to help us look after our mental health and, importantly, each one is backed up by evidence from research, including the UK Mental Health Foundation's own ground-breaking study.

[Our best mental health tips - backed by research | Mental Health Foundation](#)

Hair Loss and Mental Health: How They're Linked and What Are The Ways to Treat It - A Wellbeing Guide

Hair loss is a challenging experience for many people. The hair on our head is an extension of who we are, and it can play a defining role in our look, style, and personality. So when those hair follicle numbers begin to drop, it's not uncommon for it to have a detrimental psychological impact.

It may seem like an exaggeration, but for some, dealing with hair loss is akin to losing someone close to you. While certain people can accept the situation, others are left with a huge psychological scar – and it needs addressing before further damage is done.

That's where this well-being guide can help. We take a closer look at hair loss, and understand why it happens, the people it affects, and the negative influence it can have on mental health. This is then followed by ways to overcome the emotional damage, including coping techniques and available support channels.

<https://www.hshairclinic.co.uk/news/understanding-overcoming-the-psychological-impact-of-hair-loss-a-wellbeing-guide>

Lying in Therapy: 6 Lies NOT to Tell Your Therapist

Lying in therapy is a thing but when you aren't honest with your therapist you're cheating yourself. Here's why so many people do it and how to stop.

People who lie in therapy do so because:

- They're worried about being judged or that the therapist won't like them.
- They are embarrassed or feel shame about their actions or emotions.
- If they suspect they have a problem with, say, substance use, they're afraid that they'll be expected to go to rehab or drug treatment.
- They're afraid the therapist will find that they have a serious problem. It should be noted that many people who engage in self-destructive behaviours also tend to withhold information (your therapist knows this by the way).
- It's difficult to stay in denial if you're beginning to voice the truth out loud (and you may not be ready to deal with the consequences).

Read more....

[Lying in Therapy: 6 Lies NOT to Tell Your Therapist \(psycom.net\)](#)

Free Parenting Programme to Boost Kiwi Children's Emotional Resilience

The Triple P suite of online programmes provide expert advice and strategies for parents and carers

- Triple P Online
- Teen Triple P Online
- Fear-Less Triple P Online

Help your child or teenager learn to manage and reduce anxious feelings, now and in the future

Online support for parents of anxious kids (6-14 years)

- Find out the 'why' and 'how' of child and teen anxiety
- Learn more about what's helpful and what can accidentally add to anxiety
- Start applying new strategies immediately
- New online program based on proven principles
- Improve your child's emotional wellbeing in the long term
- Reduce your own stress, too!

<https://www.triplep-parenting.net.nz/nz-uken/find-help/fear-less-triple-p-online/>

Webinar - Protecting Kids from Sexual Abuse Without Scaring Them

Learn how to protect and empower children to help them be safe from sexual abuse without scaring them, destroying their trust, or explaining sexual abuse, and we can show you how.

You will leave this program with information and strategies to:

- Teach and reinforce the safety rules for private areas – confidently!
- Recognize the 5 Levels of Intrusion™ – and the skills to protect boundaries at every level
- Explain safety lies as well as “safe” and “unsafe” secrets
- Use the Kidpower boundary and consent checklist to prevent and solve common, everyday problems
- Assess child care providers – Choosing Safe People to Care for your Children
- Recognize potentially unsafe or inappropriate behavior
- Intervening to stop problems
- Adapt to make skills practice age-appropriate and fun rather than scary or confusing
- Reinforce the safety skills in daily life

[Empowerment Trust: Kidpower Parentpower Registration \(google.com\)](#)

How do I access I AM HOPE funding?

One of the biggest issues facing young New Zealanders today is the waiting times for funded face to face counselling.

The I AM HOPE counselling funding service is designed to take the pressure off current services and give young people facing long wait times an alternative pathway.

The Gumboot Friday is not a long-term solution designed to take over from government services, rather, they should be seen as a bridge between current services and immediate need. Everyone is encouraged to seek government funded help while utilising our service.

You don't need to sign up with us. Instead, choose a counsellor, email them to introduce yourself, and book an appointment. Before your first appointment, let them know you want to access the Gumboot Friday fund. If they need more information, ask them to visit our [Counsellor information page](#) or alternatively they can email help@iamhope.org.nz.

The truth about Self-harm for young people and their friends and family

This UK booklet aims to help you understand more about self-harm and what to do if you are worried about yourself or someone else.

It explains what self-harm is, what to do if you or someone you know is self-harming, and how to get help. Self-harm is very common and affects more people than you might think

[The truth about self-harm | Mental Health Foundation](#)

Youth Leadership Symposium: The Youth Wellbeing Conference for Young Leaders

To be held in Christchurch 25th October – applications for funding support to attend is available with specific conditions applying.

Whāraurau, in partnership with Te Whatu Ora, is hosting the Youth Leadership Symposium 2022; a full-day youth-powerful hui that brings together over one hundred passionate young leaders, between the ages of sixteen and thirty years old, from across the Pacific region to talk on the topic of youth wellbeing.

Whilst creating a space for youth leaders to connect, learn and problem solve, the purpose of the Youth Leadership Symposium 2022 will be to create a declaration that highlights the enablers, challenges and recommendations by young people in the context of youth well-being. It will provide a list of tangible actions and initiatives that NGOs, government agencies, and organisations can implement to further improve the state of youth wellbeing, both nationally and internationally.

Topics of the hui will include: education, employment, equity, government, healthcare governance, social media and technology, hauora, identity and experience, society and whānau – all through the prism of youth wellbeing.

For more information [Youth Leadership Symposium: The Youth Wellbeing Conference for Young Leaders | Whāraurau \(wharaurau.org.nz\)](https://wharaurau.org.nz)

The Lowdown website revamp

Welcome to the Lowdown, a space created with rangatahi, for rangatahi. Find support here for your hauora, identity, culture and mental health.

What's New

- Supporting A Suicidal Friend
- Mental Health Challenges
- What is Mental Health?
- Grief and Loss
- Your Identity
- Body Image
- South Auckland to the World
- Wellness is Community
- Manutioriori's Story

[The Lowdown](#)

What is Good2Great?

Good2Great is a collaboration between Youthline and Coca-Cola New Zealand developed to help young Kiwis recognise their inner awesome and unleash it upon the world. Good2Great is an online webisode series, and a school-based workshop, designed to provide simple tools to navigate some of life's trickier challenges.

Check out our **webisodes** through the link below, hosted by Mai FM Breakfast Host Tegan Yorsworth and Youthline Ambassador Tony Sihamau, as they chat to rangatahi about how they deal with issues such as stress, anxiety, acceptance and identity. These challenges are often some of the biggest concerns facing our generation today.

