



# “Korero Mai” **WHAT's ON** Whakaaro Pai

for those interested in the provision of mental health services

providing educational and recreational activities for \$5.00 and under

for Service Users/Tangata Whaiora by Service Users/Tangata Whaiora

## Issue 42 SEPTEMBER 2013

*Kia ora, Talofa lava, Kia orana, Malo e lelei, Fakalofa lahi atu, Talohani, Bula vinaka, Ni Hao, Namaste, Greetings...*

### Pathways to respite care moves forward

Pathways Taranaki has been incredibly busy with the setting up of three new respite services for people experiencing challenges to their mental health. “We have secured two of the three properties and are in discussions around the third,” says Pathways service and relationship manager Shane Smith. The respite care service for adults in South Taranaki, located on Rimu St in Hawera, was blessed on August 29. The youth service, based in Waimea St, New Plymouth, was blessed the next day. Location for the adult respite service in North Taranaki had not yet been announced when this publication went to print. Shane says the Pathways team is happy to announce that Angela Gates has been appointed as the team coach for respite services in New Plymouth. Angela is a registered nurse and has worked for Pathways for four years. Pathways also welcomes Christina Mpfu in role of team coach for the South Taranaki services, he says. “Christina has a Post-graduate Diploma in Education and a Bachelor of Social Work and we are excited about her joining the team,” Shane says.

### Chief coroner says it's OK to talk about suicide

By VIRGINIA WINDER  
**It's time to shatter the silence around suicide, says Chief Coroner Judge Neil MacLean.**



“It's OK to talk about it.” Judge MacLean (right) will be in Taranaki doing just that from September 12 to 14 during the week of World Suicide Prevention Day.

“During my time as Chief Coroner I have advocated a gentle opening up of careful and responsible reporting on suicide,” he says. “My visit to Taranaki, prompted by many requests, is evidence of this mood for change and a realisation that this is too important a topic to be left to the ‘experts’ alone – that burying our heads in the sand and not avoiding it as a taboo topic is not an option. “At a recent suicide prevention conference in Melbourne there was

talk about ‘shattering the silence’ and this suggests to me that my hitherto rather cautious approach of a ‘gentle opening up’ needs to be re-evaluated.”

The theme being highlighted for this year's World Suicide Prevention Day (September

10) is “Stigma: a major barrier to suicide prevention”. Judge MacLean says there is a lot of shame surrounding suicide, which hails back to the days when it was a crime to commit suicide and people who took their own lives were buried at crossroads – not in church cemeteries. “That carries right through to the present day. No matter how we talk about it, it's a topic that people have been ashamed to talk about, a bit like child abuse and family violence and also the curse of depression,” he says. **Continued on Page 3**

### Coming Events: SEPTEMBER 2013

- Every Wed: *Real Arts* at Real TArt, NP, 1-4pm
- Every Thur: “*Mental Health Matters*” Access Radio 104.4FM, 9.30am
- Every Sat: *Thinking Differently*, The Most 100.4FM, 10am
- Wed 4 & 18: Post Natal Support Group at NP Women's Centre, 10am-12 noon
- Thur 12 & 26 Peer Support Group at Stratford Community House, 10am
- Wed 11 & 25: Wellness Group at Like Minds, 10.30am-12noon
- Mon 2,16,30: Peer Support Gp, 164 Princes St, Hawera, 10am
- Thur 19: Writers' Group at Like Minds, 2pm. (Subject: There are more things in heaven & earth...
- Thur 26: Mates Men's Meeting, 15 Dawson St, NP, 2-4pm

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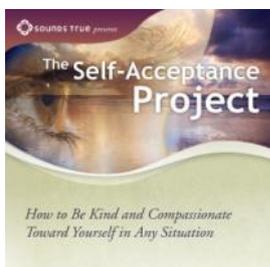


# Chance to work on self-acceptance

**People keen to explore healthy ways of thinking are invited to attend the Self Acceptance Project Taranaki being held in New Plymouth.**

The weekly after-work programme is being led by Claire Winzar from Happy Hearts and Doug Quayle from the Mates Men's Network.

They share an existing audio programme that's free for anyone to access from [www.soundstrue.com](http://www.soundstrue.com).



Claire says it offers profound benefits to people who realise that the way they have been thinking or talking for the past 10, 20, 30 years isn't working and decide it's time for change.

