



Supporting Families in Mental Illness

NEWSLETTER | APRIL 2021



Kia ora

Welcome to April's newsletter. It is hard to believe this time a year ago we were all in Level 4 lock down, all

the staff packed up their computers and files and headed home to a new way of working.

A year on New Zealanders have the freedom to get out and about in our beautiful country. I know that many people are still feeling anxious over this time, hopefully the roll out of the COVID-19 vaccine will help and the borders can be open so people can catch up with family and friends.

Staff changes, it is with sadness to inform you all that Claudia the Family/

Whānau worker in Dannevirke is leaving us for a new opportunity I wish her well for the future, I believe that with her new role there will be opportunities to work together. I am interviewing soon for the position and hope to have someone in that role soon.

Easter is almost here hope you can have some time off and enjoy your family, friends, and some of the chocolate that appears at this time of the year.

If anyone needs help or support please don't hesitate to call we are just a phone call away.

Take care, look after yourselves.
Christine



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Family Whānau Support
in Mental Illness
Manawatu
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NEED HELP?

CALL 06 355 8561

www.manawatusf.org.nz

Manager: Christine Zander-Campbell **Email:** christine@manawatusf.org.nz

Palmerston North Office (Main Office)	Dannevirke Office	Levin Office
<p>📍 160 Cuba St (Entrance on Pitt St) PO Box 5010</p> <p>☎ (06) 355 8561 or (06) 355 8562</p>	<p>📍 40 Denmark Street (ground floor)</p> <p>☎ (06) 374 8797</p>	<p>📍 58 Bath Street, Levin (1st floor)</p> <p>☎ (06) 368 6116</p>
<p>Manager Family/Whānau: Christine Zander-Campbell, christine@manawatusf.org.nz</p>	<p>Family/Whānau Coordinator: Claudia Nicholson claudia@manawatusf.org.nz</p>	<p>Family/Whānau Coordinator: Luciana Maru-Hill luciana@manawatusf.org.nz</p>
<p>Consumer Support: Susan Forbes, consumer@manawatusf.org.nz</p>	<p>Office hours: Tuesday to Friday 9am – 3pm</p>	<p>Office hours: Tuesday to Friday 9am – 3pm</p>
<p>Administrator: Sharon Gutry, admin@manawatusf.org.nz</p>		
<p>Office hours: Monday to Friday 8.30am – 4.30pm Peer Support hours: Monday to Friday 9am – 4pm</p>		

If you no longer wish to receive this newsletter, please let Sharon know and she will take you off the mailing list – admin@manawatusf.org.nz

Palmerston North Office

Whānau Coordinator: Kim Mckelvey
Email: kim@manawatusf.org.nz



Kia ora from Palmerston North & Feilding

It's amazing that we are heading into April with the end of daylight savings looming and autumn is here already. The school holidays are nearly upon us and I hope that families will have a chance to recharge and spend some time together. School holidays can be stressful for many families who are juggling various demands of work and family. If you have supports then call on them to help out or there are some great holiday programmes on at the library and Te Manawa. We also observe ANZAC day and remember those lost at Gallipoli. I find the dawn service can be a compelling and an emotional experience and the symbolism of darkness breaking into sunrise is also powerful.

I was fortunate to be at a meeting where Catherine Daniels presented on a book she has written called the Secret Keeper. It is a story of surviving sexual abuse. There is also an art exhibition at Square Edge with sculptural models regarding the emotional experience of sexual abuse. It runs until the 5th of May if people are interested.

Take care and have a great month.

Kim 😊

Levin Office

Whānau Coordinator: Luciana Manu-Hill
Email: luciana@manawatusf.org.nz



Teena taatou,

Hi Families in the Horowhenua area. March has been a month of networking with services I haven't connected with in a while. The Benefit Impact Week was a great success helping families with questions and supporting them with an appointment to Work and Income. This is a service that came up from Lower Hutt for the week.

Connections with Hope starts April 7th facilitated by Donny Riki a register Psychotherapist.

April 16th is the Age on the Go Expo which is organised by the Horowhenua District Council with up to 60 stalls providing information, education and entertainment. The Vision of the Horowhenua Age Friendly Community is to empower older persons to make choices enabling them to live well and age well.

