



TE MANAWA TAKI



Mental Health & Addiction Wellbeing Regional Network

**Te Manawa Taki Mental Health & Addiction**  
**New Year's Special Edition Newsletter 2023**



## Director Regional Mental Health & Addiction Update



### **Kia ora, Talofa Lava and Greetings**

Welcome to our New Year's Special Edition Newsletter. There has been such an influx of information released over the holiday period that we thought we should produce a special edition of the newsletter to ensure that you are updated sooner rather than later. Welcome to 2023.

Of course, the country is reeling with the news of Jacinda Ardern's resignation. A woman on the world stage Ardern gained a reputation as a trailblazer while in office, speaking frequently about gender equality and women's rights. For instance, when announcing her pregnancy in 2018, she underlined women's ability to balance work with motherhood.

"I am not the first woman to multi-task, I'm not the first woman to work and have a baby, I know these are special circumstances but there will be many women who will have done this well before I have," she said at the time, with Gayford taking on the role of a stay-at-home dad.

After giving birth, she and Gayford brought their 3-month-old baby to the United Nations General Assembly, with Ardern telling CNN she wanted to "create a path for other women" and help make workplaces more open.

In a 2021 interview with CNN, she reflected on her rise to power, saying: "It was not so long ago that being a woman in politics was a very isolating experience."

The announcement of her impending resignation on Thursday spurred a wave of support on social media, including from other political leaders, with many pointing out the legacy she is leaving for women in politics.

Australian Prime Minister Anthony Albanese tweeted praise for Ardern, saying she "has shown the world how to lead with intellect and strength" and has been "a great friend to me."

Australian Foreign Minister Penny Wong also tweeted her best wishes for Ardern, saying she was "a source of inspiration to me and many others."

Canadian Prime Minister Justin Trudeau shared a photo on Twitter of him and Ardern walking together, thanking her for her friendship and "empathic, compassionate, strong, and steady leadership over these past several years."

"The difference you have made is immeasurable," he added.



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## Workforce Update

### Digital eye strain

We are all spending more time in front of screens than ever before, which makes your eyes work harder. This can cause a special type of eye strain called computer vision syndrome, also known as digital vision strain or digital eye strain. It's not just working adults who are experiencing this problem, it's also affecting kids who use tablets and screens at school and home. With watching TV, gaming and checking up on social media all in the mix, many of us have little rest time away from a screen, until we sleep.

[Digital eye strain | Health Navigator NZ](#)

### Employment Hero wellness at work report 2022

Employment Hero surveyed 6,000 professionals across NZ, Australia, Singapore, Malaysia and the UK to get a sense of how 'well' people are feeling at work and learn how businesses can best support their teams.

[Employment Hero wellness at work report 2022](#)

### Encouraging ex-nurses to return

Waikato nurses who have left the profession are being encouraged to return to nursing. A campaign is underway especially aimed at people who left nursing to have a family or because they needed a job with more regular hours. This campaign promotes to returning nurses that rosters and shifts can be tailored to help them work around other commitments.

The campaign will also advise Health Care Assistants with overseas nursing qualifications that there is support and funding available for them to gain a local nursing certification.

<https://www.waikato.ac.nz/study/campaigns/nursing>

### Experiences and support needs of the Pacific sexual violence workforce in Aotearoa New Zealand

Ministry of Social Development, 2022. This research project focused on understanding the experiences and support needs of Pacific peoples in the sexual violence workforce of Aotearoa New Zealand

[final-report-experiences-and-support-needs-pacific-sv-workforce.pdf \(msd.govt.nz\)](#)

## **Fantastic response to Lived Experience workforce survey**

Last month the Lived Experience team ran a survey of the consumer, peer support and lived experience (CPSLE) workforce. The response to the survey exceeded our expectations with 244 people completing the questionnaire. We want to extend our gratitude to all those who completed the survey as well as everyone who distributed it amongst their networks. This response speaks to the engagement and commitment present in the CPSLE workforce. We look forward to sharing our analysis and findings in the first quarter next year

## **Happiness Break - podcast**

This is a new podcast by The Science of Happiness podcast team at UC Berkeley. The new, shorter Happiness Break series is a mini wellbeing break designed to be incorporated into a daily self-care practice. Psychologist Dacher Keltner and guests guide you through practices that have been proven to develop more empathy, kindness, human connection and resilience to stress. Practices covered include walking meditation, grounding techniques, connecting with nature, gratitude practices and self-affirmation. View the full series.

[Happiness Break | Greater Good \(berkeley.edu\)](#)

## **Harmful traditional practices in the workplace – New Zealand context: Guidance for best practice**

This guidance raises awareness of harmful traditional practices to help organisations address this often-hidden form of abuse.

[Harmful traditional practices in the workplace – New Zealand context: Guidance for best practice](#)

## **How to beat the post-holiday blues and get back to your best**

We tell ourselves the Christmas/New Year period is a chance to kick back and hit the reset button – so why are so many of us end up feeling so low?

<https://www.stuff.co.nz/life-style/wellbeing/300754973/a-whole-year-of-work-ahead-how-to-beat-the-postholiday-blues-to-get-back-to-your-best?cid=app-iPad>

## **How to Live with Uncertainty**

Uncertainty is an inevitable part of life and it isn't always bad. Reframing it is key. Here's how.

The pandemic made many of us uncertain about the most essential aspects of our lives. But it was just a wake-up call to the reality that nothing in life is a sure bet, despite how much we may want it to be. Not our health. Not our safety. Not our jobs. Not our relationships. It's unsettling, for sure. But uncertainty is an inevitable part of being alive. And an important part of living with that truth is reframing it more as the rule than as the exception,"

[How Can I Deal with Uncertainty? \(psycom.net\)](#)

## **'Mental Health and the Workplace' report**

The Committee for Economic Development of Australia have released their report Mental Health and the Workplace: How can employers improve productivity through wellbeing? Poor mental health is a cost to individuals, the community, and the economy. The evidence shows that

workplaces that invest in staff mental health have increased productivity, reduced absenteeism and more engaged staff. This report focuses on the interventions and investments that businesses can make to improve productivity through wellbeing.

[CEDA - Mental Health and the Workplace: How can employers improve productivity through wellbeing?](#)

## **PATHA**

The Professional Association for Transgender Health Aotearoa (PATHA) is an interdisciplinary professional organisation working to promote the health, wellbeing and rights of transgender people. We have over 200 members who work professionally for transgender health in clinical, academic, community, legal and other settings.

[PATHA - Professional Association for Transgender Health Aotearoa - Home](#)

## **Protecting people's privacy means not just our secrets or personal data – but our self-determination and bodily-autonomy**

The health sector reports more serious breaches of privacy than any other sector.

Discussions about privacy in the medical sector often concern a patient's personal information and its disclosure, but fundamentally, privacy is not about secrets or data - it is a matter of personal and bodily autonomy and self-determination for everyone.

All healthcare decisions involve a matter of trust between the patient, their doctor, and anyone else they choose to include. Trust is an ongoing relationship, hard won and easily lost. Healthcare providers have immense power in these decisions, and with great power comes great responsibility. How can you continue to honour that trust and responsibility for the patients you serve?

[Office of the Privacy Commissioner | Protecting people's privacy means not just our secrets or personal data – but our self-determination and bodily-autonomy](#)

## **Responding to domestic violence within the workplace: Reflections and recommendations from DVFREE workplace initiative in Aotearoa New Zealand**

While the world of work has long been juxtaposed against private, domestic spaces, in recent years the line between the two spheres has become increasingly blurred. This is especially the case when considering the relationship between domestic violence and the workplace, which is not only affected by the intrusion of domestic violence into the workplace but compounded by the increasing amount of work conducted from home. These intersections between domestic violence and work have been subject to mounting scrutiny in recent years, resulting in calls for policy changes that acknowledge domestic violence to be a workplace issue and which develop an appropriate employer response accordingly. This article offers a case study of DVFREE, a domestic violence workplace program delivered by specialist domestic violence organisation Shine in Aotearoa New Zealand.

[New Zealand Family Violence Clearinghouse catalog › Details for: Responding to domestic violence within the workplace : reflections and recommendations from the DVFREE workplace initiative in Aotearoa New Zealand \(nzfvc.org.nz\)](#)

## **Young NZers want Māori Language, tikanga and Te Tiriti Principles honoured at work**

Young New Zealanders (aged between 18 and 25) are the most willing to support te reo, tikanga and Te Tiriti at work - and by extension, show the most confidence when incorporating Māori perspectives and using te reo Māori in written communication.

[Young NZers want Māori Language, tikanga and Te Tiriti Principles honoured at work](#)

## **Your guide to guilt-free self-care**

Self-care is selfless. Here's why:

- Looking after yourself helps you be a better friend, family member, colleague, and member of your community
- You can't support others when you're exhausted and depleted yourself
- Modelling self-care inspires the people around you to practise self-care, too
- You're equally worthy of rest, joy, and fun as everyone else

If you want to help others and do great work, self-care is a responsibility, not a luxury. Making time for self-care will set you up to be the most supportive, caring, vibrant version of yourself.

[Your guide to guilt-free self-care \(groovnow.com\)](#)



## **Professional Development**

### **2023 Blueprint Workshops**

Community workshops are available from February 2023, with registration open now for online and in-person workshops. Places are available for MH101<sup>®</sup>, our mental health workshop, and Addiction 101. We're also running two short online workshops, Reset and Reconnect, and Stress, Resilience and Wellbeing. Community workshops are free to attend so book your place today.

If you would like to book a workshop for your organisation, please email us at [info@blueprint.co.nz](mailto:info@blueprint.co.nz)

[MH101<sup>®</sup> - Blueprint for Learning](#)

[Addiction 101 - Blueprint for Learning](#)

[Reset and Reconnect Online Workshop - Blueprint for Learning](#)

[Stress, Resilience and Wellbeing Webinar - Blueprint for Learning](#)

## **Acceptance and Commitment Therapy for Affirming Gender Identity– Alex Stitt (USA)**

9.00am-12.00pm, 15 February online: Do you want to work with transgender, non-binary, and gender-diverse clients, but don't know where to begin? Do you want to help your clients work through internalized transphobia, but feel stuck in your sessions? If so, then this course may be for you. As a mindfulness-based practice promoting mental flexibility, Acceptance and Commitment Therapy (ACT) can help gender-diverse people differentiate themselves from their self-deprecation;

free themselves from gender roles that don't fit; learn to accept their authenticity; and affirm their identity through value congruent behavior. ACT's adaptable, nonlinear framework can also help mental health practitioners identify their own biases, and release any rigid ideas they may have about gender before they're carried into session.

[Alex Stitt - Acceptance and Commitment Therapy for Affirming Gender Identity \(psychology.org.nz\)](https://psychology.org.nz)

## **Active Listening for the Health Care Professional**

Active listening is a core competency in effective patient-centred care, building trust, minimising misunderstandings, and allowing the co-creation of an effective care plan. Although systemic, personal, and time pressures provide challenges to being fully attentive to patients, the skill of active listening can be improved with practice.

[https://myhealthhub.co.nz/active-listening-for-the-health-care-professional-3/?utm\\_source=Health+Navigator+Newsletters&utm\\_campaign=57bac72958-EMAIL\\_CAMPAIGN\\_2018\\_05\\_29\\_06\\_59\\_COPY\\_01&utm\\_medium=email&utm\\_term=0\\_2e5d849d0b-57bac72958-210746005](https://myhealthhub.co.nz/active-listening-for-the-health-care-professional-3/?utm_source=Health+Navigator+Newsletters&utm_campaign=57bac72958-EMAIL_CAMPAIGN_2018_05_29_06_59_COPY_01&utm_medium=email&utm_term=0_2e5d849d0b-57bac72958-210746005)

## **Addiction Leadership Day 30 March 2023**

The next Addiction Leadership Day will be held in Wellington on 30 March, 2023. These events bring together leaders from across the addiction sector to connect and share latest updates.

Registrations will open in the new year and will be announced through email. Sign up to our addiction sector email list here.

[Newsletter Subscription | Te Pou](#)

## **Addiction Research Symposium 13 February in Wellington**

The 11th Addiction Research Symposium will be held at Victoria University, Wellington in collaboration with the University of Auckland, AUT, Massey University, and the University of Otago. It is supported by Te Pou. The addiction symposium is held biannually in rotation at Victoria, Auckland, AUT, Massey, and Otago/Christchurch universities. Previous symposia have been successful in bringing together diverse researchers in the addiction/alcohol and other drugs (AOD) field. **Registration is free and is now open** on the Te Pou website here. If you have any questions about registration, please email [holly.coulter@tepou.co.nz](mailto:holly.coulter@tepou.co.nz)

[11th Addiction Research Symposium | Te Pou](#)

## **Autism Assessment/MIGDAS-2 system training**

3 & 16 March 2023 online: Marilyn Monteiro (USA)

Part 1: Reveal Their Story: Using the Strength-Based MIGDAS-2 Autism Assessment Process Across the Life Span; This session will highlight the use of the MIGDAS-2 visual framework and descriptive language to individualize the diagnosis of autism spectrum differences across age and ability levels

Part 2: Reveal Their Story: Using the MIGDAS-2 Sensory-Based Process to Write Individualized Narrative Reports; Participants will learn to write narrative autism assessment summary reports using the MIGDAS-2 visual framework and descriptive language.

[Autism Assessment/MIGDAS-2 system training \(psychology.org.nz\)](https://psychology.org.nz)

## **Careerforce 2023 Enrolment Fees and Fees Free**

The 2023 programme price list can be found [Careerforce Programme Pricelist 2023c.pdf](#)

With the ending of the Targeted Training & Apprenticeships Fund, the Government's Fees Free scheme is again available. While TTAF has drawn to a close, Apprenticeship Boost remains available to employers for qualifying apprentices until 31 December 2023.

[Apprenticeship Boost - Careerforce - Qualifications for Life. Skills for Good](#)

## **Certified Information Privacy Manager Course**

For those looking for privacy related training, Mosaic (delivered by Caroline Carver - IAPP FIP) will be running another IAPP - Certified Information Privacy Manager (CIPM) course on 15 and 16 February 2023 in Auckland. The CIPM course teaches a process for conceptualising, designing, building and operating a data privacy management program including creating a company vision for privacy, developing and implementing system frameworks and measuring performance.

Contact Mosaic at [training@mosaicfsi.com](mailto:training@mosaicfsi.com) for more details or to register.

## **Changes to Youth Work Level 3**

The current version of our Youth Work Level 3 programme expires on 31 December 2022.