"From my own experience, I know it works to examine your own mind and question what is really holding you back from being the best you," she says. "Is it really because your job sucks or you have to pay a mortgage or you feel uncomfortable in your relationship – or could it be another answer?"

"Could it be that you need to explore your own mind and see where that can take you?" People can do that at the Women's Centre in Community House next to the YMCA every Monday from 5pm to 6.15pm.

Claire says she accessed the course for herself, listened to the entire programme and decided she wanted to share it with others.

"We all have a habit of negative thinking towards ourselves and we rarely notice we are doing it, let alone stop and question it," she says.

"When we do become aware that we are having some unhelpful thoughts towards ourselves and begin to

question where thought comes from, we discover that the thoughts usually resemble the voices of people from our past or previous experiences." Often, the things people say to others

are not necessarily meant to be harmful, but the messages have been taken that way by the listener.

"A parent berating you for not doing well on a school test may lead to a life of perfectionism. You learnt early on in that example

that you must always perform well and if you don't, it becomes unacceptable to ourselves."

Claire says the self-acceptance programme is a gentle way for people to work towards healthy thinking.

"You come in, you make a cup of tea then at 5.15 we sit down and if anybody wants to express anything from the last week about what we are doing is showing in their life, they can share."

The group then listens to an audio piece, about 30 to 40 minutes long, and afterwards there is a brief discussion about what attendees have heard. "Then we each privately decide on a positive intention for ourselves for the week ahead and then I lead a guided relaxation and during that time we implant the positive intention," Claire says.

"After the meditation, we take a few deep breaths and go home."

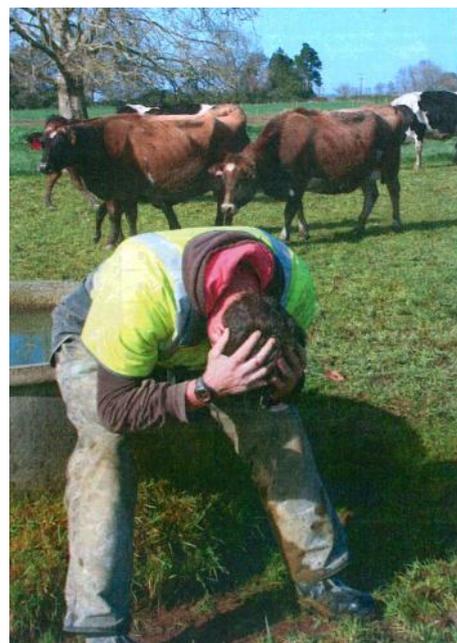
She says people will benefit if they come back week after week. "It will reinforce messages and it's really important to be with like-minded people."

Each session costs \$5. For details, contact Claire at [wellness@happyhearts.co.nz](mailto:wellness@happyhearts.co.nz) or phone 0212065503.

**RuralSupport**

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Paul Bourke	06-761-8895
Blue Read	06-752-3698
Katrina Knowles	021-831-944
Dave Hopkins	06-757-3423
Office:	06-757-3423

## WITT offers upcoming study for professional supervisors

**People can spring into studies to become professional supervisors this September.**

The Certificate of Achievement in Supervising Social Service Workers is again being run at WITT after a one-year hiatus.

"The focus is on professional supervision," says David Younger, head of the Social Sciences and Education Department at WITT.

"You are getting supervision about your professional practice, which overlaps with,

but is sometimes different to management supervision."

Most people in the health and social service areas are required to receive supervision for their professional registration, contracts and/or agency requirements.

"It's a chance for people to look at their practice and to try and improve it using a reflective process," David says.

Supervision looks at both positive experiences or outcomes and difficult issues people worked with. "If you are

doing something well you understand what you were doing so you can repeat it or if things are not going so well you come up with strategies to help improve the situation," he says.

"The aim is to cover some of the theory but actually just do a lot of practice so we get people to do a lot of being the supervisor and doing a lot of role plays."

The course runs from 9am to 4.30pm on Tuesdays for five weeks, starting on September 10.

For more information go to: [www.witt.ac.nz](http://www.witt.ac.nz)



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

# Coroner: Time to talk about suicide

## Continued from Page 1

"Talking and opening up about suicide will help break down the stigma." Statistics show that keeping quiet about suicide hasn't worked.

For the past five years, New Zealand's annual suicide rate has sat around the 540 mark. Among those figures is the teen suicide rate, which is second highest in the western world behind the United States.