As we all know it's important to look after ourselves, I want to recommend a book called Boundaries where you end and I begin. Written by Anne Katherine. Boundaries can bring order to your life, strengthen your relationships with yourself and others, and are essential to your mental & physical health. *"Good fences make good neighbours"* – Robert Frost

Stay safe and well
Luciana aka Lulu

PROJECT CALM



Skill based anxiety reduction programme for school aged children

- 8 week course. One hour per session. One session per week.
- Parents attend alongside child. Parents learn theory and reasoning behind the strategies children are learning.
- Practical strategies are taught by the child programme facilitator.
- Based on Acceptance Commitment Therapy, Cognitive Behavioural Therapy and Self Compassion models.
- Children learn skills in mindfulness, relaxation, self compassion and problem solving.
- Adults learn about identifying and managing sensory issues, thinking errors and social difficulties.

School Based Option

- School choose students to attend – up to 8 per group.
- Children and parents received Project CALM Programme on school site after school.
- Teaching staff offered a workshop and PD into anxiety reduction

For registration of interest in hosting a Project CALM course contact
Supporting Families christine@manawatusf.org.nz 06 3558561



Dannevirke Office

Whānau Coordinator: Claudia Nicholson
Email: claudia@manawatusf.org.nz



Kia ora

Due to a new opportunity I am leaving my position with Supporting Families. The highlight of my time over the last almost 18 months has been meeting whānau who have been resilient, exhausted, caring and kind. I have enjoyed travelling the whole of the Tararua Region from Eketahuna to Norsewood.

A challenging time for me was the level 4 lockdown in 2020. This time was challenging for whānau as well who were managing in isolation and were supported by phone mainly. During this time I lost my Father in April and in August my son passed after a long illness. I appreciated the many kind words and gestures from whānau who were also going through very difficult times as well.

The Carers Retreat is at the end of April. Easter is just around the corner and I hope it is a time for whānau to share across generations to spoil each other and yourselves.

I am grateful for my time at Supporting Families with the wonderful co-workers and my Manager Christine who has been a constant support.

Claudia Nicholson
Whānau/Family Coordinator.

Support Groups

These groups are open to anyone who is caring for someone with mental health issues and addiction.

For more information contact a family/whānau co-ordinator in your area.



Palmerston North:
Christine, 06 355 8561



Levin:
Luciana, 06 368 6116



Dannevirke:
Claudia, 06 374 8797



Photo created by freepik - www.freepik.com

St John Health Shuttle

Feilding, Palmerston North and surrounds

Booking essential at least 24 hours prior to appointment

Office hours weekdays 8:30am - 3.00pm

Phone 0800 323 565

In an emergency call 111



St John
Here for Life

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The views offered in this newsletter are not necessarily the views of Supporting Families in Mental illness Manawatu.



Health Check: What makes it so hard to quit drugs?

Most people who use alcohol and other drugs do so infrequently and never become dependent (or “addicted” as it’s sometimes called). On average about 10% of people who use alcohol or other drugs are dependent. The rate is around 6% for alcohol, around 10% for cannabis and around 15% for methamphetamine.

But for those who do come dependent, reducing their use, getting off or staying off can be difficult.

What happens to the brain on drugs?

Regardless of how it is consumed, alcohol and other drugs eventually make their way into the brain via the bloodstream. Once there, they affect how messages are sent through the brain.

The brain is a massive communication centre passing messages back and forth to regulate what we think, feel and do. The messages are sent by chemicals in the brain called neurotransmitters.

Drugs work in various ways. They either increase or decrease the production of neurotransmitters like dopamine (pleasure), noradrenaline (fight or flight) and serotonin (mood); or affect how much neurotransmitter says active and for how long; or bind to natural receptors to mimic and artificially activate natural neurotransmitter pathways.

Reinforcement

Every drug affects different neurotransmitter pathways in different ways. Some affect more than one neurotransmitter. But most drugs impact the dopamine system in some way.

Dopamine regulates emotion, motivation and feelings of pleasure. It’s the brain’s reward system. Our brains are hard-wired to ensure we repeat activities that are pleasant. When we do something enjoyable we get a little burst of dopamine, which signals to the brain we should do it again.

Drugs release much larger amounts of dopamine than other dopamine-activating activities, like eating and sex, so they are more rewarding. As a result, there is a strong internal drive to repeat drug taking. The brain becomes primed to repeat drug taking over and over without really thinking about it.