[Good2Great - Youthline](#)

Youth sector rainbow webinar series

We made this series in 2021 to boost knowledge, confidence and connections for those working with rainbow communities, and to highlight rainbow topics that don't often get the attention they need.

- Working with rangatahi takatāpui, with Dr Elizabeth Kerekere and Siobhan Kahu Tumai
- Bodily autonomy - intersex and trans conversations, with Jelly O'Shea and Joey Macdonald
- Working with Aotearoa's rainbow Pasifika communities, with Jono Selu
- Rural and regional support for rainbow rangatahi, with Nathan Bramwell and Slay Way
- Addressing rainbow homelessness, with Neihana Gordon-Stables, Nyx Simons, and Tycho Vandenburg

[Watch our webinars — Te Ngākau Kahukura \(tengakaukahukura.nz\)](#)

Saving our lives - Transgender Suicide: Myths, Reality and Help

Useful guide but be aware the helplines are not available in NZ

Myth: People who talk about suicide are just trying to get attention.

Reality: People who die by suicide often talk about it first. They are in pain and oftentimes reach out for help because they do not know what to do, have lost hope, and should always be taken seriously

Myth: People who talk about suicide are just trying to get attention.

Reality: People who die by suicide often talk about it first. They are in pain and oftentimes reach out for help because they do not know what to do, have lost hope, and should always be taken seriously

[Befrienders Worldwide | Emotional support to prevent suicide worldwide](#)

Healthy Relationships and Consent Through the lens of Rainbow identifying youth

WaQuY (Waikato Queer Youth) worked alongside Hohou Te Rongo Kahukura – Outing Violence (HTRK – OV) to co-develop a project designed to support healthy relationships for young people in Rainbow communities.

[Healthy-Relationships-and-Consent-Through-the-lense-of-Rainbow-identifying-youth.pdf \(rainbowhubwaikato.org.nz\)](#)

New national initiative by the Youth Sector Rainbow Collective

This is a collaborative effort between the organisations across Aotearoa that serve our rainbow (LGBTQIA+), gender and sex diverse rangatahi.

Be There is a website and awareness campaign that aims to support the parents and whānau of trans, non-binary, takatāpui, queer, intersex, and rainbow young people to be more inclusive, affirming and safe

[Be There \(be-there.nz\)](#)

We all deserve to enjoy life, no matter what our gender identity or sexual orientation

We celebrate our diversity in the LGBTI* community, and it should never be a barrier to getting the support you need when things get tough. There are people who understand you and can help you find a way through.

The sad truth is that even though LGBTI people and takatāpui experience depression or anxiety just like everyone else, it can be harder for us to get the help we need to get through it. Many of us still regularly experience discrimination and rejection.

Discrimination can happen in many ways.

- Some of this is very obvious and some of it is subtle and possibly unintentional.

- It may include
- name-calling,
- bullying,
- exclusion by peers or whānau,
- or even job loss or missing out on healthcare services.

[LGBTI | Depression and Anxiety](#)

Got questions about your rights as a rainbow person in Aotearoa? We can help!

This website aims to provide accessible information about the legal rights of rainbow* young people in Aotearoa New Zealand.

RainbowYOUTH and YouthLaw have worked hard to research and bring together information about the various legal rights afforded to people living in Aotearoa, and how they relate to queer, intersex and gender diverse people.

[Home | Rainbow Rights in Aotearoa](#)

Supporting Aotearoa's Rainbow People – A Practical Guide for Mental Health Professionals

This guide is for anyone who provides mental health support in Aotearoa, including (but not limited to) counsellors, psychologists, psychiatrists, psychotherapists, tohunga (Māori healers), social workers, mental health nurses, and GPs. It will also be helpful for youth workers, group facilitators, and peer supporters.

This resource was designed and illustrated by Bo Moore.

[Download Resources — SUPPORTING AOTEAROA'S RAINBOW PEOPLE \(rainbowmentalhealth.com\)](#)

Evaluate how well are you doing at supporting and including rainbow people in the services you provide?

Use this tool to reflect on what your organisation is doing well and what you could work on next.

You can assess your organisation with our evaluation tool at any time.

You could use this as a place to start thinking about what rainbow inclusion means for your organisation. Or you may want to revisit the tool each year as you evaluate your organisation's rainbow action plan, to gauge how much you have learned and implemented.

This tool asks about a range of actions, practices and policies that are relevant to many health and social service organisations. If you need more specialised advice and support, get in touch with us!

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

Coping with Trauma Workbook

Many people experience something traumatic at some point in their life. Afterwards, it's common to experience a range of reactions.

Coping with Trauma' provides a series of seven techniques that offer help and guidance if you:

- experience overwhelming emotions.
- have intrusive memories or flashbacks of a traumatic event.
- re-experience feelings in your body from the time of the trauma.
- want to develop a way of coping that doesn't have harmful consequences, such as drinking alcohol or using drugs.

The seven techniques are:

1. Grounding statement: Positive words to remind you that you got through the trauma and are safe now
2. Grounding across the five senses: Using your senses of sight, sound, smell, touch and taste to keep you in the present
3. Body movement: Using your body to tell you the trauma is over
4. Updating: Reminding yourself what you know now
5. Same/different: Reminding yourself what is different now to the time of the trauma
6. Imagery work: Giving you more control of the images in your mind
7. Nightmare rescripting: Creating a different script for any bad dreams you have

[Coping with trauma for better mental health | Good Thinking \(good-thinking.uk\)](#)

Centre for Clinical interventions Australia

If you experience a condition that is affecting your mental health and are looking for specific information about different types of problems, then the 'workbooks' or sets of modules in this section may be relevant to you.

Some of the modules can be used on their own, while others are best used as part of the series; each workbook will have its own suggestions.

We strongly encourage you to talk to your local doctor or a mental health professional about your difficulties as the information provided in the resources are NOT a substitute for proper diagnosis or treatment by an appropriate health professional.

Multiple workbooks based on how to work through different issues/challenges like anxiety, self-compassion, perfectionism, tolerating distress etc

[CCI - Self Help Resources for Mental Health Problems](#)

Canterbury uni initiative helping men talk about mental health

A university student-led campaign helping undo the stigma around men's mental health is the latest thing taking off in Christchurch after the Student Volunteer Army.

Every Wednesday, university students, alongside the men's mental health charity Lads Without Labels, head to a university flat in Canterbury to share some kai and have a kōrero about mental health.

The movement, Flat Chats, was started by Lads without Labels members Max Devonshire and Thomas Vincent.

[Canterbury uni initiative helping men talk about mental health \(1news.co.nz\)](#)

How fostering and deepening male friendship can aid wellbeing

In his academic and professional career Australian clinical psychologist Zac Seidler has focused on understanding men's mental health and masculinity, reducing male suicide and the benefits of mateship.

