



## “Korero Mai, What’s On & Whakaaro Pai” 18—AUGUST 2011

A newsletter for those interested in the provision of services for people with experience of mental illness, articles from Service Users/Tangata Whaiora and “What’s On” - promoting educational and recreational activities for under \$5.00 per event.

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### Coming Events: August, 2011:

- Wednesdays: “Real Artz” 10-3pm at Real Tart—Gold Coin only
- Thursdays: “Mental Health Matters”—Access Radio 104.4FM 9.30am. Tune in—Hosted by Like Minds Taranaki
- Mon 1st: Term 3 commences
- Thur 4th: NGO Meeting 11am at Workwise.
- Wed 13th: Focus Group—10.30-12pm at TDIC—all welcome
- Tue 16th: Tara. Suicide Prevention Co-ordination Meeting at 2pm at TDHB Health Promotion Meeting room.
- Thur 18th: Creative Writer’s Meeting at 2pm at Like Minds
- Thur 18th: S&C Tara. Social Services Networking Group at W&I Centre, Union St. Hawera, 10.30am
- Thur 25th: “Mates” Outreach 2.30pm at Progress to Health
- Fri 29th: MH Awareness Week Mtg, 11am at Like Minds.

### Editorial: Farewell Dr Samir Heble...

**Taranaki has been most fortunate in having a leader of the calibre of Dr Heble as Executive Clinical Director at the TDHB Mental Health & Addictions Services.**

He has led a number of innovative changes for the better—no more than placing greater importance on clients and family/whanau and has, in his own time, been an active Clinical Advisor to both Like Minds Taranaki and Supporting Families in Mental Illness.

And he has brought to his role a much needed new era of open communication with the wider sector of mental health.

He has been integral to reviews of all services within mental health and addictions—reviews that have clearly spelt out those aspects that have worked well and those aspects that need improving.

Dr Heble has adapted a policy of inclusion of the wider sector whenever service development is under discussion and the wider sector has not only felt encouraged to contribute but have felt perfectly safe in doing so.

He has brought to Taranaki a strong belief in the principles of ‘Mindfulness’, has facilitated many groups and taught many others to continue his work.

Further more, he has undertaken numerous professional development studies during this time.

There has probably never been more successfully completed reviews undertaken and it is the sector’s hope that his other great achievement, of building a team of leaders of services, will be able to see the recommendations of these reviews carries out.

In *Whakaaro Pai*, in this issue, a contributor has provided a personal tribute to what Dr Heble has meant to her. Her poem speaks volumes to a quiet, humble, innovative, passionate and extremely empathetic man and leader.

Dr Heble, your contribution to Mental Health and Addictions Services in Taranaki has been outstanding and immensely appreciated. Our very best wishes to you and your family in your new role.



## ***Intentional Self-Neglect in Older People...***

### **Self neglect can be defined as:**

"The inability (intentional or unintentional) to maintain a socially and culturally accepted standard of self-care with the potential for serious consequences to the health and well-being of the self-neglecters and perhaps even to the community." (Gibbons 2006)

Differences between intentional self-neglect and unintentional self-neglect need to be understood.

Intentional self-neglect occurs when a person makes a conscious or sub-conscious decision to self-neglect by taking such actions as refusing to eat or drink, non-compliance with medication and /or extreme self-neglect of ones safety and personal cares.

Unintentional self-neglect can occur when it is underlying health problems e.g. dementia, that contribute to self-neglect.

Some people may believe that, in a society where euthanasia is not legal, intentional self-neglect and suicide is a rational alternative.

Self neglect is a complex issue requiring clinical, social and ethical processes of management. This is particularly so when people appear to intentionally choose to self-neglect.

Self-neglect can occur across the lifespan but is more common in older people.

There are a number of contributing risk factors:

- Advancing age
- Mental health problems - particularly depression
- Cognitive impairment
- Dementia
- Chronic illness
- Nutritional deficiency
- Alcohol and drug misuse
- Functional and social dependency
- Social isolation

- Bereavement
- Ageism
- Societal stigma and discrimination
- Self-stigma and self-discrimination

Research has shown that 30-50% of those who self-neglect had no psychiatric disorder that could reasonably explain their behaviour. (Halliday et al – 2000). Other, more recent research places a much higher ratio of depression – leading to self-neglect and suicide.

***"It's very hidden at the moment. We just don't have much awareness."***

While many older people may value the right and autonomy to predetermine and determine their own death, others may not have the courage, the opportunity, the means or the capability to do so.

It therefore seems important that a broader sociological and psychological approach to understanding the complexities of self-neglect is necessary.

Countering self-neglect, intentional or unintentional, will take a much more active approach and communication process between families, medical personnel and community social service agencies.

A mental health promotion campaign too is necessary to improve community awareness about the need for positive ageing and to dispel ageist based myths that lead to stigma and discrimination against the elderly and in turn – the need to ensure appropriate funding is allocated for improved care in the elderly.

In New Zealand, Age Concern Canterbury Health Nurse, Kerry Howley, said:

*"More elderly people opted to end their lives by refusing food and drink and not seeking medical attention if they need it as a form of ending their lives if it all gets too hard. It's very hidden at the*

*moment. We just don't have much awareness.*

*If people had chosen to die, their death would not necessarily be notified as self-inflicted.*

*It's almost an expectation old people will be miserable and that it is normal. But it is not. There are a lot of elderly who really are contented, healthy, happy and enjoying life.*

*It does seem to be that it's acceptable, like 'oh well, they're old', but they still don't need to die and don't need to be miserable."*

Former Suicide Prevention Information New Zealand Director, Merryn Stratham, said:

*"Socially isolated, elderly men were at increased risk of suicide, and rates were probably higher than official statistics suggested.*

*The attitude of some people that the elderly had lived their lives and could make their own decisions could be preventing more resources going into intervention and suicide prevention for that age group."*

The spiral of older people being devalued, treated as if they are of lesser worth than younger age groups; rejected, separated and excluded; needs to be halted and turned around.

