



Supporting Families/Whānau Taranaki Newsletter

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

SF Taranaki Welcomes New Manager

Justin started with Supporting Families Taranaki in October and is excited to fill two pairs of shoes as Shirley Vickery and Lynne Holdem have stepped down from their co-management roles.

Justin shares the sentiments of the team in thanking Shirley and Lynne for their leadership and guidance over the past few years. "There are a lot of opportunities ahead for our organisation and we're in the best position thanks to the amazing team, Shirley and Lynne."



A little bit about Justin:

Originally from the USA, Justin moved to New Zealand at the beginning of 2014 for a position at The University of Auckland supervising and training staff and overseeing complex student support operations. Earlier in 2017, while on holiday, he and his wife fell in love with Taranaki and they made the move here in June.

Justin loves to travel and before coming to NZ he worked at universities in the USA, ran educational programmes for the US Military in Germany and worked at an International School in Beijing. He attended graduate school at The University of Nebraska, USA where he obtained his Master's Degree in Counselling and Student Affairs. He holds his Bachelor's Degree in Psychology from Cornell College.

Justin's core motivation is to "be instrumental in crafting environments for people to flourish" and he sees this position as a best place to do just that. With Justin's excitement about taking on this role he said, "I love coming to work and getting the opportunity to support such talented individuals, work on such varied tasks and contribute to an organisation that makes such a difference in the life of our community"

Outside of work, Justin enjoys spending time with whanau, tramping and getting out in nature, reading and watching movies. A major hobby is singing and acting and he looks forward to being involved in musical theatre here in New Plymouth.

Over the next few weeks, Justin will be meeting with our contractors, partnering organisations and other Supporting Family branches. He's also interested in meeting any SFT members, so stop on by or call the office!

Raumati/Summer2017

Summer, from December to February, is known as raumati. One tradition holds that Te Rā (the sun) and Hine Raumati (the summer maid) had a child, Tānerore.

The saying, 'Te haka a Tānerore' (Tānerore's war dance) refers to the shimmering of the hot air during summer.

Interview with Lynne Holdem

Our Social Work student on placement, Kellyanne Tupaea, was given the opportunity to interview Lynne Holdem at SF Taranaki who is stepping aside as Manager as we welcome SF's new Manager, Justin Clinton-Gobdes.

When did you become involved in Supporting Families?

About 10 years ago I was already friends with Shirley Vickery who said to me there was this great organisation that does such good work and I'm going to step up and go on the committee, but would you do it with me? And I thought yeah I can do that and I was interested in mental health because of my psychotherapy background but also because my partner Tony was working at the time with Workwise, an organisation that worked in mental health.

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Hours Mon to Fri 8.30am- 5pm

06 757 9300

Crisis Team: 0508 277 478

Te Puna Waiora: 0508 292 4672

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

(Interview with Lynne Holdem continued)...

What roles have you had with the organisation?

I started out as a committee member and carried on with that for a year or two, during which time the chairperson retired and Shirley became the chairperson, so I was kind of 'vice chair' actually; and then Shirley had a patch where she had to stand down for a while and I became chairperson for quite a while.

Why did you step up to this role?

After the resolution of a period of instability, Shirley and I needed to find a new Manager. I said to her, "how would you like to have a go at this?", because both of us had some good ideas about what we could do, or what could happen in the management role and the creativity and community perspective that we could bring to that role and we decided that it would be helpful to get the organisation in a good shape, raise the morale, make sure the financial position was good and that we had improved Supporting Families in Mental Illness reputation and standing in the community so that we could get the organisation in a healthy state to pass on to a new manager. We enjoyed it so much that we stayed on in the role for 3 years, but now we have got to the time where it's time to hand it over.

What have you achieved while you have been at Supporting Families? What has changed for the organisation in the time?

The organisation has grown in that when we started there were two employees and no contractors and now there is a raft of contracted services, so we have expanded much more the family to family support in the groups that we run and we have taken it from a focus exclusively on adults to seeing children and infants as also family members and bringing some services around babies, children, and adolescents. And although its only in its beginning stages with Kelly Macdonald and her Supporting Parents/Healthy Children role, that was non-existent before. It was really going to an SFNZ confer-

ence where people started talking about COPMIA – children of parents with a mental illness – and I went "oh my gosh those are the people that come to me for therapy as adults", most of the people who come to me that have had an experience of growing up with a parent with a mental illness or addiction or a trauma of some kind and that's an important contributor to their difficulties. So it makes much sense to try and get some services to help those children understand what is going on in their families and to try and find things to support their resilience.

