



Supporting Families/Whānau Taranaki Newsletter

Our Mission: Families and whanau experiencing mental illness are listened to, included, informed and connected.

Ngahuru/Autumn 2017

Circle of Security set to expand

The Circle of Security parenting course which focuses on improving attachment between parents and their young children is set to expand, thanks to support from the TSB Community Trust.

In February, the Circle of Security parenting programme received \$98,600 from the TSB Community Trust which will enable it to offer eight more courses to Taranaki families.

The programme, which is run by Supporting Families in Mental Illness Taranaki, aims to build attachment between children aged under two years and their caregivers. Over the course of eight weeks, opportunities are given to parents to understand their child's behaviour and be able to respond to it positively.

The programme fosters a trusting environment which allows participants to open up and be honest.

Social worker Sally Phillips, who is part of the Circle of Security team, said the course helped caregivers to "explore what was happening now and what they want to do differently" with their children. This was echoed by her social work colleague Carolyn Ravek. "Reflection is a big part," she said. She said improving attachment between a parent and child at an early stage decreased the possibilities of problems cropping up later on.

A secure attachment can mean children are more likely to be able to solve problems on their own, have lasting relationships, higher self-esteem and be able to trust the people they loved.

Four Circle of Security parenting programmes have been held already, including one in Hawera and Stratford and two in New Plymouth and the next is planned to begin in May.

For more information email sjphillips@xtra.co.nz.

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Building Bridges

Help train future nurses to understand what it's like to have someone in your family or whanau with a mental illness.

Supporting Families In Mental illness collaborates with WITT School of Nursing to recruit and support people to share their experiences of mental illness with small groups of second year nursing students. This programme is called Building Bridges. We are looking for family/whanau with a member with a mental illness who would be willing to take part.

We will prepare and support you through the process and you can help make sure that future Taranaki trained nurses treat people with mental illnesses and their families with compassion, respect and insight.

Please call Shirley 021 275 6421

or Cecily 022 072 7494 to find out more.



Ngahuru

Ngahuru is the māori word for Autumn. It represents the tenth month and is used in the wider sense of "Autumn". The Ngahuru is the season for crop lifting. It is the season where food is plentiful and in good supply.



Hours Mon to Fri 8.30am- 5pm

06 757 9300

Crisis Team: 0508 277 478

Te Puna Waioa: 0508 292 4672

<https://www.facebook.com/SFTaranaki>





Current SF groups on offer...

Eating Disorder Family Support Group– New Plymouth

Wednesdays-fortnightly 6.30pm—8pm

SF Taranaki Office

Family Connections

12 week course for family members of people with BPD/emotional dysregulation

Currently underway in New Plymouth

(Next group to be held in Stratford in July)

Please contact for more information or to register for the next group

Family Support Group- New Plymouth

1st Monday of the month 6:30pm—8pm

216 Devon Street West

(Next group is May 1st).

Family Support Group- Stratford

1st Monday of the month 7-9pm

Stratford Community House

52 Juliet St. Stratford

Touched by Suicide- New Plymouth

2nd Thursday of the month 7pm

TSB Community Trust House,

21 Dawson St.

Mindfulness– New Plymouth

8 week group for family members of people with mental illness.

Fridays at 10am, beginning 21st of April.

Contact Gareth on 027 555 1503 to register for the next group.

For more info on any of these groups please

phone **SF Taranaki: 06 757 9300**



New Plymouth Family Support Group

Family Support Group is a confidential space to meet with other people who have family members experiencing mental health issues. It is a place to share what is happening and to seek support from others who know the diverse and often challenging situations mental illness produces for families.

Family Support Group takes place on the first Monday of each Month, 6.30pm to 8.00pm, at 216 Devon Street West.

Aside from being a space for peer support, the group also offers information from Guest Speakers, DVDs of family experiences, and informative TED talks.