Judge MacLean will discuss youth suicide in a joint presentation with mental health advocate and comedian Mike King on September 12 at Taranaki Base Hospital. This talk is for the health sector.

There has been a school of thought from academics, who Judge MacLean calls "suicideologists", that reporting stories about suicide will lead to copycat behaviour.

"The reality is that youth don't read the newspaper or watch the news on TV," he says.

Instead, they are more likely to hear about a youth suicide from their peers or read about it on Facebook. "Then it will often be distorted or misinformation."

Young people can be extremely impulsive in their actions and will appear to take their own lives for being "ticked off" by a parent or breaking up with a girlfriend or boyfriend.

"But when you delve further in, there's much more going on like bullying or terrible lack of self-esteem."

Parents who find themselves in tough situations with their children need to support them with love.

"The message really is 'I love you, warts and all, I just love you for who you are and you are worth the world to me'."

Teens also need to be told: "Life's tough, just wait, don't rush into anything stupid – you will get through this."

He also advises parents that it's OK to put a restraint on teenagers using the internet late at night. This can help avoid cyber bullying and keep young people safe.

To get these suicide prevention messages out, it's paramount the

public have access to helpful information and this is something coroners can help with.

"I have been saying for a long time now that we probably have among the most restrictive legislation in first world countries about reporting suicide – it's time it changed," he says.

Restrictions on reporting suicides has perpetuated a lack of awareness about the nature and extent of the problem, which affects people of all races, genders and ages.

"Unfortunately, suicide is also the largest class of death by external causes seen by coroners," Judge MacLean says.

But coroners do have some power to share important findings.

"If coroners can be satisfied that there is a good chance of public good coming out of permitting disclosure, it then may outweigh any possible detriment to public safety," he says.

This is a choice that must be made by the coroner, based on the individual facts

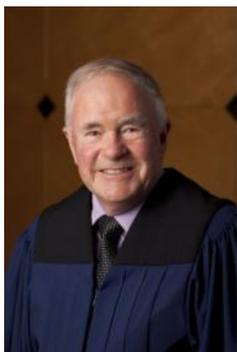
of the case. "Nevertheless, in my view, the debate around suicide reporting in the media warrants more discussion. There may be advantages to the media responsibly communicating clear information about coping strategies and help available."

He was also encouraged to see that The Law Commission had been asked to review the law in this area and was pursuing extensive consultation with coroners.

Judge MacLean says the coroner needs co-operation and assistance from other players including the media, health researchers, "postvention" professionals, families and community organisations.

"The coroner's role can contribute something worthwhile to the process of public learning and understanding," Judge MacLean says.

"I am also encouraged by what I see as a change of attitude generally in the community towards getting a better understanding of risk factors, appropriate response and talking about the issue."



**Judge MacLean: It's OK to put a restraint on late-night internet use by teens.**

## Timetable of presentations

### Two outspoken exponents of suicide prevention will be in Taranaki during the second week of September.

The Chief Coroner, Judge Neil MacLean, and mental health advocate and comedian Mike King will be speaking to community groups and also doing a joint presentation to health workers.

This is their itinerary:

#### Mike King (with Tai Tupou)

Tuesday September 10 at 7.30pm  
Stratford War Memorial Hall  
Miranda St, Stratford

Topic: Youth suicide prevention  
Contact: Taranaki Suicide Prevention  
Coordination Group – [tspcg@hotmail.co.nz](mailto:tspcg@hotmail.co.nz)

#### Mike King (with Tai Tupou)

Wednesday September 11 at 7.30pm  
Former Waves building  
Powderham St, New Plymouth

Topic: Youth suicide prevention  
Contact: Taranaki Suicide Prevention  
Coordination Group – [tspcg@hotmail.co.nz](mailto:tspcg@hotmail.co.nz)

#### Judge Neil MacLean and Mike King

(joint presentation for health sector)  
Thursday Sept 12, from 2.30 – 4pm  
Lecture Theatre, Education Centre, Level 3,  
Taranaki Base Hospital, New Plymouth  
Topic: Youth and Youth Suicide  
Contact: Jenny James (027 235 6523)

#### Judge MacLean

Friday Sept 13  
10.30am - 12noon  
New Plymouth Club  
Gill Street, Liardet Street, New Plymouth  
Topic: Impact of Suicide in the Workplace  
Contact: Alison Pitman (021 667 267)

