



From the IIMHL and IIDL Update List

IIMHL AND IIDL UPDATE

Welcome to this bi-monthly edition of Update for 15 April 2016.

IIMHL and IIDL aim to improve client outcomes through leadership development in the mental health, addiction and disability sectors.

Update allows the rapid transfer of new knowledge through sharing information about upcoming Leadership Exchanges, as well as key national documents, training and webinars.

Please feel free to share this e-bulletin with others.

IIMHL / IIDL Leadership Exchange 2017

Theme: **Contributing Lives, Thriving Communities**

27th February to 3rd March 2017

The next Leadership Exchange takes place across Australia and New Zealand, with the Combined Meeting being hosted in the beautiful city of Sydney, Australia.

We urge members to book accommodation for this event as early as possible using the link below. Sydney is hosting many international events at this time (e.g. Mardi Gras) and accommodation will be at a premium. All rooms are King rooms or twin share (two single beds) for the excellent price of A\$329.00, given the high cost of hotel rooms in Sydney.

http://www.hilton.com/en/hi/groups/personalized/S/SYDHITW-GIIMH-20170226/index.jhtml?WT.mc_id=POG

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IIMHL Feature - New Zealand

Health and Independence Report

Ministry of Health, 2015

New Zealanders are living longer and independent life expectancy has increased. However, independent life expectancy has not kept pace with the increase in life expectancy. This means we are spending a greater proportion of our lives, around a fifth, in poor health. The leading causes of health loss are cancers, cardiovascular diseases, mental health disorders, musculoskeletal disorders and injuries. Mental health and musculoskeletal disorders account for a growing proportion of total health loss, as survival from cancer and cardiovascular disease improves. Much of this health loss is due to lifestyle factors, including smoking, We can expect to live 4 out of 5 years of our life in good health harmful alcohol intake, poor nutrition, and physical inactivity. While many New Zealanders look after their health, one in eight adults has an unhealthy lifestyle, reporting three or more of these risk behaviours.

Early identification and effective management of poor health can help slow the progression of disease, improving health outcomes. Our cervical cancer mortality rate is low compared with similar countries. However, inequities in uptake of cervical screening persist among Māori, Asian and Pacific women. Although breast cancer screening rates have improved among Pacific women, low Māori screening uptake remains a challenge. Effective management of obesity, high blood pressure, high cholesterol Equitable access and diabetes can help lower cardiovascular disease risk. Over a million to cancer screening adults are obese, which is three out of every ten adults. One in six adults is taking medication for high blood pressure and one in nine is taking remains a challenge medication for high cholesterol.

New Zealanders rate their health and disability system highly, with the majority of people satisfied with the care they receive in hospital and in the community. While the health and disability system adapts to meet these challenges, it must continue to deliver high-quality care to the millions of people who access the system each year.

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/health_and_independence_report_2015_oct15.pdf

Other IIMHL Articles of Interest - New Zealand

The Nature of Wellbeing: how nature's ecosystem services contribute to the wellbeing of New Zealand and New Zealanders

Department of Conservation, Wellington

Roberts, L. et al. 2015

What do we need for a 'good life'? At one level, the answer to this question will differ for each person. Yet at a deeper level, we all share a common set of fundamental needs that must be met for us to experience wellbeing. Understanding those needs and the crucial contribution of nature's services in enabling us to meet them is the subject of this report.

The report brings together research on wellbeing and research on ecosystem services, focusing principally on the services that come from indigenous ecosystems in New Zealand. There has been a massive upsurge in research on ecosystem services in the last 20 years, including much detailed research and discussion about how to classify and categorise the types of ecosystem services that contribute to wellbeing, and numerous studies attempting to determine the monetary value of various ecosystem services.

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/The_nature_of_wellbeing.pdf

More Effective Social Services

New Zealand Productivity Commission, August 2015

Social services help New Zealanders to live healthy, safe and fulfilling lives. They provide access to health services and education opportunities, and protect and support the most vulnerable. The quality of these services and their accessibility for those in need are crucial to the ongoing wellbeing of New Zealanders. Some New Zealanders are particularly disadvantaged. The Commission has come to the view in this inquiry that the current system is not working at all well for these people. The Commission believes that a different approach is needed to support them to improve their lives. To not change could condemn them and their children to a continuing poor quality of life, and continue to inflict large costs on the rest of society through both negative impacts on others and the high costs of government services that "pick up the pieces".