Family Support Group NP 2017 Timetable

May 1st

Guest Speaker: Angela Solomons is an Education Co-Ordinator at Community Law, and can answer questions to do with Wills, Welfare Guardianship and Trusts.

June 5th

Hope DVD: Janita talks about supporting her son who has a diagnosis of schizophrenia.

TED: Thomas Insel- *Toward a new understanding of mental illness*. Thomas Insel speaks about depression and schizophrenia.

July 3rd

Guest Speaker: to be confirmed

August 7th

Hope DVD: Rosser talks about supporting his wife through agoraphobia and depression.

TED: Julia Rucklidge- *Nutrition and Mental Health*. Clinical psychologist Julia Rucklidge speaks about the significant role played by nutrition in mental health or illness.

September 4th

Guest Speaker: Nicola Gilmoure is part of a team at Tui Ora that provides peer support for those with mental health and addictions issues, aged 18 years and over.

October 2nd

Hope DVD: Emma speaks about supporting a mother through mental distress.

TED: David Anderson- *Your brain is more than a bag of chemicals*. Neurobiologist David Anderson talks about new research that could lead to targeted psychiatric medications that work better and avoid side effects.

November 6th

Hope DVD: Tupuna talks about supporting his wife with severe mental distress.

Automatic Negative Thoughts (ANTs)

In many ways our brain works like a computer.

When children receive negative input about themselves, they store it in their subconscious mind and they often express those messages in their negative behaviour or feelings. Unless children are taught how to talk back to these harmful messages they believe them 100%.

Negative thoughts often drive difficult behaviours and they cause most of the internal “feeling” problems that kids have, as well as the external or social problems. Hopeful thoughts, on the other hand, influence positive behaviours and lead children and teenagers to feel good about themselves and be more effective in their day-to-day lives.

Parents, teachers and others often program the thoughts of children by how they talk to them. In dealing with children, it's important to program their mind with positive, uplifting, hopeful words, rather than critical or harsh words. This is especially true for children under six years old. It's critical to teach children about their thoughts and to teach them to challenge what they think, rather than just accepting thoughts blindly.

Negative thoughts are mostly automatic. They “just happen”. These bad thoughts are called “Automatic Negative Thoughts”. If you take the first letter from each of these words it spells the word **ANT**. Think of these negative thoughts that invade your mind like ants that bother people at a picnic. One negative thought, like one ant at a picnic, is not a problem. Two or three negative thoughts,

like two or three ants at a picnic, becomes more irritating. Ten or twenty negative thoughts, like ten or twenty ants at a picnic, can cause real problems!!

Whenever you notice these automatic negative thoughts or ANTs, you need to crush them or they'll begin to ruin your whole day.

3 Steps to Kill those ANTs

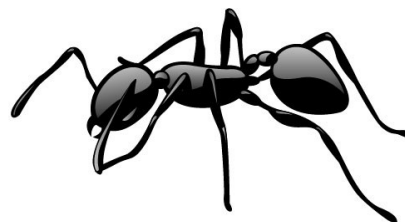
Write it down. When those automatic negative thoughts start tumbling around in your mind, write them down to clearly identify them.

Investigate. Ask yourself, are these thoughts even true? Un-investigated thoughts can lead us to act in harmful ways.

Talk back. If you discover that these negative thoughts are false, talk back to them! Tell these thoughts you know they aren't true!

Practice these steps each time you feel automatic thoughts entering your brain. By labelling, investigating, and then talking back to your automatic negative thoughts, you'll turn your mind into "an ANT ghost town."

Source: Daniel G. Amen, M.D. Psychiatrist



Depression: Starting the Conversation

It can be tricky to bring it up, but if you're worried about saying the wrong thing, don't be. The best way to start is to just ask them if they're okay.

