



Mental Health Expo for GP's and Practice Nurses

SF Taranaki, in liaison with Pinnacle Midlands Health Network, held a mental health expo event during Mental Health Awareness Week.

The evening, inspired by our South Taranaki Field Support Worker Bernie and brought to fruition by ex-co manager Shirley, was based on a very successful event which Pinnacle had organised for GP's last year around the agencies connected with diabetes.

A large range of community groups, NGO and DHB Mental Health and Addiction Service providers attended the event at the NPDC Chambers with a table full of their brochures, handouts and enticing displays. Each provider was given the opportunity to briefly introduce their organisation and talk about their service, which took a good half hour as there were 21 services represented. The evening was then opened up for everyone to help themselves to a cuppa and a bite to eat, walk around the venue, explore the services, pick up information and have a chat with the representatives of the services.

The atmosphere was a very relaxed and enjoyable one with some major networking occurring amongst the services as well as the targeted GP and Nursing audience. Pinnacle helped us to publicise it to the GP's in Taranaki and our event was well attended by over 30 GP's and practice nurses who were able to come away with plenty of useful, up-to-date information on what services were out there for their clients.

We have had lots of positive feedback from the different organisations that attended with the consensus being that the event should be repeated in the future, perhaps on a regular basis and to look at holding the same sort of event in South Taranaki.

Many thanks to all attendees and to all those who worked hard to make this event such a successful and enjoyable one.



SF Taranaki farewell Kelly

With mixed emotions Kelly MacDonald has resigned from her role as SPHC Social Worker at Supporting Families in Mental Illness Taranaki.

Kelly has said that developing professional relationships within the community, and working in collaboration to achieve positive outcomes for Taranaki whanau has been the highlight for her through-out her time at Supporting Families, and is a key aspect that she will continue to enhance in her new role at Oranga Tamariki.

SF Taranaki will be sad to see Kelly go, and recognise the great work that she has done for youth and families since being in her role in 2017.

Although her replacement has not yet been appointed, please continue to email through any referrals for the SPHC Service to SPHC@SFTaranaki.org.nz or directly to manager@sftaranaki.org.nz

We wish Kelly all the best for the future, and know that she will be out there supporting whanau in her new role at Oranga Tamariki.

Please note that Supporting Families in Mental Illness Taranaki will be closed from the 23rd of December and will re-open on the 8th of January.

From all the team here, we wish you a happy and safe holiday season!



Hours Mon to Fri 8.30am- 5pm

06 757 9300

Crisis Team: 0508 277 478

Te Puna Waioara: 0508 292 4672

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

Interview with Lynne Holdem

In our previous month's newsletter, our Social Work student on placement, Kellyanne Tupaea, interviewed Lynne Holdem while she stepped aside as Manager to welcome SF's new Manager, Justin Clinton-Gobdes. This is part 2 of her interview...

What have you learned as a person while working for Supporting Families?

I have learned so much about the experience of families and what families go through when they have a loved one with a mental illness and how that affects the whole whanau not just the person with the mental illness. Some of the main things that I have learned are the importance of determination when you are wanting to create changes or you want to create services to make things better for families to ask the families themselves what they need. Then to keep searching and pushing, navigating towards what you want and not so much to focus on the problem or the lack of but to focus on the possibility of what could be. Keep your eyes on the prize and keep pushing towards that and I think that has been a really valuable lesson that you CAN make changes, as a family member you can make changes but also as a service you can make changes; (and) also as a person I can make changes if I keep focusing on what could be and what I'm wanting.

The other thing that I have learned from SF is the importance of relationships- its ALL about relationships - relationships between the clients and the workers relationships between the workers themselves and workers and management and relationships between the people inside SF and the other agencies. I think that not giving up when a relationship goes awry but trying to think what could help that relationship or what could strengthen that relationship and doing what you can on YOUR side of the relationship. Those are things that I have learned from SF.