They should be portrayed as being as valuable to society as younger generations—with the same rights; receiving the acceptance and inclusion they deserve.

But, too often, for too many older people, it is the former portrayal that is their miserable lot in life.

Not being valued, not having supportive relationships, respect, and participation in their communities are the very kinds of experiences that lead to an older person becoming depressed, socially isolated, in despair, and with little hope of improvement and in some cases, to intentional self-neglect/suicide.

This is hardly good enough.



**DEVELOPING CO-EXISTING PROBLEM (CEP) CAPABILITY**

**“ANY DOOR IS THE RIGHT DOOR”**

**Te Ariari o te Oranga and Integrated Solutions were launched in 2010.**

Throughout 2010 and early 2011 a series of CEP workshops were led by the Ministry of Health and delivered by Matua Raki in partnership with Te Pou to Funders and Planners, Clinical Managers and Team Leaders from both mental health and addiction services across New Zealand.

The aim of these workshops was to promote, at a funding and planning as well as a management level, the concept that *“any door is the right door”*. All services need to become capable of responding to co-existing problems to reduce the chances of tangata whaiora “falling between the gaps” that are perceived to exist between mental health and addiction services.

Following these workshops a training package in co-existing problem formulation was developed for practitioners to use in both mental health and addiction services. The content was initially developed by Dr Fraser Todd and draws on the content of Te Ariari o te Oranga – The assessment and management of people with co-existing mental health and substance use problems.

**Matua Raki has been delivering CEP Formulation workshops from late 2010.**

The workshops introduce DHB and NGO mental health and addiction practitioners to a conceptual framework to understand the relationship between co-existing problems.

The workshop promotes the use of a practical approach to co-existing problem formulation that can be part of comprehensive assessment and which enhances CEP responsive treatment planning.

Dr Joel Porter, known for Motivational Interviewing training across New Zealand, has been working for Matua Raki in the delivery of the CEP Formulation training.

***Te Ariari o te Oranga – The assessment and management of people with co-existing mental health and substance use problems 2010 (Fraser C Todd)***

***Integrated Solutions-Service Delivery for People with Co-existing Mental Health and Addiction Problems (MOH 2010)***

These documents were developed as guides for services to “plan practically and implement a range of different approaches to becoming ‘co-existing problem capable”.

The Taranaki DHB A & D Service in particular, has been quick to access training for CEP and expects to be on track to becoming CEP capable by 2014.

***All Health Professionals...***

**Tony Spencer, Editor of “Whakaaro Pai” has written an article on the importance of communicating with clients and vice versa—from a Service Users perspective.**

It is a beautifully written reminder of the need to ensure clients and their significant others need to be listened to if real progress is going to be made.

***New Crisis Team Free Number is here...***

**Ring: 0508ASSIST or 0508 277 478**

***Just plays on words...***

When the smog eventually lifts, UCLA.

*To write with a broken pencil is pointless.*

The batteries were given out free of charge.

*You are stuck with your debt if you can't budge it.*

A boiled egg is hard to beat.

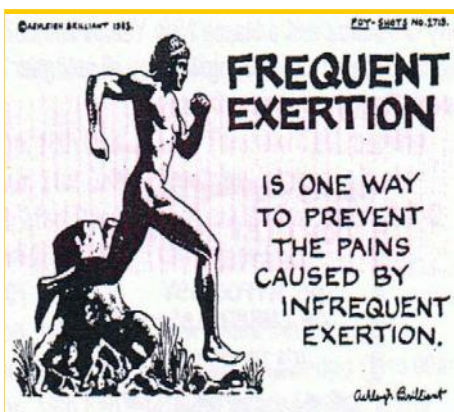
***Needed!***

**Someone with the ability and heart to provide a PPR ( Protection of Personal and Property Rights) service for a client.**

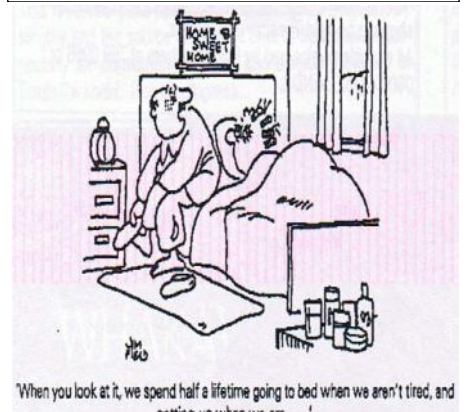
**Please contact Gordon Hudson if you think you may be that person. 06-759-0966**

***A little challenge for you...***

See if you can use the word ‘because’ three times in succession in a single sentence.



**Access Radio Taranaki... “Mental Health Matters”**  
 Hosted by Like Minds Taranaki every Thursday, 9.30am, 104.4FM  
**4th August:** Managing Depression with Dr Heble  
**11th and 18th August:** Positive Recovery with Service Users  
**25th August:** Yet to be determined.  
*Tune in and check out...*



## Mental Health Awareness Week

3rd—8th October 2011

Theme: “Turn the Page”

An active committee is underway to determine and plan this years activities.