If you think someone might be dealing with depression or anxiety, you might avoid them because you don't know what to do or say, or maybe you don't really understand what it's all about. This can make it harder for them to get through it. To make it go better, for both of you, here are a few tips:

- pick a place that's quiet and private
- give yourself plenty of time
- listen, more than talk. Really listen closely to understand how they're feeling
- save your advice for later
- show you're really listening
- sit face-to-face so they can see your reactions
- listening isn't the same thing as agreeing. You can understand another person's point of view without

agreeing with it.

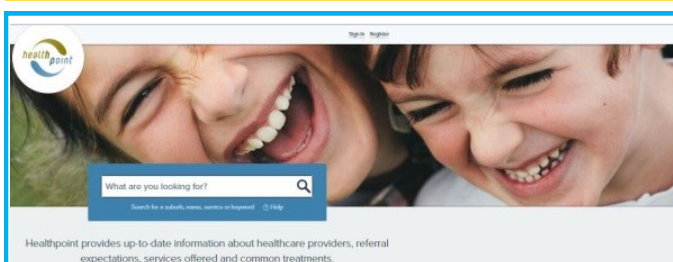
- try to ask open-ended questions like; “How are you feeling?” or “Why do you think that?”
- offer reassurance and hope. Say things like "Thank you for telling me this", "There is a way through this", "I am here for you".

Please take any thoughts (whakaaro) around suicide or self-harm seriously – and it's okay to talk (kōrero) about it. Don't leave someone alone if they say they feel unsafe.

If you think someone is having thoughts about hurting or killing themselves urgent help is needed. Emergency teams provide 24 hours a day, 7 days a week assessment and short-term treatment services for people experiencing a serious mental health crisis. This could include safety issues. Contact your local Mental Health Services immediately.

Always ask permission to contact services on a person's behalf however if you feel they are in immediate danger and they won't give permission you may need to go against their wishes. If you think you need specialist advice on how to help, call the Depression Helpline 0800 111 757 or contact your local Mental Health Services.

Source: <https://depression.org.nz/help-someone/>



HEALTHPOINT

<https://www.healthpoint.co.nz/>

Healthpoint is a 100% NZ owned web-based portal of information about hospital, NGO (non-governmental organisation) and specialist health services. The site was created to empower health service consumers to make better choices and to give people ownership over their own care. The information provided includes not only current contact details but also a description of the service, referral expectations and processes, charges, common procedures, treatments or information about services and (in some cases) specialist profiles. A common set of language and terminology has been developed and agreed upon by the various NGOs so that users of the site can easily find information on what mental health and addiction services are provided, how they can be accessed and by whom.

The information on the website is continuously being checked on and updated to ensure that the information available is current. The site is still being developed and over time it is planned for even more comprehensive information to be rolled out throughout all of New Zealand.

Circular Conversations

Circular conversations are arguments which go on almost endlessly, repeating the same patterns with no resolution.

Circular conversations can last hours, days, weeks, months, years, even a lifetime. When you think about it for a moment, the only reason people would subject themselves to that is they retain the hope that at some point the other person will change their mind, see their point of view, learn something, recognize their mistake and be persuaded that they were wrong all along. Logic would suggest that after 2 or 3 times around the loop most people would give up - but many of us don't. We go over and over.

Why?

Because what we are defending or arguing over is often a "bottom line issue" or - perhaps more accurately - it represents a bottom line issue. Often, the argument is over something superficial - like, for example, who should turn out the light or who should say "I'm sorry". The reason these become circular arguments is that the issue expressed often represents an underlying feeling such as "I feel disrespected", "I feel hurt" or "I feel afraid".

When we argue, we are often trying to communicate feelings but, because of the tension in the air and, because the other person is not validating our position, we often feel too vulnerable to express our feelings. Instead, we tend to abstract or represent our feelings in the form of a position, an issue or an event such as "you lied to me" or "you're being insensitive" or even "I hate you". While we may say these things, we will not be satisfied until we believe the underlying feeling beneath our statements is resolved, addressed or acknowledged.

