



Supporting Families in Mental Illness



NEWSLETTER | OCT/NOV 2023



Kia ora

Welcome to the spring newsletter. I hope you are all well and trying to enjoy

what sun we are getting. It has been a busy two months. I would like to welcome Aaron Oliver to our team. Aaron will be working in the Palmerston North and Manawatu area as a family/whānau worker. Aaron brings several years' experience working in the mental health field.

Earlier this month Supporting Families celebrated 45 years of family/whānau services in the Midcentral region. We held a luncheon with several Board and staff members that were involved over the years. It was amazing to see so many people that have been supportive of SF over the years.

Last week was Mental Health Awareness week. This is a reminder for people to look after their own wellbeing and mental health by using the five ways to wellbeing: to Connect, me whakawhanaunga: Give, Tukua: Take notice, Me aro tonu: Keep learning, Me ako tonu: Be active, Me kaoi ton u. It is always helpful to take some time to reflect on how you can incorporate these into your daily life. Always remember to look after you, you are important.

Please take care, if you need to talk to someone, please pick up the phone and call we are here to listen.

Kia Pai te rā

Christine



CALL 06 355 8561

www.manawatusf.org.nz

Manager: Christine Zander-Campell

Email: christine@manawatusf.org.nz

Contents

Regional Updates	2-3
Autism and the Sensory System	4
Mental Health Act Changes	5
Donations/Acknowledgments	7

Follow us on facebook

**Family Whānau Support
in Mental Illness
Manawatu**
or search for ManawatuSF



Palmerston North Office (Main Office)	Dannevirke Office	Levin Office
<p> 163 Broadway Avenue PO Box 5010, Palmerston North</p> <p> (06) 355 8561 or (06) 355 8562</p>	<p> 40 Denmark Street (ground floor)</p> <p> 027 355 8568</p>	<p> 58 Bath Street, Levin (1st floor)</p> <p> (06) 368 6116 027 355 8562</p>
<p>Manager Family/Whānau: Christine Zander-Campbell, christine@manawatusf.org.nz</p>	<p>Family/Whānau Workers: Lyn McNair, lyn@manawatusf.org.nz Julie Fromont, julie@manawatusf.org.nz</p>	<p>Family/Whānau Worker:</p>
<p>Family/Whānau Worker: Kate Philips, kate@manawatusf.org.nz Aaron Oliver, aaron@manawatusf.org.nz Cell: 027 355 8560</p>	<p>Office hours: Monday to Friday 8.30am – 4.30pm</p>	<p>Office hours: Monday to Friday 8.30am – 4.30pm</p>
<p>Administrator: Sharon Gutry, admin@manawatusf.org.nz</p> <p>Office hours: Monday to Friday 8.30am – 4.30pm</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: Kate Philips
Email: kate@manawatusf.org.nz



Kia ora from Palmerston North and Feilding

It's wonderful that spring is finally here as we've had such a wet winter. I've managed to get into the garden, tackling some of those weeds that have popped up in the last couple of weeks literally before my eyes. We've planted some vegetable seeds and it's been exciting to watch them grow. It's always great to have fresh produce too. I find gardening really grounds me and is good for my wairua. It's exciting that so many things can be grown in tubs or pots, so it doesn't take a lot of effort to have your own little garden. What activities do you find soothing and good for your soul? Whatever it is do lots of it, find your flow!

We've been busy at the Palmerston North office with many families requiring support and advocacy. We are currently running the Connections with Hope for Anxiety group. We are taking names for the Depression group which will start next year so if you would like to participate in this valuable programme or have a family member or friend that would benefit, please make contact to put your name on the list.

That's all from me for now. Take care of yourselves and your family and don't hesitate to pick up the phone if you need support.

Noho ora mai / Stay well.

Kate

Palmerston North Office

Whānau Coordinator: Aaron Oliver
Email: aaron@manawatusf.org.nz



Tēnā koutou, Tālofa lava, Mālō e lelei, Namaste. Kia ora e ngā whānau o Manawatū, o Horowhenua, o Taranaki, greetings to all the families of the region.

It's exciting to be back in Te Pāpiaoia / Palmerston North and bring my 18 years' experience in mental health support work to the services of Manawatū SF and supporting families here. It has been my own family's experience that has inspired my dedication to excellence and professionalism in health services. The experience and dedication of the team and board at Manawatū SF, past and present, is also inspirational, along with the courage, creativity and aroha of our communities. We have incredible strengths in our communities to share and utilise for the wellbeing of our families; ehara taku toa i te takitahi, engari, he toa takitini, my success is not the work of one, but the work of many.

I started support work back in 2003 in Te Pāpiaoia / Palmerston North, after undergraduate psychology at Massey and having previously studied horticulture at Lincoln University, Canterbury; some people may remember me from my years with the MASH Trust Mobile Team. I also travelled overseas in that time and have since worked nine years in mental health community support in Te Whanganui-a-Tara / Wellington and Te Awa Kairangi / Lower Hutt. My partner and I have returned to Te Pāpiaoia with our three year old son to new roles and the hope of a bright future here. It's a privilege to be collaborating with families, the Manawatū SF team, services and communities from Taitoko / Levin to Tāmaki-nui-ā-rua / Dannevirke, in offering our support for the wellbeing of families and tāngata whaiora / people seeking health.