### Activities will include:

- Local media promotions
- “Turn the Page” project (more news about this initiative later)
- Displays in all libraries
- Public presentations by the TDHB MH&A Services and others
- Workshops on self-stigma and self-discrimination
- Book of Affirmations
- Karaoke / Dance at Hawera
- Annual Sports Tournament in NP
- Launch/Distribution of the 2011 Taranaki Mental Health Sector Directory
- Sale of “Seeds of Hope” Tee Shirts
- Sale of sets of Christmas cards
- WITT planned activities

Anyone having any other ideas or is keen to be involved—please give Gordon a ring at like Minds Taranaki—06-759-0966.

All suggestions and help welcomed.

### New info on website:

**Self-Stigma and Self-discrimination**

“What’s On - Whakaaro Pai - Korero Mai” August 2011

**Civic Emergencies—How to Cope**

**Access Radio—Like Minds Taranaki Programmes and recent presentations**

**Like Minds Taranaki Support Groups**

**[www.likemindstaranaki.org.nz](http://www.likemindstaranaki.org.nz)**



### “Better Sooner, More Convenient”

## Care for People with Dementia in Taranaki!

Taranaki DHB’s Mental Health Service for Older People (MHSOP) has been chosen as a “demonstration site” by the Ministry of Health, for an initiative to improve (**Better**) the standard of care for people with mild-moderate uncomplicated dementia (**Sooner**) in collaboration with Primary Care (**More convenient**).

A report on the first report on the first stage will be printed in the September issue of Korero Mai.

### Clinical Governance in the Mental Health Sector...

**Anne Ridgeway-Ellis, Manager, Community Services, invited a number of people to contribute to what is planned to bring this critical but often misunderstood concept to be transformed into a unified, clearly understood, efficient process.**

A number of groups had a range of ideas and... thanks to Anne a start has been made. Let us hope for a promising finish.

## Farewell words from Annie McNaught...

So many wonderful, unforgettable experiences over many years with the Pathways People, the people who use services and all the many others who collectively help to make huge positive differences in peoples lives!

I cherish them all and leave the sector richer for having them.

I have been so privileged to meet so many characters who have come through services picking up the pieces of their lives and moving on - with a sense of optimism, belonging and thereby having a sense of contentment within themselves.

And to all of you who work alongside, shedding an empowering light, believing in people and hearing and enabling them to be heard and content with their unique contribution to this life. You are all champions doing wonderful work and I wish each of you my warmest best wishes for the future.

**Annie McNaught**

Promoting mental health, demystifying mental illness, countering stigma and discrimination

Another Like Minds Taranaki Project

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Taranaki Mental Health Sector

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Home

About us

Programmes and Projects

Radio Show

Stigma and Discrimination

Resources and Newsletters

Employment Matters

Rural Communities

New Settlers

Media Articles

Tell a Friend Today

“ One of the biggest barriers to recovery is discrimination. That is why stopping discrimination and championing respect, rights and equality for people with mental illness is just as important as providing the best treatments and therapies. ”

Blueprint for Mental Health Services in New Zealand, November 1998.

**CRISIS?**  
Click here for more information

Like Minds Taranaki gratefully acknowledges the financial support of this website by The Ministry of Health

Feedback is always welcome  
Like Minds Taranaki. 06-759-0966, email: [mental.health@extra.co.nz](mailto:mental.health@extra.co.nz)

## *Mental health promotion and service provision:*



**Potential Ideas for discussion purposes:**

*Some parting thoughts...*

### **Mental Health Promotion:**

#### **1. Public forums:**

These started with TDHB and Like Minds. Currently focussing on Adult and AOD, Destigmatisation and Discrimination and general issues.

As we move into the future it would be useful to also involve CAMHS and MHSOP.

There is a role in future for involvement and collaboration of other NGOs such as Tui Ora, and social agencies (eg Womens' Refuge, W&I, Workwise etc).

#### **2. Rural Seminars:**

Room to further collaborate with NGOs and social agencies in doing ½-1 day rural seminars re health promotion and health education.

#### **3. Regular newspaper column:**

There is a role here for the re-introduction of such a column to further promote mental health education and promotion.

#### **4. Newsletter:**

There is value in retaining the regional newsletter to promote awareness and education.

#### **5. Media & Website:**

There is value in maintaining the Access Radio talk shows /media utilisation, and expanding the Like Minds website to promote NGOs: (via proper processes) to promote mental health and addictions awareness and health promotion.

#### **6. Adopting new Technologies:**

Need to explore, in today's digital age, role of facebook, twitter and other social networks (via proper processes) iPhone etc.

### **7. Better Sooner More Convenient, IFHCs, Whanau Ora:**

Health promotion workers: role for health promotion and raising awareness.

*What I would have liked to see happen ...*

**Need to think of as a sector.** Provider Arm vs NGO delineation is arbitrary.

'Our community'. A strong combined clinical governance framework.

Clients and families/whanau involved: to have a continuum of care.

**Consumer and Family advisor roles:** These need to be across the full sector.

**A strengthened registrar programme.**

**To have all full time Medical FTEs: 12.6 + 2 registrars.**

**To have holistic care provision:** bio-psycho-social-cultural-spiritual.

**To have greater utilisation of digital technology.**

**Strengthened regional framework:** - in progress.

**Strengthen core services,** on ground support systems are strong.

**Better Sooner More Convenient,** Some devolution into primary care projected in future, IFHCs, Whanau Ora .

**More collaboration and integration with Personal health.** 'Psychiatry vs other disciplines delineation is arbitrary'. Ultimately '*body is the same*'.