Think about when you really feel like some chocolate: you can see it in your mind, nearly taste it, you think about it the whole time you are searching in the cupboard to find some, you might even hop in the car to go to the shops to buy a block. Now imagine that ten times stronger or more, and it gives you just a little inkling why some people keep coming back to drug use.

Sometimes things that remind the brain of the drug’s effect can trigger a strong desire to use drugs.

Continues on page 5



A man and his dogs

A well-known experiment by Ivan Pavlov in the 1890s shows another way relapse can occur. Pavlov found if he gave hungry dogs food and rang a bell at the same time, over time the dogs automatically started to salivate at the sound of the bell even when there was no food. This is called “classical conditioning”.

Like Pavlov’s dogs, when drug use is paired with particular people, places, things or feelings, eventually they can become linked. These people, places, things or feelings create an anticipation of drug use, even when there is no drug around, which can result in a strong desire to use. These are sometimes called “triggers”.

Triggers can set off a desire to seek out and use drugs.

As an example, people who smoke cigarettes often do so when they are drinking alcohol. Alcohol can then become a trigger for smoking for someone trying to quit. They may go out for a drink and suddenly feel the need to have a cigarette, even if they have been off them for months or years.



Other risk factors for drug dependence

There are a number of risk factors for developing drug problems. These include:

- family members with an alcohol or other drug problem – possibly because they have similar genetic vulnerabilities or because of the experience of living with them in shaping thinking and attitudes
- family members’ or your own mental health problems
- lack of parental supervision and engagement
- lack of connection with school or community
- poor coping skills and emotion regulation skills
- early neglect, abuse or trauma – which can affect how the brain is wired and also affect thinking and emotional control.

The more risk factors someone has, the more likely they are to start using alcohol or other drugs early; the more likely they are to have problems with alcohol or other drugs; and the more likely they are to have difficulty cutting back or quitting alcohol or other drug use.



CALL 06 355 8561

www.manawatusf.org.nz



How to get trustworthy information about vaccines

Beware of misinformation about COVID-19 vaccines and immunisation on social media and other sources.

How to know if what you're reading is reliable

There's a lot of information on social media – it's overwhelming and hard to know what's reliable.

Here are 5 tips to help you make sure what you read online is from a reliable source:

1. Understand the publisher

Anyone on the internet can publish almost anything they like. It's important to understand the goals of that publication. You can often learn about a website's background by reviewing its 'About' page.

2. Check the sources

The sources of an article are a strong reflection of its quality. If the article doesn't list sources, ask yourself – where is this information coming from? If the article does list sources, check them and make sure you believe they are trustworthy.

3. Check the date

You can usually find this at the top or bottom of the page. Recently written articles are more likely to be trustworthy than outdated articles.

4. Check grammar and spelling

Poor grammar and multiple spelling mistakes could be a flag that the information you are reading is not trustworthy.

5. Check the site design

Trusted publishers put a lot of effort into making sure their articles are easy to read. If the page you are on has advertising that blocks you from reading the article, or formatting that makes it difficult to read, then those are signs it is potentially not trustworthy.

Where to find the facts online

Ministry of Health:

The Ministry of Health leads New Zealand's health and disability system, and has overall responsibility for the management and development of that system.

www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-vaccines
www.health.govt.nz/your-health/healthy-living/immunisation

The Immunisation Advisory Centre (IMAC):

IMAC is a nationwide organisation based at the School of Population Health at The University of Auckland. It provides independent, factual information based on international and NZ scientific research about vaccine-preventable diseases the benefits and risks of immunisation.

www.immune.org.nz

World Health Organization (WHO):

WHO is an agency of the United Nations, and is responsible for international public health.

www.who.int/health-topics/vaccines-and-immunization#tab=tab_1

For the latest information go to covid19.govt.nz/vaccines

Unite
against
COVID-19

Sourced 15/3/21 from: <https://covid19.govt.nz/health-and-wellbeing/covid-19-vaccines/covid-19-vaccine-resources/how-to-get-trustworthy-information/#covid-19-vaccine-scams>



MidCentral District Health Board | Te Pae Hauora o Ruahine o Tairārua



Children Understanding Mental Illness & Addiction

Go Kidz is a programme that supports children who live in the presence of Mental Illness and Addiction issues.