Noho ora mai tātou rā / let's look after each other.

Aaron

DEPRESSION GROUP

Connections with Hope Depression Group

Depression is one of the most common mental health problems facing people today. It is okay to ask for help.

- ✓ 10 week programme for 2 hours per week
- ✓ This is a **free** and confidential programme

For more information or to make an appointment for an assessment please ring your SF office.

Palmerston North 06 355 8561



Dannevirke Office

Whānau Coordinator: Julie Fromont
Email: julie@manawatusf.org.nz



Greetings to all,

Wow hasn't the weather been amazing. Hello spring you good thing, please can the sunshine stay around a bit longer. The good weather puts a better spin on everything. People's attitudes improve, and the entire world appears brighter. Now is a good time to get out in your vegetable garden and start weeding and preparing the soil ready for your next planting.

The 18th - 22nd of September was Mental Health Awareness Week. Rangī Tane put on an open day for the family/Whānau in Dannevirke. A fantastic day for networking and meeting many beautiful locals.

Our Connections with Hope programme has begun in Woodville. Fiona Stokes, our new facilitator, is doing an excellent job.

Stay safe, enjoy the sunshine while you can, be kind to yourself and others.

Cheers, Julie

UCOL Student

We are delighted to welcome Alyssa McGuigan from UCOL, who will be with us till the end of the year on placement. She is studying a degree in Social Services.



NEED HELP?

CALL 06 355 8561

www.manawatusf.org.nz

Managing anxiety & stress takes a holistic effort and approach.

Check in with your:

- Actions & behaviours
- Thoughts
- Emotions
- Physical body



Autism and the sensory system

Source: *The Autistic Teacher* – <https://www.facebook.com/autisticteach/posts/pfbid02mZMwK5UPWijSwSTyV642Cd-5qh8aM8EKTcbMsg2H1Qf8tAvqd1JykN6Lv4LVcpqfdl#>

An Autistic person experiences the world differently and this is down to our 8 senses- yep, 8 not 5! Each of these senses can be hypersensitive or hypo-sensitive (under sensitive) and it's different for everyone!

For example, lots of autistic people are super sensitive to smells... whereas I am under sensitive and can very rarely smell flowers. Some people are sensitive to touch, whereas others crave touch! And just to complicate this further, these can actually fluctuate depending on the day of the week, time of day or circumstance.

The three you may be less familiar with explained:

The **vestibular system** functions to help the body maintain balance and be aware of where we are in space. This system works with auditory and visual processing in relation to balance, attention, eye control, and coordination. People that have difficulty interpreting this information may bump into things more and can be labeled "clumsy." They may enjoy swinging activities, dancing, and jumping.

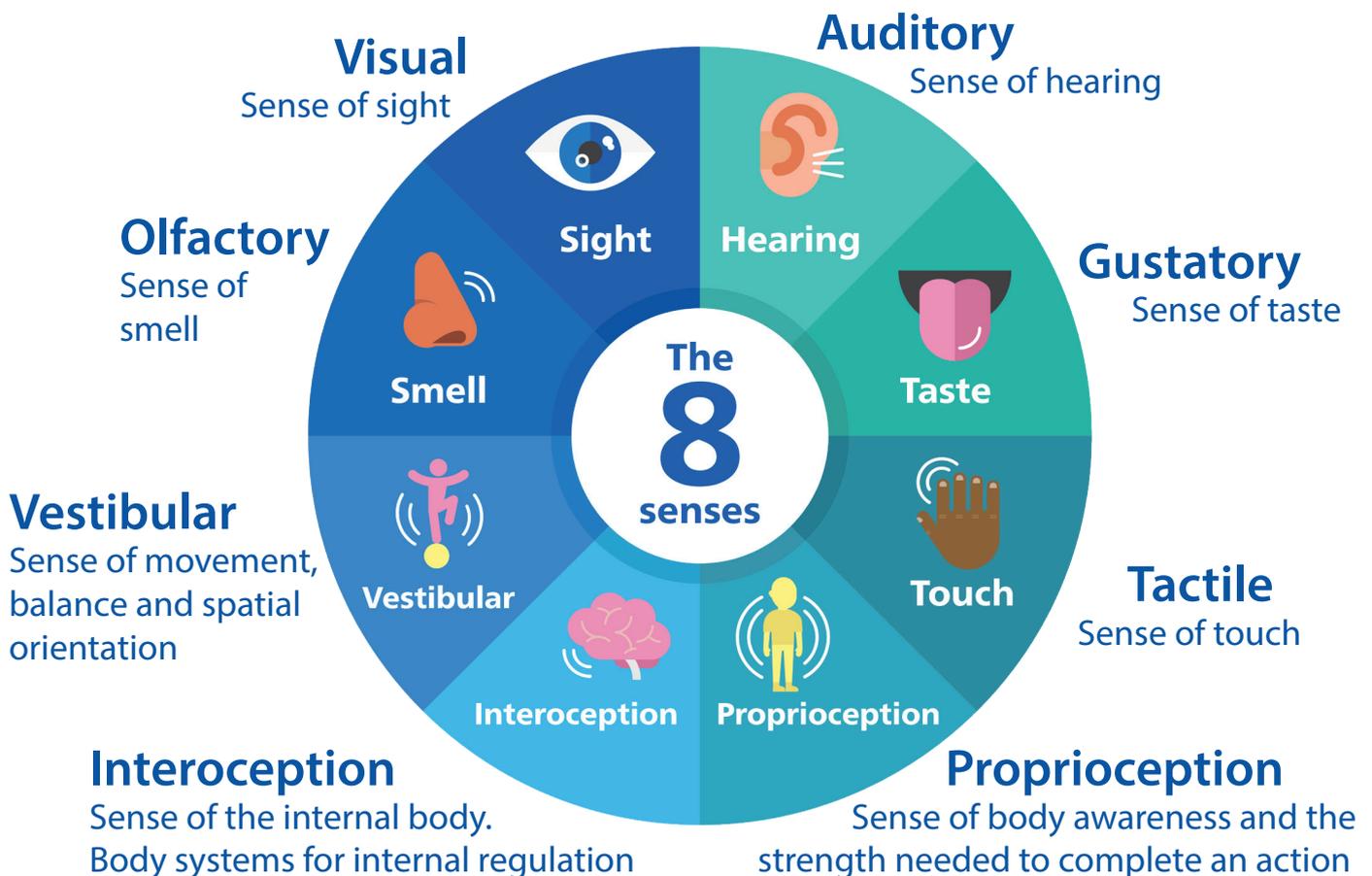
Proprioception is very similar to the vestibular system. However, vestibular refers to how we determine where our whole body is in space, while the proprioception