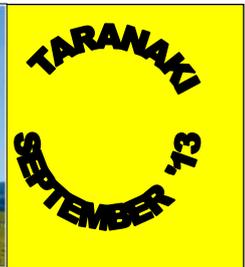
#### Judge MacLean

Friday Sept 13  
3.00-4.30pm  
New Plymouth District Council Chamber  
Civic Centre, Liardet Street, New Plymouth  
Topic: Role of the Coroner in Aged Care  
and Suicide in the Elderly  
Contact: Channa Perry (027 446 0196)

#### Judge MacLean

Saturday Sept 14 from 1.00–4.00pm (Judge  
MacLean to speak about 1.40pm)  
Inglewood 'Village Green', Matai Street,  
Inglewood  
Topic: In Support of Teen Suicide  
Prevention with the Super Maori Fullers and  
'RATS' Riders.  
Contact: Taranaki Suicide Prevention  
Coordination Group – [tspcg@hotmail.co.nz](mailto:tspcg@hotmail.co.nz)





Supported by the TSB Community Trust

# WHAT'S ON NGĀ KAUPAPA O TE WĀ

**Issue 73**—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...

## SEPTEMBER 2013

Every Tue	<b>Tai Chi at the Women's Centre</b> —Community House 32 Leach St.—1:30pm.	\$5
Every Tue	<b>Active in Age Programme</b> —TSB Stadium—10am-12pm—Tai Chi session 11-12pm.	\$3
Every Wed	<b>Real Arts</b> —1pm-4pm at Real TArt Community Gallery—an opportunity for people with experience of illness to participate in art & craft. Call Virginia on 759 0966.	<b>GOLD COIN</b>
Every Mon	<b>Table Tennis</b> - 7:30pm - Scout Hall, Calvert Road - A wonderful way to warm up over winter. Come along and play this fun sport that anyone at any age can play - it's a great family sport. You can pay \$20 for a years membership(senior)\$10(junior)and then pay only \$1 per night or you can pay as a casual per night:	\$2
Every Fri	<b>Tai Chi</b> —Stratford War Memorial Facilities Room, Miranda St, <b>STRATFORD</b> —9:30-10:30.	\$5
Every Fri	<b>Whizzy Walkers</b> — Meet at Plunket House at 10am. A walking group specifically for caregivers who would like to join others in a brisk walk with their child and buggy for about an hour.	FREE
Every Sun	<b>New Plymouth Joggers and Walkers</b> —Pukekura Park Cricket Pavilion—8:30-9:30. All ages and abilities catered for with different groups for an hours walk or jog.	FREE
1 Sep - 30 Sun	<b>The Great Fresh Air Workplace Challenge 2013</b> - New Plymouth. The Fresh Air Challenge is all about choosing to leave the car keys at home and walking, riding, bussing, car pooling or if at work video conferencing. Log all those trips on the let's Go website and the workplace that has logged the most trips throughout the month of September will win. To register your workplace email <a href="mailto:letsgo@npdc.govt.nz">letsgo@npdc.govt.nz</a>	FREE
Tue Sep 3	<b>Migrant Women Meet</b> - Puke Ariki - 11am-12:30pm. Have you moved to New Zealand from another country? Would you like to meet up with women who have gone through the experience for support and friendship? This group provides an opportunity for migrant women in the community to come together regularly. They meet every Tuesday in the Community Lounge on Level 1 at Puke Ariki.	FREE
Wed Sep 4	<b>Crackerjacks!</b> - Puke Ariki - 10:30-11:30am - every Wednesday. Get children hooked on books. Come along and enjoy a craft and creative storytime for preschoolers.	FREE
Thur Sep 5	<b>Mental Health Matters - Access Radio 104.4FM</b> —9:30-10am. Virginia Winder and Gordon Hudson from Like Minds Taranaki are discussing preparations and events to be held during Mental Health Awareness Week which is in October.	FREE
Thur Sep 5	<b>E-book Troubleshooting</b> - Puke Ariki - 9:30-10:30am - <b>EVERY THURSDAY</b> . Come along and learn how to download free ebooks. The wonderful staff at the library will do their best to solve any of your technological mysteries no matter what your device.	FREE
Thur Sep 5	<b>Crackerjacks!</b> Bell Block Library - <b>BELL BLOCK</b> - 9:45-10:15am. Get children hooked on books. Come along and enjoy a craft and creative storytime for preschoolers.	FREE
Fri Sep 6	<b>Crackerjacks!</b> - <b>INGLEWOOD</b> Library - 10:30-11am. Creative storytime for toddlers.	FREE
Fri Sep 6	<b>Hui-A-Toi: Mini Coiled Baskets</b> - Puke Ariki - 10am - 12pm. Get crafty with like-minded people and learn new skills. These regular sessions take place on the first Friday of every month. All are welcome, whatever your experience level, all materials are supplied.	FREE
Sun Sep 8	<b>Call Of Taranaki - Panel Discussion</b> - Puke Ariki - 1-2pm. Be part of the discussion on where contemporary Māori art has been and where it is going.	FREE