Dr Heble was very pleased with the appointment of Dr Hester Swart, new Executive Clinical Director from within the Service – Dr Swart has wide experience with A&D, C&AMHS, Adult MHS and MHSOP.

*With grateful thanks Dr Heble— from the sector—a more unified sector.*

### *Our sincerest condolences to Anne Ridgeway-Ellis.*

Tragically, Anne's husband, Rob, recently died—just a few months after their wedding.

Words can hardly describe such a loss.

Our thoughts and warm wishes are with you Anne during this difficult time—and always.

### *Comings and Goings:*

**Catherine Heaven** has joined SF Taranaki as their North Taranaki Field Officer.

**Sandra Te Huia** has been appointed as Clinical Co-ordinator for Healthcare NZ.

**Dr Hester Swart** has been appointed as Executive Clinical Director at the TDHB MH & A Services.

**David Hopkins** has been appointed as Team Leader—Mobile Support Services at pathways.

**Kathleen Mary** has left the TDHB MH & A Services to become fulltime at WITT. The TDHB are currently recruiting for a .5 FTE Family/Whanau Advisor.

**Courtney Bellringer** has joined Pathways replacing Frances.

### *Volunteering New Plymouth...*

**Nominations are open for 2011 Volunteer Recognition Awards**

To be eligible—volunteers must have made a substantial contribution to your organisation.

Criteria available from  
npvsnz@yahoo.co.nz.

Only one nomination per organisation.  
Nominations close on Monday 22nd August, 2011.

The Awards evening will be held at the Council Chamber, Liardet St., NP on Monday 12th September at 7.30pm.



Supported by the  
TSB Community Trust

**Issue 49**— *Compiled BY people on limited incomes FOR people on limited incomes...*  
Please place on a notice board somewhere where people on limited incomes will notice it...

# AUGUST 2011

- Till 31<sup>st</sup> Dec** **Te Henui Vicarage**—288 Courtenay St—Saturdays and Sundays 1-4pm. The New Plymouth Potters Club members display their works at the historic Te Henui Vicarage Gallery. View the historic residence of the first vicar of the parish of St Mary's and Holy Trinity churches. Built in 1843, it is one of the oldest buildings in New Zealand. **FREE**
- Till 28<sup>th</sup> Aug** **The Pressure of Sunlight Falling**—Photography Exhibit by Fiona Pardington—Govett-Brewster Art Gallery. A series of large photographs depicting life casts made by medical scientist and phrenologist Pierre-Marie Dumoutier during a South Pacific voyage between 1837 and 1840.
- 6<sup>th</sup> Aug-4Sep** **New Plymouth Potters Annual Exhibition**—RealTart Gallery—Opening on the 5<sup>th</sup> August at 5pm. In addition to works by its members the exhibition will feature the work of exhibition selector and judge, Raglan potter Robyn Lloyd. **FREE**
- Fri 5<sup>th</sup> Aug** **Govett-Brewster Babes**—Govett-Brewster Art Gallery—Baby-friendly tour of Presence: New Acquisitions and Works from the Collection. Includes morning tea at Cafe Govett-Brewster. **\$5**
- Sat 6<sup>th</sup> Aug** **Lantern Making Workshop**—109 Devon St West—1-4pm. The last workshop before the Lantern Parade—Register with Jill on 027 306 3347 to attend. **FREE**
- Sun 7<sup>th</sup> Aug** **Pouakai Ranges Public Tramp**—Maude Track to Mangkotukutuku Falls—An easy tramp of 3-4 hours through some attractive bush with a short descent from the track to the falls. After lunch the return will be by the same route. If you don't take your own car then you will need **\$5** for petrol money. Contact Dave Stewart on 06 758 4446 for details of time etc. **FREE**
- Sun 7<sup>th</sup> Aug** **Book Launch**—The Growing World of Duncan and Davies: a horticultural history 1899-2010. Held as part of the Taranaki International Arts Festival at 'The Famous Spiegelent' which will be erected for the duration of the festival in the carpark opposite the TSB Showplace. **FREE**
- 8<sup>th</sup> & 15<sup>th</sup> Aug** **Magical Music Monday**—Taranaki Singer Songwriters—As part of the International Festival of Arts this event is held at 'The Famous Spiegelent'. Come and check out Taranaki's lively and diverse music scene with a vast array of musicians performing one song each. **FREE**
- Sat 13<sup>th</sup> Aug** **Lantern Parade**—TSB Community Trust—Starting at the corner of Gover and Devon St - 6pm It will weave its way along Devon St and finish at the clocktower on the corner of Queen and Devon. A special feature of this parade is 30 lanterns which have travelled all the way from Japan especially for this event which have been made by school children in NP sister city Mishima City to mark the 20th anniversary of this Sister City Relationship. In case of rain this event will go ahead -if weather is appalling it will be postponed until the following evening **FREE**
- 11,18&25 Aug** **Mental Health Matters Radio Show**—Access Radio Taranaki 104.4FM—9:30am **FREE**
- Thur 18<sup>th</sup> Aug** **Creative Writers Support Group (WHIM)** - Every 3rd Thursday of the every month. 2-3pm at Like Minds Taranaki, 3rd Floor BNZ Building. 759 0966 for more details. Fun, friendly & **FREE**
- 25<sup>th</sup> 26<sup>th</sup> Aug** **Methanex Maths Spectacular**—Pukekura Raceway Events Centre—9am-3pm. Students from Taranaki schools enter projects and is open to the public for the viewing of those projects. On Thur evening from 7pm will be the official opening plus Year 9 & 10 quiz teams competition and prizegiving. On Friday night the same will be for the Year 7 & 8's. **FREE**

