



Supporting Families in Mental Illness

NEWSLETTER | SEPT/OCT 2024



Kia ora

Welcome to the September/October Supporting Families newsletter. Hope you are staying dry and finding some time to look after yourself. It has been a cold winter, I am looking forward to warmer days.

Mental Health Awareness Week is on from the 23rd of September to 29th. The theme this year is "Community is what we Create Together". Some ideas for the week:

Monday – Act of kindness -help someone today.

Tuesday – Support a neighbourhood business or community organisation.

Wednesday – Connect with the important people in your life today.

Thursday – Get to know someone new in your community.

Friday – To finish the week, thank someone in your community or family/whānau.

If you would like more information on the week and what events are on go to the Mental Health Foundation website.

It is always a good reminder to think about people around you and those in your community.

Supporting Families will be starting our Connection with Hope programmes across the region for people affected with Anxiety. If you are interested, please contact the service. I am also starting the CALM programme next term this is for young people 7-11 yrs affected with anxiety If interested please contact me for more information. I do have some spaces available.

If anyone would like to have a chat or needs support please don't hesitate to call we are here for you.

Kind regards

Christine

Christine Zander-Campbell | Manager

Email: christine@manawatusf.org.nz

027 317 5339

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Monday to Friday 8.30am – 4.30pm

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Levin Office

Monday to Friday 8.30am – 4.30pm

📍 58 Bath Street, Levin
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☎ (06) 368 6116
027 355 8562

Family/whānau co-ordinator:

Julie Gibson, JulieG@manawatusf.org.nz



CALL 06 355 8561

www.manawatusf.org.nz

Palmerston North Office

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



Ngā mihi koutou, kia orāna, mālō e lelei, greetings everyone.

I've been noticing lately that it's normal to be different. We're all different; no individual is exactly alike. I'm surprised how much of a revelation this is to me and how often a stumble over it now, like seeing a black and white world in a million colours. Noticing to, how I understand others, or rather misunderstand, as if others experience the world in exactly the same way I do.

We think we know what's going on; we make judgements, interpretations, as though we understand someone else's experience completely; as though their experience is the same as ours. Our opinions can be without malice, but ask yourself this, how many people understand your experience and what difference does it make, when they do?

We want others to understand us; how then can we improve our understanding of others, when their experience is so, naturally, different from ours? We know one thing that blocks understanding is judgement; we all know that feeling, right? We put up our defences; judgement comes between us. We can lose our connection and what we all hold in common. We can do things differently. In our Family Connections programme we learn skills that give us choices, for being more effective in how we understand each other. We can change our response: there's more than one way of doing things and ours is not the only way. Another tip is an old Texas saying (it's an American programme), "You don't have to go to every fight you're invited to!" The pēpeha, "He taonga rongonui te aroha ki te tangata," when Rongo sort peace with Rangitāne, may similarly show us another path, "goodwill toward others is a precious treasure." In Family Connections we learn skills for balancing relationships; what I want and what others want; my feelings and your feelings. That can start by understanding we're all different.

For more information on Family Connections check our website – call or email to register your interest. From the programme, you can also try the Self-Compassion Break in this newsletter; 'cause we help others when we look after ourselves.

Noho ora mai rā.
Aaron

Palmerston North Office

Whānau Coordinator: Kate Philips
Email: kate@manawatusf.org.nz



Kia ora from Palmerston North and Feilding

We have been hit very hard with a lot of rain lately but when I look out the window at home I see the blossoms on our plum tree which is always an encouraging reminder that spring is just around the corner.

We are busy in the Palmerston North office with a steady stream of referrals coming in. You don't need a referral however to receive our services, you can just make a call to our office.

We will be starting our next connections with hope for anxiety on the 9th September. The group is based on the principals of CBT which explores the links between thoughts, emotions and behaviour. It is held at our offices and consists of 2 hour weekly sessions over a period of ten weeks. If you're interested, please don't hesitate to make contact to find out more about this valuable free programme.

There are many useful resources, tools and phone lines to be found on the New Zealand Mental Health Foundation website www.mentalhealth.org.nz. Just one of the many is 'Need to Talk' which you can call free or text **1737** any time for support from a trained counsellor.

Parent Help – 0800 568 856 for parents/whānau seeking support, advice and practical strategies on all parenting concerns. Anonymous, non-judgemental and confidential.

There are also many helplines for children and young people:

Youthline – 0800 376 633, free text **234** or email talk@youthline.co.nz or online chat thelowdown.co.nz – or email team@thelowdown.co.nz or free text **5625**.

What's Up – 0800 942 8787 (for 5-18 year olds). Phone counselling is available every day of the week, 365 days of the year, 11am – 11pm. Online chat is available from 11am – 10.30pm 7 days a week, including all public holidays.

Stay warm and dry and reach out if needing support.

Kate



Dannevirke Office

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



Greetings All,

The winter certainly has not been kind to us this year. Bright side is spring is only 35 days away and Day light savings starts on the 29th of September we could all do with a little bit of sun shine.

Pahiatua has had a rough weekend with flooding, my thoughts are with the people who have been affected. Kia Kaha Whānau.