Enter the person with the personality disorder and you sometimes have the recipe for a never ending circular discussion. That is because the person with a personality disorder is not always able to see the same reality that you see. To a person with a personality disorder, the way they feel dictates to them what the facts are. So to them if they feel betrayed then you are a betrayer. If they feel loved then you are loving. If they feel afraid then you are dangerous. If their feelings match up to your reality, that's great! You will be wonderfully validated, incredibly appreciated and deeply and sincerely loved. However, when their feelings do not line up with yours, then it is going to be a long night.

People with personality disorders have all the same human emotions as you do. They naturally want to be validated and accepted. The problem is that their representation of reality, while valid to them, is not always factual. They may start talking to you in a way that you can't accept, endorse or agree with. You may discover that you just can't reach reso-



Don't be afraid to talk about mental health.

lution. It won't change until they feel different, which might take a few minutes or a few years.

So what can you do when you find yourself in a circular argument?

- First thing is to catch yourself in one and recognize the pattern. Acknowledge that you are in a conversation that is just going around and around.
- Second thing is to realize that feelings aren't inherently good or bad - they just are. The way you feel is just the way you feel. Feelings are a by-product of circumstances, emotions, brain chemistry and a host of other things. **You can't control the way you feel - neither can the person with a personality disorder.** The way you feel is just a natural reaction to what you are experiencing.
- Then **switch from stating facts to stating feelings** - your own feelings not the other person's. Don't say "I feel like you are lying". That is not a feeling, that is an opinion. Say "I feel scared" or "I feel hurt" You don't have to say why - just say it. The wonderful thing about stating your feelings is that nobody can contradict you (although people might try). Nobody knows or owns your feelings except you.
- Then end the conversation. Don't slam the door. Don't storm out. Don't try to get the last word or win the moment. Just stop. Calmly and with your dignity intact. If you like you can say "I need a break" or "Let's discuss this later", but just end it there.
- Then get out of the way. Don't wait for your feelings to be validated. Don't wait for the other person to change their mind. Just get out of the way. You can't make that person feel differently. **Their feelings are their feelings just as much as your feelings are yours.** You have no more right to tell them how they should feel than they have the right to tell you how you should feel. Let them have their feelings. Judge them by their behaviour - not by their feelings. After that, if their behaviour is acceptable and safe for you to be near then that is great. If not, then you need to get out of the way and stay there until it is.

Source: <http://outofthefog.website/what-not-to-do-1/2015/12/3/circular-conversations>

You can't win an argument. You can't because if you lose it, you lose it; and if you win it, you lose it.

— Dale Carnegie —

Declutter Your Life and Help Us Fundraise!

Supporting Families In Mental Illness raises funds by selling things online.

We welcome donations of good quality household items, furniture, electronics & baby gear or anything that is in good condition. (We cannot take clothes or out-dated computer equipment or TVs as we know from past experience that these things don't sell.)

Studies show that physical clutter in your surroundings competes for your attention, resulting in decreased performance and increased stress.

So improve your life and help a good cause at the same time!

If you have something you would like to offer us please call us on 7579300 and ask for Stephanie or Shirley.



Mindfulness

For family members of people with mental illness.

Fridays @ 10am.

8 weeks beginning April 21st.

Each week exploring various components of Mindfulness. This group is about engaging in meditation exercises, exploring useful insights and sharing resources and experiences with one another.

Contact gareth@sftaranaki.org.nz for more info and to register.



Book Recommendations

We would like to recommend the three following books for understanding more about Māori mental health and general health issues and as a window into understanding aspects of Māori culture and accessing “wisdom from the Māori world”.

Collaborative and Indigenous Mental Health Therapy: Tataihono – Stories of Maori Healing and Psychiatry.

This book came to our attention recently in a review in the Mental Health Foundation newsletter. It is a fascinating account of collaboration between Māori healer Wiremu NiaNia and psychiatrist Allister Bush in working with troubled adolescents referred to Te Whare Marie, a specialist Kaupapa Māori mental health service at Kenepuru Hospital which uses Māori models in a therapeutic environment. Staff continuously work to include whanau in sustainable recovery from mental illness, combining Māori cultural concepts with Western clinical models of mental health care.