Through his research, he advocates for a change in the way we think about treating men's distress, and also stresses the need to create mental health services that account for masculinity.

This has led to the ground-breaking training program Men in Mind for mental health clinicians, aimed at better understanding and responses to men's anguish and suicidality.

[How fostering and deepening male friendship can aid wellbeing | RNZ](#)

How to... Look after your mental health in later life

Some people think that mental health problems are simply part of getting older. This isn't true and doesn't have to be the case.

This booklet suggests 10 practical ways for people in their 60s who are approaching retirement or who have recently retired from work take care of themselves mentally as well as physically.

Takatāpui and Rainbow Elder Voices – Research launch invitation - Hamilton

2pm Thursday 15 September 2022

Hohou Te Rongo Kahukura and Rainbow Hub Waikato are launching a collaborative research project, and invite you to join them at the launch.

Elder Voices is a study about the challenges and strengths of life for Takatāpui and Rainbow Elders in Aotearoa New Zealand. It's being carried out by Hohou Te Rongo Kahukura and Rainbow Hub Waikato, informed by Takatāpui and Rainbow Elders from around the country. Elder Voices is a chance for some of the less visible people in Takatāpui and Rainbow communities to talk about what they need. It's a chance for older lesbian, gay, bisexual, transgender, transsexual or intersex people - who may or may not be "out" - to share their concerns and experiences. The results of the Elder

Voices study will help inform services and strategies for older people, in the Waikato and elsewhere, so they can include the planning our communities need.

Email Bex Fraser from Hohou Te Rongo Kahukura to RSVP: connect@kahukura.co.nz

[Elder Voices – Research launch invitation - Hamilton | New Zealand Family Violence Clearinghouse \(nzfvc.org.nz\)](#)

A Guide for Carers He Aratohu mā ngā Kaitiaki

This Guide lets you know about a range of help available for people who care for and support family, whānau, āiga or friends with a physical or mental health condition, a disability, an injury or an illness. Discover what Government supports and services are available for carers in one handy booklet. Recently updated!

[a-guide-for-carers-1.pdf](#)

Whenua ki te whenua – an advance care planning guide for whānau

This co-designed guide is a resource for all Aotearoa New Zealand. It is to help New Zealanders think and talk through their advance care plans. It encourages people to look at what is important to people, their values and beliefs and consider practical decisions should they become unwell or unable to speak for themselves.

It also provides resources and examples of other people's approaches to advance care planning.

[Whenua ki te whenua – an advance care planning guide for whānau :: Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

Let's Talk: A Resource Guide for Parents

A guide for supporting young people who have come out or are questioning their gender or sexuality. This resource is also available in New Zealand Sign Language and Easy Read.

[Let's Talk: A Resource Guide for Parents - OutLine Aotearoa](#)

Family Services Directory

The Family Services Directory is a searchable online database. It lists information about family support organisations and the services/programmes they offer to support New Zealand families (we call the organisations in the Family Services Directory "providers").

The purpose of the Family Services Directory is to connect people with providers who can help them to cope with common issues and problems.

<https://www.familyservices.govt.nz/directory/>

Carers New Zealand

Carers NZ Helpline 0800 777 797

- Information for every step of your caring journey
- Resources and information
- Respite and Wellbeing
- Find service and support
- News, Stories and Covid 19

Resource – **Wellbeing Calendar**

Wellbeing Through the Year - 31 actions to look after ourselves and each other. Jump in at any point which speaks to you, or what you'll enjoy the most! Kia kaha

[Home - CarersNZ](#)

Pasifika peoples' views of depression and anxiety

- Finding a common language
- What depression and anxiety looks like
- Drawing strength from others
- Who else can help
- People's stories

[Pasifika | Depression and Anxiety](#)

Talanoa - Clearing Pathways

We often hear about the challenges our young Pasifika Rainbow community face growing up in Aotearoa. There is the stigma placed on our Rainbow Pasifika community through fear and lack of knowledge. In 2013, the Village Collective listened to the voices of our young people and established that there is still some work to go in ensuring our young Pasifika Rainbow are connected and valued for who they are.

This resource is a collection of beautiful stories. It is a celebration of the untold stories of parents and caregivers who have raised Rainbow Pasifika children. These parents and caregivers have respectively given a special part of themselves, in the hope that their testimonies will comfort and help in clearing loving pathways for other parents and families.

[d7a830_e89337a3c65a458f9afb97840a0c6468.pdf \(villagecollective.org.nz\)](#)

Moso'oi

A series of talanoa between Pasifika mothers and their rainbow children, from the Village Collective [MOSO'OI | Moso'oi SEASON 2 IS HERE first ep part one get a deeper insight to PASIFIKA mothers raising diverse rainbow children #THEQUEENSOFOURHEARTS | By Village Collective | Facebook](#)

The Manalagi Repository

Enhancing the mana of Pacific Rainbow LGBTQIA+ MVPFAFF+ communities in Aotearoa-New Zealand through research.

The Manalagi Repository is an open-access archive that centres Pacific LGBTQIA+ MVPFAFF+ communities in Aotearoa and the Pacific diaspora. To have your work added to our Repository, please email our Research Assistant Allyssa Verner-Pula at allyssa.verner-pula@auckland.ac.nz

[MANALAGI REPOSITORY | The Manalagi Project](#)

Trailer: Who me – biased? He ngākau haukume tōku?

This trailer gives an overview of the Health Quality & Safety Commission's video modules on understanding bias in health care. The modules were released for Wiki haumarū tūrōro | Patient Safety Week 2019. <https://vimeo.com/365413098>

- Module one: Understanding and addressing implicit bias
- Module two: Te Tiriti o Waitangi, colonisation and racism
- Module three: Experiences of bias

See <https://hqsc.govt.nz/our-programmes/patient-safety-week/> for more information.

Test your implicit bias

Implicit biases are unconscious attitudes and stereotypes that can manifest in our schools, our justice and healthcare systems, and in our daily lives.

The Implicit Association Test (IAT) measures the strength of associations between concepts and evaluations or stereotypes to reveal an individual's hidden or subconscious biases. This test was first published in 1998 by Project Implicit, and has since been continuously updated and enhanced. Project Implicit was founded by Tony Greenwald of the University of Washington, Mahzarin Banaji of Harvard University, and Brian Nosek of the University of Virginia. Project Implicit is a non-profit organization aimed at educating the public about hidden biases and providing a “virtual laboratory” for collecting data on the Internet. If you register and take the test you will receive information on your bias – you may be surprised by the results

[Take the test here](#)

Ao Mai Te Rā - Talking about racism in the health and disability sector and how to get rid of it

Dr Hinemoa Elder interviews people about racism in all its forms, and talk about how to get rid of it.