This programme is designed to help support children who live in the presence of Mental Illness and Addiction. The programme will help address the needs of children (7-11 years old) by providing education and understanding of mental health and addiction issues through activity based sessions which will use appropriate ways to deal with their feelings about their situation.

Our programme covers:

- Getting to know each other and why we are here.
- Talking about mental health & addiction.
- Learning about feelings.
- Looking at anger.
- Managing worries, stress and grief.
- Mindfulness and coping strategies.
- Safety plan and celebration preparation
- Celebration and evaluation.



If you have any one interested in this programme please contact Christine on 06 355 8561 for more information.

We are starting the programme mid-April – there are spaces available.

Starlight Bringing Joy, Giving Hope



Our Aim is to bring joy and hope to mental health patients. We want them to know their community cares about them. We drop off welcome packs to Ward 21 and Crisis Respite in Feilding. During the Year we drop in Easter and Christmas gifts.

If you could help us with the following supplies throughout the year we would be most grateful.

- * Toothpaste * Shampoo * Body Wash
- * Tooth brushes * Face cloths * Combs
- * Purse pack tissues * Note books and pens

Items can be dropped into Supporting Families anytime and we will collect and distribute.

Thanks for making someone's day a little better.



Consumer Activity Programme

📍 160 Cuba Street – Entrance on Pitt Street (Beside Chinatown)



Hi everyone,

For one on one support, please phone Susan on 06 355 8561 to make an appointment, as this will ensure that you get the time and privacy that you need.

Chat 'n' Coffee with Susan
Thursdays 10:30am - 12:00pm
Let's see where this takes us.

Paper Craft
Thursdays 1:30pm - 3:00pm
No Craft 8th April.

Art Group with Baxter
Tuesdays 12:00 - 2:00pm

Welcome back to the Art Group.
Come along on Tuesdays from 12 noon.
Please try to be on time as numbers are limited.
Come along and share your creative ideas.

Lunch – Tuesday 13 April
12:00pm

Donations and Acknowledgements

We are grateful to be in a position to provide support. However in order to continue to improve and develop our service we require the ongoing support of donors. The ongoing support of your small gift each month is the most effective way to assist our valuable work. All donations are tax deductible, and there are no longer any restrictions on the amount you can claim back. We are still happy to receive donations by cheque made out to **Manawatu Supporting Families in Mental Illness**. Alternatively if you prefer internet payment, this can be set up with the following details:

Manawatu Supporting Families in Mental Illness
Westpac 03 1522 0020097 00

*Please place your Name/s under Particulars and "Donation" under Reference.
A receipt can be issued upon request for tax credit purposes.*

We gratefully thank the following for the funding we receive:

MidCentral District Health Board, Lottery Grants Board, The Lion Foundation, Infinity Foundation Ltd, T G McCarthy Trust, Vavasour Trust, Eastern & Central Trust, COGS Manawatu, COGS Tararua, Mainland Foundation, Community Services Council, Frozen Funds, Milverton Trust, Kingdom Foundation, Heartland Lion Foundation, donations from the general public and of course our members.





April Calendar 2021

Phone: 06 355 8561
Email: consumer@manawatusf.org.nz

Monday	Tuesday	Wednesday	Thursday	Friday
			1st Chat 'n' Coffee with Susan 10.30am - 12.00pm Craft 1.30 – 3.00 pm	2nd CENTRE CLOSED
5th CENTRE CLOSED	6th Art 12.00pm – 2.00pm	7th Peer Support	8th Closed 12.00 - 2.00pm No Craft	9th Peer Support
12th Peer Support	13th Lunch 12 Noon Art 12.00pm – 2.00pm	14th Peer Support	15th Chat 'n' Coffee with Susan 10.30am - 12.00pm Craft 1.30 – 3.00 pm	16th Peer Support
19th Peer Support	20th Art 12.00pm – 2.00pm	21st Peer Support	22nd Te Reo Class 11am Craft 1.30 – 3.00 pm	23rd Peer Support
26th Peer Support	27th Art 12.00pm – 2.00pm	28th Peer Support	29th Chat 'n' Coffee with Susan 10.30am - 12.00pm	30th Peer Support



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Sender:



**PO Box 5010
Palmerston North 4441**