This book examines a collaboration between traditional Maori healing and clinical psychiatry. Comprised of transcribed interviews and detailed meditations on practice, it demonstrates how bicultural partnership frameworks can augment mental health treatment by balancing local imperatives with sound and careful psychiatric care.

In the first chapter, Māori healer Wiremu NiaNia outlines the key concepts that underpin his world view and work. He then discusses the social, historical, and cultural context of his relationship with Allister Bush, an adolescent psychiatrist. The main body of the book comprises chapters that each recount the story of one young person and their family's experience of Māori healing from three or more points of view: those of the psychiatrist, the Māori healer and the young person and other family members who participated in and experienced the healing.

With a forward by Sir Mason Durie, this book is essential reading for psychologists, social workers, psychiatrists, and students interested in bicultural studies.

(from Unity books review)

Mauri Ora – Wisdom From the Maori World, by Peter Alsop and Te Rau Kupenga.

This is a gorgeous book, written in both Māori and English and accompanied by wonderful black and white photographs. It is a book of whakatauki – Māori proverbs.

In the overview the authors describe whakatauki as a way to pass on the knowledge of the past “whakatauki as drawn from the accumulated experience of a culture; a gift from the school of life, distilled to its most potent form, to catapult new generations to higher wellbeing. They provide meaning and make sense of life”. They describe the compact proverb form as “a speedy look to the past to help forge the future”.

The six themes in the book are matoranga/wisdom,, maia/courage, atawhai/compassion, ngakau tapatahi/integrity, whakahautanga/self-mastery and whakapono/belief. Each whakatuaki is in both Te Reo and English.

The images that match the whakatauki in each section were selected to provide a visual match to the proverb. They are not subsidiary to the wisdom, rather by themselves they contribute to the visual history of Aotearoa.

This book would be a wonderful gift – it would be great for anyone who enjoys books with wise advice, those looking to improve their Te Reo, teachers, parents – just about anyone.

(Review by Emma Rutherford)

The Good Doctor: Breaking the rules, making a difference, by Lance O'Sullivan.

The last book was published in 2015 and is the autobiography of high profile Northland GP Lance O'Sullivan, a strong advocate for equitable access to health services for Māori and Pakeha alike. He and his wife Tracey demonstrated their own commitment to this by running a low cost health clinic in Kaitia, often providing services for free for those who could not pay. He also set up an innovative outreach programme to local schools for early detection of illness. The book is very readable and has some interesting perspectives on what Pakeha need to understand about the situation of Māori if they really want to be effective Treaty partners.

With wife Tracey, O'Sullivan established low-cost medical clinic Te Kohanga Whakaora in the Far North, as well as a school-based health clinic and an initiative fixing run-down houses, going outside his GP role to stop health problems early. He is determined to give young Northland Māori children a better start in life, as well as showing them that they can rise above the disadvantage of poverty and the ill-health it can create.

Sullivan uses his experience and knowledge to hammer every argument against investing early in poor families, and pushes for much better cultural understanding of ethnically diverse patients, who might see even aspirin as a poison. This book should be required reading for those in healthcare; and for the rest, is a plain-spoken introduction to the invisible problems of being Māori in this country. As O'Sullivan says, the health of our children is everyone's issue.

(Review by Naomi Arnold)



The benefits of lol

Laughter is the purest form of communication. It expresses our real desires and intent. Through laughter we are capable of being real, genuine, and authentically ourselves.

Dr. Robert Provine of University of Maryland, suggests that laughter is perhaps the earliest form of language known to humankind. Dr. Provine has suggested that laughter predated the spoken language.