All new training agreements from 13 December 2022 will be enrolled into version 2. The programme is now 42 - 44 credits (was 44 – 45) to reflect changes to the unit standards. The two elective standards offered in the programme have also changed, and any learners being transferred into version 2 will need to select one in order to continue with their programme.

<https://careerforce.activehosted.com/index.php?action=social&chash=204da255aea2cd4a75ace6018fad6b4d.4669&s=bad97c655476f96a390a72c05a742011>

## **Consumer, Peer Support and Lived Experience Training Directory**

Te Pou recently created a training directory for people with lived experience. The page provides some options, whether you are starting out or wanting to develop new skills. While the majority is specific to people with lived experience, there are also options which may interest others.

[CPSLE training directory | Mental Health and Addiction | Te Pou](#)

## **Disability strategy workshops 11 January - 22 February 2023**

Opportunities for care-experienced people, disabled people, caregivers of tamariki and rangatahi, kaimahi working with disabled people and others to participate in workshops to help create a future Oranga Tamariki disability strategy. Online & in-person (TBA) Organised by Oranga Tamariki

[Disability strategy workshops and interviews | Oranga Tamariki — Ministry for Children](#)

## **Enhancing competence in supervision: Essential elements of effective practice**

21 & 28 February online: Fiona Howard, 9.00am – 1.00pm

This workshop aims to develop the awareness, knowledge and skills required for effective supervision practice and is suitable for both new supervisors, as well as for those more experienced who wish to augment or refresh their skills. The course will involve two half-day sessions delivered via the Zoom platform. We will use didactic, interactive, reflective, and active methods using breakout rooms for pairs or small group practice. Where possible, practical exercises can be tailored

to fit the experience level of the participants. A brief pre-training questionnaire will be sent to participants so that the course content can be customized where needed. References for pre-workshop reading will be sent via email. These two half days will be followed by two further half days later in the year.

[Enhancing competence in supervision: Essential elements of effective practice \(February\) \(psychology.org.nz\)](https://psychology.org.nz)

## **Equity and improving access**

This webinar was co-hosted by the NZ Telehealth Leadership Group, Health Navigator and Health Literacy NZ.

[Equity & Improving Access with Telehealth Webinar - YouTube](https://www.youtube.com/watch?v=...)

## **Exploring Trauma and Investigating Neurodiversity: Members' Symposium 2023**

19-21 May 2023, Wellington: a joint event with the Australian Psychological Society (APS). The 2023 members' choice symposium has trauma and neurodiversity as key themes and promises to deliver an experience that challenges your thinking, presents the latest research insights, provides unique life-changing experiences, and will have you walk away inspired and motivated both personally and professionally. Call for submissions is now open (closing date is 15 January 2023).

[Annual Conference :: NZ Psychological Society \(psychology.org.nz\)](https://psychology.org.nz)

## **Functional Neurological Symptom Disorder and the treatments**

4 April 2023 Auckland: Dr Matt Richardson (NZ), 9.00am – 4.30pm

This one-day workshop aims to prepare experienced rehabilitation and mental health clinicians to practice Nocebo-Hypothesis Cognitive Behavioural Therapy (NH-CBT), an interdisciplinary treatment for Functional Neurological Disorder (FND) that has been shown to eliminate functional symptoms in around 90% of people treated, across a variety of symptom types.

[AUCKLAND - Functional Neurological Symptom Disorder and the treatments \(psychology.org.nz\)](https://psychology.org.nz)

## **Governance Module 1 Te Tiriti o Waitangi and Relationship with Māori now free**

Community Networks Aotearoa feel that this training is so vital that they now offer module one for free. Collaboratively constructed by Not-For-Profits by Not-For-Profits, we're here to help save you from the headaches and heartbreaks we've witnessed when Boards or Committees don't stay up to date with requirements.

[Community Networks Aotearoa - Courses \(pointsbuild.com.au\)](https://pointsbuild.com.au)

## **Human Factors : Ngā Āhua Tangata in health care | Kua puta he rauemi I-Ako – Āhuratanga Tangata**

The Commission has released a new free e-learning module on Human Factors | Ngā Āhua Tangata in health care. The module includes seven videos featuring professionals who use Human Factors in

their day-to-day work, and can be accessed through the Commission's website and via the LearnOnline platform. The module has been produced by the Commission in collaboration with ACC, WorkSafe and the Certified Professional Members from the Human Factors and Ergonomics Society of New Zealand.

[E-learning module: Human Factors | Ngā Āhua Tangata | Health Quality & Safety Commission \(hqsc.govt.nz\)](https://www.hqsc.govt.nz)

## **Improving Therapeutic Effectiveness**

28 March 2023 online: Daryl Chow, 6.00-8.00pm – organised by the Wellington Branch

In this workshop Dr Daryl Chow will share concepts of deliberate practice (DP)– a systematic approach for improving psychotherapy outcomes.

Step-by-step information about how to collect and use client outcome data to create an individualized professional development plan to help improve your service quality will be provided. Daryl will also provide some take-away resources on how to conduct routine outcome measurements (e.g., feedback informed treatment), gather data from your own practice, determine your baseline performance, identify and address your strengths and learning opportunities as a therapist, and assess your progress.

[Improving Therapeutic Effectiveness \(psychology.org.nz\)](https://www.psychology.org.nz)

## **Introduction to Cognitive Processing Therapy**

7 March 2023 online: Patricia Resick (USA), 9.00am – 12.00pm

The purpose of this workshop is to introduce participants to cognitive processing therapy (CPT) protocols for posttraumatic stress disorder (PTSD). The workshop begins with a functional description of why some people do not recover from trauma and why comorbid symptoms develop along with their PTSD. Cognitive theory will be introduced to describe why cognitive therapy reduces PTSD symptoms. Participants will learn first about the standard 12-session therapy, session by session along with a variable-length version of the protocol as well as telehealth. Cross cultural adaptations will be described. CPT is a very systematic approach to treating PTSD in which participants learn to think about their traumatic events differently and learn the skill of more balanced thinking generally.

[Patricia Resick - Introduction to Cognitive Processing Therapy \(psychology.org.nz\)](https://www.psychology.org.nz)

## **Introduction to Mental Health and Islamic Psychology**

Coming soon professional leadership development for Muslim community leaders and volunteers  
[Services - Fitrah](#)

## **Leading Mental Health in the Workplace**

18 April 2023 online: Maree Roche (NZ)

By the end of this session, participants should be able to: Understand and diagnose a range of mental health at work issues: including stress, burnout, compassion fatigue and responsibilities in this area. Address issues of psychological safety at work, via developing mentally safe workplaces. Gain insight into research and industry examples examining these – and proven interventions to address these issue. Understand the role of proactive interventions and future strategies for leading mental health at work.

[Leading Mental Health in the Workplace \(psychology.org.nz\)](https://www.psychology.org.nz)

## **Least restrictive practice evidence update December 2022**

This evidence update focuses on the use of physical activities as a sensory modulation approach, for those involved in the resourcing and use of physical activities and sensory modulation approaches in both inpatient and community settings.

[Evidence update for least restrictive practice | Physical... | Te Pou](#)

## ***Let's get real* Real Skill: Working with people experiencing mental health and addiction needs**

We have published Engagement: a summary of the evidence, which forms the last part of our 'Tātou tatou: being with people and whānau' suite of Let's get real resources. This resource can be used by educators, researchers and others wanting to source recent research about the essentials of engaging with people experiencing mental health and addiction issues.

For more information contact Programme Lead Trish Gledhill at [trish.gledhill@tepou.co.nz](mailto:trish.gledhill@tepou.co.nz)

[Engagement-a-summary-of-the-evidence-final.pdf \(d2ew8vb2gktr0m.cloudfront.net\)](#)

## **National Family Violence Conference and Masterclasses 2023 - Hiwa-i-te-rangi , Te Whanganui-a-Tara | Wellington 22 - 24 March 2023**

The conference is for anyone working in the family violence and/or sexual violence space or whose mahi touches upon the lives of people impacted by family violence - specialist clinicians and advocates, support staff, community leaders, government funders and policy advisors, academics and researchers. Organised by: Te Kupenga Whakaoti Mahi Patunga | National Network of Family Violence Services

[Conference2023 \(familyviolenceconference.nz\)](#)

## **New Zealand Trauma Conference, Ōtautahi | Christchurch 27 February -1 March 2023**

This conference aims to bring world leaders in healing trauma and combine this with profound insights from Aotearoa, New Zealand. Organised by: Frontiers of Hope

[The New Zealand Trauma Conference - Ōtautahi | Christchurch | New Zealand Family Violence Clearinghouse \(nzfvc.org.nz\)](#)

## **Non-domestic visa holders learner fees for 2023**

The Tertiary Education Commission (TEC) has recently issued guidance around funding for non-domestic visa holders in work-based learning for 2023. This forms part of their implementation of the unified funding system (UFS), and results in the removal of training subsidy eligibility for non-domestic tertiary students. However, the Government has agreed to targeted exemptions to continue to subsidise work-based learning that is in the national interest, and that aligns with the Government's Green List and Sector Agreements. Non-domestic learners who are exempt under the revised settings will be treated as domestic learners and are also eligible for Fees Free and Apprenticeship Boost.

[Funding for non-domestic learners in work-based learning for 2023 | Tertiary Education Commission \(tec.govt.nz\)](#)

## **NZ Diploma in Child Protection NZQA Level 5**

Child Matters offers the NZ Diploma in Child Protection. Any questions, contact [Megan](#) at Child Matters [megan@childmatters.org.nz](mailto:megan@childmatters.org.nz) or 022 547 7505

[Diploma in Child Protection Studies \(childmatters.org.nz\)](#)

## **Postgraduate study options in Violence Prevention 2023**

University of Auckland has postgraduate study options in Violence Prevention, including a Postgraduate Certificate in Health Sciences. In Semester 1, the paper, Interpersonal and Family Violence (POPLHLTH 769), will be offered in both Wellington and Auckland, subject to sufficient enrolments. Download the flyer to see details and dates. Any questions, contact [Janet Fanslow](#) [SPH-Violence-Prevention-Flyer-2023.pdf \(nzfvc.org.nz\)](#)

## **Postgraduate Violence and Trauma Studies**

AUT has postgraduate study options in Violence and Trauma Studies, including the Postgraduate Certificate in Health Science. You'll explore Māori and Western approaches to healing from violence and trauma and develop a robust structural analysis of violence and the wider operations of power in society. Courses are taught in two block courses, usually run in March and August each year.

[Violence & Trauma Studies - Postgraduate Certificate - AUT](#)

## **Practical tips to encourage wellbeing and avoid burnout**

The COVID-19 pandemic response and the winter surge, combined with staff shortages, is having an unprecedented impact on the mental health and wellbeing of healthcare workers. In this webinar we provide practical and effective tips and strategies to promote wellbeing and avoid burnout.

[Practical tips to encourage wellbeing and avoid burnout | Goodfellow Unit](#)

## **Proactive mental wellbeing webinar**

Wellbeing pioneer, small business owner and Chnml.app founder Dr Elizabeth Berryman talks about how proactively looking after your mental health is like preparing for a summer roadie. In 20 minutes Elizabeth highlights simple, easy things we can do to stay psychologically well. The webinar can be watched on YouTube.

<https://youtu.be/Q86ftvzSYCI>

## **Repositioning Dementia: A new start - 1 day conference**

### **March**

On 23 March at the National Library of New Zealand, Wellington with a line-up of local and national speakers promises some thought-provoking discussion and collaboration to help reposition dementia for Aotearoa – we hope to see you there!

[Repositioning Dementia: A new start programme revealed - Alzheimers New Zealand](#)

## **Restorative responses: Healing, learning and improving after harm hui 23 March 2023, Wellington**

Have you observed or been affected by health care harm? Consider attending this interactive hui to learn more about restorative responses to health care harm on 28 March 2023 in Wellington. Hui participants will learn how restorative practice and hohou te rongopai (peace-making from a te ao Māori world view) are emerging in Aotearoa New Zealand. Mātauranga Māori is an important root of restorative philosophy here, and te ao Māori experts will facilitate a kōrero about how hohou te rongopai might be provided alongside culturally safe restorative practice. Register for this event on the Commission's website

[Restorative responses: Healing, learning and improving after harm | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

## **Restorative Supervision**

9 March 2023 in Auckland: Fiona Howard 9.00am – 4.30pm

In this workshop, Fiona will present the case for restorative, or supportive supervision. According to Milne and Reiser (2020), supportive clinical supervision addresses supervisees' emotional experiences of their workplace, and their personal functioning in that context. We will explore key aspects of wellbeing and resilience at work and how these may be enhanced by the supervisory process. This will include an ecological analysis of key work stressors, and the potential impacts on practitioners if not addressed appropriately. There will be an in-depth look at the role of the supervisor, the relationship and useful restorative supervision tools and approaches, for example, the role of social support and networking, wellbeing goals and self-care plans, strengths-based practice, personal and professional values and narratives, emotional processing, and recognition of countertransference.

[AUCKLAND- Restorative Supervision \(psychology.org.nz\)](#)

## **Safeguarding and Child Protection Auckland (23 February)**

Starting point or good refresher. Essential knowledge for anyone working with tamariki and rangatahi

[Upcoming Events - Safeguarding Children](#)

## **Self-management support training modules**

This section includes a range of training modules designed for continuing professional development. These training modules have been developed to be used in primary care practices for primary care staff. The modules are designed to be facilitated by whoever leads continuing professional development in your practice, eg, nurse leader or someone from your primary health organisation. The modules could be used in other contexts as well, such as secondary care or by non-governmental organisations.

[SMS training modules | Smstoolkit](#)

## **Shared decision making for clinicians**

Shared decision making is a communication process in which patients and health professionals work together to understand patients' choices and come to a decision. Watch a series of videos and download resources

## **Shine RESPOND - Level 1, 7 Auckland March 2023 or online**

Introductory Training: Responding effectively to people experiencing violence in- person or online. An introductory training course for working and responding appropriately and safely with people experiencing family violence. This training will expand your awareness into an understanding of the impact family violence has on families and build your knowledge of the complexity of family violence and the effect on a person's dignity and wellbeing. Learn and practice the Recognise/Respond/Refer model with real case studies. Entrapment theory, coercive control and resistance are explored interactively and the impact of violence on families and children is examined. This 1-day training can be tailored to provide a bespoke session aligned with your organisational processes and specific context. An online option (2 x half days) is also available.