**"What's On" is emailed to almost 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.**



- Tue Sep 10** **Mike King & Tai Tupou- Korero** - War Memorial Hall, **STRATFORD** - 7:30-9:30. Time to start talking about our struggles so we can help each other through tough times. **FREE**
- Wed Sep 11** **Crackerjacks!** - Puke Ariki Library - 10:30-11am. Creative storytime for toddlers. **FREE**
- Wed Sep 11** **Mike King & Tai Tupou- Korero** - WAVES Building, Powderham St. - 7:30-9:30. Time to start talking about our struggles so we can help each other through tough times. **FREE**
- Fri Sep 13** **Judge Neil MacLean Presentation** - NP District Council Chamber, Civic Centre, Liardet ST. - 3-4:30pm (including question time) The NZ Chief Coroner will be holding this presentation aimed at Aged Care Facilities and Home Based Support Service providers. Topics will include 'What does a Coroner do?; Changes to the Coroners Act; Coroners & Aged Care; Suicide in the Elderly - Causes and Prevention; and Case Studies'. **FREE**
- Sat Sep 14** **In Support of Suicide Prevention** - Village Green, Matai Street, **INGLEWOOD** - 1-4pm. Bring the family & show your support for the riders at their Taranaki destination. Meet the "Super Maori Fullas" and "RATS"(Riders Against Teenage Suicide) riders from across the country supporting our youth and families with the green ribbon campaign. There will be local bands, a kapahaka group, local health, youth and family providers and chief coroner Judge MacLean will be there too. Food and drinks can be purchased. **FREE**
- Sun Sep 15** **Tupare - Bee Beginnings Workshop** - Tupare Gardens - 2-4pm. If you've ever thought you'd like bees, this is the workshop to go to where you will learn the lifecycle of a hive, how to get started, legal requirements and any other bee questions you might have. **FREE**
- Thur Sep 19** **Art to Lunch - Ann Shelton: doublethink** - 2nd Floor, Brougham House, 52 Devon St. West - 12:15pm. Join artists and Govett-Brewster Art Gallery curators for a short talk about the above exhibition. Bring your coffee and lunch. **FREE**
- Thur Sep 19** **Crackerjacks!** - **OAKURA** Library - 10:30-11am. Creative storytime for toddlers. **FREE**
- Fri Sep 20** **Tea And Topics: Spring Gardening** - Puke Ariki - 10-11am. Enjoy a cuppa and a bikkie while picking up some top tips from local experts in their field. This month get tips from Ann Naus from Big Jim's Garden Centre. **FREE**
- Fri Sep 27** **Yarn Bombing with Can Teen** - From 9am - New Plymouth - From Friday you'll see areas, statues and various other things covered in wool. This is called yarn-bombing. Can Teen Taranaki is doing this to raise awareness of young people living with cancer here in Taranaki and after the weekend the yarn bombing will be taken, down, washed and made into blankets for Can Teen members. **FREE**

**Support Group**—Held at Tui Ora Ltd, 164 Princes Street **HAWERA**—10am-12pm, Monday and 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. This month's meetings are September 2, 16 & 30. **GOLD COIN**

**Peer Support Group**—Community House, 52 Juliet St, **STRATFORD**—Every second Thursday, (Sep 12 & 26) 10am-12pm. For people and families with mental health and/or addiction issues. This peer-led group provides an opportunity to meet with other people who have shared similar experiences. Come and talk, listen to each other, have some fun and offer each other coping strategies towards recovery. For further information, please text or phone Mihi at Tui Ora Hawera office 06-278-6603 or Kevin at Tui Ora NP 06-759-4064. **GOLD COIN**