I have learned to find my voice with SF because in seeing what is going on in those families, particularly the ones with children being brought up in these situations has meant that I have sort of changed from being quite shy and a quiet person to quite a bold and speaking out person and it was like the purpose did that to me. The vision of what could be created a pathway to that for me and I said 'yes' to it and the more I started to do it then the stronger my voice became, and the stronger my voice and became the more able I was to bring change. It sounds like I'm talking about me- but really I am talking about 'we' because it's not just my voice, my voice might have been the one that's speaking but I was advocating. There is an old story in our pakeha culture which is about magic called abracadabra, and abracadabra actually means in its original language 'as I speak I create' and so as you give voice to something you start to create it, and I think that's one of the main things I have learned at Supporting Families.

What things do you think really make a difference for family members and tangata whaiora?

I think being able to stay in a relationship, having an understanding in that when someone behaves in a way that is hurtful and threatening it's often because they are fighting for an attachment that matters to them. An attachment to an aspect of themselves that they feel must survive over any strength, or an attachment to their family and so sometimes when children, or young people in particular are, what looks like, very badly behaved they are actually fighting to get through to their parent in some way, to make sure they matter to that person. Their behaviour is not helpful to that relationship but the relationship really matters and so I think one of the things is to help families understand that that their loved ones who are unwell can sometimes be unkind or unhelpful but that doesn't mean to say that they don't love them. Also with tangata whaiora that sometimes the parent or the husband or wife has to ring the ABC team or do something that feels like a threat to their freedom or to what they think is right for them but can they find the love that is hidden in that somehow?

Share some of your good memories of your time at Supporting Families and working as a manager?

A lot of memories crowd in of fun that we have had in meetings, of the words of inspiration that we have used at the beginnings of the meetings sometimes, the Whaketauki and other proverbs, Gareth's sense of humour and the way that he can poke fun at himself, and Bernie's stories from the families that she works with and the situations that they get into and the way that she brings a completely out of left field solution to some of those difficulties. Just remembering the kindness and the always smiling welcoming of Stephanie and the way that she is so helpful, so present. And the work that Brontë and Kelly have been doing, it's really hard work that they do and I have seen both of them really feel the hurt or the frustration of working with those tamariki and then they pick themselves up and do what they need to do or let go sometimes because sometimes they can't do anything; so just seeing the courage and the resilience of the staff.

And the satisfaction of getting financial backing from the TSB and being able to start the Circle of Security service for parents and caregivers to help them have a stronger more resilient and secure relationship with their babies, which is just enormous and is just a privilege to have seen that work blossoming in the capable hands of Sally and Carolyn. I think that will be one of the things that I will remember at the end of my life the wonderful time of working with Shirley and the SF dream team. We've been able to be creative together and bring in more services for families.

I don't think I have ever worked in a team that has worked as well as this team here works. I know we are not perfect in any way but basically we keep falling back to good will to-

wards each other and towards a spirit of working together in spite of our differences. Let's face it we are a bit of an odd bunch you know, we are not all the same, we are all quite different.

When you look ahead what do you see as challenges for Supporting Families in the future?

I think to continue building that family focus and to keep extending the services, there should be a service here for older people. There should be the service that Kelly is doing, there should be 5 or 6 people doing what Kelly and Tambray are doing in Taranaki and the COS work could grow- there could be a much stronger therapeutic aspect to that, not just an educational aspect. That's one of the challenges, to keep looking for opportunities to grow and develop the service and keep it woven into the actual needs of the community. It's not just someone doing what they think the families need but integrating what we are doing with what is actually needed on the ground by asking families "what do YOU think you need?".

And being able to develop contracts that are beyond the health field. A contract with MSD for the children work or a contract with Corrections, because I think our jails are full of men with mental illness and full of men and women who have grown up in families where there is trauma, colonial trauma, loss of land, loss of identity, and I think that is not understood widely and I think it's a part of SF's job in a way to help the wider public understand that what looks like crime is often actually extraordinary pain and distress and people have been driven to an extent of alienation that they don't care anymore and then resort to violence or crime.

What will you be doing when you leave here and what is the next phase of your life?