**"What's On" is emailed to over 300 organisations in Taranaki and sent on to 100s more via their email networks and displayed on many notice boards etc. It has become quite wide-reaching and could be worthwhile for you to consider using it to promote your educational and/or recreation activity – if it is free or \$5 or less.**



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'

**Support Group**— Theatre Lounge, Hawera Community Centre, Albion Street, **HAWERA**—10am—12pm. Meeting fortnightly, this group is for those who suffer or have suffered from anxiety and depression. It's a chance to share and help support others in a relaxed environment. For more information contact Tom Gibson 06 7646417. Tea and coffee provided. **FREE**

**Touched By Suicide Support Group**—Meets every third Thursday of the month from 7pm-9pm. Held at 83 Hine St, this group is led by trained facilitators and offers care, understanding and support to anyone affected by the loss of a loved one through suicide. Any further enquiries phone Jo on 021 027 369 35 or Tiaki on 06 757 9300. **FREE**

**South Taranaki Touched By Suicide Support Group**—Meets the first Thursday of the month from 7pm-9pm in the Theatre Lounge at the Community Centre in Albion St, **HAWERA** Any further enquiries phone Jo on 021 027 369 35 or Tiaki on 06 757 9300. **FREE**

**Post Natal Support Group** – 1st & 3rd Wed of each month at the Women's Centre 10-12pm. For more information phone Like Minds Taranaki on 06 759 0966. **FREE**

**Bipolar Condition Support Group**—A friendly, informal small group meeting weekly in part of the old Barrett St Hospital on Wednesday evenings from 7-8pm. If interested please contact either Darren on 758 8918 or Kathryn on 751 1390. **FREE**

*Take advantage of our local wonderful resources such as Brooklands Zoo—Take a wander around neighboring Pukekura Park first and then on to Brooklands Zoo and enjoy all the lovely animals on display, the stroll up the hill from Pukekura should also be enough to get you a little more warmed up! Open 9-5, 7 days a week. **FREE***



If you have access to the internet go to [www.thetuesdayprogram.com/](http://www.thetuesdayprogram.com/)  
**The Tuesday Program** is a free 7week online course designed to increase your skills and resources so you can thrive with life's challenges. It's aimed directly at enabling you to flourish, live with a purpose, utilise your resources better, and to become a little bit happier. Each topic takes around 10 minutes a week, so it's designed to fit into your life. The topics include: *Strengths, Growth Mindset, Purpose and Values, Gratefulness, Communicating, Relaxation Techniques, Mindfulness.*

- Mon,Wed,Fri** **Boxfit Taranaki Classes**—50 Rimu St—5:30pm. Bring a towel and water. **\$2**
- Mon&Thur** **Yoga at the Women's Centre**—Every Mon at 5:15 pm and every Thur at 10:30am. **\$5**
- Every Tue** **Tai Chi at the Women's Centre**—Community House 32 Leach St.—1:30pm **\$5**
- Every Wed** **Table Tennis**—Westend School Hall, Bonithon Ave—7:30-9:30pm. Members **\$1** Casual **\$2**  
BYO bat or the club do have some spares to play with—a great way to keep fit and be social!
- Every Wed** **Real Artz**—10am-3pm at Real TArt Community Gallery—a great opportunity for people with experience of mental illness or other disabilities, to participate in art and craft. Call Gordon on 759 0966 or Sarah on 769 5717 **GOLD COIN**
- Every Thur** **'Mental Health Matters' - Access Radio 104.4FM**—9:30—10am. Every Thursday. Like Minds Taranaki are the hosts of this show discussing a wide range of special interest topics and topical events. Contact us: 759 0966 if you have any queries.concerning issues raised. **FREE**
- Every Fri** **Creative Space** – Art and craft for people with a disability—83 Hine St, 9am-4pm. **GOLD COIN**
- Every Fri** **Whizzy Walkers**— Meet at Plunket House at 10am. A walking group which has been formed specifically for caregivers who would like to join others in a brisk walk with their child and buggy for about an hour - a great way to make new friends while staying active. **FREE**
- Every Fri** **Zumba Fitness Classes** —Waitara Memorial Hall — **WAITARA**—6:30-7:30pm. Fitness class with a Latin flavour. Get fit while having lots of fun! Concessions available. **\$5**

*This space could be used to promote one of your events, please contact Stephanie Mapley at Like Minds Taranaki  
 We are very keen to hear of events from Central, Coastal and South Taranaki - ring us on 0800-454-536  
 The next "What's On" will be in late August for September, let us know what is different, fun & almost free...*



*Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'*

### Farewell tribute to a wonderful man...

It is with great sadness that we say goodbye to Dr Samir Heble, his wife Sapna and their two beautiful children.

As a service user, I meet Dr Heble soon after his arrival to work in our mental health unit, Te Puna Waioara. He was a quiet and gentle man with a huge capacity to understand and care for his clients in a compassionate and understanding way. Most importantly he listened and believed in me. This was a huge turning point in my life.

We had a special friend in common, Bernice Parsons, who has sadly passed away. Through Bernice, I was fortunate to become a friend of Samir, Sapna and the children.

I am grateful for all the gifts that Samir has given, not just his friendship but his knowledge, the tools that myself and many other service users have been given through his mindfulness groups, his honesty and caring as a Psychiatrist.