**Post-natal Support Group (Peri-natal)**—1st and 3rd Wednesday of each month from 10am—12noon. This group is open to all mothers experiencing post-natal distress and is held in the Women's Centre, Community House, 32 Leach Street (at the end of the car park next to the YMCA) Child care is available. For more information on this group contact Like Minds Taranaki on 759 0966, or TDHB Peri-Natal MH team: 753 7749. **FREE**

**MATES Men's Meeting**—Groups held at 45 Regent St, **HAWERA** on the 1st and 3rd Thursday of the month 7-9:30pm and at TDIC, 28 Young St **NP** on the 2nd and last Thursday of the month 7-9:30pm. There is also a group aimed at men living with the challenge of mental health issues and held on the last Thursday of every month at Progress To Health, 15 Dawson St, **NP** 2-4pm. **FREE**

**Peer Support Group** - For people and families/Whanau with experience of mental illness. Held on the 1st and 3rd Friday of the month (August 2 & 16) at St James Church Hall on Lawry Street. This peer-led group will provide an opportunity to meet with other people who understand - and who share similar experiences. Morning tea is provided. For further information please phone Kevin or Bronwen at Tui Ora Ltd on 06-759-4064. **GOLD COIN**

*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 or email us here at Like Minds Taranaki at [mental.health@xtra.co.nz](mailto:mental.health@xtra.co.nz)*

*The next "What's On" will be in late September for October*



# Tui Ora strengthens its web and public presence

## A new website for regional-wide health and social services organisation Tui Ora has been launched.

The site ([www.tuiora.co.nz](http://www.tuiora.co.nz)) showcases the organisation's extensive range of services, catering for all ages and all populations throughout Taranaki, says chief executive Hayden Wano.

As well as providing primary health services – everything from smoking cessation to outreach immunisations – Tui Ora delivers a variety of mental health & addiction services for everyone from tamariki (children) to pāhake (the elderly).

In addition it has a GP clinic; runs Taranaki Youth Service and works alongside other health providers such as Midlands Health Network and Te Hauora Pou Heretanga.

Marcel Schadt, executive leader Information, Communications & Improvement, has led the project and says work on the site has been extensive. There was a need to make it dynamic, colourful and a better representation of the variety of work that



Tui Ora is undertaking. "Like all good websites it will be a great resource that will be continually updated. We will also be using it as starting point for the development of a more integrated public profile."

One feature of the website is input from clients. Tui Ora takes a whānau centred approach to service delivery, which means it considers all the factors that impact on a person's health and wellbeing.

This approach is highlighted in client stories: One family for example required help with long-term health conditions but went on to receive

exercise and nutrition advice that was then extended to their daughter. "Our organisation is growing but remains dedicated to the idea that staff and services need to be flexible and responsive," says Mr Schadt. "Client stories like this illustrate that, and demonstrate our determination to help people reach their potential," he says. The website also includes profiles from kaimahi – everyone from youth and social workers, to nurses and IT support. Tui Ora has more than 150 staff across its sites in New Plymouth and Hawera with satellite clinics in Mōkau, Waitara, Opunake and Patea. Many staff are mobile, providing services in settings that range from marae and homes to workplaces and community centres.

Mr Wano says the new website indicates that after 15 years in existence, Tui Ora has gone from strength to strength as a kaupapa Māori organisation. Its holistic approach and desire to help all Taranaki people reach their potential is widely accepted as the best way forward in the health sector.

## Mental disorders major cause of health loss

Mental illnesses are one of the leading causes of health loss, according to the New Zealand Burden of Disease Study 2006 – 2016.

The Ministry of Health study shows that in 2006, mental disorders were the second highest cause of health loss, at 11%.

The study shows that youth and young adults are the most affected by mental disorders, with those aged 15 to 24 years at 31% and those aged 25 to 44 years at 25%.

"Coronary heart disease was the leading cause of health loss in 2006 (9.3%), followed by anxiety and depressive disorders (5.3%)," the study says.

The study also found that in comparing males to females, they are opposites in terms of fatal versus non-fatal diseases.

"Among males, coronary heart disease

was ranked first and anxiety and depressive disorders second. This order was reversed among females." Although the study shows a surprising factor, in that youth, aged 15 to 24 years, are harder hit by alcohol use than anxiety and depression, but only by less than one percent.

However, for young adults (25 to 44) this is reversed, with those affected by anxiety and depression at 12.4%, compared with alcohol use being much lower at 4.7%.

When comparing Maori and non-Maori, the study found that in both ethnic groups, coronary heart disease and anxiety and depressive disorders are still the leading conditions in health loss.