Episode 1: <https://youtu.be/ZY8kHvQrOJA> - John Whaanga, Deputy Director-General Māori Health,

Episode 2: <https://youtu.be/LYR-lJy5Xzw> - Ao Mai Te Rā kaupapa project team

Episode 3: <https://youtu.be/qOlzQp9IV1g> - Pat Sneddon, Auckland District Health Board Chair

Episode 4: <https://youtu.be/cqnHv5L0-tM> - Josiah Tualamali'i

Episode 5: <https://youtu.be/oicbuTIK6gA> - Heather Came, activist and scholar

Episode 6: <https://youtu.be/t-Fbi772pBA> - Riki Nia Nia

Episode 7: <https://youtu.be/I4sYmEg6bR8> - Dr Kathy Irwin, Director, Te Ara Ahunga Ora Retirement Commission

Decolonising science: herbs, hauora and hypotheses

Once, I thought science was untouchable by bias — I mean, it's *science!* — by its very nature of being methodical and impartial. Proper science requires isolating your variables and testing your hypotheses in controlled situations.

I thought wrong.

Science in colonised and imperialised societies can be, and has been, used to perpetuate those systems. Western science was an integral part of colonising indigenous peoples.

[Decolonising science: herbs, hauora and hypotheses | Villainesse](#)

Pou hihiri, Pou o te aroha | Healing and learning from harm

A film released in May, Pou hihiri, Pou o te aroha | Healing and learning from harm has been launched and features consumers, clinicians and researchers talking about the benefits of following a restorative approach after a harmful event occurs in health care.

A restorative approach is where those affected by a harmful event come together in a safe and supportive environment to talk openly about what happened and the impact it has had on their lives, and to clarify the responsibility for the actions, for healing and learning.

The focus is on participation, respectful listening and communication, truthfulness, accountability, empowerment and equal concern.

<https://youtu.be/9rRhcuLNHVg>

[Pou hihiri, Pou o te aroha | Healing and learning from harm :: Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

How to be an ally

1. Stop thinking about yourself all the time.
2. But stop overthinking your privileges too.
3. Default to they/them pronouns.
4. Apologise and move on when you mess up.
5. Speak up behind peoples' back.
6. Stop documenting everything.
7. Do your research!

[7 simple tips for being an ally in 2021 | Villainesse](#)

Draw strength and hope from the stories of other people

Series of videos from people with lived experience

[Stories | Depression and Anxiety](#)

Hopecast NZ

Bringing you everyday stories from everyday Kiwis to inspire hope.

Our podcasts are available on a variety of audio and video platforms including Spotify and YouTube.

[HOPECAST NZ - YouTube](#)

How To Tell Your Lived Experience Story Safely

It can be to share kōrero about your lived experience to inspire others in a similar situation to find a way through and challenge the negative judgements and discrimination those of us with mental health challenges can face. But, sharing your story is also an important personal decision, and one that should be well thought through.

Download this resource for a few pointers on what to prepare before, during and after sharing it, along with some best-practice resources and safety aspects to consider.

[How To Tell Your Lived Experience Story Safely | Mental Health Foundation](#)

Safe Storytelling Taimi Allan vox pop - Rākau Roroa

This video came about from an intuitive back in 2018 known as Rākau Roroa (translates from Māori to mean Tall Trees), supporting the Like Minds, Like Mine programme by countering stigma (including internalised stigma) and discrimination by recruiting, training and supporting influencers in their communities. These influencers come from all walks of life.

It supported them to use their own stories of distress and recovery to inform strengths-based projects in the community, challenge assumptions and stereotypes of mental illness and distress and equip people with new conceptualisation of mental distress.

[Safe Storytelling Taimi Allan vox pop - Rākau Roroa - YouTube](#)

Guidelines for reducing prejudice, self-stigma and discrimination

Self-stigma is the shame that people attach to having mental health problems, generally precipitated by experiencing prejudice or discrimination first-hand.

Prejudice is a preconceived opinion or judgement someone has about those who experience mental distress or addiction that is not based on reason, facts or actual experience.

Discrimination is the behaviour that comes from that shame. Discrimination involves treating people differently because of a personal characteristic like race, political view, gender, sexuality or health status.

Discrimination, including discrimination on the grounds of disability caused by mental-health problems, is illegal in New Zealand.

Download this resource from Changing Minds

[Resource Guidelines+for+Reducing+Stigma+and+Discrimination.pdf \(squarespace.com\)](#)

Lived Experience Best Practice & Innovation

The consumer, peer support and lived experience (CPSLE) workforce is a vibrant and important part of the wider mental health and addiction workforce. We value the contribution that people with lived experience bring to the mental health and addiction sector.

In 2021, Te Pou published the CPSLE Workforce Development Action Plan ([Consumer, peer support and lived experience workforce action... | Te Pou](#)). As part of this Action Plan, (Action 1.5, Best Practice & Innovation), we are looking deeper into the evidence base for examples of good practice and innovation we can all learn from, as we seek to implement peer values and skills.

These stories will feature either an example of practice from the CPSLE workforce in Aotearoa New Zealand or a published research article, either local or international. We are placing a particular focus on peer philosophy, equity, local relevance, and innovation. We want to stimulate thought and engagement with the approaches presented. We'll provide an overview of the evidence and then start the discussion about how it applies locally. We look forward to critical discussion of the issues and ideas that are raised.

We will also continue to look widely for evidence that could be used in this forum and we welcome any evidence examples you might suggest. You can contact us at Amanda.Luckman@tepou.co.nz.

[Posts - Whāriki \(whariki-ao.nz\)](#)

Lived experience leadership in the addiction sector - Is nuanced and layered

This paper advocates for clear lived experience leadership to protect and promote this unique perspective. Framed from a lived experience of mental health, the authors cite caution as lived experience roles experience a rapid growth.

Lived experience leadership is essential in the development of designated lived experience roles particularly in a sector where over a third of the workforce identify as having lived experience

[Posts - Whāriki \(whariki-ao.nz\)](#)

Patients and Clinicians: Governing Together

It is important for health consumers and patients to be involved at the governance level so they can have input into setting strategy and determining the focus of services. This video shows how the Board of Directors of the World Federation of Hemophilia has respectful and meaningful dialogue 'at the

table at the time' using a governance model with equal representation of consumers and clinicians – it is easily transferable to mental health & addiction services.

[Patients and Clinicians: Governing Together :: Health Quality & Safety Commission \(hqsc.govt.nz\)](https://www.hqsc.govt.nz/patients-and-clinicians/governing-together)

The importance of consumers in Whakakotahi: primary care quality improvement

Some of the people involved in [Whakakotahi](#) projects talk about their experience and how consumers are key partners in quality improvement.