[Level 1 – One Day Introductory Training \(in-person or online\) | Shine \(2shine.org.nz\)](#)

## **Shine RESPOND - Level 2, Auckland 21 February & 9 May 2023**

Foundational Skills: Practical skills and tools to respond effectively to people experiencing violence. Expand your understanding of safety, dignity and wellbeing when working with people impacted by family violence. This 1-day training can be tailored to provide a bespoke session aligned with your organisational processes and specific context. Prerequisite: Level 1 Introductory Training or relevant on-the-job knowledge or experience.

[Level 2 – One Day Foundational Skills \(in-person\) | Shine \(2shine.org.nz\)](#)

## **Simply Privacy - training**

Whether you are a brand new Privacy Officer or an old hand, Simply Privacy has a workshop for you. Our flagship Privacy Officer Toolkit workshop for new Privacy Officers has had a refresh for 2023, and we also have Privacy Officer Focus sessions on recent court decisions, PIAs and access requests coming up in the 2023. For dates, more information and to register use link below

<https://simplyprivacy.co.nz/privacy-workshops/>

## **Supporting psychosocial well-being after stroke**

The document provides a structured guide for health services developing their psychosocial care pathways and a resource for clinicians developing their own competencies in supporting psychosocial wellbeing post-stroke.

[NSN+Psychosocial+toolkit++Doc FINAL.pdf \(squarespace.com\)](#)

## **Taking in the Good: Mindfulness and Positive Neuroplasticity for Youth**

24 February online: Gina Biegel (USA), 9.00am – 12.00pm

To make it through these complex years, youth need a strong inner guide, the survival gear and compass, to well-being. In this training, you'll discover the evidence-based protocol that combines mindfulness and positive neuroplasticity. With a three-prong guide to mindful well-being—1. self-

care, 2. taking in the good, and 3. resourcing yourself for hard times you can help youth navigate stress facing their lives today. With practical tools, you can provide them with the survival gear and compass to personal health, growth and well-being.

[Gina Biegel- Taking in the Good: Mindfulness and Positive Neuroplasticity for Youth \(psychology.org.nz\)](https://psychology.org.nz)

## **Te Pā Harakeke | Nurturing care in the first 1000 days – recorded webinar**

Pēpi experience the world through the relationship they have within their whānau, and these early experiences set them up for how they interpret the world as they grow older. It is imperative, therefore, that both pēpi and whānau are supported during this crucial period so that pēpi, and our communities, can truly thrive. Kaupapa Māori informed practices understood through matauranga Māori (Māori ways of knowing, being and doing) recognise pēpi and tamariki as taonga. Adopting this world view to inform and underpin service design and delivery for infant mental health ensures whānau and community are partners in the design, development and delivery of services.

[Te Pā Harakeke | Nurturing care in the first 1000 days - myhealthhub.co.nz](https://myhealthhub.co.nz)

## **Too Few and Too Far – The need to grow Māori leadership in the Hospice sector webinar**

Thursday 2nd Feb 7.30-8.30am Vanessa Eldridge (Rongomaiwahine, Ngāti Kahungūnu) – Director Health Equity at Mary Potter Hospice, Wellington. Vanessa will share Mary Potter Hospice’s Capability Framework for Cultural Liaisons. She will share insights from kaimahi Māori with a view to understanding how we might attract and further foster this workforce.

[TOO FEW AND TOO FAR - The need to grow Māori leadership in the Hospice sector - myhealthhub.co.nz](https://myhealthhub.co.nz)

## **Understanding and Managing Countertransference**

20 April 2023 online: Claire Cartwright (NZ), 10.00am – 11.20am

Claire will reflect briefly on the historical development of the concept of countertransference from its starting point with Freud who viewed it as an impediment to therapy through to current views of countertransference. This will include a discussion of how therapists' countertransference reactions can lead to therapeutic stumbles or missteps, and threaten the therapeutic alliance; and, on the other hand, how countertransference reactions can be valuable, provide insight into clients' inner worlds, and enhance therapy outcomes. Claire will introduce some key aspects of her approach to understanding and managing countertransference and use vignettes to illustrate her ideas.

[Understanding and Managing Countertransference \(psychology.org.nz\)](https://psychology.org.nz)

## **Understanding Imposter Syndrome and how to overcome it**

24 March 2023 online: Jessamy Hibberd (UK), 9.00am – 10.30am

An interactive session covering:

- What is imposter syndrome
- Understanding imposter syndrome & why success doesn't end the cycle
- Insecurity and self-doubt
- The pressure to be perfect

- The f-word (failure)
- The myth of lucky and other stories
- Strategies to overcome imposter syndrome

[Jessamy Hibberd \(UK\)- Understanding Imposter Syndrome and how to overcome it \(psychology.org.nz\)](https://www.psychology.org.nz)

## **Video - how to check eligibility for Fees Free**

Fees Free tertiary education and training is a policy introduced in 2018 to expand participation in tertiary education and reduce student debt in New Zealand. It is targeted towards first-time learners. This short video shows how a learner can check their eligibility for Fees Free:

[Fees Free - Careerforce - Qualifications for Life. Skills for Good](#)

## **Wellbeing tips for managing financial stress**

Keeping up with cost-of-living increases is making life difficult for many of us right now.

You may be feeling stressed about your finances or ability to pay the bills, especially heading out of the holiday season. Feeling all sorts of emotions is normal in difficult times. Here is a new resource full of ideas and tips on how to deal with financial stress and take care of your wellbeing in the process.

[Wellbeing-tips-for-managing-financial-stress.pdf \(allsorts.org.nz\)](#)

## **Wellness and Resilience for Good Mental Health in the workplace – recorded webinar**

Topic includes:

- Understanding the principles of wellness
- Recognising the importance of context
- Identifying the impact of resources – personal, professional and societal
- Resilience, moral distress and compassion
- Post-traumatic stress or post traumatic growth?
- Knowing our limits

[Wellness and Resilience for Good Mental Health in the workplace - myhealthhub.co.nz](https://myhealthhub.co.nz)

## **Willpower, self-control and self-esteem**

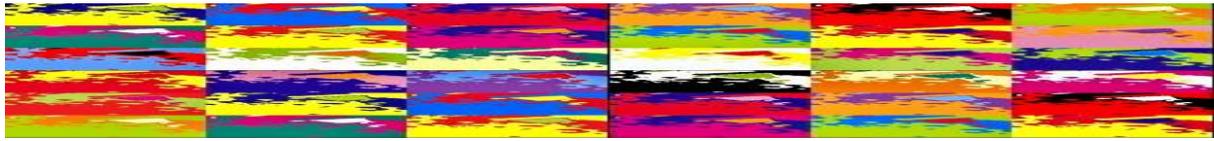
20 February online: 9.00am-11.00am Professor Roy Baumeister (USA)

Learning objectives: Regarding self-control: How the theory of limited willpower emerged, was extensively refined by ongoing data collection in many laboratories, and where it stands now. How self-control works and why it is one of the most important psychological processes. Regarding self-esteem: A brief history: how it became an international concern, what the data show that it does vs. does not provide, and why people continue to care so much about it.

[Roy Baumeister - Willpower, self-control & self-esteem \(psychology.org.nz\)](https://www.psychology.org.nz)

## **Zoom Fatigue 'take two'**

One of Telehealth's coveted webinar's Zoom Zoom Zap returns for 'take two'! Watch this insightful webinar where panellists will share experiences and identify and explore practical ways to overcome [Zoom Fatigue 'Take Two' webinar on Vimeo](#)



## Resources

### **3 wellbeing quick wins to start 2023**

Start 2023 in your Groov with these quick wellbeing wins. Simple, impactful, and fun, these activities will help you get your year off to a great start.

[3 wellbeing quick wins to start 2023 \(groovnow.com\)](https://www.groovnow.com)

### **6 Strengths to Build a Meaningful Life**

Cultivating a meaningful life is a worthy pursuit. It's about having goals and interests that connect you with something greater than yourself. Use this wheel guide to help you boost strengths that will help you to nurture this life.

[Meaning Wheel With Citation 6.pdf \(via-assets.global.ssl.fastly.net\)](https://www.fastly.net)

### **6 ways to practise self-acceptance**

Do you accept yourself exactly as you are? If you struggle to say yes, you're not alone. We live in a world with a strong focus on self-improvement. And while personal growth is a great thing, so is accepting the person you are right now. Both are important for our wellbeing.

[6 ways to practise self-acceptance \(groovnow.com\)](https://www.groovnow.com)

### **12 wellbeing goals to consider in 2023**

Do you enjoy setting goals at the start of the new year? If new year's resolutions work for you, below are some great ideas from the Groov team!

[12 wellbeing goals to consider in 2023 \(groovnow.com\)](https://www.groovnow.com)

### **30 Days of Kindness**

Research shows exercising kindness can boost happiness, make you more likable to others and help reduce anxiety and depression. As 2023 begins, try bringing deliberate attention to this strength and performing a conscious act of kindness each day.

### **64 wellbeing ideas from the Groov team**

Groovers share what they do to look after their wellbeing every day. Looking for new ways to weave wellbeing into your day? Look no further than this inspiring list from the Groov team.

We asked some of our Groovers to share their wellbeing basics – the things they do every day to feel good and function well. Read to get some fresh ideas for 2023 and beyond!

[64 wellbeing ideas from the Groov team \(groovnow.com\)](https://groovnow.com)

## **Ancestral Knowledge and Tamariki Wellbeing**

Tiakina Te Pā Harakeke: Ancestral Knowledge and Tamariki Wellbeing discusses the values and successful practices of Māori childrearing that have been maintained and encouraged within many whānau, hapū and iwi for generations.

[Tiakina te Pā Harakeke: Ancestral Knowledge and Tamariki Wellbeing \(huia.co.nz\)](https://huia.co.nz)

## **Antiviral medicines for COVID-19**

There's a number of antiviral medicines for people who get COVID-19. Read our latest factsheet to find out more about these antivirals, including who is eligible and how to access them. Available in English, te reo Māori, Tongan, Samoan, Cook Islands Māori and Simplified Chinese.

[COVID-19 treatments – antiviral medicines | Health Navigator NZ](#)

## **Ask your friends in the Deaf Community: How are you?**

Thanks to funding from the NZ Sign Language Board, Changing Minds have been busy working on co designing and producing a mental health promotion hands story designed by and for the Deaf community in NZ. If someone is feeling distressed, we want them to feel supported – not judged. Please check out the videos, share them, make your own videos – and try to be the best friend you can be when someone needs to talk about what they are going through. You can do this by starting with one simple question: How are you today?

[Handstory | Ask your friends: how are you? — Changing Minds](#)

## **Before mixing MDMA and LSD, read this**

Mixing LSD and MDMA, known as “candyflipping”, is one of the most well-known drug mixes around. But is it safe? Mixing drugs is always a bad idea, but that doesn't stop people from experimenting. Candyflipping gained popularity in the 90s and early 2000s, especially at raves and nightclubs. Like 90s fashion, it seems to be making a bit of a comeback with renewed interest in the process. So, what is actually going on? LSD and MDMA both induce euphoric, psychedelic effects, but they work by impacting different areas of the brain. Traditionally, LSD is taken first followed by MDMA a few hours later. There is little research available on the actual effects of mixing the two, and the whole experience can last anywhere from 12 to 24 hours.

[Before mixing MDMA and LSD, read this :: High Alert](#)

## **BYOD guide for parents**

As Bring Your Own Device (BYOD) becomes more common in schools it's even more important that parents and whānau have good advice about how to keep their children safe online. We've teamed up with CERT NZ to put together our top online safety tips. This downloadable resource can be printed and given to parents or shared as a digital PDF. If your school has a BYOD programme, this guide can provide some help for parents and whānau on what to look out for when purchasing a device and some basic tips on keeping their children safe online.

[Netsafe-CERT-BYOD-Parents-v2.pdf](#)

## **Can Drug Use Trigger Psychosis?**

Drug use cannot cause schizophrenia, but it can trigger and worsen existing schizophrenia symptoms such as psychosis.

[https://www.psychom.net/schizophrenia/drug-induced-psychosis?ap=nl2250&rhid=627d599219115a12a2020d12&mkt\\_tok=NTQxLUdLWi0yNDMAAAGJRYieo1\\_RMRpFp5X5gZNOw5S7ZHNfZUs6hYNNtJP8u1mx-oCXsuLrWcn4YPar6gU7jRD8QH\\_JqPgEMvNROvbTjuwaXZzMhbjt9XPBiG5](https://www.psychom.net/schizophrenia/drug-induced-psychosis?ap=nl2250&rhid=627d599219115a12a2020d12&mkt_tok=NTQxLUdLWi0yNDMAAAGJRYieo1_RMRpFp5X5gZNOw5S7ZHNfZUs6hYNNtJP8u1mx-oCXsuLrWcn4YPar6gU7jRD8QH_JqPgEMvNROvbTjuwaXZzMhbjt9XPBiG5)

## **Celebrate: 6 Pillars of Wellbeing**

Celebrate the wonder of you to build resilience and rewire the brain for optimism.

Celebrate, one of our 6 Pillars of Wellbeing, is all about taking time to celebrate and appreciate you. It's the things you do to notice the positive, to be kind to yourself, and to feel good about yourself.

[The 6 Pillars of Wellbeing: Celebrate \(groovnow.com\)](#)

## **CHARLEE (Community, Hope, Action, Resources and Lived Experience Education)**

Australia's first national LGBTIQ+ suicide prevention hub, offering information sheets about how to talk about LGBTIQ+ suicide safely, LGBTIQ+ suicide loss, and supporting LGBTIQ+ people during public discussion about suicide loss.

[Services 2 \(charlee.org.au\)](#)

## **Concussion Tracker - App**

This tracker app provides assessment, information and advice for people who have experienced a concussion. There are different options within the app for athletes, patients and team coaches.

[Concussion Tracker on the App Store \(apple.com\)](#)

[Concussion Tracker - Apps on Google Play](#)

[Concussion Tracker App | Complete Concussions](#)

## **Courses now available in NZ Sign Language**

This year we partnered with Deaf creative agency, Deafradio, and Atamira Platform, to provide free online therapy courses to New Zealand's Deaf and hard of hearing community with support from the Ministry of Social Development. Two courses on the Just a Thought platform have been released in New Zealand Sign Language (NZSL) – Mixed Depression and Anxiety and Staying on Track – a guide to support your wellbeing during times of stress and uncertainty.

[NZSL courses for the Deaf Community | Just a Thought](#)

## **Diabetes Journey - App**

Developed by Diabetes NZ, this app is for people living with diabetes who want to stay in control of their condition. They can record and monitor their exercise, food intake and changes to their health and wellbeing.