Working with those children and in particular working with the parents of those children (because we did that in the earlier days of running the UP groups) made me aware that the best time to change outcomes for a family/whanau is in the first 3 years of life and that is what led to me discovering the Circle Of Security as a service and with help from the TSB Community Trust for funding to help start bringing those groups to Taranaki.

(This interview will be continued in our next edition...)

Thank You Rosemary Ellis

We were very sad to hear the news that in June that one of the great contributors to Supporting Families in Mental Illness Taranaki had passed away, Rosemary Ellis.

We are grateful for Rosemary's contribution to SF Taranaki over the years and are touched by her recent donation from her estate.

Rosemary was a member of Supporting Families in Mental Illness since 1985 and served as chairperson and a committee member for many years. Rosemary was also the SF representative on the Schizophrenia Research Trust. Rosemary was deservedly awarded an Outstanding Older Role Model award in 2014 for her work in the community.

The team at SF Taranaki are very appreciative of Rosemary's support.

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 should 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 more contact us at 757 9300 and arrange a time to come and chat with one of the managers and/or to meet our committee.

Resilience and wellbeing for young people

The term resilience is used to describe a person's capacity to cope with changes and challenges, and to bounce back during difficult times. As mental distress and disorders in young people become more apparent, we are often unsure of how we can best support those experiencing difficulty.

A key factor in supporting young people experiencing difficulties is building trust. This will enable you to have positive conversations with them that focus on helping them develop:

- the capacity to form positive and respectful relationships with others
- the ability to identify and manage their emotions and to understand the feelings of others
- skills in communication, including assertiveness, empathy and negotiation
- the ability to solve problems, make informed decisions and accept responsibility for their actions
- the capacity to set realistic goals and celebrate success and achievement.

Supporting for young people experiencing difficulties

If you have any concerns about your child, you have the following support options:

- Your family GP
- School counsellor or public health nurse
- Community mental health support worker or a trusted adult
- In an emergency, always call 111.

The role of social media

Social media (Facebook, Snapchat, Instagram, etc.) has become a very real and dominant feature in many young people's lives. It is a central means of communication and therefore is a key component in their friendships and other relationships.

As such, it can have both negative and positive effects. Parents/caregivers can support appropriate use of devices and apps, as well as maintaining an interest and setting boundaries as to what your child is using/watching/ participating in online. Teach kids about how far-reaching and permanent posts on social media can be, as well as how best to maintain privacy on their social media accounts.

How can parents/caregivers help?

To build resilience and reinforce the need to look after their own wellbeing, we need to teach young people that they have personal responsibility to be kind and respectful to one another, and to nurture the relationships they have and will make into the future.

It is important to emphasise to them that this includes relationships in real life and online. The following tips are ways in which parents and caregivers can support development of resilience and wellbeing:

Emphasis on friendships that are cool

Modelling by adults is the most powerful way of highlighting positive relationships and behaviours. Talk about the great

qualities and things you like about your own friends to your kids and show them how you support your friends and loved ones.

Explicitly teach kindness, compassion and empathy

We know kids have the capacity for these qualities, and they are often evident at home, with people of different ages. However they are not always being engaged in their relationships with peers.

Explicitly teach emotional intelligence

Help kids recognise who is loyal and who is safe. Talk to them about relational aggression, a type of bullying in which harm is caused by damaging someone's relationships or social status. They should be able to recognise it and name it.

Teach kids to be:

Upstanders: These are people who stand up for victims. We need to make it cool to be strong and to be able to defend others, without acting in the same way as the bully.

Distractors: Teach young people to recognise when a mean moment/situation is coming and to distract participants away from it. It's a skill that adults eventually learn themselves, but if kids are given instruction on how to do this it can be learnt more quickly.

Supporters: Young people witnessing bullying can be encouraged to do something as small as make eye contact with a victim while aggression is happening. That shows the victim that the behaviour is seen and acknowledged; it demonstrates that they aren't alone.

Carefully manage online activity: A lot of bullying happens out of school hours, in cyberspace. Kids sometimes need a break from their friendship groups – encourage/praise activities and time spent not using phones/laptops etc.

Create opportunities for children to meet lots of new people outside of school and to get to know them well. Extra-curricular activities like sport are really good for this reason and much more. Team mates are people that they have to understand and communicate with. Assumptions about people get tested and it provides an opportunity for them to mix with people outside of their usual social groups.