[The importance of consumers in Whakakotahi: primary care quality improvement \(Ali Sinclair\) - YouTube](#)

[The importance of consumers in Whakakotahi: primary care quality improvement \(HUCHS consumers\) - YouTube](#)

[The importance of consumers in Whakakotahi: primary care quality improvement \(Patria Tamaka\) - YouTube](#)

Getting help can be hard when you're deaf

We have mental health problems like everyone else, but we have a different way of doing things.

- Most people who have had mental health problems say they felt very lonely.
- It can be worse for the Deaf community.
- It's hard to share or talk about how we feel or think because it is a very small community.
- It's also hard because of the communication barrier.
- Many hearing people don't know or understand Deaf culture.
- Hearing people may not know or understand that English is our second language and New Zealand Sign Language (NZSL) is our first language.
- Many people do not know that reading and writing is not always easy.

[Deaf | Depression and Anxiety](#)

New Zealand Sign Language Support and Resources

- National Support and Advocacy
- Regional Mental Health Support
- Registered Mental Health Professionals fluent in NZSL
- Health and Mental Health Information and Resource

[NZSL Support and Resources — Changing Minds](#)

Health Video Library

This is the largest British Sign Language health video library, covering topics from cancer and depression, to types of abuse and how to perform first aid. Modern medicine depends on informed patients. Deaf people should have access to the health information we need

[Your Mind - BSL Health Video Library - SignHealth](#)

Support for rural communities

There are organisations that provide support to people in rural communities.

[Farmstrong](#) - Information for farmers.

[Rural Support Trust](#) - A free and confidential service for people and families in rural communities.

[Dairy Women's Network](#) - For women working in the dairy industry.

[Rural Women](#) - Network for people working in rural communities.

[Rural | Depression and Anxiety](#)

Rural Support Trust

Sometimes you need to chat with someone who gets your issues, someone who's been there before. Rural Support Trusts have local, rural people who know from experience that pressures can mount up. Our networks and training can help with all kinds of situations, and help you get through your current challenges

Mental health was seen by those experiencing mental illness as placing a burden on family and friends. Most still don't reach out due to shame or the fear of being treated unfairly - yet half of the NZ population experiences mental illness at some time in their lives.

Rural Support Trust Facilitators are trained to recognise signs of dis-Stress and/or Stress and triage rural people with anxiety and/or depression in a caring, confidential and compassionate manner.

Free community training is delivered through a Good Yarn Mental Health workshop so get in touch with your local Trust.

Read on for more information to support your road to recovery, or phone Coordinator on 0800 824 757.

[Rural Support Trust New Zealand > Help & Support > Health & Wellbeing \(rural-support.org.nz\)](http://rural-support.org.nz)

Aoake te Rā - supporting people bereaved by suicide throughout Aotearoa

A free, brief therapeutic service for individuals and whānau needing specific support for bereavement by suicide. It fits within the range of services that support the bereaved.

How is the Service delivered?

- Individual, Family, or Whānau group
- Face to Face, Telephone or Online
- A total of approximately 4 sessions per person will be available.

You can refer by emailing referrals@aoake-te-ra.org.nz, or phone 0800 000 053, or use the online referral form on www.aoaketera.org.nz

Any agency can refer and bereaved can self-refer to provide easy access to the service [Aoake+te+Rā+Information+sheet+for+Referrers.pdf \(squarespace.com\)](http://Aoake+te+Rā+Information+sheet+for+Referrers.pdf)

Can Depression Cause Fatigue?

When you're feeling depressed, your whole body seems to slow down. The connection between depression and fatigue is real but the science behind it isn't entirely clear.

When you're feeling depressed, both moving and thinking may become difficult. It can feel like the brakes are being put to your whole being as motivation to work, play, or exercise start to evaporate. Here's a look at the connection between depression and fatigue, how they are diagnosed, what causes them, how they are treated, and when to see your physician.

[Depression and Fatigue: How are They Related? \(psycom.net\)](http://Depression+and+Fatigue:+How+are+They+Related?)

Equally Well launches SEE US campaign

This campaign was designed to overcome diagnostic overshadowing – a blind spot when mental health and addictions health histories overshadow physical health needs.

https://youtu.be/ZqvG_9r7Kel

People experiencing these 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.

A downloadable user guide and resources can be accessed for use by your organisation. This content includes website banners, flyers, posters, social media images and videos.

Multi-Agency Mental Health Co-Response Team

Police, ambulance and mental health services co-attending 111 mental health calls.

The CRT enables people presenting in mental health distress to receive the most appropriate response in the right setting for their needs, having a holistic approach improves their outcomes. There are also benefits for each agency as they work closely together to ensure the best outcome for people in our communities.

In essence the CRT works in three main areas:

- (i) Response – responding to mental health events that come through either Police or Ambulance systems,
- (ii) Response support – providing support to either other frontline staff or respective emergency communications centres,
- (iii) Prevention / liaison / consultation work – providing co-ordination of care for persons in distress, this can be for anyone but mostly comes about for high needs consumers. The team works a lot with Community Mental Health Teams (of any type) helping them with the care of persons in distress.

Access the video and evaluation document on the link below. You need to register with Whāriki (free) first.

[Posts - Whāriki \(whariki-ao.nz\)](#)

New online tool to check relationship for abuse

The Ministry for Social Development (MSD) has released a new online tool for people to check if they are being treated safely in their relationship.

MSD has launched a new online **Check it out** relationship tool. People can use the online tool to check if they are experiencing abuse in their relationship. It asks questions about a partner's or ex partner's behaviours in the relationship. For each question there are examples of what the behaviour might look like. Questions address different types of abuse including physical, financial, psychological, controlling behaviours and more.

The new tool has replaced the Relationship Quiz which was on the Are You Ok website

[Home :: Check it out \(areyouok.org.nz\)](#)



Free App for people experiencing abuse and violence

The Bright Sky app provides safe, practical support and information for people concerned about family violence, or worried about the safety of themselves, or someone they care about.

Features of the app include:

- Information on different types of abuse
- Case studies providing real life examples of what different types of abuse look like
- A secure journal feature that allows you to send evidence (photos, voice memos etc) to a safe email address, removing the need to store info on your device, or in your email sent items
- A quiz helping you to assess the harmful behaviours you're experiencing in your relationship
- Information about support services locally and nationally. You can search by the location of your device if you choose to provide it, or by post code/location
- Information and tips about how to be safer online

- A feature to help make it safer to have the app on your device

[Bright Sky NZ on the App Store \(apple.com\)](#)

[Bright Sky NZ - Apps on Google Play](#)

Speaking up for patient safety

This video talks about the importance of speaking up for patient safety. Telling anyone you think they missed something or got something wrong can be daunting, especially a superior. But being vocal is necessary because many times, our patients can't speak for themselves. Communicating observations or concerns, requesting clarification or challenging another person's decision or action, are at the core of speaking up

<https://youtu.be/DcTgtpkdC1U>

News

Mental Health Awareness Week 2022

26 Sept – 2 October - reconnecting with the people and places that lift you up

We know you're excited to start planning for MHAW in your workplace, so we're thrilled to share our FREE resources are now available to order and download.