"Major health risks jointly accounted for about one third of health loss in 2006.

This proportion is not expected to change by 2016," the study says.

## Mental Health Awareness Week focuses on connecting with people

People get the chance to Turn The Living Page during Mental Health Awareness Week in October.

Following this year's "Connect" theme and inspired by the human library at this year's Womad, Puke Ariki and Like Minds Taranaki are



presenting a mental health take on this idea on October 13. During this afternoon of one-on-one conversation, there will be a number of

"books" (people on loan) available to be taken out by a reader (person borrowing the book) for 30 minutes to hear the

book's story. This also ties in with the ongoing Turn The Page programme, outlining what self-help books are available for people with mild to moderate mental illness.

The full programme for Mental Health Awareness Week will feature in the next issue of Korero Mai.



Dress for Success is now operating in New Plymouth to support women retuning or entering the workforce. "If you have been out of the workforce for a long time and don't have the appropriate clothing for an interview that you have secured, we can help you," says Marie Eagle, from Dress for Success.

She wants to hear from groups or organisations who feel their clients or group members would benefit from the service.

"Please contact me and I can come and talk to you and explain how to access our service," she says.

People can contact Marie on 06 769 5292 / 027 4695 291 or email:

[newplymouth@dressforsuccess.org](mailto:newplymouth@dressforsuccess.org).

They can also "like" the organisation on Facebook to keep up with what's happening: <https://www.facebook.com/DressforSuccessNewPlymouth>



## Marfell woman aims to support others

New Plymouth woman Rawinia Capper-Young is now living her dream.



After a long journey from addiction to ongoing recovery she has been named as the Marfell community co-ordinator. "I have always wanted to be here and have always had a real heart for the Marfell area – I'm Marfell born and bred," says Rawinia, who featured in the Like Minds Taranaki column Mindful Ways in June. This is published in the *Taranaki Daily News* each fortnight.

She is excited about the opportunity to contribute to her community, share new-learnt skills and show what help is available for people in need. Rawinia says she received a huge amount of help from support groups, the Taranaki District Health Board's alcohol and drug service, the Salvation Army – and more. "If they weren't available to me at the time, I wouldn't have achieved my life passion to help others," she says. People can contact Rawinia at [mcct@xnet.co.nz](mailto:mcct@xnet.co.nz) or visit her at the community centre to share their desires, visions and fresh visions for Marfell in New Plymouth.

### Coming Soon on Access Radio...



#### "Mental Health Matters"

September

Every Thursday 9.30am. This month Gordon Hudson & Virginia Winder talk about Mental Health Awareness Week activities.



**9.30am**  
every Thursday of each month

#### Thought for the Issue:

"Mental illness is nothing to be ashamed of, but stigma and bias shame us all."  
- Bill Clinton

## Hawera support group:

The venue at Tui Ora Ltd at 164 Princes Street, Hawera, is ideal, if a little cramped... (the down side of success!)

Next meeting—Sep 2, 16 & 30

Held alternate Mondays 10-12 noon, and ably facilitated by Tom Gibson—06-764-6417. Give him a call...

### STRATFORD SUPPORT GROUP...

For people and Families/Whanau with mental health and/or addiction problems.

Every 2nd Thursday (Sep 12 & 26) 10am-12pm. Contact Mihi 06-278-6603 or Kevin 06-759-4064.

Held at the Stratford Community House, 52 Juliet St., Stratford.

### Employment:

*Taking the first step...*

A 64-page guidebook for jobseekers with health issues.

Free copies available from Like Minds Taranaki.  
06-759-0966

### Thinking Differently

Imagine the world without these people:

Stephen Fry, J.K. Rowling, Sir John Kirwan, Vincent van Gogh, Sinead O'Connor.

Tune into 100.4 The Most FM every Saturday at 10am for an upbeat dose of



### Thinking Differently

about those who people who have contributed to our world by

**Thinking Differently!**

Expressions of interest for...  
**Self-stigma and Discrimination**  
2-hour workshops  
Contact Cecily Bull at  
Like Minds Taranaki  
06 759 0966 or  
0800 454 536



**LifeLine**  
WE PROMISE TO BE THERE  
Taranaki  
0800 543 354  
www.lifeline.co.nz

## Mental Wellness Groups

Like Minds Taranaki hosts regular support and discussion groups, where you can share your stories and experiences with others who are also on the journey to recovery. Enjoy a friendly, relaxed atmosphere and speak with complete confidentiality.