Dannevirke is looking for registration of interest for Our Connections with Hope Anxiety course hoping to start in mid September. If you think this could be helpful for you please give me a call.

Stay safe and warm.

Cheers, Julie Fromont

Levin Office

Whānau Coordinator: Julie Gibson
Email: JulieG@manawatusf.org.nz



Hi from Horowhenua.

The last few months have been challenging for many. The sky felt like it had lowered, and greyness blanketed us for a time! But no winter lasts forever; and no Spring skips a turn. Hold that thought!! It's not long until spring the days are getting warmer, bulbs are flowering, blossoms are blooming, and people are adjusting to the warmer days even if they come with cold starts now. Extra sun and light seem to lift spirits.

We are starting our Anxiety course in October if anyone is interested, please contact me to secure a place on (06) 368 6116 or 027 355 8562.

1737 is a number I have been giving to people who need to talk and cannot find anyone in their time of need. The feedback I have received from people who have used this number is good. If you need to talk 1737 offers brief emotional support from a Counsellor, a short wait may occur, there are guided breathing exercises offered that can be done while you wait this is helpful and can make waiting time feel shorter if waiting. This number is available 24 hours.

Make the most of the sunshine when it is here, try a short walk or just sit in a sunny spot with a cup tea/coffee and take some deep breaths.

Until next time take care and stay safe.

Kind Regards
Julie Gibson

ANXIETY PROGRAMME

Connections with Hope Anxiety

A programme for people with mild to moderate anxiety

- ✓ 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.

 (06) 355 8561



ANXIETY PROGRAMME

Connections with Hope Depression Group

Depression is one of the most common mental health problems facing people today. It's 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.

 (06) 355 8561



Five mental health and addiction targets for the health system

Source: <https://www.health.govt.nz/statistics-research/system-monitoring/mental-health-and-addiction-targets>

The Minister for Mental Health has announced 5 mental health and addiction targets which provide clear expectations for health system performance. They are intended to improve outcomes for people with mental health and addiction needs, as well as supporting people to stay well.

The mental health targets will drive faster access to primary and specialist mental health and addiction services, shorter stays in emergency departments, workforce growth and a stronger focus on prevention and early intervention.

Implementation of the target programme will start immediately but work is needed to improve data collection, quality and completeness. As some of

these measures are new, monitoring and reporting will become more robust and complete over time.

Monitoring of mental health and addiction targets sits within a wider suite of monitoring of health system performance by the Ministry. These targets are key measures in the [Government Policy Statement on Health 2024–2027](#).

Faster access to specialist mental health and addiction services



80% of people accessing specialist mental health and addiction services are seen within 3 weeks.

The target: 80%

Faster access to primary mental health and addiction services



80% of people accessing primary mental health and addiction services through the Access and Choice programme are seen within one week.

The target: 80%

Shorter mental health and addiction-related stays in emergency departments



95% of mental health and addiction related emergency department presentations are admitted, discharged, or transferred from an emergency department within 6 hours.

The target: 95%

Increased mental health and addiction workforce development



Train 500 mental health and addiction professionals each year.

The target: 500 trained per year

Strengthened focus on prevention and early intervention



25% of mental health and addiction investment is allocated towards prevention and early intervention.

The target: 25%



Our New Mental Health Facility

Our new mental health ward being built on the Palmerston North hospital campus has now been gifted a name by Iwi and this will be unveiled at the launching of the facility mid next year.

In terms of design, from its inception the focus has been on creating a warm, friendly environment for those who will be entering the building, providing a sense of wellbeing and refuge and to enhance recovery.

A whare whakatau has been incorporated into the reception and waiting area, so patients and their whānau have a space where they can be welcomed into the facility.

This area runs along the main ridgeline of the building, emphasising the importance of the whare to the facility's kaupapa.

Both the whare and reception areas will be lined with timber panelling, with references to traditional Māori architecture.

The art works, colours and materials chosen for the building reflect the gifted theme of 'Te Wao-Nui-a-Tāne' – 'The Great Forest of Tāne.'

The building's structure, layout and pathways are the result of consultation with local iwi (led by Rangitaane), other mana whenua, users' groups, community groups, and clinicians.

In terms of other features, the new 2,700m² building (which is about three times larger than the current ward 21) will have 28 bedrooms each with their own ensuite. Additional highlights include three courtyards, a media room, two sensory modulation spaces and a purpose-built occupational therapy area.

Artist's impression of the building



Photo taken July 26 2024




Stage 2 interior finishes progressing



Wellness Recovery Action Plan (WRAP)

WRAP® is a mental health recovery education curriculum authored by Mary Ellen Copeland. This “Traffic Light” handout was created as a visual illustration of Action Planning during different stages of health. Please visit www.mentalhealthrecovery.com to learn more about WRAP®.

Traffic Light

	Daily Maintenance Plan:
	Triggers & Action Plan:
	Early Warning Signs & Action Plan:
	When Things Are Breaking Down & Action Plan:
	Crisis Plan:
	Post Crisis Plan:
www.sacredcreations.org	The goal of Action Plans is to get back to “Me Well.”

Inspired by Nanette Larson, developed and designed by Amy Foster and AJ French.



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

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.