[Mental Health Awareness Week | Mental Health Awareness Week. 26 SEPTEMBER - 2 OCTOBER 2022 \(mhaw.nz\)](#)

Looking at the effectiveness of mental health and addiction services for young people

The Auditor General's Office is looking at how effectively government agencies are working together to understand and meet the mental health and addiction needs of people aged 12 to 24 years.

[Our Intentions: Looking at the effectiveness of mental health and addiction services for young people — Office of the Auditor-General New Zealand \(oag.parliament.nz\)](#)

Repealing and Replacing the Mental Health Act – Expert Advisory Group Named

After the public consultation, the Ministry of Health established a group of experts to assist with the next stage of work to repeal and replace the Mental Health Act. A key role will be to assist the Ministry to balance the diverse views received through public consultation.

Earlier this year, we put out the call for expressions of interest from the public to become members of an Expert Advisory Group (EAG). We were looking for individuals from a range of backgrounds and perspectives, including Māori and tāngata whaiora, people with personal or whānau lived experience of the Mental Health Act, service providers, as well as legal and academic expertise.

There were high levels of interest in this mahi, with over 130 applications received. This reflects how important this kaupapa is to many across Aotearoa New Zealand.

We are pleased to announce the appointment of the following people to the EAG:

- Co-Chairs: Anthony O'Brien and Kerri Butler
- Frank Bristol
- Gemma Griffin
- Karaitiana Tickell
- Kiri Prentice
- Mark Fisher
- Patsy-Jane Tarrant

- Raeleen Toia
- Tereo Siataga-Kimiia
- Tui Taurua
- Wheeti Maipi

The Ministry will work closely with the EAG in the next stage of our work. We will use the feedback and discussions from the EAG to inform the policy development and advice to the Government for new legislation that best reflects the needs of the people who will be cared for under it.

[Repealing and replacing the Mental Health Act | Ministry of Health NZ](#)

Looking at how well the public sector meets the needs of those affected by family violence and sexual violence

We're looking at how effectively agencies involved in a cross-government effort to eliminate family violence and sexual violence are working together and with non-government organisations, tangata whenua, and communities to meet the needs of people affected by family violence and sexual violence.

[Our intentions: Looking at how well the public sector meets the needs of those affected by family violence and sexual violence — Office of the Auditor-General New Zealand \(oag.parliament.nz\)](#)

Māori groups sign telehealth agreement to help bring healthcare to vulnerable communities

A new treaty was signed at Waitangi on Friday the 12th August - this one a partnership between Māori groups looking for better healthcare.

The idea is to make healthcare more easily available to vulnerable communities.

It's the first of its kind, an agreement where telephone health services are provided by Māori for Māori.

Throughout the COVID pandemic, Whakarongorau NZ Telehealth Services worked with iwi-affiliates and Māori partners, establishing call centres in Hastings, Rotorua and Kaikohe.

But they have now formalised that venture and it's got the full support of the Māori Health Authority.

It's the first co-governance model for NZ Telehealth Services using the Limited Partner Act enabling four chief executive officers to collaborate and drive equitable health outcomes for vulnerable whanau.

It's hoped in the future the services will go beyond non-clinical services and offer clinical medics on-site.

[Māori groups sign telehealth agreement to help bring healthcare to vulnerable communities | Newshub](#)

Rubicon Youth Whangarei

A young person substance abuse program that sees the bigger picture

The Rubicon program is a collaborative approach between the young person and their whanau, schools, and other government departments to look for sustainable early intervention options with the goal of keeping them engaged in education or training to achieve their potential.

Rubicon is a specialist AoD service that also addresses mild to moderate Mental Health issues under the umbrella of Co-Existing Problems (CEP).

Find out more....you will need to register with Whāriki (free) to access this article

[Posts - Whāriki \(whariki-ao.nz\)](#)

Media Release: Lack of Rural Health Services Distressing

Rural communities are suffering through a lack of access to decent health services, it is dangerous and it is time something was done about it says Rural Women New Zealand.

“The challenges rural families face with access to health services are just about too many to list on one hand, however, a few that stand out are the lack of rural midwives, lack of rural nurses and GPs, lack of rural mental health services, delays in emergency services such as ambulances and long distances to travel for such services as allied health and cancer treatment.”

[Media Release: LACK OF RURAL HEALTH SERVICES DISTRESSING : Rural Women NZ](#)

Rural Women NZ Welcome Rural as a Priority Group in Health Reforms

It is great news that a rural health strategy joins the women’s health strategy in proposed legislation and we look forward to seeing the detail says Rural Women New Zealand (RWNZ).

“We are extremely pleased that the Minister of Health and his colleagues have listened to rural stakeholders, including RWNZ, and a rural health strategy will now be included in the Pae Ora Healthy Futures Bill,” says President Gill Naylor.

[Media Release: RURAL WOMEN NZ WELCOME RURAL AS A PRIORITY GROUP IN HEALTH REFORMS : Rural Women NZ](#)

IIMHL family/whānau match

The IIMHL family/whānau match is planned for Monday 17 and Tuesday 18 October 2022 (virtual) from 11am to 3pm (NZ time). The match will bring together presentations from across Australasia to ignite conversations to support family and whānau mental health and wellbeing. Presentations will deal with a number of themes, including:

- implementing family therapy across whole organisations
- family-focused support
- carer experiences
- family approaches to anorexia support
- family consultation frameworks in addictions services.

For more information or to register for this match go to www.iimhl.com

New research centre for preventing and countering violent extremism launches

The Centre of Research Excellence for Preventing and Countering Violent Extremism, He Whenua Taurikura, officially launched.

The Centre is the government's response to recommendation 14 of the Royal Commission of Inquiry into the terrorist attack on Christchurch masjidain. Recommendation 14 is to "Establish a programme to fund independent New Zealand-specific research on the causes of, and measures to prevent, violent extremism and terrorism..."

[New research centre for preventing and countering violent extremism launches | New Zealand Family Violence Clearinghouse \(nzfvc.org.nz\)](#)

[He Whenua Taurikura | Department of the Prime Minister and Cabinet \(DPMC\)](#)

Nōku Te Ao: Like Minds grants launch

Do you want to create positive change for our whānau or aiga living with mental distress or illness.