I'm not leaving, I'm staying in New Plymouth and I still will be continuing with my psychotherapy work and with being the national spokesperson for the NZ Association of Psychotherapists. I would like to be doing more hands on COS therapeutic work with some of the families and speaking about COS and helping developing those contracts with MSD. I've done two jobs in the last two or 3 years and so I have often been working quite long hours and working the weekend, so I'm hoping to have more time to spend with Tony and to have more relaxing time, and I'm looking forward to that- but I will always be a friend of the organisation. People on the committee, all the staff, the new Manager. I still want to be a friend, I will be a member of Supporting Families... an ordinary member.

On behalf of Supporting Families we wish you and your whanau all the best Lynne.

- Interview by Kellyanne Tupaea

SF Seeking Members

Our governance committee is looking for new ideas, skills and perspectives. Maybe it sounds a little stuffy and grown up to say you are joining a committee. Maybe it sounds a little 'old hat'. BUT.....

It might be the right time to give back to the community that has cared for you and supported you. We are currently in a very good position and have been doing lots of positive and innovative things. You could be part of that buzz.

It's good for your mental health to find ways to connect with other citizens, express your creativity and give meaning to your life. It's a chance to learn about democracy and community in action. You will be amazed at all the things we do as an organisation.

Supporting Families in Mental Illness is a highly supportive learning environment where you can get used to meeting procedure, voting and governance in a warm and friendly environment. It might be a stepping stone to more powerful governance positions like school boards, SFNZ, or Council or other NGO committees. There is only one meeting a month and a little work outside of the meeting.

It's helpful if you have skills in management, law, finance, community, mental health or secretarial skills but it's also just as valid to bring your skills as a parent, mental health consumer or advocate for young people to the table. The one essential aspect is that you are a financial member of Supporting Families in Mental Illness Taranaki.

If you are interested in finding out more contact us at 757 9300 or Manager@SFTaranaki.org.nz and arrange a time to come and chat with our manager and/or to meet our committee.

New Plymouth Christmas Charitable Trust

FREE Christmas meal on

Christmas Day

At the St. Joseph's Parish Hall

Devon St. West, N.P.

11am- 2pm

Christmas meal served at 12

noon



Recovery

The word 'recovery' has been spoken about recently in our Family Support Groups; with some family members commenting that they find the term to be misleading.

However, in mental health, recovery does not always refer to the process of complete recovery from a mental health problem in the way that we may recover from a physical health problem. For many people, the concept of recovery is about staying in control of their life despite experiencing a mental health problem. Professionals in the mental health sector often refer to the 'recovery model' to describe this way of thinking.

Putting recovery into action means focusing care on supporting recovery and building the resilience of people with mental health problems, not just on treating or managing their symptoms. There is no single definition of the concept of recovery for people with mental health problems, but the guiding principle is hope - the belief that it is possible for someone to regain a meaningful life, despite serious mental illness. Recovery is often referred to as a process, outlook, vision, and conceptual framework or guiding principle.

The recovery process:

- * provides a holistic view of mental illness that focuses on the person, not just their symptoms
- * believes recovery from severe mental illness is possible
- * is a journey rather than a destination
- * does not necessarily mean getting back to where you were before
- * happens in 'fits and starts' and, like life, has many ups and downs
- * calls for optimism and commitment from all concerned
- * is profoundly influenced by people's expectations and attitudes
- * requires a well-organized system of support from family, friends or professionals
- * requires services to embrace new and innovative ways of working.

The recovery model aims to help people with mental health problems to look beyond mere survival and existence. It encourages them to move forward, set new goals and do things and develop relationships that give their lives meaning. Recovery emphasizes that, while people may not have full control over their symptoms, they can have full control over their lives. Recovery is not about 'getting rid' of problems. It is about seeing beyond a person's mental health problems, recognizing and fostering their abilities, interests and dreams.

Mental illness and social attitudes to mental illness often impose limits on people experiencing ill health. Health professionals, friends and families can be overly protective or pessimistic about what someone with a mental health problem will be able to achieve. Recovery is about looking beyond those limits to help people achieve their own goals and aspirations. Recovery can be a voyage of self-discovery and personal growth. Experiences of

mental illness can provide opportunities for change, reflection and discovery of new values, skills and interests.