[My Diabetes Journey on the App Store \(apple.com\)](#)

[My Diabetes Journey - Apps on Google Play](#)  
[Diabetes New Zealand](#)

## **Digital app released to boost physical activity – and help get children moving**

On the eve of the FIFA World Cup Qatar 2022™, the World Health Organization, the Ministry of Public Health of Qatar and FIFA are launching the new digital app GenMove, designed to help increase physical activity and improve the health and wellbeing of young people.

[Digital app released to boost physical activity – and help get children moving](#)

## **Easy Read book about the Treaty of Waitangi**

Announcing a new illustrated book about the Treaty of Waitangi, with 106 pages of easy-read text and beautiful images. The Easy Read book about the Treaty of Waitangi gives a concise history of Te Tiriti o Waitangi, from the 1835 Declaration to modern-day protest and settlements.

Suitable for

- All readers that like an easy-read style with images, including Deaf people
- Newcomers to Aotearoa NZ, young and old
- Children and young people
- Education providers – school/classroom sets to support the Aotearoa Histories Curriculum
- All New Zealanders wanting a concise story of the Treaty of Waitangi.

**Free for the disability sector**

[The Easy Read book about the Treaty of Waitangi: out now! | tangata tiriti \(treatypeople.org\)](#)

## **Eczema Tracker app**

My Eczema Tracker app is for people who want to find out how their eczema is progressing (or that of a child/dependent), and if their symptoms are improving or declining over time. The app creates a graph based on the symptoms the user reports, so they can track their progress over time.

[My Eczema Tracker on the App Store \(apple.com\)](#)

[My Eczema Tracker - Apps on Google Play](#)

[My Eczema Tracker | Health Navigator NZ](#)

## **Eye-catching type 2 diabetes resources**

We've recently codesigned and developed new resources for people living with type 2 diabetes. Our eye-catching, plain language resources explain what type 2 diabetes is, how to avoid complications, lifestyle changes, medicines, the importance of a sick day plan, and where to go for support. Available in English, te reo Māori, Tongan, Samoan, simplified Chinese, traditional Chinese, Hindi and Cook Islands Māori.

[Type 2 diabetes \(mate huka\) | Health Navigator NZ](#)

## **Factsheets for safe and accurate reporting on mental distress or illness**

Together with our partners, the Mental Health Foundation of New Zealand, we have created three factsheets covering some of the most persistent media issues affecting people with mental distress

in Aotearoa. These factsheets will support the media to report on mental distress issues safely, respectfully and accurately. Download them below for free.

[Nōku te ao — Media factsheets \(nokuteao.org.nz\)](#)

## **Family Violence Service Finder tool**

There are lots of services available in Aotearoa when looking for family violence support. Answer a few questions to find the best options for you. Use the Service Finder tool below to find the right resources for you

[Family violence services | Are You OK](#)

## **Fatigue**

This kete will help you to understand your fatigue and make a plan to manage it.

[te-kete-fatigue-final-1422.pdf \(healthnavigator.org.nz\)](#)

## **Fitrah**

We are a New Zealand organisation dedicated to promoting mental health and wellbeing. We are dedicated to nurturing wellbeing through professional development and community conversations, by bringing together evidence-based and culturally relevant psychological principles, and acknowledging the central importance of Te Tiriti o Waitangi. Our team has extensive experience across a range of disciplines and community spaces.

[Fitrah - Muslim Mental Health Organisation Aotearoa](#)

## **Grief after a sudden or unexpected bereavement**

Information to support people and their whānau to navigate the many emotions and reactions that come with sudden grief and bereavement.

[Grief after a sudden or unexpected bereavement](#)

## **Have you ordered your free All Sorts posters yet?**

You don't need to travel far to experience something new this summer. Pitching a tent in your backyard with tamariki or going on a neighborhood roadie with whānau can be just as meaningful and fun! If you need a little inspiration for simple, everyday things you can do to boost your wellbeing, check out some nifty ideas for All Sorts of Summer Wellbeing and order free A3 posters for your home, school, workplace or community

[All Sorts of Summer Wellbeing](#)

## **He Aratohu Haumarū TikTok Mā Ngā Kaitiaki: Ngā Wero Tuihono**

Hei kaitiaki, kei te mōhio mātou e hiahia ana koe ki te āwhina kia mārama ō taiohi ki te haumarū matihiko kia pai ai tā rātou whakahaere i tō rātou tūnga tuihono, ināianeī, ā, ki anamata hoki. Koinei te take e ū ana a TikTok ki te mahi ngātahi me ngā kaitiaki (tae atu ki ngā mātua, ngā kaiako me ngā kaitiaki) ki te tautoko i te tūāoma matihiko a ō taiohi He mea hoahoa tēnei Aratohu Haumarū ma ngā Kaitiaki, ki te whakarato mōhiohio ahuwhānui mō ngā āwangawanga haumarū tuihono. Mā te

arotake ngātahi i tēnei aratohu me tō taiohi e āwhina ki te whakakaha i tō rātou noho kirirarau tuihono me te whakamana i a ia kia whai whakaaro ki tōna ake haumaruru ipurangi  
[TikTok-Safety-Guide-for-Guardians-Online-Challenges-Māori-Web.pdf \(netsafe.org.nz\)](#)

## High Alert

High Alert is a great place to get information on what substances are out there that might not give you the result you want. Working in conjunction with drug checking services and the Drug Foundation, along with information networks from places like ambulance and EDs, High Alert gathers information and releases notifications about substances of concern, with the aim of saving lives and reducing harm from drugs.

[Home :: High Alert](#)

## How am I feeling today?

Use this emotional regulation tool to identify where you are at today and then learn strategies on the website to manage them.

[MSD In Your Hands Emotional Regulator PDF Tool](#) and [Journey of Change | In Your Hands](#)

## How to create a daily wellbeing plan

Take care of yourself every single day with a daily wellbeing plan!

Follow these three simple steps to create a wellbeing plan that works for you

[How to create a daily wellbeing plan \(groovnow.com\)](#)

## How to take empagliflozin: Jardiance and Jardiamet

With a global shortage of type 2 diabetes drug dulaglutide, more people will be prescribed empagliflozin instead. Empagliflozin can help control diabetes, protect kidneys and heart, lower blood glucose and blood pressure, help with weight loss and reduce the chance of having a heart attack or stroke. Our new resources will help people take empagliflozin safely and avoid rare but serious side effects: Video available in English and .Factsheet available in 10 languages.

[https://www.healthnavigator.org.nz/medicines/e/empagliflozin/?utm\\_source=Health+Navigator+Newsletters&utm\\_campaign=b32078743b-Healthy\\_Tips\\_Newsletter\\_August\\_20158\\_4\\_2015\\_COPY\\_0&utm\\_medium=email&utm\\_term=0\\_2e5d849d0b-b32078743b-210746005](https://www.healthnavigator.org.nz/medicines/e/empagliflozin/?utm_source=Health+Navigator+Newsletters&utm_campaign=b32078743b-Healthy_Tips_Newsletter_August_20158_4_2015_COPY_0&utm_medium=email&utm_term=0_2e5d849d0b-b32078743b-210746005)

## How to think like an optimist

Did you know the brain is wired for negativity? The brain pays more attention to negative thoughts and experiences than positive ones. Psychologists call this phenomenon negativity bias. Its purpose is to make you aware of potential threats so you can stay safe.

[How to think like an optimist \(groovnow.com\)](#)

## In Your Hands

Change can happen in your hands. It takes courage to step up and seek change.

If you're concerned that your behaviour is hurting or scaring the ones you love, you can find

information and support here to make positive changes for you and your family/whānau. Start your journey today.

[In Your Hands - Home | In Your Hands](#)

## **Joy of gardening: how to embrace outdoor space to maximise wellbeing**

Having some outdoor space – whether that’s a courtyard, garden or balcony – is a fantastic opportunity. Growing our own vegetables or plants, watching them thrive or simply enjoying the sights and smells of nature – all of the activities associated with gardening – can really boost our mood. Spending time outdoors is great for our wellbeing, but gardening can give your time outside a greater sense of purpose. Even those without outdoor space can give nurturing certain fruits, vegetables, and plants a go, as they’ll grow on windowsills. In this guide, we explore the joy of gardening and how you can embrace it.

<https://www.comparethemarket.com/life-insurance/content/joy-of-gardening/>.

## **Just a Thought OCD module**

Just a Thought have launched an online course that teaches proven strategies for tackling symptoms of OCD.

[OCD course | Just a Thought](#)

## **Know more about Te Tiriti in in your language!**

Tangata Tiriti – Treaty People has been working with ethnic communities to translate education resources about Te Tiriti into several languages. Resources have been translated into Arabic, Korean, Spanish, Chinese and Russian – just to name a few. So far, the Te Tiriti o Waitangi in our language programme has translated documents into 14 languages, as well as English.

The Ministry of Ethnic Communities is proud to support this resource, which is the first of its kind, and looks forward to seeing more resources translated over time.

<http://www.treatypeople.org/>

## **Language support when calling government services**

If you are calling a government agency and you need language assistance, ask for an interpreter. It is the government agency’s responsibility to make sure its services are accessible. This includes providing professional interpreters for free to the public when needed.

[Participating agencies | Ministry of Business, Innovation & Employment \(mbie.govt.nz\)](#)

## **Live Well, Farm Well podcast**

These six podcasts feature a range of farmers talking to The Country's executive producer Rowena Duncum about coping with the ups and downs of farming and what they do to look after their wellbeing.

[Farmstrong’s Live Well, Farm Well podcasts a hit - Farmstrong - Live Well Farm Well](#)

## **Manawaka Ao – Women of colour network**

Manawaka Ao is a women of colour network whose mission is to strengthen collaboration and authentic engagement of women across our ethnic communities, and with Tangata Whenua with

Mana. The group offers a range of programmes to raise women's awareness, capacity and capability. Te Tiriti and Me series, Noho ora wellbeing experiences, Governance and Leadership, He Taonga have just been a few of the programmes they have run this year. Manawaka Ao also offers free counselling in collaboration with Kabayan Counselling.

[Home | Manawaka Ao](#)

## **My Paxlovid plan**

Paxlovid is given to some people to help fight a COVID-19 virus infection. This plan helps record all medicine doses, and changes to medicines being taken, when on Paxlovid.

[https://www.healthnavigator.org.nz/media/18356/my-paxlovid-plan-english.pdf?utm\\_source=Health+Navigator+Newsletters&utm\\_campaign=b32078743b-Healthy+Tips+Newsletter+August+20158+4+2015+COPY+0&utm\\_medium=email&utm\\_term=0\\_2e5d849d0b-b32078743b-210746005](https://www.healthnavigator.org.nz/media/18356/my-paxlovid-plan-english.pdf?utm_source=Health+Navigator+Newsletters&utm_campaign=b32078743b-Healthy+Tips+Newsletter+August+20158+4+2015+COPY+0&utm_medium=email&utm_term=0_2e5d849d0b-b32078743b-210746005)

## **Ngā Pae o te Māramatanga Media Centre**

Ngā Pae o te Māramatanga (NPM) conducts research of relevance to Māori and Indigenous communities. Its research and activities are underpinned by the vision Ko te Māori e arataki ana i a Aotearoa ki te ao kei mua: Māori leading New Zealand into the future.

NPM also convenes a range of events and activities, from knowledge sharing, capability building and celebrating research excellence, in addition to our research programme and projects. A selection of videos, short documentary style, those from the media, along with seminars, keynotes and presentations are available online here on the Media Centre.

[Ngā Pae o te Māramatanga Media Centre | Media Centre \(maramatanga.ac.nz\)](#)

## **MyPsyDiary - App**

MyPsyDiary is an app that allows the user to keep a track of their mood and the lifestyle factors that contribute to it. The app prompts the use of strategies connected with the emotions recorded.

[MyPsyDiary Premium on the App Store \(apple.com\)](#)

[MyPsyDiary Premium: For your m - Apps on Google Play](#)  
[Stress & Anxiety Companion app | Health Navigator NZ](#)

## **New family violence resources and tools**

Education Gazette editors highlight some refreshed online services that provide support for survivors and people who may experience abuse, and advocate for helping young people access the information and support they need.

[New family violence resources and tools – Education Gazette](#)

## **New practical and emotional support resources**

Masks may be off and life almost back to normal, but the long tail of COVID is still with us and will be for some time. For many this means still having to deal with the fallout from financial stress, long COVID, working at home with sick kids, feelings of isolation and disconnectedness, and more.

Health Navigator Charitable Trust, in partnership with Te Whatu Ora, has created 15 new practical and emotional support topics, including tips, personal stories, services and videos to help people get through.

[COVID-19: Emotional, spiritual and belonging topics | Health Navigator NZ](#)

## Online Bullying

Bullying is when someone says or does something unkind or unsafe to someone else. When bullying happens on a device, like a computer or mobile phone, this is called online bullying or cyberbullying. Signs of bully, what to do, and what happens when you report it.

[Easy-read-Online-bullying.pdf \(netsafe.org.nz\)](#)

## PainGuru - App

Pain Guru app is designed for people with lower back pain. The app helps with confirming a diagnosis and provides information on different treatment options.

[PainGuru on the App Store \(apple.com\)](#)

[PainGuru – Apps on Google Play](#)

[PainGuru app | Health Navigator NZ](#)

## Patrick Gower: On All The Drugs – documentary

Patrick Gower has been on a 5-year journey of discovery with drugs. Now he has one final question, should New Zealand decriminalise recreational drugs? The documentary looks at the harmful and beneficial effects of illegal drugs and whether New Zealand's burgeoning drug problem could be curbed by easing our current laws. Having previously delved into the world of cannabis, methamphetamine and alcohol, Gower is now putting some of this country's illicit substances, such as psilocybin, mushrooms and MDMA under the microscope.

<https://www.threenow.co.nz/shows/patrick-gower:-on-all-the-drugs/S4225-913>

## Plate Calorie Counter - App

This app uses a food intake and physical activity log to help manage weight. The app also includes a body weight tracker and a variety of quick and easy recipes.

[Calorie Counter by FatSecret on the App Store \(apple.com\)](#)

[Calorie Counter by FatSecret - Apps on Google Play](#)

[FatSecret - Calorie Counter and Diet Tracker for Weight Loss](#)

## PlunketLine (0800 933 922)

A free parent helpline and advice service available to all families, whānau and caregivers 24 hours a day, seven days a week.

Call 0800 933 922 for parenting help. This is a free, 24/7 service (calls are also free from cellphones). You don't need to be a Whānau Āwhina Plunket client to use PlunketLine. When you call PlunketLine your call will be answered by a Whānau Āwhina Plunket nurse, who can give you advice and information on parenting issues and your child's health and wellbeing.