I feel it would be true to say that he has been a wonderful asset to Taranaki Mental Health and will be sorely missed. I along with many of my friends and other service users wish Samir, Sapna and the children a wonderful new journey in Australia.

Samir, as you often say "*Nothing is permanent in life*" so we will let you go and many of us will carry the tools you have given us (to maintain our recovery) always.

From all of us who have been lucky enough to know you we send you and your family Arohanui.

*He Toka Tu Moana, Ara He Tao Rongonui*  
Your strength is like a rock that stands in raging waters

Karen Wehle

### An Attitude Puzzle...

A=1, B=2, C=3, D=4, E=5, F=6, G=7, H=8, I=9, J=10,  
K=11, L=12, M=13, N=14, O=15, P=16, Q=17, R=18,  
S=19, T=20, U=21, V=22, W=23, X=24, Y=25, Z=26

H - A - R - D - W - O - R - K = 98  
8 + 1 + 18 + 4 + 23 + 15 + 18 + 11 = 98%

and

K - N - O - W - L - E - D - G - E = 96  
11 + 4 + 15 + 23 + 12 + 5 + 4 + 7 + 5 = 96%

but

A - T - T - I - T - U - D - E = 100  
1 + 20 + 20 + 9 + 20 + 21 + 4 + 5 = 100%

Page 22 in...

### Employment : Taking the first step...

A guidebook for jobseekers with health issues.  
Free copies available from Like Minds Taranaki.

### And a poem by Karen Wehle...

#### A Man I Know...

Say his name and one can feel  
The tenderness, love and regard for all humanity  
That he holds within

Softly spoken his name is a breath of God's fresh  
air

His eyes a well of kindness

No matter ones social standing, religion or race  
He truly cares

The strength, tenacity, courage and wonderful spirit  
within his soul  
Are all empowering

Never judging, critical nor condescending  
He remains the same breath of fresh air

He needs no weapons to fight his battles  
He chooses to learn, study, research  
and share his knowledge with all

He is a gentle soul however do not be fooled  
For within a Lion dwells

He is not God but of God  
Strong, proud, a Healer, loving Father, Husband

### Some play on words...

Did you hear about the fellow whose whole left side was cut off. He's alright now.

*He had a photographic memory which has never developed.*

Those who get too big for their britches will be exposed in the end.

*When she saw her first strands of grey hair, she thought she would dye.*





### Men's Health Services...

**HisBiz is an online wellbeing site for men's news, information, events and discussions.**

It is a network aimed at connecting the business and wellbeing to support prosperous, healthy futures for men.

His Biz is about addressing issues that men face and sometimes find difficult to discuss. It is about discovering and sharing tools; and encouraging real conversations. It is time to stand up and do something. It is time to shine a light on men's wellbeing.

Visit [www.hisbiz.co.nz](http://www.hisbiz.co.nz).

#### Some other useful contacts are:

Depression Helpline - 0800 11 757

Lifeline - 0800 534 354

Gambling Problem Helpline - 0800 654 655

Dept. of Labour - 0800 20 90 20

#### Or check out these sites:

Depression: [www.depression.org.nz](http://www.depression.org.nz)

The Lowdown:

[www.thelowdown.co.nz](http://www.thelowdown.co.nz)

Men's Forum:

[www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

Mood Gym: [www.moodgym.com.au](http://www.moodgym.com.au)

Information adapted from men's health week.co/mental health 2011

### Some food for thought...

Recovery happens when people with experience of mental illness take an active role in improving their lives.

*If we all did the things we were capable of, we would literally astound ourselves.*

Thomas Edison.

How come we could put a man on the moon before we figured out it would be a good idea to put wheels on luggage?

Why are you IN a movie, but you're ON TV?

### The Salvation Army Taranaki Bridge Programme...

Are you or a friend or family/whanau member struggling with an experience of addiction? Thinking about treatment but not sure where to go or who to ask for help?

The Salvation Army Taranaki Bridge Programme offers treatment to men and women over 20 years of age seeking residential treatment for addictions. Using the client-centered Community Reinforcement Approach as the model of treatment, our caseworkers welcome new clients to the programme every 8-9 weeks, depending on the individual needs of the client. We are funded for alcohol and other drug beds, methamphetamine beds with a current bed capacity at six, including two social detox beds that can be used for up to 6 days at a time.

Referrals to the Bridge can be made via community agencies, through Alcohol and Drug Services at Taranaki Base Hospital, or via self-referral. Watch for our official opening day soon to be announced. Come in and see Suzanne, Kylie or Yvonne for more information at the Bridge—located within the Salvation Army buildings; situated on the corner of Powderham and Dawson Streets, or call **06-757-4132**.

Suzanne Wallace  
Team Leader

### Congratulations Frances...

**Frances Rookes**, former Project manager at Like Minds Taranaki achieved her 3rd Dan Black Belt in Tae Kwon Do.

Now that is some achievement!

### How to improve your Sleep...

- Go to bed about the same time every night.
- Try not to 'nap' during the day.
- Write any worrying thoughts on a piece of paper kept by your bed. Once written—leave to deal with in the morning.
- Set time aside for concerns and problem solving during the day.
- Don't lie in bed worrying for long periods.
- Don't use alcohol to help sleep.
- Don't smoke just before bed or during the night.
- Only use sleeping pills as a short term treatment.
- Take a late snack of milk and a banana.
- Exercise during the day but not late at night.
- Create a warm and comfortable sleep environment.
- Develop a routine around going to bed.

These are suggestions recommended by Te Puna Waiora.