You can also benefit from writing and arts groups that allow you to tap into your creative side.

### NEW PLYMOUTH GROUP TIMES AND LOCATIONS Contact Like Minds 06-759-0966

#### Discussion Group:

2nd & 4th Wednesday each month  
**10.30am—12 noon**

Like Minds Taranaki Office  
3rd Floor Brougham House  
50 Devon Street West

#### Creative Writing Group:

3rd Thursday each month  
**2—3pm**

Like Minds Taranaki Office  
3rd Floor Brougham House.  
50 Devon Street West

#### Real Arts Group:

Every Wednesday  
**1—4pm**

Real TArt Community Gallery  
19 Egmont Street, NP

### New Support Group...

**Post-natal Support Group**  
(Peri-natal Support Group)

**10am-12noon**  
1st and 3rd Wednesdays  
of each month

At the NP Womens Centre

**This is a supportive non-clinical group offering support.**  
Child care available.

For more information contact:  
Like Minds Taranaki 06-759-0966  
NP Womens' Centre 06-758-4957  
TDHB Peri Natal Team  
06-753-7749



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

## Goal setting

The journey towards recovery from mental illness is one that is measured in ever-lengthening strides. At first every day must be met on its own terms, but with time you can plan further ahead into the future.

Sometimes it can be like learning to walk again. There are times when it's hard to stay balanced, and this is especially true if we don't have a sense of momentum and destination.

We've all been told that hope is an important element in recovery, but hope alone isn't enough. Hope is like fuel for a car - even if it has a full tank, it won't get anywhere unless it is driven to its destination.

Hope equates to potential. To really foster hope we should harness this potential and allow it to take us somewhere. This is where goal setting comes into play.

Setting goals is important in the process of recovery, but it is something that we often neglect to do. Perhaps this is because when we set a goal to do something, we create the possibility of failure.

Throughout history, successful people have shared one attitude - that there is no such thing as failure. Each time they have tried something and fell short of their goal, they have used the fresh knowledge from this experience to help them in their next attempt.

Your own goal may not be as world changing as creating the light bulb, but that doesn't matter - what's important is the fact that you set yourself a goal in the first place.

From making yourself a cup of coffee in the morning to running a marathon, just about everything you can do starts off as a goal...

You are setting and achieving goals every day without often even realising it.

A good acronym to remember when it comes to setting goals is **S.M.A.R.T.** This means that your goal should be:

- **Specific** - The more precise your goal is, the easier it will be to achieve and work towards.
- **Measurable** - If you can measure your progress towards your goal, you are more likely to stick with it.
- **Attainable** - Do you have the skills and abilities required to reach the goal, and are you happy to learn if required?
- **Realistic** - Are you both willing and able to work towards the goal you have set?
- **Timely** - When do you aim to achieve your goal? Having a set time frame creates a sense of urgency that will spur you into action.

Whether your goal is big or small, you can still employ these same concepts to help you achieve it.

One example of goal setting and completion would be the article you are reading now. It started out with the **specific** goal of "writing an article about goal setting."

Proof that it was **measurable, attainable** and **realistic** is the fact that you are reading it now. The element of **timeliness** was added by having a deadline by which to complete the article.

This target wasn't necessarily easy, but it was **S.M.A.R.T.** This is coming from someone who is more of an unconscious versus a conscious goal setter, but who plans to use these techniques more in the future.

Goals can be scary; often when we think about goals, it is the bigger ones that come to mind.



Setting goals also means that we create in our minds the idea of failure, which is something today's society has grown increasingly averse to.

By deciding not to try something because there is a chance of failure, we increase the chance of failure to 100%. Nothing in life is guaranteed; what kind of lives would we live if we only did things we knew we were sure to succeed at?

That's one lesson to be learned by the inventors and leaders in this world - we fail not when an attempt to do something doesn't work, but when we stop *trying* to do something in the first place.

One key point with goal setting is to remember that it's not only the end goal that is important, but the journey it takes to get there. Goals shouldn't be Superman-like leaps in a single bound; they should be broken into smaller, measurable steps so we can get a sense of progress, even if we don't reach our objective right away.

Now, my article is finished, and my goal achieved. Thanks for reading.

Tony Spencer

"Korero Mai" is edited by Virginia Winder, "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, PO Box 5015, New Plymouth, 3rd Floor, Brougham House, 50 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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