## Poipoia ngā tamariki: Māori proverbial sayings related to nurturing children

A book of more than 60 whakataukī showing traditional understanding and tikanga for raising children. The whakataukī have been selected by Leonie Pihama, Hineitimoana Greensill, Ngaropi Cameron-Raumati, Linda Tuhiwai Smith, Papahuia Dickson, Marjorie Beverland and Awhina Cameron. The book is published and sold by Tū Tama Wāhine o Taranaki. The book is a follow up to Taku Kuru Pounamu published in 2015, which shares a small selection of whakataukī.

[Pukapuka- Poipoia Ngā Tamariki – Tū Tama Wāhine o Taranaki Inc \(tutamawahine.shop\)](http://tutamawahine.shop)

## **Practical advice to support you on those bad days**

Health Navigator consumer advisor Mary Maringikura Campbell is Cook Island Māori and passionate about healthcare providers treating people in a holistic manner that addresses their psychological and spiritual wellbeing as well as their physical health.

[Caring for yourself is easy when you know how | Health Navigator NZ](#)

## **Privacy on Snapchat**

To help you protect your privacy on Snapchat, we've put together some helpful information on Snapchat's features.

[Privacy on Snapchat - Netsafe – Providing free online safety advice in New Zealand](#)

## **Protecting yourself from privacy breaches**

As a result of the high profile privacy breaches in the past few months, and with Fraud Week happening earlier in November, the subject of how to protect yourself from privacy breaches has been discussed at length, both in day to day conversations and in the media.

In response to this, OPC has published some easy to follow tips and tricks for the public to follow to help protect themselves from various types of privacy breaches.

[Office of the Privacy Commissioner | Protecting yourself from a privacy breach](#)

## **Psychedelic Drug Trial: A Cure For Depression? - documentary**

In a ground-breaking trial at London's Imperial College, a psychedelic drug is tested against standard anti-depressants, under controlled circumstances, to determine a possible new era for clinically-depressed patients.

[Watch The Psychedelic Drug Trial: A Cure For Depression? | Episodes | TVNZ+](#)

## **Quick facts about ketamine**

Ketamine is also known as Ket, K, Special K, Vitamin K, or Wonk. It is typically bought as a fine white, or off-white, powder which is usually snorted. Ketamine is a sedative drug, or dissociative anaesthetic. That means people who take ketamine can experience a sense of detachment from their body and surroundings. It was originally developed in the 1960s for medical use, but its psychedelic effects made it popular as a recreational drug. Like MDMA and GBL, it's often used as a party drug, for example at music festivals. Ketamine seems to be growing in popularity recently, with use increasing in New Zealand as well. How much do you know about it?

[Quick facts about ketamine :: High Alert](#)

## **Replika App - Virtual AI Friend**

Replika is THE chatbot powered by artificial intelligence for anyone who wants a friend with no judgment, drama, or social anxiety involved. You can form an actual emotional connection, share a laugh, or get real with an AI that's so good it almost seems human. If you're going through depression, anxiety, or a rough patch, if you want to vent, or celebrate, or just need to feel a

connection you can always count on Replika to listen and be here for you, 24/7. Replika is here to make you feel HEARD. Speak freely without judgement. Choose your relationship. Grow together. Feel better. Explore your personality. Create your own unique chatbot AI companion, help it develop its personality, talk about your feelings or anything that's on your mind, have fun, calm anxiety and grow together. In app purchased apply

<https://apps.apple.com/nz/app/replika-virtual-ai-friend/id1158555867>

[Replika: My AI Friend - Apps on Google Play](#)

[Replika](#)

## **Respite is key to your wellbeing - give yourself a break**

Time out strategies developed for carers, by carers, outlining the importance of respite with ideas on ways to give yourself a break.

[Respite & Wellbeing - CarersNZ](#)

## **Six Myths About Schizophrenia**

Split personality. Violent behaviour. Never being able to hold onto a job or have a career. Myths about schizophrenia, a serious and complex mental disorder. Here, experts dispel some of the more common myths about schizophrenia.

[Six Common Myths and Misconceptions About Schizophrenia \(psycom.net\)](#)

## **Snapchat Guide**

Our Snapchat guide covers what you can do in the app and how to use the privacy settings available.

[Snapchat Guide - Netsafe – Providing free online safety advice in New Zealand](#)

## **Sober Living: What It's Really Like**

Nothing stopped me from drinking until my drinking did. I've been in emergency rooms, jail cells, and the homes of strangers. Here's how I got sober and you can, too.

[Sober Living: What It's Really Like to Live without Alcohol \(psycom.net\)](#)

## **Staying Safe Online Guide**

Digital technology is an important part of how people connect with most of us using it every day. From buying groceries to tracking our fitness to organising get togethers - being online is a big part of how we live. This Staying Safe Online Guide helps everyone have better online experiences'

[Staying-Safe-Online-Guide-2020.pdf \(netsafe.org.nz\)](#)

## **Stress and Anxiety Companion - App**

This app contains information and strategies to help people manage workplace stress and anxiety. Users can learn about the causes and mechanisms of stress and anxiety as well as simple CBT strategies to manage stress such as breathing and thought reframing.

<https://apps.apple.com/us/app/stress-anxiety-companion/id786238252>

[Stress & Anxiety Companion – Apps on Google Play](#)

[Stress & Anxiety Companion app | Health Navigator NZ](#)

## Summer Wellbeing

COVID-19 continues to throw new challenges our way. This summer, we're all feeling the impacts in some way – physically, emotionally, and financially. Whether you're feeling all good/ ka pai, or a bit hōhā or overwhelmed, it's normal and okay. We've got all sorts of tips to help you through and boost your mental wellbeing.

[All Sorts of Summer Wellbeing](#)

## Talanoa Mai - app

Talanoa Mai is designed to help social workers build their cultural confidence and connect with Pasifika children and their families. The app was created as a learning resource for Oranga Tamariki staff to support their day-to-day work, but it's also available to all staff, community partners and members of the public. The app enables users to move between 7 Pacific nations – Samoa, Niue, Cook Islands, Fiji, Tonga, Tokelau and Tuvalu. Using immersive technology, users can learn more about each Pasifika peoples' unique cultural heritage and identity.

[Talanoa Mai - Apps on Google Play](#)

[Talanoa Mai • Kiwa Digital](#)

## Tala-Moana - app

An educational resource to improve cultural confidence in Pacific health communities in Aotearoa New Zealand. Tala-Moana app allows users to connect with 7 Pacific languages and cultures (Cook Islands, Fiji, Niue, Tonga, Tokelau, Sāmoan and Tuvalu) to improve their understanding of Pacific communities and their health and social needs. The app has a variety of features to help users improve their cultural confidence in Pacific health communities in New Zealand

[Tala-Moana on the App Store \(apple.com\)](#)

[Tala-Moana - Apps on Google Play](#)

[Tala-Moana app | Health Navigator NZ](#)

## Tangata tiriti activities to download

Core activities from the Tangata Tiriti – Treaty People workbook are available for download below. They are freely available for all facilitators, educators and teachers to use.

- Introductory activities – connecting ourselves to the Tiriti relationship
- Laying the groundwork
- History leading to Te Tiriti signing – Māori & Tauīwi relationships
- He Whakaputanga – the Declaration of Independence, 1835
- Te Tiriti o Waitangi, 1840
- How colonisation happened in Aotearoa
- Colonisation affects relationships between cultures
- Te Tiriti o Waitangi today: for individuals / communities
- Reflection & evaluation activity

[Download our tangata tiriti activities | tangata tiriti \(treatypeople.org\)](#)

## The Awhi Warrior

A small boy discovers the superpower of hugs. This book helps families talk with their tamariki about the difficult emotions that arise when we are separated from the ones we love. Listen to an interview with the author on Te Ao Māori.

[The Awhi Warrior | Massey University Press \(masseypress.ac.nz\)](#)

## **Te Haumarū Tuihono**

He wāhanga hira te hangarau matihiko mō te āhua o te tūhonohono a te tangata ki te nuinga o tātau i ia rā. Mai i te hokohoko kai ki te whai haere i tā tātau whakapakari tinana ki te whakarite i ngā tūtakitaki ā-tangata – he wāhanga hira te tuihono ki te āhua o tā tātau noho. Ka āwhina tēnei Aratohu Haumarū Tuihono i te tangata kia pai ake ngā wheako tuihono, heoi tēnei te mihi atu ki ō mātau hoa pātui katoa mō te whakauru mai ki te kaupapa.

[Staying-Safe-Online-A5-2020-Maori-WEB.pdf \(netsafe.org.nz\)](#)

## **Te Reo Māori - Online Safety Resources**

Netsafe are creating more translated resources to help our staff communicate confidently. Below is a selection of the support materials we have previously translated for whānau and communities.

Download them here

[Te Reo Māori online safety resources - Netsafe – Providing free online safety advice in New Zealand](#)

## **Te reo medicines resources**

The Māori Pharmacists' Association Ngā Kaitiaki o Te Puna Rongoā has a free phone line to answer questions whānau have about their medicines. **Call 0800 664 688.**

Note: This is a non-urgent service, and they will get back to you within 24 hours.

For urgent health advice freephone Healthline 0800 611 116.

## **TFW....**

Downloadable posters to promote Netsafe's free text help service for young people.

[A3 Posters promoting Netsafe Text Service | The Kit](#)

## **Tiakina Te Pā Harakeke Project**

Māori childrearing within a context of whānau ora. To learn more listen and watch Leonie Pihama talk about the inspiration for the project

[https://mediacentre.maramatanga.ac.nz/sites/default/files/videos/original/Leonie\\_Pihama\\_360p.mp4](https://mediacentre.maramatanga.ac.nz/sites/default/files/videos/original/Leonie_Pihama_360p.mp4)

## **TikTok Family Safety Toolkit**

TikTok is one of the fastest growing social media apps. It's a platform for creating, sharing and discovering short videos. As young people enjoy being on it, TikTok and Netsafe have partnered on the TikTok Family Safety Toolkit to help you and your child safely navigate some of the online challenges and have fun. This TikTok Family Safety Toolkit provides the Top 10 Digital Parenting Tips which you can easily follow with your teen. These tips can apply to all apps your teen might use, not just TikTok. Here, we provide multiple options for you to support your teen in navigating TikTok safely and give practical guidance on how to implement these tips using TikTok Family Safety Tools.

[TikTok-Family-Safety-Toolkit-NewZealand.pdf \(netsafe.org.nz\)](#)

## **Type 2 diabetes**

Find out what diabetes is, what the symptoms are and why it is important to manage diabetes well. Available in English, te reo Māori, Tongan, Samoan, simplified Chinese, traditional Chinese, Hindi and Cook Islands Māori.

[1a Diabetes - Overview & Symptoms on Vimeo](#)

## **Understanding medical words**

Video made by Health Literacy NZ to help people accessing services

<https://youtu.be/2dk3az6DP4o>

## **Using Fa'afaletui to explore Samoan consumers' experience and interpretation of mental health person-centred care in Aotearoa, New Zealand**

The need to build up capacity for Pacific staffed specialist services and Pacific models to achieve equity and holistic care for Samoans and other Pacific populations at risk of adverse mental health outcomes are recommended.

[Using Fa'afaletui to explore Samoan consumers' experience and interpretation of mental health person-centred care in Aotearoa, New Zealand](#)

## **Webcam Blackmail scams**

Webcam or video blackmail and sextortion is a way to blackmail people online. The impact of sextortion can range from mild embarrassment and a sense of humiliation to extreme emotional harm. This a serious global issue and blackmailers can be located anywhere around the world. They may be individuals working alone, but there are also highly organised criminal groups profiting from sextortion.

[Webcam Blackmail Scams - Netsafe – Providing free online safety advice in New Zealand](#)

## **Whaea K on COVID-19 and mental health**

The pandemic has hit a lot of whānau really hard and in different ways. There's been financial hardship, food insecurity, health, wellbeing – all of those things have had an impact on our whānau.

<https://youtu.be/j1aGuyppqhqs>

## **What is health literacy for people, families and whānau?**

Health literacy is about knowing how to:

- find your way around the many different parts of the health system
- understand your health condition(s), including what makes it better or worse
- use your medicines safely
- give informed consent to medical procedures
- prevent illness and your health getting worse
- manage long-term health conditions well.

The health literacy you need changes over time as your health changes and health services change.

[Health literacy | Health Navigator NZ](#)

## What is poppy seed tea?

Poppy seed tea sounds harmless, but like everything that contains opiates, there are risks to be aware of. Here's what you need to know. Poppy seeds are harmless when eaten in the small amounts found in baked goods or salad dressings, but unwashed poppy seeds pose a risk as they contain higher levels of opiates. That means consuming unwashed poppy seeds, for example in tea, can lead to an overdose.

[What is poppy seed tea? :: High Alert](#)



## News

### Action needed to address high levels of alcohol harm among Rainbow students

University of Otago's Alcohol Healthwatch and the Adolescent Health Research Group undertook analysis of alcohol harm among high school students and found Rainbow youth experience high levels of alcohol harm.

[13 Dec 2022: Media - Action needed to address high levels of alcohol harm among Rainbow students > Alcohol Healthwatch \(ahw.org.nz\)](#)

### Anti-bullying pilot an attempt to reverse NZ's high rates

A programme designed to tackle bullying will be trialled at Broadgreen Intermediate.

<https://www.stuff.co.nz/national/education/130750714/acclaimed-antibullying-programme-to-be-trialled-in-new-zealand?cid=app-iPad>

### Awanuiarangi leads Māori mental health research programme

Professor Te Kani Kingi from Te Whare Wananga o Awanuiarangi is leading Te Aratiatia ki te Hauora, a new \$16 million research collaboration with Te Whatu Ora's Health Promotion Agency Te Hiringa Hauora. Te Aratiatia ki te Hauora will generate research on improved care options alongside training opportunities and online resources.

[Awanuiarangi leads Māori mental health research programme](#)

### Binge-eating is the most common eating disorder, yet few are diagnosed

Experts estimate up to 100,000 people, 2.2% of Kiwis, could be impacted by a binge-eating disorder, but it remains an under-diagnosed condition.

<https://www.stuff.co.nz/national/health/300777274/binge-eating-is-the-most-common-eating-disorder-yet-few-are-diagnosed-in-nz?cid=app-iPad>

## **Call to protect the rights of Indigenous women and girls**

The UN Committee on the Elimination of Discrimination against Women issued General Recommendation No. 39 calling on states to better protect the human rights of Indigenous women and girls, including addressing gender-based violence.

