

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.

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

The Lowdown:

www.thelowdown.co.nz

Men's Forum:

www.menshealthforum.org.uk

Mood Gym: 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



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.

I look forward to hearing from you.

Nic Magrath.

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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.

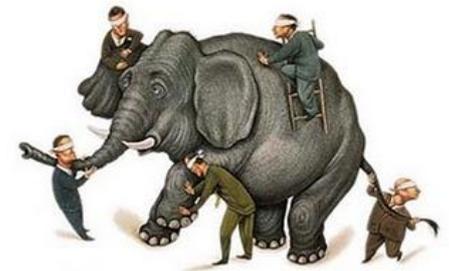
It's tempting to want to keep mental health issues at arms length, and think as little as possible about them. A part of you tends to just want to take the advice and medications you're given, and hope the problem will go away.

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 www.likemindstaranaki.org.nz
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