Research has found that important factors on the road to recovery include:

- * good relationships
- * financial security
- * satisfying work
- * personal growth
- * the right living environment
- * developing one's own cultural or spiritual perspectives
- * developing resilience to possible adversity or stress in the future.

Further factors highlighted by people as supporting them on their recovery journey include:

- * being believed in
- * being listened to and understood
- * getting explanations for problems or experiences
- * having the opportunity to temporarily resign responsibility during periods of crisis.

In addition, it is important that anyone who is supporting someone during the recovery process encourages them to develop their skills and supports them to achieve their goals. There is a strong link between the recovery process and social inclusion. A key role for services is to support people to regain their place in the communities where they live and take part in mainstream activities and opportunities along with everyone else. There is a growing body of evidence that demonstrates that taking part in social, educational, training, volunteering and employment opportunities can support the process of individual recovery.

WRAP (Wellness Recovery Action Planning) is a self-management and recovery system developed in the US by people with mental health difficulties. People are supported to create their own wellness recovery action plan, setting out their goals, what help they need to get there, what helps keep them well, and what puts their mental health at risk. WRAP aims to:

- * increase the person's sense of control over their mental health problems
- * increase personal empowerment
- * improve quality of life
- * assist people in achieving their own life goals and dreams.

A WRAP will also state how the person wants others to respond when symptoms have made it impossible for them to continue to make decisions safely for themselves and take care of themselves.

A Recovery Action Plan is available for people through the TDHB, or community mental health agencies, so feel free to ask staff.

- Gareth

Source: <https://www.mentalhealth.org.uk/a-to-z/r/recovery>

The concept of schizophrenia may be coming to an end

Today, having a diagnosis of schizophrenia is associated with a life-expectancy reduction of nearly two decades. By some criteria, only one in seven people recover. Despite heralded advances in treatments, staggeringly, the proportion of people who recover hasn't increased over time. Something is profoundly wrong.

Part of the problem turns out to be the concept of schizophrenia itself.

Arguments that schizophrenia is a distinct disease have been “fatally undermined”. Just as we now have the concept of autism spectrum disorder, psychosis (typically characterised by distressing hallucinations, delusions, and confused thoughts) is also argued to exist along a continuum and in degrees. Schizophrenia is the severe end of a spectrum or continuum of experiences.

Jim van Os, a professor of psychiatry at Maastricht University, has argued that we cannot shift to this new way of thinking without changing our language. As such, he proposes the term schizophrenia “should be abolished”. In its place, he suggests the concept of a ‘psychosis spectrum disorder’.

Another problem is that schizophrenia is portrayed as a “hopeless chronic brain disease”. As a result, some people given this diagnosis, and some parents, have been told cancer would have been preferable, as it would be easier to cure. Yet this view of schizophrenia is only possible by excluding people who do have positive outcomes. For example, some who recover are effectively told that “it mustn't have been schizophrenia after all”.

Schizophrenia, when understood as a discrete, hopeless and deteriorating brain disease, argues van Os, “does not exist”.
Click link to read full article

<https://theconversation.com/the-concept-of-schizophrenia-is-coming-to-an-end-heres-why-82775>



The Circle of Security is a free early intervention programme for parents raising a child under 3 in the midst of mental illness or addiction.

*Circle of Security gives
relationship tools to provide a new way
of understanding your children's needs,
creating lasting security for them and
more satisfaction for you.*

For more information and to register please contact Sally Phillips:

sjphillips@xtra.co.nz or 021 758 534

Families Overcoming Addiction

Support and Information for Family Members

Sue Philipson

Facilitator

Ph: 027 3350391

Email: familyaddictionhelpnz@gmail.com

Weekly meetings every Monday: 6 - 8.30pm

Contact Sue for further information.





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?

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

OR EMAIL Manager@SFTaranaki.org.nz

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