The Nōku te Ao: Like Minds grants programme is awarding up to \$40,000 to individuals and groups for mental health advocacy projects that aim to end unfair judgements, outdated stereotypes, and discrimination that those of us living with mental distress or illness face.

Anyone can apply and \$400,000 of funding is available! **Register to join our grants kaimahi online at 11am, Thursday 29 September for our launch event**

[Puna Pūtea | Social Action Grants 2022 - Introductory Webinar Tickets, Thu 29/09/2022 at 11:00 am | Eventbrite](#)

Full impact of Covid-19 on mental health yet to be seen

Transforming the mental health and addiction system must remain a priority as Aotearoa New Zealand continues to deal with the fallout from the pandemic, writes Karen Orsborn.

The ongoing wellbeing impacts of Covid-19 are yet to be seen. For many, longstanding inequalities were exacerbated. Households with incomes of less than \$30,000 have been most likely to lose jobs and income, with higher rates of job loss for Pacific and Asian people. Experience from past downturns shows us that more economically vulnerable populations, including people with a health condition, disability or mental health diagnosis, tend to recover more slowly from employment shocks.

[Karen Orsborn: Full impact of Covid-19 on mental health yet to be seen | Mental Health and Wellbeing Commission \(mhwc.govt.nz\)](#)

Code of expectations for health entities' engagement with consumers and whānau

The Health Quality and Safety Commission's Code of expectations for health entities' engagement with consumers and whānau has now been passed and it is a requirement you need to be aware of.

The code sets the expectations for how health entities must work with consumers, whānau and communities in the planning, design, delivery and evaluation of health services.

It is required by the Pae Ora (Healthy Futures) Act 2022 and is underpinned by the health sector principles. **All health entities must act in accordance with the code and are required to report annually on how the code has been applied.**

The health sector principles incorporate Te Tiriti o Waitangi (the Treaty of Waitangi) principles identified by the Waitangi Tribunal in its Hauora Inquiry. These include the principles of tino rangatiratanga (self-determination), ōritetanga (equity), whakamaru (active protection), kōwhiringa (options) and pātuitanga (partnership)

This code does not replace the Code of Health and Disability Services Consumers' Rights (Code of Rights). The Code of Rights specifies important rights that providers must uphold when delivering services directly to consumers, and the code of expectations sets requirements for how health entities must work with consumers, whānau and communities in the planning, design, delivery and evaluation of health services.

[Code of expectations for health entities' engagement with consumers and whānau | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

New reports, documents and research

Pākarutia te Mokemoketanga: Breaking our Silence for the Repeal and Replacement of the Mental Health Act Submission by Kerri Butler

Pākarutia te Mokemoketanga is an advocacy piece that was written in response to recommendation 34 from the He Ara Oranga calling submissions in to the repeal and replacement of the Mental Health (Compulsory Treatment and Assessment Act) 1992.

We often felt silenced by the use of the Act and the dominance of Western psychiatry. So this was a unique opportunity for us to come together collectively to share our experiences of the Act and to provide clear recommendations for the development of the new Act.

Although the process of exploring our journeys bought up lots of painful memories, it also provided an opportunity to being to heal from our experiences.

<https://www.whariki-ao.nz/Themes/2/Resources/107/Download>

Repealing and Replacing the Mental Health Act: Analysis of Public Consultation Submissions released

The **Mental Health (Compulsory Assessment and Treatment) Act 1992** (the Mental Health Act) sets out the specific circumstances in which people may be subject to compulsory mental health assessment and treatment. The Ministry of Health conducted public consultation between 22 October 2021 to 28 January 2022, on the repeal and replacement of the Mental Health Act to inform the development of policy proposals for new legislation. Some of you may have participated in this process.

This report is a compilation of the feedback.

[Repealing and Replacing the Mental Health Act: Analysis of Public Consultation Submissions | Ministry of Health NZ](#)

Auditor-General commissioned report: Māori perspectives on public accountability

Public accountability is a cornerstone of our system of government and fundamental to the role of our Office. In previous papers on public accountability, we explored how the public accountability system is working in practice and discussed how it needs to change for the future of New Zealand. However, we also acknowledged that we knew relatively little about what public sector accountability means to Māori.

Four key ideas emerged from these discussions about trust and confidence:

1. Trust is relational.
2. Trust is reciprocal.
3. Tikanga builds trust and confidence.
4. The power imbalance thwarts trust.

[Commissioned report: Māori perspectives on public accountability — Office of the Auditor-General New Zealand \(oag.parliament.nz\)](#)

What does poverty look like from a child's perspective?

New research has revealed the “shameful” extent of child poverty in Aotearoa New Zealand.

The University of Otago-led study, published today in the New Zealand Medical Journal, involved 168 12-year-olds wearing automatic cameras for four days.

The innovative Kids'Cam cameras took a photo every seven seconds, exposing the impacts of child poverty in multiple ways – less access to healthy food and educational resources, poorer housing and fewer opportunities for structured physical activity.

“In this study we compared the images of the children living in high and low deprivation to better understand what it means for children to live in poverty from a child's perspective,” Professor Signal says.

[5 August 2022 What does poverty look like from a child's perspective?, News and events, Health Promotion and Policy Research Unit, University of Otago, New Zealand](#)

Creating a culture of care to support rainbow activists' well-being: an exemplar from Aotearoa/New Zealand

Rainbow activist group's culture of care was founded in the values of care, empathy, respect, and responsiveness to the Aotearoa/New Zealand context. Inclusion, acceptance, and community were actively fostered to create a microcosm of the group's vision for broader society.

[Creating a culture of care to support rainbow activists' well-being: an exemplar from Aotearoa/New Zealand: Journal of LGBT Youth: Vol 0, No 0 \(tandfonline.com\)](#)

Indigenous adolescent health in Aotearoa New Zealand: Trends, policy and advancing equity for rangatahi Maori, 2001–2019

Rangatahi Māori, the Indigenous adolescents of Aotearoa New Zealand (NZ), have poorer health outcomes than Pākehā (NZ European /other European/“White”) adolescents. We explored the influence of policies for Indigenous youth by presenting health trends, inequities and contrasting policy case examples: tobacco control and healthcare access.

Rangatahi Māori reported significant health gains between 2001 and 2019, but an increase in depressive symptoms (13.8% in 2012 to 27.9% in 2019, RR 2.01 [1.65–2.46]). Compared to Pākehā youth there was a pattern of persistent Māori disadvantage, particularly for racism (RR 2.27 [2.08–2.47]), depressive symptoms (RR 1.42 [1.27–1.59]) and forgone healthcare (RR 1.63 [1.45–1.84]).