### Other food for thought...

A young engineer was leaving the office at 5.45 pm when he found the CEO standing in front of a shredder with a piece of paper in his hand.

"Listen," said the CEO, "this is a very sensitive and important document, and my secretary is not here. Can you make this thing work?"

"Certainly" said the young engineer. He turned on the machine, inserted the paper, and pressed the start button.

"Excellent, excellent!" said the CEO as his paper disappeared inside the machine. "I just need one copy."

## “Te Ara Hikoi” Swimming Group

Are a fun group of people with health issues wanting to make a difference in their lives.

### Consider joining them for:

- Free weekly swimming sessions at the Aquatic Centre, NP (Tues & Thurs)
- Free van pick up if required
- Fortnightly group meetings/discussions
- Health education
- Shared kai/cuppa
- Free monthly health checks

### What criteria is there?

- Must have a Doctors clearance
- Some level of water confidence to enter water unassisted

Contact - Esther Tan:

☎06-759-7306



**Free Training clinics for Runners and Walkers for this years Taranaki Daily News Half Marathon—to be held on Sunday, 2nd October.**

Training held Sundays at 8.30am and Wednesdays at 5.30pm—meeting at Pukekura Park Pavilion. Sunday training time moves to 7.30am from the 14th Aug.

Just contact:

Corina Henderson,  
Club Captain, 027-461-1552  
or Marie Hunter, 027-315-8146

## Fed up with the weather?

I don't blame you, me too.

Spare a thought though for all those people that have to spend their days out in the cold, rain, wind and slush.

Who would want to be a farmer, a market gardener, a postal/paper delivery person, a roofer or a linesman etc.

Whenever I start feeling sorry for myself, I stop and give thanks that for the most part of my day, I am indoors and warm.

And I appreciate too that those people working in this horrible weather are providing us with fresh food, electricity, the paper, our mail etc. And for the most part—I take it for granted.

So spare some thought for all those hardy men and women who work so hard in miserable conditions to make our lives that much more comfortable.

### *Some famous people who have experience mental illness:*

**Spike Milligan:** Notable writer and Comedian

**Winston Churchill:** Prime Minister—UK

**Lady Diana Spencer—**Princess Diana

**Drew Carey:** Comedian

**Marlon Brando—**Actor

**Audrey Hepburn—**Actress

**John Denver—**Singer/  
Songwriter

**Elton John:** Singer / Songwriter

**John Lennon:** Singer / Songwriter.

**STING:** Singer / Songwriter

## Touched by Suicide...

**Offering care, support and confidentiality amid the toil of suicide grief and fostering growth, strength and hope for the future.**

Supporting Families in Mental Illness have two groups operating in Taranaki.

### **New Plymouth:**

3rd Thursday each month 7-9pm

### **South Taranaki:**

1st Thursday each month.

### **Contact Facilitators through:**

SF Taranaki— 06-759-0966  
Victim Support—06-759-5519  
Like Minds Taranaki—06-759-0966

Rongoā Kākāriki  
**GREEN**  
PRESCRIPTION

## Be healthy, be active...

**Do you have a green prescription from your GP encouraging you to increase your physical activity levels to help with a medical condition?**

Then the “Formula 4 classes may be just what you need.

F4 is a FREE 10 week programme that helps you to create positive lifestyle changes—gradually increasing your physical activity levels as well as improving your nutrition to help improve your health.

The programme allows participants to come along and do 30 minutes of aqua exercises followed by an educational discussion group. Session run for 10 weeks. Contact Nicola, 06-759-0930 Ext 714

### *Thought for the Issue:*

*We are all born ignorant, but one must work hard to remain stupid.*  
Benjamin Franklin.

## Consumer Advisors Column...

Hello Everyone,

**In this months column I would like to talk about stigma and discrimination endured by people with mental illness. I myself live with bi-polar disorder.**

In fact, 46% of New Zealanders, will have a mental disorder at some time in their lives.

Mental Illness doesn't discriminate. It crosses all cultures, all socio-economic groupings, all ages and all geographic boundaries. However, people with MI are discriminated against. Only 2 out of 3 people seek treatment for their illness. And the reason, is that mostly, people are afraid to do so because of the stigma and discrimination associated with Mental Illness.

Stigmatisation of people with mental illness is created by bias, prejudice, distrust, fear, stereotyping, embarrassment, ignorance, anger and avoidance.

If stigma and discrimination stopped at me, it would not be quite so bad. But it doesn't, it involves my family and friends, and the mental health professionals that work with me. So therefore by association people experience discrimination.

Mental Health recovery is never easy. In fact it is the hardest thing I have ever had to do in my life. And quite possibly, I may have to do it again. I don't need my recovery journey to be made any harder, by people looking at me and treating me, like a second class citizen, being afraid of me, excluding me, limiting what I am able to achieve, being ashamed of me.

It can be difficult, as people often don't know how to act or what to say around someone with a

mental illness. It's quite simple actually, just be yourself, just be there. Often you don't have to say anything, your presence is enough. Remind the person they will get well, show them that there is hope, help them to remember who they are and what it is that they enjoy about life.

Recovery is a journey of healing and transformation towards again living a life of meaning and enjoyment. The greatest thing you can do is to listen.

This poem whose author is unknown illustrates my thoughts around being listened to when I am unwell.