[UN committee calls on states to protect the rights of Indigenous women and girls | New Zealand Family Violence Clearinghouse \(nzfvc.org.nz\)](#)

## **Commissioning for Pae Ora Healthy Futures 2022**

Over the last two years, the Ministry of Health has developed the evidence-based Commissioning for Pae Ora framework, which is grounded in Te Tiriti o Waitangi. It is a key deliverable under Whakamaua: Māori Health Action Plan 2020–2025 and a response to:

- the Wai 2575 Health Services and Outcomes Kaupapa Inquiry
- Te Puni Kōkiri-led Te Piringa research on primary and community care
- the Health and Disability System Review recommendations
- insights from Whatua and Hui Whakaoranga.

This document references these case studies where relevant. These case studies are available to read in the download section on the right.

[Commissioning for Pae Ora Healthy Futures](#)

## **Establishment of the Gardiner Centre for the Child**

A working relationship between Wānanga and the Minister for Children, the centre will explore how resources and decision-making can be shared with whānau, hapū, iwi and communities to encourage more community-driven approaches that benefit children.

[Establishment of the Gardiner Centre for the Child](#)

## **He Arotake ngā Tūraru Reviewing risk: A discussion paper**

Engaging in a national discussion on mental health and risk. He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction noted that the current focus on managing risk results in outcomes that are not always the most beneficial for tāngata whaiora, clinicians, or communities. Recommendation 35 stated that we needed a national discussion to reconsider beliefs, evidence and attitudes about mental health and risk. The report encouraged mental health advocacy groups and sector leaders, people with lived experience, families and whānau, professional colleges, coroners, the Health and Disability Commissioner, New Zealand Police and the Health Quality and Safety Commission to participate. To support this national conversation to reconsider beliefs, evidence and attitudes about mental health and risk, Manatū Hauora has commissioned an external document which can be used as a discussion prompt by anyone interested in supporting the wider conversation.

[He Arotake ngā Tūraru Reviewing risk: A discussion paper | Ministry of Health NZ](#)

## **Health Quality & Safety Commission report into COVID-19 impacts released**

Part 2 of the Commission's investigation into the effects of the COVID-19 pandemic on health care services in Aotearoa New Zealand.

<https://www.hqsc.govt.nz/assets/Our-data/Publications-resources/COVIDWindow2022Part2-final-web.pdf>

## **IIMHL Liaison New Zealand**

Janet Peters has retired as the IIMHL Liaison after representing New Zealand for the past 18 years. Janet was formally acknowledged for her wonderful service by the IIMHL President and CEO Steve Appleton at the recent IIMHL Network Meeting in Ōtautahi Christchurch.

The newly appointed IIMHL Liaison is Jenny Wolf. Jenny has held senior leadership roles within addiction and mental health in government funded organisations and the Ministry of Health during her 30-year mental health and addiction career. She has experienced two IIMHL Leadership Exchanges (2005 and 2013) and coordinated the IIMHL Leadership Exchange 2022 in Ōtautahi Christchurch. Te Pou holds the contract, on behalf of Manatū Hauora Ministry of Health in partnership with IIMHL, for the IIMHL New Zealand Liaison role. Jenny started the IIMHL Liaison role part-time on Monday 28 November and can be contacted at [jennywiimhl@gmail.com](mailto:jennywiimhl@gmail.com).

## **Improving outcomes for people with obsessive compulsive disorder**

An article by Anna Elders and Yvonne Tse informed by both clinical research and lived experience about obsessive compulsive disorder outcomes is available for professional development.

[Improving outcomes for people with obsessive-compulsive disorder | New Zealand Doctor \(nzdoctor.co.nz\)](https://www.nzdoctor.co.nz/improving-outcomes-for-people-with-obsessive-compulsive-disorder/)

## **Mental health support for West Coast communities**

The launch of Tai Poutini Mana Ake on the South Island's West Coast is bringing students and communities closer to mental health support and services in even the most remote parts of the region.

[Mental health support for West Coast communities – Education Gazette](#)

## **New Zealand records lowest smoking rate ever**

Statistics released show New Zealand's smoking rate has fallen to an historic low of 8% of adults smoking daily, down from 9.4% a year ago.

[New Zealand records lowest smoking rate ever](#)

## **Privacy Commissioner considers action on ransomware attacks**

Unfortunately, cyber security breaches are becoming a regular occurrence. While work is underway to understand and respond to this particular incident we have some key messages for individuals, organisations and members of the public in general. It is important that people who receive or find information related to this, or any other cyberattack, do the right thing. Do not spread it. Do not share it. Report it to the New Zealand Police. No one should contribute to its widespread dissemination. Spreading this information or profiteering from it causes anxiety and distress to victims.

For individuals - be on the lookout for anything out of the ordinary. Watch out for suspicious texts, emails or unusual things happening with your accounts or records. Be particularly cautious of contact from an unknown source.

If people would like to know more about some steps they could take to protect themselves from privacy breaches they could follow this link:

<https://privacy.org.nz/resources-2/protecting-yourself-from-a-privacy-breach/>

## **Prevalence data for mental health conditions and substance use inadequate for good population health**

Te Pou and the Department of Māori Indigenous Health Innovation (MIHI) at University of Otago are building a collaborative of partners to design, secure investment for, and initiate a national mental health and substance use prevalence survey, or series of surveys.

[Understanding population mental health and substance use | Te Pou](#)

## **Proposals for the Smoked Tobacco Regulatory Regime**

The Smokefree Environments and Regulated Products (Smoked Tobacco) Amendment Act came into force on 1 January 2023. This amendment means that the Smokefree Environments and Regulated Products Act 1990 (the Act) now restricts the sale of smoked tobacco products to a limited number of approved retail outlets and prohibits anyone from selling or supplying smoked tobacco products to people born on, or after, 1 January 2009. This is intended to significantly reduce retail availability and to create a 'Smokefree Generation' to prevent our tamariki, and the generations born after them, from ever taking up smoking. The consultation document also sets out proposals to tighten current restrictions on vaping product safety requirements and packaging. It also considers some restrictions on the location of Specialist Vape Retailers (SVR's). These proposals respond to concerns about the appeal of vaping products to youth and aim to ensure that disposable vapes are safe to use. The proposals are not intended to restrict access or availability to vaping products for people who wish to stop smoking and switch to a less harmful product.

These proposals, and your feedback on them, will help us develop regulations, written notices and guidance to implement the new provisions of the Act. For Māori, this is also the first step in a consultation journey which will involve targeted engagement to help us fulfil our obligations under Te Tiriti.

[Proposals for the Smoked Tobacco Regulatory Regime | Ministry of Health NZ](#)

## **'Repeated and catastrophic failure', Abuse in Care commissioner says as study published**

The stories of abuse inflicted on neurodiverse people and those with disabilities have been released in a study by the Abuse in Care inquiry, which highlights repeated failures by carers to protect them

['Repeated and catastrophic failure', Abuse in Care commissioner says as study published](#)

## **Review of Adult Decision-Making Capacity Law**

There are many things that can affect a person's decision-making. These can include dementia, acquired brain injuries, learning disabilities and experiences of mental distress.

If an adult's decision-making is affected, the law may treat their decisions differently. This is based on a concept of 'decision-making capacity'. If a person is assessed not to have 'decision-making capacity', their decision might not have legal effect. Another person might be appointed to make the decision for them. Many people think the law in this area needs to be reviewed to make sure it works well for people with affected decision-making and for those around them.

The Minister of Justice has asked Te Aka Matua o te Ture | Law Commission to carry out a review and make recommendations to improve the law. **Submissions are open until 3 March.**  
[Review of Adult Decision-Making Capacity Law – Law Commission – Consultation Platform](#)

## **Smokefree Environments and Regulated Products (Smoked Tobacco) Amendment Act**

New Zealand is a step closer to becoming Smokefree by 2025 with the enactment of the Smokefree Environments and Regulated Products (Smoked Tobacco) Amendment Act. It introduces major reforms that seek to reduce the availability of smoked tobacco products, reduce disparities in smoking rates and smoking related illnesses between New Zealand population groups, and prevent young people and future generations from ever taking up smoking.

[Smokefree Environments and Regulated Products \(Smoked Tobacco\) Amendment Act \(buddlefindlay.com\)](#)

## **Stop talking to men as if they're 'stupid', Jehan Casinader tells media**

Mental health advocate Jehan Casinader says content for men doesn't need to connect to them 'as if they're stupid', because the stereotype of the stoic Kiwi man is outdated.

[Stop talking to men as if they're 'stupid', Jehan Casinader tells media | Stuff.co.nz](#)

## **Stronger measures proposed to tackle youth vaping**

The Government is seeking feedback on measures to help reduce the number of young people vaping.

[Stronger measures proposed to tackle youth vaping | Beehive.govt.nz](#)

## **Submissions now open on the Sale and Supply of Alcohol (Community Participation) Amendment Bill**

The Bill aims to make it easier for communities to influence alcohol regulation, with targeted changes to the alcohol licensing process. Submissions are due 12 February 2023. MHF will be supporting the Bill as a first step towards addressing alcohol-related harm. Find out more and build your own submission at [yoursayonalcohol.org.nz](#).

[Sale and Supply of Alcohol \(Community Participation\) Amendment Bill - New Zealand Parliament \(www.parliament.nz\)](#)

## **Survey results show 'parents have never done it so hard', says Nib parenting expert**

Leading health insurer nib New Zealand (nib) has released initial findings from its fourth annual State of the Nation Parenting Survey, revealing the impact of the rising cost of living on Kiwi parents.

[Confronting Survey Results Show 'Parents Have Never Done It So Hard', Says Nib Parenting Expert | Scoop News](#)

## **Te Ara Paerangi - Future Pathways White Paper launched**

On Tuesday 6 December, the Minister for Research, Science and Innovation, Dr Ayesha Verrall, launched the Te Ara Paerangi – Future Pathways White Paper, which outlines the Government's

vision for reforming the research, science and innovation system. It includes key policy directions and provides a roadmap to implement the Government's reform programme. .

[Te Ara Paerangi Future Pathways White Paper 2022 \(mbie.govt.nz\)](https://www.mbie.govt.nz)

## **Teachers to receive training by clinicians under new mental health initiative**

Under the early intervention programme, mental health clinicians working in Te Whatu Ora's Marinoto team (Child and Adolescent Mental Health), will implement an apprenticeship training model for teachers in some intermediate schools across North and West Auckland.

[Teachers to receive training by clinicians under new mental health initiative | New Zealand Doctor \(nzdoctor.co.nz\)](https://www.nzdoctor.co.nz)

## **Telehealth and virtual reality partner to reduce barriers to mental health treatment**

CEO of Whakarongorau Andrew Slater says he was drawn to oVRcome because of the opportunity it presents to improve access to mental health care, and to partner to provide informed, additional, and innovative resources to support its service users.

[Media release Whakarongorau investment in oVRcome 5 Dec 2022 0a224106d0.pdf \(windows.net\)](https://www.windows.net)

## **UN report highlights growing online violence against women and girls, related research**

The UN report examines new developments, gaps and trends in preventing and responding to violence against women, with a specific focus on violence against women and girls in digital contexts. UN Women has also published a brief on tackling online violence against women and girls.

[UN report highlights growing online violence against women and girls, related research | New Zealand Family Violence Clearinghouse \(nzfvc.org.nz\)](https://www.nzfvc.org.nz)

## **Updated patient experience explorer | Kua whakahoungia a Tūhura**

The Commission's experience explorer presents publicly accessible results from the patient experience surveys. Results of the May and August 2022 surveys have now been published. Results will be updated each quarter. A download data sets function has been added where you can download aggregated data by demographics for all questions and quarters. If you are planning to report patient experience data and would like advice on interpretation, please contact [survey@hqsc.govt.nz](mailto:survey@hqsc.govt.nz)

[Survey results | Health Quality & Safety Commission \(hqsc.govt.nz\)](https://www.hqsc.govt.nz)

## **Wellbeing data for New Zealanders**

Dataset and interactive tools are available for viewing the 109 wellbeing indicators selected for assessing and tracking changes in New Zealanders wellbeing. View some of the data confirming the rapid increase in mental distress many of us are seeing in our clinics and communities. 19.2% of people aged 15–24 had experienced high or very high levels of psychological distress in the past four weeks in 2020/21 compared to 5% a decade earlier.

[https://statisticsnz.shinyapps.io/wellbeingindicators/\\_w\\_f9f74501/?page=indicators&class=Social&type=Health&indicator=Mental health status \(psychological distress\)&utm\\_source=Health+Navigator+Newsletters&utm\\_campaign=57bac72958-EMAIL CAMPAIGN 2018 05 29 06 59 COPY 01&utm\\_medium=email&utm\\_term=0\\_2e5d849d0b-57bac72958-210746005](https://statisticsnz.shinyapps.io/wellbeingindicators/_w_f9f74501/?page=indicators&class=Social&type=Health&indicator=Mental%20health%20status%20(psychological%20distress)&utm_source=Health+Navigator+Newsletters&utm_campaign=57bac72958-EMAIL_CAMPAIGN_2018_05_29_06_59_COPY_01&utm_medium=email&utm_term=0_2e5d849d0b-57bac72958-210746005)

## **What does positive health system transformation look like for Tāngata Mātau ā-wheako?**

Our health system is currently undergoing a once-in-a-lifetime change. But a lot of what this change looks like is still uncertain and it's important that these changes are guided by the views and expertise of Tāngata Mātau ā-wheako, people with Lived Experience. Changing Minds asked the Lived Experience community for your insights between September and November 2022 and this is what we heard.

[What does positive health system transformation look like for Tāngata Mātau ā-wheako? — Changing Minds](#)

## **Working to strengthen social cohesion in Aotearoa New Zealand**

The launch of Te Korowai Whetū Social Cohesion is a significant milestone in the Government's response to the report of the Royal Commission of Inquiry into the 15 March mosque terror attacks. The launch included the release of a package of tools and resources, and a community \$2 million fund to support community-based initiatives that strengthen social cohesion.

[Working to strengthen social cohesion in Aotearoa New Zealand](#)

## **Xero supports mental health with new programme**

The pilot programme Xero Assistance Programme (XAP) will be available free of charge through Xero's global provider, Benestar, and initially offered to 5,000 small business owners, their employees and their families.