refers to how we interpret relationship and energy between each individual body part. Children with SPD have difficulty navigating where their muscles and joints are located, whether their body parts are relaxed or in tension, and how different body parts respond to external stimuli. They may seek out activities like jumping on furniture or grasping things tightly. They may have difficulty getting dressed, tying shoelaces, or knowing how hard/softly to open and close doors around the house.

Interoception: This is the newest and most recent discovered sensation as it comprises being aware of the basic primary functions such as hunger, toileting, and breathing. When a person has interoception difficulties they may not be aware of when they are hungry, thirsty, or need to go to the bathroom.

When you are overwhelmed/overloaded: Things like ear defenders can help or finding a quiet space, stroking a cat.

For those who are sensory seeking/craving sensory stimulation: A sensory room, carrying the basket in the shop, jumping, running. It all depends on the sensory need.



Mental Health Act Changes

6.11.1 Additional guidance for the transition from indefinite treatment orders to the requirements of section 34A for 12-month extensions of compulsory treatment orders.

Indefinite treatment orders have been widely criticised as a serious breach of human rights and their elimination has been regarded as a significant policy reform that stakeholders and *He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction* (November 2018) clearly called for.

Following commencement of the MH(CAT) Amendment Act 2021, indefinite compulsory treatment orders (CTOs) will be eliminated and will be replaced with a requirement for a 12-month extension (s34A), when a CTO has already been extended once pursuant to s34(2) of the Act. The commencement date for this new provision will be 29 October 2023.

Existing indefinite compulsory treatment orders (CTOs) will begin to expire on the anniversary date of when the CTO was extended indefinitely under section 34(4) (prior to 29 October 2023). That means that if a CTO had been extended indefinitely on 30 October 2020, that CTO must be reviewed under section 76 of the Act, within 14 days before 30 October 2023. If the CTO had been extended indefinitely on 23 January 2020,

it must be reviewed within 14 days before 23 January 2024. The intention is to stagger the CTO reviews throughout the first year after this part commences. This avoids the situation of all existing indefinite CTOs expiring at the same time, which would create an unmanageable burden for practitioners, the courts, and Legal Aid services.

Therefore, before 29 October 2023, Mental Health services will be required to review all existing indefinite CTOs and start planning for the reviews. If following that section 76 review, the Responsible Clinician (RC) is of the opinion that the patient is not fit to be released from compulsory status, the RC will then be required to apply to the Family Court for extensions under the provisions of section 34A for new 12-month CTOs.

In addition, the Act will still allow indefinite treatment orders to be applied for up until commencement on 29 October 2023. Meaning that these orders will expire up to 29 October 2024 and will also require application for extensions 14 days prior to their expiry dates.



NGO NETWORK

Would like to invite you to a

AOD Forum

To find solutions to move forward together

We are wanting to know:

- What is Happening in the AOD sector?
- What do you need to do your work?
- How do we work together?

Who should come?

Kaimahi

Support worker

Practitioners

Managers

Whānau workers

Te Whatu Ora staff

And anyone that is working with people and their family/whānau who are affected by AOD issues.

Where: Manawatu Golf Club

When: 14th November 2023

Time: 10am- 2pm

Lunch will be provided

RSVP: admin@manawatusf.org.nz



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. Payments can be made by internet banking, 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.



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



Sender:



**PO Box 5010
Palmerston North 4441**