Please...never say, "That's just girls" or 'boys will be boys'. This downplays the potentially harmful effects that these behaviours can have.

The resilience of the family as well as the child is important. "Healthy children will only be raised by healthy parents". At times situations can be stressful for parents too and it's important that you seek help for yourselves if you need it, rather than just for your children.

Source:

http://www.tdhub.org.nz/services/mental_health/resilience.shtml

How Your Mind Can Reprogram Your Genes

Epigenetics is the study of changes in organisms caused by modification of gene expression. Epigenetics means 'above the genes'. In his book, The Biology of Belief, Dr. Lipton explains the foundation of epigenetics, and how the true secret to health does not lie within your DNA.

Dr. Lipton explains that you have cell membranes and the DNA are inside them. The cell membranes 'read' all external signals coming from your environment and changes the genes inside accordingly. The external signals it reads are thoughts, emotions, food/water, movement, air, noise etc. So this means that what we eat, what we think, and how we feel controls how our genes are expressed- for better or for worse.

Epigenetics posits that our body has the incredible ability to adapt and stay in health no matter what genes you have; that our health is in our hands and that we have a choice. . . we have a choice to eat healthy or not. We have a choice to control our thoughts and reactions in a positive or negative way. We have the choice to hold on to toxic emotions like envy and bitterness. Our body and health cannot hide the choices we have made.

Thinking affects gene expression in cells of the Brain and the rest of the Body. This in turn affects the structure, function, and the health of the Body. Toxic thinking harms the normal functioning of the Body.

One experiment was done by the Institute of Heartmath, and it involved human placental DNA, which is the most pristine form of DNA. It was placed into a container from which they could measure its changes. Twenty-eight vials of DNA were given to 28 researchers, who were specially trained in how to generate and feel strong emotions on demand.

Each DNA sample changed shape according to its researcher's feelings. When the researchers felt love, joy, and gratitude, the DNA responded by relaxing; the strands unwound and actually lengthened. When the researchers felt anger, fear, frustration, or stress, the DNA tightened up, became shorter and even switched off many of its codes. When the researchers felt love, joy, and gratitude again, the codes switched back on.

The human body responds physically to what it THINKS reality is. Our mind and thoughts are the signal to our genes. Your beliefs can indeed impact your biology. If you think your body can heal, that you are healthy and strong, your DNA can respond positively to those beliefs. If you think you have bad genes and that your disease needs healing outside yourself- your DNA can also respond negatively to that.

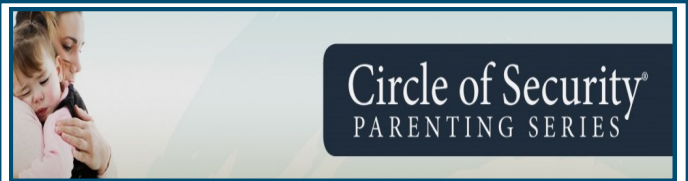
Our thoughts and our beliefs have a larger impact on our DNA and health than we ever imagined. Now that we realize our fate is not totally sealed in our genes, we open ourselves to a whole new world of possibilities. There are things we can do

to change our genetics, and therefore our health.

However, these changes can be good or bad. It works both ways. You can improve your genetics or you can damage it. In fact, you ARE changing your genetics daily and perhaps even hourly from the foods you eat, the air you breathe, and even by the thoughts you think.

You are the "driver" of your genetic roadmap. And not only your roadmap, but the thoughts and emotions you feel and the foods you eat, can also pass down to future generations. This is why a preconception diet and detox protocol is critical.

Edited blog from renewingallthings.com.



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.



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.

Current SF groups on offer...

Eating Disorder Family Support Group- New Plymouth

Wednesdays-fortnightly, 6.30pm—8pm

SF Taranaki Office

Family Support Group- New Plymouth

1st Monday of the month, 6:30pm—8pm

216 Devon Street West

Family Support Group- Stratford

1st Monday of the month, 7-9pm

Stratford Community House

52 Juliet Street

Touched by Suicide- New Plymouth

2nd Thursday of the month, 7pm

TSB Community House

21 Dawson Street

Mindfulness- New Plymouth

Friday mornings, 10am-11.30am

For family members of people with mental health issues, for the purpose of shared connection and stress reduction.

This current group will run until December 15th. Please note there will not be a group on November 17th.

*For more info on any of these groups please phone **SF Taranaki: 06 757 9300***





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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, 4240

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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