Tobacco use inequities narrowed (RR 2.53 [2.12–3.02] in 2007 to RR 1.55 [1.25–1.93] in 2019). CTA reveals rangatahi Māori-specific policies, Māori leadership, and political support aligned with improved outcomes and narrowing inequities.

Age-appropriate Indigenous strategies are required to improve health outcomes and reduce inequities for rangatahi Māori.

[Indigenous adolescent health in Aotearoa New Zealand: Trends, policy and advancing equity for rangatahi Maori, 2001–2019 - The Lancet Regional Health – Western Pacific](#)

Decoding the psychiatric space: Cross country comparison of facilities for mental health service users

The current fluidity of design across and within countries provides a significant opportunity for designers and mental health providers to consider non-institutional design, particularly at the planning stage. New Zealand was one of the countries in the comparison. The conclusion is very interesting.

[Decoding the Psychiatric Space: Cross Country Comparison of Facilities for Mental Health Service Users - PubMed \(nih.gov\)](#)

The effectiveness of ūloa as a model supporting Tongan people experiencing mental distress

These findings continue to support the idea that the conventional biomedical approach employed in mental health services overlooks elements of Tongan constructions of mental illness and the intersections between Tongan and biopsychosocial themes.

[The effectiveness of ūloa as a model supporting Tongan people experiencing mental distress - PubMed \(nih.gov\)](#)

Comparing health gains, costs and cost-effectiveness of 100s of interventions in Australia and New Zealand: an online interactive league table

This study compares the health gains, costs, and cost-effectiveness of hundreds of Australian and New Zealand (NZ) health interventions conducted with comparable methods in an online interactive league table designed to inform policy.

League tables of comparably conducted evaluations illustrate the large health gain (and cost) variations per capita between interventions, in addition to cost-effectiveness. Further work can test the utility of this league table with policy-makers and researchers

[Comparing health gains, costs and cost-effectiveness of 100 s of interventions in Australia and New Zealand: an online interactive league table \(nih.gov\)](#)

Heterogeneity of quality of life in young people attending primary mental health services

Adding multi-attribute utility instruments such as the AQoL-6D to routine data collection in mental health services might generate insights into the care needs of young people beyond reducing psychological distress and promoting symptom recovery

[Heterogeneity of quality of life in young people attending primary mental health services - PMC \(nih.gov\)](#)

Young people don't tend to ask for help more than once: Child and adolescent psychiatrists' views on ailing mental health services for young New Zealanders

Content analysis identified an overarching theme that child and adolescent services were under great pressure, with subthemes of increased demand, a stretched workforce and social issues driving complex presentations.

[Young people don't tend to ask for help more than once: Child and adolescent psychiatrists' views on ailing mental health services for young New Zealanders - PubMed \(nih.gov\)](#)

Te Tapatoru: A model of whanaungatanga to support rangatahi wellbeing

As part of a broader photo-elicitation project on whanaungatanga with young Māori, the researchers describe Te Tapatoru, a model of whanaungatanga based on the experiences and insights of 51 rangatahi.

[Young people don't tend to ask for help more than once: Child and adolescent psychiatrists' views on ailing mental health services for young New Zealanders - PubMed \(nih.gov\)](#)

Disability workforce development grant programme evaluation

Te Pou recently published an evaluation of the disability workforce development grants programme. Written for Manatū Hauora Ministry of Health, the report covers insights of the disability grants programme including:

- the programme's reach in the community
- how well the programme met the needs of disabled people and the disability sector
- the effectiveness of the Te Pou grant process
- the benefits provided for the grant and trainee recipients.
- It also outlines the programme's role within the continually changing sector.

Overall, the evaluation demonstrates the disability workforce development grant programme is an effective way to build a skilled workforce. The programme adds value to disabled people and their whānau, improves workforce knowledge and confidence, and supports disability provider organisations to upskill their staff

[Read the grant evaluation report here.](#)

Ao Mai te Rā | The Anti-Racism Kaupapa

Ao Mai te Rā: the Anti-Racism Kaupapa is a Ministry of Health initiative to support the way the health system understands, reacts and responds to racism in health.

Eliminating all forms of racism is critical to achieving health equity and the vision of pae ora – healthy futures for all New Zealanders.

Ao Mai te Rā will help us deliver effective and appropriate stewardship of the system, and enable the right for all people, regardless of their ethnicity, to live, thrive and flourish according to their own philosophies and ways of being.

Watch the first podcast <https://youtu.be/ZY8kHvQrOJA>

[Ao Mai te Rā | The Anti-Racism Kaupapa | Ministry of Health NZ](#)

Whiria Te Muka - Tangata Evolution of Racism and Anti-racism Literature Review & Summary Document

This is the first literature review, in the Ao Mai te Rā series. It traces how understandings of racism and anti-racism have shifted over time and explores various concepts, language and definitions that have been used to date. It considers how we might frame and think about racism and anti-racism within the Aotearoa New Zealand context and has been used to inform the Ministry's position statement and working definitions for racism and anti-racism in health.

Impact on mental health and wellbeing in Indigenous communities due to land loss resulting from industrial resource development: Protocol for a systematic review

The synthesized evidence from this review is relevant for land use policy, health impact assessments, economic development, mental health service planning, and communities engaging in development projects.

[Impact on mental health and wellbeing in Indigenous communities due to land loss resulting from industrial resource development: protocol for a systematic review - PubMed \(nih.gov\)](#)

An analysis of young clients' communications about their suicidality on a text message helpline: "I'm scared of what I might do to myself"

This study offered unique insights into young people's experience of suicidality and opens up opportunities for prevention. It underlines the importance of identifying chronic suicidality early and providing intervention and support prior to a suicidal crisis

[An Analysis of Young Clients' Communications About Their Suicidality on a Text Message Helpline: "I'm Scared of What I Might Do to Myself" \(nih.gov\)](#)

Backbone Collective report identifies experiences of abuse during pandemic in Aotearoa

The Backbone Collective has released a new report about the experiences of women victim-survivors who had already separated from the abuser.

The women described how former partners used the pandemic as a new tool/weapon of abuse, highlighting that:

"These abusers used the isolation, fear, risk of illness and lack of clarity and inconsistency of information, to control, isolate and abuse their ex/partners and children. The types of abuse described by participants included psychological, physical, litigation and financial. Abusers frequently forced contact with the adult victim-survivor and children using in most cases online platforms and/or court ordered contact with children to do so."

[Backbone Collective report identifies experiences of abuse during pandemic in Aotearoa | New Zealand Family Violence Clearinghouse \(nzfvc.org.nz\)](https://nzfvc.org.nz/backbone-collective-report-identifies-experiences-of-abuse-during-pandemic-in-aotearoa/)