[Xero Supports Mental Health with New Programme - WK Advisors and Accountants](#)



## **Reports, documents and research**

### **Access and Choice Programme: Report on the first 3yrs**

Te Hōtaka mō Ngā Whai Wāhitanga me Ngā Kōwhiringa: He purongo mō ngā tau tuatahi e toru Te Hiringa Mahara/The Mental Health and Wellbeing Commission latest stocktake of the programme which showed that despite considerable progress in the year to June, fewer people than hoped had received help.

[FINAL-Access-and-Choice-2022-PDF.pdf \(mhwc.govt.nz\)](#)

## **Activity gap in Aotearoa New Zealand: what it is, why it matters and what we can do about it**

The authors recommend existing and novel community-led programmes are supported to expand their services, and examples of good practice within schools are disseminated to seed ideas.

[Short Communication: The activity gap in Aotearoa New Zealand: what it is, why it matters and what we can do about it](#)

## **ADOM report available**

The Alcohol and Other Drug Measure (ADOM) report 13 is now available, along with an infographic highlighting the key findings. The report shows that community addiction services are broadly assisting people with their recovery, with clear benefits to people's lifestyle and wellbeing.

[221208 ADOM Report 13 infographic V2a \(d2ew8vb2gktr0m.cloudfront.net\)](#)

[ADOM report 13 | Data and outcomes | Te Pou](#)

## **An indigenous framework to evaluate the inclusion of family voice in family violence homicide reviews**

While there were strengths within the current process, the review established that further work is required to fully embed cultural understandings and processes within homicide reviews. Indeed, the current process and legislative framework in which it is based, works against relational obligations of reciprocity and a duty to care. Conclusions Using indigenous frameworks and research methods, it is possible to determine how homicide review processes have the potential to embed trauma rather than providing an opportunity for critical reflection and healing. Repositioning homicide reviews will require a reconceptualization of the legislative framework and support system requirements for review panels.

<https://library.nzfvc.org.nz/cgi-bin/koha/opac-detail.pl?biblionumber=7930>

## **Aotearoa New Zealand autism guideline: He waka huia takiwātanga rau**

This Guideline is intended to provide guidance around supporting autistic people in Aotearoa New Zealand across the lifespan. The Guideline is an evidence-based summary that covers the identification and diagnosis of autism spectrum disorder (ASD), and ongoing assessment and access to supports and services for autistic individuals. It seeks to provide the best evidence currently available to assist informed decision-making to improve the health, educational and social outcomes, and lives of autistic individuals. The Guideline is intended for use by primary care practitioners, education professionals, service providers, policymakers, funders, specialists, carers, and autistic people/tāngata whaitakiwātanga and their families and whānau.

[Aotearoa-New-Zealand-Autism-Guideline-Third-Edition.pdf \(whaikaha.govt.nz\)](#)

## **Barriers to mental health help-seeking in veterinary professionals working in Australia and New Zealand: A preliminary cross-sectional analysis**

Early career veterinary professionals were identified as more vulnerable to perceived stigma and barriers to care.

[Barriers to mental health help-seeking in veterinary professionals working in Australia and New Zealand: A preliminary cross-sectional analysis \(nih.gov\)](#)

## **Being there: Young people supporting their friends through tough times**

There is emerging research examining informal support amongst friends, however, more needs to be done to understand the experiences of young people undertaking this support role. This research sought to better understand the experiences of friends who support friends through tough times.

[The central role friends play in young people's mental health care - Batyr Being-there.pdf \(batyr.com.au\)](#)

## **Best practices for implementing peer support in mental health services**

The Mental Health Commission of Canada defines peer support workers as those who provide “emotional and social support provided to others who share a common experience (Mental Health Commission of Canada, 2022).” Evidence shows that the integration of peer support workers into mental health services has many benefits, but developing these programs has several challenges. Some challenges include being able to maintain professional boundaries, difficulties with power dynamics among staff, job-related stress, and role clarity. This literature review uses an implementation science lens to identify best practices for putting in place a peer support program in mental health services.

[EENet | Research Snapshot: Best practices for implementing peer support in mental health services \(camh.ca\)](#)

## **Climate action and global psychology**

A summary of the scientific literature on the psychological aspects of climate change and action, both in terms of preventive actions and the responses from psychology.

[Climate action and global psychology](#)

## **Climate change, mental health and wellbeing: Privileging Pacific peoples' perspectives – phase one**

The aim of this study was to seek consensus amongst Pacific mental health and/or climate change experts on key principles underpinning mental health and wellbeing and climate change, and the intersection of the two, for Pacific peoples.

[Climate change, mental health and wellbeing: privileging Pacific peoples' perspectives – phase one \(tandfonline.com\)](#)

## **Cultural pride: Exploring Indigenous athlete culture and wellbeing**

This commentary explores the opportunities and challenges for Indigenous athletes who choose to represent their heritage nations and the implications for player wellbeing and performance.

[Enari\\_0.pdf \(mai.ac.nz\)](#)

## **Developing the future Ministry of Health – Our strategy and strategic intentions, 2022 to 2026**

This document sets the strategy for the future role of Manatū Hauora | the Ministry of Health (the Ministry) in the context of the Government's health reforms in July 2022.

It describes the intended role and functions of Manatū Hauora and how the Ministry will carry these out, both independently and in partnership with other entities. It notes the areas of focus for change, so that these can inform future organisational development plans.

The document specifies the critical priorities and intended actions that Manatū Hauora will focus on in the coming 12 months and over the period to 2026 to fulfil its role. It also describes how progress will be monitored.

[Developing the future Ministry of Health Ministry of Health](#)

## **Disability rights: How is New Zealand doing? | Ngā motika hauātanga: Kei te pēhea a Aotearoa? An update report about the state of disability rights in New Zealand**

Progress on disability rights in Aotearoa New Zealand was last reviewed by the United Nations Committee on the Rights of Persons with Disabilities (the Committee) in September 2014. This summary report updates the Committee, and the New Zealand Parliament and public, with more recent information on the priority areas that prevent disabled people in New Zealand from realising their full suite of human rights as set out in the Disability Convention. The report notes some areas where the government considers progress has been made toward the realisation of the Disability Convention, and the IMM's assessment of where further commitment is needed

[Ngā Motika Hauātanga Kei te pēhea a Aotearoa Disability Rights How is New Zealand doing 2022 FINAL Digital.pdf \(ombudsman.parliament.nz\)](#)

## **Centering indigenous knowledge in suicide prevention: A critical scoping review**

Findings demonstrate how centering Indigenous knowledge and approaches within suicide prevention positively contribute to suicide-related outcomes.

[Centering Indigenous knowledge in suicide prevention: a critical scoping review \(nih.gov\)](#)

## **Demographic Report of Disabled People Accessing Manatū Hauora (the Ministry of Health) Disability Support Services**

This report provides information about disabled people who access a range of disability support services funded by the Ministry of Health. The information in this report relates to people who accessed disability support services in the financial year from 1 July 2019 to 30 June 2020 inclusive (2019/20). The report also presents five-year trends back to 2015/16, where applicable. This report also breaks down the data by disability type, including physical, intellectual, autism, neurological and sensory disabilities.

[Demographic Report of Disabled People Accessing Manatū Hauora \(the Ministry of Health\) Disability Support Services | Ministry of Health NZ](#)

## **Drug Checking Review of Decisions Policy**

This publication is the Manatū Hauora policy regarding drug checking licensing review of decisions. It is used by Ministry officials to determine how decisions are reviewed to ensure consistency.

[Drug Checking Review of Decisions Policy | Ministry of Health NZ](#)

## **Edge of the infodemic: Challenging misinformation in Aotearoa**

We're living in the age of the infodemic, and New Zealand isn't immune. The Covid-19 pandemic has put the problem of misinformation high on the international agenda. In the early stages of the pandemic, the World Health Organization warned of the growth of an infodemic representing the overload of information about the outbreak in both the digital and physical environments – including false or misleading information. The WHO warned that in this digital age the widespread reliance on social media and the internet meant that information could be generated and spread more rapidly. While this could sometimes support the distribution of helpful information, it could just as easily amplify harmful messages, leading to mistrust in health authorities and undermining the public health response

[The Edge of the Infodemic.pdf \(classificationoffice.govt.nz\)](#)

## **Effectiveness of organisational-level workplace mental health interventions on mental health and wellbeing in construction workers**

Recommendations include the use of a wider range of mental health and wellbeing outcomes, interventions tailored to the specific workplace and culture in construction and the application of the principles of complex interventions in design and evaluation.

[The effectiveness of organisational-level workplace mental health interventions on mental health and wellbeing in construction workers: A systematic review and recommended research agenda - PMC \(nih.gov\)](#)

## **Effects of maternal childhood trauma on child emotional health: Maternal mental health and frontoamygdala pathways**

Findings from the current study provide support for the existence of intergenerational influences of parental exposure to childhood trauma on childhood risk for psychopathology in the next generation.

[Effects of maternal childhood trauma on child emotional health: Maternal mental health and frontoamygdala pathways](#)

## **Engagement with children and young people: Best practice guidelines**

Child Wellbeing Unit, Department of the Prime Minister and Cabinet, 2022

These guidelines are designed to support people in the public sector as they seek to hear and empower the views and voices of children and young people. It aims to ensure this is done in a way that works for children and young people, and that their insights and perspectives are genuinely

used to influence policy development, programmes, services and organisation. It may also be a useful resource for those outside of government, who are seeking to engage with children and young people. Along with this guidance, we encourage you to use the resources highlighted throughout the document. We also encourage you to talk with organisations who are already involving young people in decision-making and with young people themselves about the methods of participation that work for them

[Best practice engagement guidelines FINAL.pdf \(childyouthwellbeing.govt.nz\)](#)

## **Enhancing Aotearoa New Zealand Clinical Trials**

The report includes a range of recommendations for increasing access to, and participation in, clinical trials, with a focus on reducing inequities and conducting trials that are relevant to Aotearoa New Zealand. It also proposes a new model for supporting clinical trials, including a national centre for providing leadership, governance, expertise, and high-level coordination of trial activity, as well as multiple regional coordinating centres to support trials at local level. As well as emphasising the importance of Māori partnership at every level of development and implementation, the report recommends that all publicly funded clinical trials should include consumer research partners.

[HP8537 - LIG Clinical Trials FINAL v6.pdf \(auckland.ac.nz\)](#)

## **Ensuring strong and effective safety nets to prevent abuse of children**

Joint Review into the Children's Sector: Identification and response to suspected abuse, 2022

Please be aware this report and the related reports from other agencies contain distressing content concerning the tragic death of Malachi Subecz. This independent review by Dame Karen Poutasi into the children's system response to abuse was commissioned by the Chief Executives of six public sector agencies.

[Final-report-Joint-Review-into-the-Childrens-Sector.pdf \(orangatamariki.govt.nz\)](#)

## **Fathers' household and childcare involvement in New Zealand: A snapshot, determinants and consequences**

New Zealand Work Research Institute, AUT, 2022 This report focused on three main research aims using data from the Growing Up in New Zealand (GUINZ) birth cohort: 1. To provide a snapshot of fathers' engagement during the early years of their children's lives. 2. To analyse the determinants of fathers' engagement. 3. To analyse potential consequences of different levels of fathers' engagement on children's outcomes

[Fathers' household and childcare involvement in New Zealand \(msd.govt.nz\)](#)

## **Fifteenth report by the Perinatal and Mortality Review Committee | Kua puta te pūrongo tekau mā rima a te Komiti Arotake Mate ā-Hapū, Mate noa**

The latest report by the Perinatal and Maternal Mortality Review Committee (the PMMRC), released last week, paints a stark picture of the persisting inequities that exist within the maternity and neonatal sectors.

[Health reforms a chance to improve our struggling maternity sector | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

## **Flexible resources and experiences of racism among a multi-ethnic adolescent population in Aotearoa, New Zealand: An intersectional analysis of health and socioeconomic inequities using survey data.**

This paper uses data from Youth19 and previous Youth2000 surveys and found that structural factors enabling wealth, but more substantially, perceived ethnicity, give differential protection against racism.

[Flexible resources and experiences of racism among a multi-ethnic adolescent population in Aotearoa, New Zealand: An intersectional analysis of health and socioeconomic inequities using survey data.](#)

## **From participants to partners: reconceptualising authentic patient engagement roles in youth mental health research**

The value of involving people with lived experience in the research process (ie, patient engagement) is increasingly being recognised within youth mental health research. The wide-reaching benefits of patient engagement have been documented in the literature, including the empowerment of patients, improvement of research outcomes, and increased relevance of research findings.

Although various models exist to guide patient engagement, there are key concepts that deserve exploration to ensure the authentic implementation of these models and development of patient roles.

[From participants to partners: reconceptualising authentic patient engagement roles in youth mental health research - The Lancet Psychiatry](#)

## **Genetic liability to schizophrenia and cardiac structure and function**

Schizophrenia is a complex disorder with high heritability estimates of 60–80% based on population and twin studies. Moreover, the lifespan of patients with schizophrenia is approximately 20 years shorter than that of the general population. This outcome might be partly explained by various comorbidities, including cardiovascular disease and associated features such as smaller cardiac volumes. Although many environmental factors link schizophrenia to cardiovascular outcomes, genetic overlap has also been observed. Therefore, there is potential for shared genetic liability between schizophrenia and features of the cardiovascular system.

[Genetic liability to schizophrenia and cardiac structure and function - The Lancet Psychiatry](#)

## **He arotake ngā tūraru | Reviewing risk: A discussion paper**

To support this national conversation to reconsider beliefs, evidence and attitudes about mental health and risk, Manatū Hauora has commissioned an external document which can be used as a discussion prompt by anyone interested in supporting the wider conversation.

[He Arotake ngā Tūraru Reviewing risk: A discussion paper | Ministry of Health NZ](#)

## **He kaupapa waka: Māori Expert Advisory Group report to the Ministry of Health**

This report includes statements and recommendations on what needs to change to strengthen the health and disability sector's response to family violence or sexual violence.

[He Kaupapa Waka | Ministry of Health NZ](#)

## **How much is enough? Considering minimally important change in youth mental health outcomes**

The authors note an urgent need to improve the interpretability and relevance of outcome indicators in youth mental health, advocating the use of minimally important change (MIC) as an outcome indicator.

[How much is enough? Considering minimally important change in youth mental health outcomes](#)

## **Impacts of religious faith on the mental wellbeing of young, multi-ethnic Pacific women in Aotearoa**

There is a need for more denomination-specific and culturally responsive foci around mental wellbeing, therefore recognising the unique experiences of faith traditions and the challenges faced by multi-ethnic young Pacific women.