*When I ask you to listen to me and you start giving me advice, you have not done what I asked.*

*When I ask you to listen to me and you begin to tell me why I shouldn't feel that way, you are trampling on my feelings.*

*When I ask you to listen to me and you feel you have to do something to solve my problems, you have failed me, strange as it may seem.*

*Listen! All I ask is that you listen, not talk or do – just hear me.*

*And I can DO for myself; I'm not helpless, maybe discouraged and faltering but not helpless.*

*When you do something for me that I can and need to do for myself, you contribute to my fear and weakness.*

*But when you accept as a simple fact that I do feel, what I feel, no matter how irrational, then I quit trying to convince you and get about the business of understanding what's behind this irrational feeling. And that's clear, the answers are obvious, that I don't need advice.*

*So, please listen and just hear me, and if you want to talk wait a minute for your turn and I'll listen to you.*

If there is another topic you would like information about, please contact me, details below.

Also, if you want to give regular feedback to the service and / or be a part of service review, you can:

1. Join the Mental Health E-Group. This group consists of many people who are available by email that I can contact about a range of issues that affect us as mental health and addiction service users.

And / or

2. Taranaki Consumer Advisory Group. (TCAG) TCAG is a group of people who experience mental illness and or addiction and have received or are receiving services. This group was set up to provide consumer advice to the mental health sector. TCAG also provides the opportunity to meet others and receive information and education on all things to do with mental health and addiction.

You are very welcome to join the MH E-group or TCAG, or for more information you can contact me at TDHB Mental Health and Addiction Service 753-7749 extn 8550 or email me at: [nic.magrath@tdhb.org.nz](mailto:nic.magrath@tdhb.org.nz).

I look forward to hearing from you.

Nic Magrath.

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I look forward to hearing from you.

Nic Magrath.

**Question:**  
*How come it takes so little time for a child who is scared of the dark to become a teenager who wants to stay out all night?*

# Communication

The relationship between psychiatrist and patient is an interesting one. Communication is especially important in this case, because the conditions in question aren't as straightforward as physical ones.

A broken or fractured bone, for example, is easy to diagnose in comparison to a mental illness; it is a physical condition – it is possible to actually see it on an x-ray, and determine the best way to fix it. It isn't possible to get a picture of what's going on in a patient's mind in the same way.

To get a clear impression of what's going on in a patient's mind; a psychiatrist must rely on asking questions, and using the responses given to get a better idea of what to do next. Everything from decisions on what treatments to prescribe, to whether or not these measures are having a beneficial effect, depends on this feedback loop.

Psychiatrists have a position of power in this relationship – especially in the beginning, when a patient may be in a period of profound illness; it is up to the treating professional to determine the best way to alleviate their symptoms. But this power is not absolute.

To arrive at an initial diagnosis, psychiatrists rely on observing symptoms that the patient displays. These symptoms, or patterns of behavior, are compared with those documented in psychiatric manuals such as the DSM IV, and attributed to the condition that most closely matches them.

This process works well enough,

but it's not perfect – it's difficult to imagine at this time a way that will let a psychiatrist see into your mind in the same way an x-ray can see into your body.

The closest we have to this magical "mind reading" device is communication. This is where it's possible for you, the patient, to have an active role in improving your own mental health.

A psychiatrist may be an expert in medicine, but there is one area in which your knowledge greatly eclipses their own. It's your self.

Nobody has a clearer picture of what's going on in your mind than you. Your thoughts, ideas, emotions – these are all things that you have an intimate knowledge of; because you're experiencing them firsthand.

This doesn't mean that you should try to treat yourself – we have psychiatrists for a reason.

What it does mean though, is that rather than being in a passive position and simply accepting whatever we are told, we can take an active role in our own treatment by communicating with our health professionals.

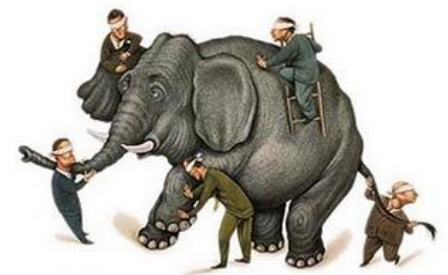
It's tempting to want to keep mental health issues at arms length, and think as little as possible about them. A part of you tends to just want to take the advice and medications you're given, and hope the problem will go away.

Psychiatrists are professionals in their field, after all—they've spent years studying mental illness; shouldn't they know best how to treat you? This statement is true to a certain extent; it is important to remember that they're only

human—they are not infallible.

In the end, as I've said, all a psychiatrist has to work with, is what you yourself are able to provide. They can't see into your mind; to a large extent, the accuracy of your treatment depends on your ability to communicate with them.

The old parable about the blind men and the elephant comes to mind when I think about this subject.



Because none of them could see the whole elephant, each thought it was something different based on what they could feel.

There's a chance that like the blind men in this tale, based on the questions they ask and what they're able to observe, a psychiatrist may only be able to diagnose part of your condition—because they can't see the whole picture.

Studies have shown that for some mental illnesses, it can take, on average, ten years to reach an accurate diagnosis. From my own experience this figure is about right.

By taking an active role in your own treatment—communicating, researching, asking questions—you can play a very real part in your own mental wellness and recovery, and perhaps accelerate the process.

Tony Spencer

*"Korero Mai" is edited by Gordon Hudson, "What's On" by Stephanie Mapley and "Whakaaro Pai" by Tony Spencer—all from Like Minds Taranaki. Your news and views are eagerly sought. Like Minds Taranaki, P O Box 5015, New Plymouth, 3rd Floor, BNZ building, Devon Street West, NP, ph 06-759-0966 [mental.health@xtra.co.nz](mailto:mental.health@xtra.co.nz) [www.likemindstaranaki.org.nz](http://www.likemindstaranaki.org.nz)  
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