This final inquiry report has two key messages. First, system-wide improvement can be achieved and should be pursued. Second, New Zealand needs better ways to join up services for those with multiple, complex needs. Capable clients should be empowered with more control over the services they receive. Those less capable need close support and a response tailored to their needs, without arbitrary distinctions between services and funds divided into "health", "education" etc. These are significant, but extremely worthwhile, changes for New Zealand.

<http://www.nzdoctor.co.nz/media/5937434/social-services-final-report-main.pdf>

Supporting Parents, Healthy Children

Supporting parents with mental illness and or addiction and their children: A guideline for mental health and addiction services

Ministry of Health, 2015

Parents want the best for their children and these guidelines provide all mental health and addiction services, adult and child services alike, with the mandate to work in a family-focused way to help parents achieve this. This will ensure that the wellbeing of children is everyone's responsibility, not just infant, child and adolescent services.

These guidelines support the children of parents with mental illness and addiction Government's intention to improve outcomes for children and youth as set out in Rising to the Challenge: The Mental Health and Addiction Service Development Plan 2012–2017.

These guidelines include the voices of parents and young people talking about their experiences of services. The guidelines set out the essential and best practice elements of service design based on the evidence of what works to support both parents and their children.

<http://www.health.govt.nz/publication/supporting-parents-healthy-children>

Doing good and feeling well: Understanding the relationship between volunteering and mental wellbeing in older adult populations through the application of a social-cognitive theory of depression

Cooper, L. E. (2015). Auckland: Massey University.

What is it about giving that makes us feel good? This research looks at the link between volunteering and psychological wellbeing and how it can help protect against the onset of depressive symptoms in adults.

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Doing_good_feeling_good_1.pdf

Strategy to Prevent and Minimise Gambling Harm 2016/17 to 2018/19: Proposals document

Ministry of Health, October 2015

This document is divided into three parts, as follows. The first two parts, the proposed Strategic Plan and proposed Service Plan, together comprise the proposed Strategy to Prevent and Minimise Gambling Harm for 2016/17 to 2018/19

- Proposed nine-year Strategic Plan for 2016/17 to 2024/25
- Proposed three-year Service Plan for 2016/17 to 2018/19
- Proposed levy rates for 2016/17 to 2018/19

To read more:

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/strategy_prevent_minimise_gambling_harm_2016_17_to_2018_19_proposals_document_oct15.pdf

Addressing Mental Health and Wellbeing in Young People

Best Practice Journal NZ (2015, October)

This is the first of a series of articles which will examine the diverse theme of mental health in young people. Adolescence is a time of physical and psychological maturation, changing social roles and a move away from childhood towards greater independence and responsibility. It may bring increased exposure to risky behaviours involving sex, alcohol, drugs and motor vehicles, as well as worries about body image, relationships, peer pressures and educational achievements.

From puberty the incidence of mental health conditions increases, including depression, anxiety, psychosis and suicidal ideation; young people in New Zealand have one of the highest rates of suicide in the developed world. Clinicians in primary care are in a unique position to help young people navigate this transition in life.

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/BPJ_2015_YP.pdf

IIDL Features - Canada

Sheltered Workshops to Close Forever

Ontario Government Canada

Ontario's sheltered workshops to close forever. Province vows better services and opportunities for people with intellectual disabilities, with a gradual rollout "one person at a time."

Decades of research has shown that people with intellectual disabilities spend decades in segregation doing basic labour called "employment training." Most never leave. With Canadian Accessibility advocates compared their fight against segregated workshops to the civil rights movement of the 1950s. This article identifies how such a courageous decision was made and the steps to be taken towards the change.

<http://www.thestar.com/news/canada/2015/11/29/ontarios-sheltered-workshops-to-close-forever.html>

Why Community?

Winnipeg Association for Community Living.

This brief You Tube video has first-hand accounts of people with disabilities about what makes them feel safe and what does not.

<https://youtu.be/KVrsPscHdxQ>

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General enquiries about this Update or for other IIMHL information please contact Erin Geaney at erin@iimhl.com.

Join IIMHL / IIDL

Any leader in mental health, addiction and disability services can join IIMHL or IIDL free by using this link: <http://www1.iimhl.com/Join.asp>

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