[View of Impacts of religious faith on the mental wellbeing of young, multi-ethnic Pacific women in Aotearoa \(pacifhealthdialog.nz\)](#)

## **Identification of mental health and substance use-related conditions among Pasifika young people in Aotearoa New Zealand**

Discrepancies between expected and identified rates of diagnoses of common mental health and substance use-related conditions might indicate different patterns of service access by Pasifika young people, or they may reflect the bias of an inequitable and less than culturally appropriate health system.

[View of Identification of mental health and substance use-related conditions among Pasifika young people in Aotearoa New Zealand - a national cross-sectional study using the Integrated Data Infrastructure \(IDI\) \(pacifhealthdialog.nz\)](#)

## **Impact of therapeutic community gardening on the wellbeing, loneliness, and life satisfaction of individuals with mental illness**

Therapeutic community gardening can improve and maintain the wellbeing of individuals with mental illness, even when wellbeing is deteriorating nationally. Future research should further demonstrate the long-term and cost-effectiveness of interventions

[The Impact of Therapeutic Community Gardening on the Wellbeing, Loneliness, and Life Satisfaction of Individuals with Mental Illness - PMC \(nih.gov\)](#)

## **Including whānau voices in family violence homicide in-depth reviews**

Since 2019, the Family Violence Death Review Committee has been seeking the input of surviving family and whānau members as part of the in-depth review process. This article is a reflection on the process and how we can improve it. We used the mortality review committees' Māori mortality framework to draw on knowledge from te ao Māori, allowing us to consider the changes that need to be made for the in-depth review process to be part of a healing journey.

[Te Pou – Māori responsive rubric and guidelines | Health Quality & Safety Commission \(hqsc.govt.nz\)](#)

## **Increasing research evidence translation and utilisation to improve population health outcomes**

The aims of this policy evidence brief are to present the main barriers to research evidence translation and utilisation in public health, and explore strategies that can address these barriers.

[Increasing research evidence translation & utilisation to improve population health outcomes | Victoria University \(vu.edu.au\)](#)

## **Integrated nursing care for people with combined mental health and substance use disorders**

The results could strengthen nurses' contributions in developing/adopting integrative models of care and contribute to clinical, educational, and organizational development.

[Integrated nursing care for people with combined mental health and substance use disorders \(wiley.com\)](#)

## **Integrated, gender-responsive programs show promise for women with co-occurring substance use and mental health concerns**

Research has traditionally excluded women from most studies on substance use disorder. As a result, women have limited treatment programs designed specifically for them. However, women are more likely to seek and stay in treatment when they participate in women-only services. Women with substance use disorder are more likely to have experienced rape and other types of physical or emotional abuse and to have mental health challenges. Researchers conducted a systematic review of studies that evaluated programs that provided concurrent treatment for substance use disorder and mental health concerns specifically for women.

[EENet | Research Snapshot: Integrated, gender-responsive programs show promise for women with co-occurring substance use and mental health concerns \(camh.ca\)](#)

## **Kāiga Tokelau Wellbeing: National Strategic Plan 2022 - 2026**

The aim of the Kāiga Tokelau Wellbeing National Strategic Plan is to develop a five-year strategic outlook that will inform regional action plans to achieve thriving, harmonious and resilient Tokelau families. This is an opportunity for Tokelau to lead and determine cultural solutions for kāiga wellbeing by ensuring the voices of Tokelau Aotearoa-New Zealand are at the heart of this strategy.

[Kaiga-Tokelau-Ke-Ola-Strategy-Plan-22 WEB.pdf \(pasefikaproud.co.nz\)](#)

## **Kotahitanga: Uniting Aotearoa against infectious disease and antimicrobial resistance**

A report from the Prime Minister's Chief Science Advisor, Kaitohutohu Mātanga Pūtaiao Matua ki te Pirimia

[Kotahitanga: Uniting Aotearoa against infectious disease and antimicrobial resistance - Full Report \(figshare.com\)](https://www.figshare.com)

## **Literature review: Te Rōpū Tautoko, Male Survivors**

### **Aotearoa**

A review of the research literature focusing on a kaupapa Māori approach to the support of Māori male survivors of abuse.

[2022-10-31 MSA LITERATURE REVIEW - FINAL \(002\) \(malesurvivor.nz\)](https://malesurvivor.nz)

## **Living or merely existing? The experiences of male survivors of historical sexual abuse in Aotearoa/New Zealand**

This report summarises the findings from the first stage of a research project funded through the Ministry of Social Development (MSD) and undertaken by the charitable organisation Male Survivors Aotearoa. The stage detailed in this document generally describes the lived experience of male survivors of sexual abuse in Aotearoa/New Zealand. The second stage of the project will overview survivors' experience of support, particularly in relation to peer support approaches.

[Living-or-merely-existing-The-experiences-of-male-survivors-of-historical-sexual-abuse-in-Aotearoa-New-Zealand..pdf \(malesurvivor.nz\)](https://malesurvivor.nz)

## **Making a difference: Economic harm**

A lack of financial independence and dealing with the impact of economic harm (or economic abuse), are cited as key reasons people stay in violent relationships or are unable to overcome the enduring effects of abuse and establish a life free from family violence. Tackling economic harm is a critical component of this shift, and there are steps we can take towards this in our roles as employers, policymakers and providers of goods and services for New Zealanders

[Economic-harm-national-snapshot-2022.pdf \(goodshepherd.org.nz\)](https://goodshepherd.org.nz)

## **Mental health inequities for Māori youth: A population-level study of mental health service data**

Despite known high levels of mental health concerns for rangatahi Māori, administrative data suggests significant under-reporting, assessment, and treatment of emotional conditions relative to non-Māori/non-Pasifika youth.

[Mental health inequities for Māori youth: a population-level study of mental health service data - PubMed \(nih.gov\)](https://pubmed.nih.gov)

## **Missed presentations, missed opportunities: A cross-sectional study of mental health presentation undercounting in the emergency department**

The present study demonstrates that ED mental health presentations may be underestimated by nearly 5%, revealing greater mental health demand than current figures suggest

[Missed presentations, missed opportunities: A cross-sectional study of mental health presentation undercounting in the emergency department - Werkmeister - Emergency Medicine Australasia - Wiley Online Library](#)

## **New Zealand Living Standards Framework update and first wellbeing report**

The Executive Director of What Works Wellbeing UK discusses insights from the recent New Zealand wellbeing report, drawing parallels with the measurement and practical use of wellbeing in policy in the UK.

[New Zealand Living Standards Framework update and first wellbeing report - What Works Wellbeing](#)

## **Pacific identity discourses on Twitter: Constructing cyberspaces of belonging**

The findings discussed here further demonstrate the ways in which social media affordances enable the construction of race and ethnicity online, and the ways in which marginalised groups are using social media to create alternative public spheres.

[Pacific identity discourses on Twitter: Constructing cyberspaces of belonging](#)

## **Preventing injuries and violence: An overview**

This brief advocacy document highlights the burden, risks and prevention of injuries and violence, which took the lives of 4.4 million people in 2019 and constitute 8% of all deaths. Among the injury-related causes of death include road traffic crashes, drowning, falls, burns, poisoning and violence against oneself or others.

[New Zealand Family Violence Clearinghouse catalog › Details for: Preventing injuries and violence : an overview \(nzfvc.org.nz\)](#)

## **Psychiatry and/or recovery: A critical analysis**

A way forward involves the dismantling of the hierarchical service delivery model based on psychiatric discourse and replacing it with a more horizontal service delivery model in which the lived experience of mental distress is central.

[Psychiatry and/or recovery: A critical analysis](#)

## **Psychosocial interventions for post-disaster or post-emergency settings**

A literature scan to identify community-based, psychosocial interventions, programs or initiatives that have been shown to be effective to build coping skills and resilience and increase a sense of belonging in the recovery stages of a disaster, emergency or epidemic

[EENet | Evidence brief: Psychosocial interventions for post-disaster or post-emergency settings \(camh.ca\)](#)

## **Pūao-te-Ata-tū and dissenting voices of change at New Zealand's oldest school of social work**

The Ministerial Advisory Committee Report on a Māori Perspective for the New Zealand Department of Social Welfare (1986) offers an historic reference point from which to examine education and training reforms initiated at Aotearoa New Zealand's oldest school of social work and designed to better address the needs and aspirations of Māori and those working with Māori. A decade of reform in social work education and research at Victoria University saw important movement towards supporting and promoting Māori perspectives in the delivery of community social services in three New Zealand regions

[Dissenting voices to change in social work.pdf](#)

## **Rapid and unequal decline in adolescent mental health and well-being 2012-2019: Findings from New Zealand cross-sectional surveys**

Adolescent mental health needs are high in New Zealand and have increased sharply from 2012 among all demographic groups, especially females, Māori, Pacific and Asian students and those from high-deprivation neighbourhoods. Ethnic and socioeconomic disparities have widened.

[Rapid and unequal decline in adolescent mental health and well-being 2012-2019: Findings from New Zealand cross-sectional surveys](#)

## **Te Tai Waiora Wellbeing in Aotearoa New Zealand 2022**

Under the terms of the Public Finance (Wellbeing) Amendment Act, Treasury is required to provide an independent report on the state of wellbeing in New Zealand at least every four years. Te Tai Waiora is the first of these reports. There are also five key background papers supporting this report.

[Te Tai Waiora Wellbeing in Aotearoa New Zealand 2022](#)

## **There is something about oppression: Allies' perspectives on challenges in relationships with experts by experience**

The genuine and meaningful involvement of Experts by Experience in the education of health professionals has consistently demonstrated positive attitudinal change in students. These changes are essential if policy goals for recovery-oriented services and service user participation in mental health services are to be realized. The aim of this research was to explore allies' views on supporting implementation of the academic positions for Experts by Experience. Challenges that can exist between allies and Experts by Experience was one theme identified from the data. Trauma informed practice may provide a useful framework to address conflicts and facilitate more positive relationships between allies and Experts by Experience. These positive relationships are essential to maximize the positive benefits of Experts by Experience on future clinicians.

[There is something about oppression: Allies' perspectives on challenges in relationships with experts by experience \(wiley.com\)](#)

## **Trends in antipsychotic prescribing in children and adolescents: more is not necessarily better**

UK study. Monitoring trends in prescriptions remains a vital tool in improving rational and safe use of medications in the community. Metabolic complications are a concern in a majority of children and adolescents who use these medications,<sup>2</sup> and tardive dyskinesia and intentional overdose<sup>3</sup> are rarer but also serious concerns. The authors identified a particular increase in prescriptions for adolescents and among girls. These findings parallel international evidence indicating worsening mental health status among these subgroups, even before the full impact of the COVID-19 pandemic.

[Trends in antipsychotic prescribing in children and adolescents: more is not necessarily better \(thelancet.com\)](https://www.thelancet.com)

## **Understanding and addressing alcohol harm among rangatahi Māori at secondary school**

This factsheet presents Māori-specific findings about alcohol use among secondary school students based on Youth 2000 survey data. It was developed in partnership with Alcohol Healthwatch, with guidance from Māori advisors.

[Understanding and addressing alcohol harm among rangatahi Māori at secondary school](#)

## **Understanding Aotearoa New Zealand university students intentions to seek help if experiencing mental distress: A comparison of naturalistic and interventional findings**

This series of studies aimed to assess barriers to help-seeking for students and the impact of an intervention that sought to increase support-seeking intentions.

[IJERPH | Free Full-Text | Understanding Aotearoa New Zealand University Students Intentions to Seek Help If Experiencing Mental Distress: A Comparison of Naturalistic and Interventional Findings \(mdpi.com\)](https://www.mdpi.com)

## **Victims' rights in the health system**

Your rights as a registered victim of a person detained in hospital for mental health treatment. This guide is to provide victims of offenders in the forensic mental health system with information about their rights.

[Victims' rights in the health system | Ministry of Health NZ](#)

## **Violence, abuse, neglect and exploitation of LGBTQA+ people with disability: A secondary analysis of data from two national surveys**

This report presents data on the experiences of lesbian, gay, bisexual, trans and gender diverse, queer and asexual (LGBTQA+) people with disability in Australia

[Research Report: Violence, abuse, neglect and exploitation of LGBTQA+ people with disability: A secondary analysis of data from two national surveys \(aarnet.edu.au\)](https://www.aarnet.edu.au)

## **What works to improve wellbeing? A rapid systematic review of 223 interventions evaluated with the Warwick-Edinburgh Mental Well-Being Scales**

Despite substantial heterogeneity in individual intervention design, delivery and groups targeted, results indicate that a broad range of intervention types can successfully improve wellbeing.

[IJERPH | Free Full-Text | What Works to Improve Wellbeing? A Rapid Systematic Review of 223 Interventions Evaluated with the Warwick-Edinburgh Mental Well-Being Scales \(mdpi.com\)](#)

## **What works to prevent online violence against children**

The report presents ways to address the growing worldwide concern of keeping children safe online, with a specific focus on two forms of online violence: child sexual abuse including grooming and sexual image abuse; and cyber aggression and harassment in the form of cyberbullying, cyberstalking, hacking and identity theft. The report recommends implementing school-based educational programmes that have multiple sessions, promote interaction among youth and engage parents. It highlights the need for improvements in several areas

[What works to prevent violence against children online? \(who.int\)](#)

## **When resilience is cliché and resilience resources are taboo: how language and policies exacerbate mental health disparities**

What do you do when the very thing you want to reinforce becomes taboo? Resilience should be a good thing; it is defined as the process of harnessing resources to sustain wellbeing in the face of adversity. Unfortunately, the word has become a clichéd solution to challenges ranging from burnout to systemic racism. Although all people must develop resilience to navigate life's adversities, those who have been historically marginalised must do so more than others. It can feel frustrating—even insulting—to champion that resilience when an unfair system allows for nothing less.

[When resilience is cliché and resilience resources are taboo: how language and policies exacerbate mental health disparities \(thelancet.com\)](#)

## **Wiyi Yani U Thangani (Women's voices): First Nations women's safety policy forum outcomes report**

This Outcomes Report is a contribution to setting out the pathway for transformational change, sitting alongside the long journey of advocacy of First Nations women, centuries past and present. The Report primarily deals with context setting and the steps required for how to move forward in designing effective plans and policies to end violence. At the heart of this Report, is the deep recognition of the importance of First Nations women's lives, diverse strengths and knowledges in constructing societies of care, safety and wellbeing for women, children, men and all of society.

[first\\_nations\\_womens\\_safety\\_policy\\_forum\\_outcomes\\_report\\_november\\_2022.pdf \(humanrights.gov.au\)](#)