Researchers at the University of Maryland have shown for the first time that laughter is linked to healthy function of blood vessels. Laughter appears to cause the tissue that forms the inner lining of blood vessels, the endothelium, to dilate or expand in order to increase blood flow. Research is increasing our awareness on the positive effects of laughter, while also shedding light on the negative effects of increased stress hormones.

Laughter reduces the level of stress hormones like cortisol, epinephrine (adrenaline), dopamine and growth hormone. It also increases the level of health-enhancing hormones like endorphins, and neurotransmitters. Laughter increases the number of antibody-producing cells and enhances the effectiveness of T cells. All this means a stronger immune system, as well as fewer physical effects of stress.

Whether you are experiencing moments of health concerns, interpersonal issues, financial struggles, or personal challenges. Under such stressful circumstances pay attention to, delight in and cherish the moments of de-stressing laughter. Research has discovered that authentic laughter can heal, aid and prevent a number of mental health related issues.

Laughing with other people can prove more beneficial than laughing alone. However, do not discount laughing alone, because any form of laughter can deflate the negative stimuli, thus fostering the positive.

Laughter is also capable of de-escalating hostile situations. It is laughter that can lift our spirits when we are down and break the bondage of stress.

Children need to learn that it is okay to simply laugh, to be silly, and to find humour in life. It is important that they learn to simply laugh and to be themselves. They need to learn to look past the difficulties of life, with an understanding that "this too shall pass."

Source: <https://www.ccpa-accp.ca/the-benefits-of-laughter/>



Supporting Parents Healthy Children
TE TAUTOKO I NGĀ MĀTUA ME NGĀ TAMARIKI NAUORA
SUPPORTING PARENTS WITH MENTAL HEALTH AND OR ADDICTION ISSUES AND THEIR CHILDREN

Supporting Parents, Healthy Children

A support service for families with children whose parents experience a mental illness or addiction.

At Supporting Families we understand that having a mental illness or addiction may add some challenges when it comes to parenting.

We know that a friendly welcome, someone to listen, kind words and encouragement can help us feel better about ourselves and our children. We all love our children and want to do the best for them. It helps our children and young people to have an understanding of what mental illness and recovery means and strategies for coping with the 'not so good' days.

Children or young people who have a parent with a mental illness or addiction require information, need their experiences validated and normalised and to have the confidence to talk with their peers and other adults. It helps to talk with someone else that 'gets it', to hear that it's ok and that it's not their fault that Mum or Dad are not well. We are able to guide parents through those important conversations with their children or young people.

We welcome you, your whanau, kaumatua, kuia or friends as support people. You can come to our office or we will meet you where you are most comfortable ie home, school, marae.

Supporting Families in Mental Illness Taranaki have a Family Worker to work with young people aged 10-18 years old in North, Central and South Taranaki.

Service includes:

- One on one support,
- Work with whanau
- Peer support groups called UP for 10-13 year olds and 13-16 year olds
- Caregivers with babies can access Circle of Security groups

If you are looking for some support or know of someone that could use some support then please contact us.

Ring or text Kelly on 021822629 or 067579300

Referrals are accepted from Community Mental Health Agencies. Self-referrals are considered.



Our Mission: *Families and whanau experiencing mental illness are listened to, included, informed and connected.*

MEMBERSHIP & SUBSCRIPTION APPLICATION

First name:

Last name:

Postal Address:

Work Phone:

Home phone:

Mobile Phone:

Email:

PLEASE TICK TYPE OF MEMBERSHIP (Note: Subscriptions are annual)

Family Membership \$35 ☐

Single Membership \$25 ☐

Community Services Card Holder or Student ID \$15 ☐

Would you like to add a donation to your subscription? Yes ☐ No ☐

Amount: \$ Do you require a receipt? ☐

Please return payment to PO BOX 8291, Central New Plymouth, 4243

Or Online Banking TSB 15-3942-0414737-01/ref SUBS

IF YOU HAVE ANY QUESTIONS PLEASE CALL US ON 06 757 9300

OR EMAIL Manager@SFTaranaki.org.nz

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