From the IIMHL and IIDL Update List

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IIMHL AND IIDL UPDATE

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

Registration and Match Selection Open

IIMHL / IIDL Leadership Exchange 2017
Theme: Contributing Lives, Thriving Communities
27th February to 3rd March 2017

To register and select your match:
http://www.iimhl.com/iimhl-leadership-exchange-2017-sydney
(please note additional matches and information will be added in the coming weeks)

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

Each country has an allocation of places, so waiting lists may start if the allocation is reached early.

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[TheMHS Summer Forum: Thursday 23 - Friday 24 February, 2017](#)
The Mercure, Sydney, Australia

Choice, Control and Citizenship in a Changing Mental Health System

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IIMHL Feature - Australia and New Zealand

Recognising and addressing the mental health needs of people identifying as LGBTI
The Royal Australian and New Zealand College of Psychiatrists: Position Statement, 2016

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) is concerned that a disproportionate number of Australia and New Zealand's lesbian, gay, bisexual, transgender and intersex (LGBTI) population experience mental illness and psychological distress. Evidence shows that the discrimination and marginalisation experienced by the LGBTI population increases the risk of developing mental health issues, and also creates barriers to accessing supportive services. This position statement provides an overview of some of the key issues relevant to mental health and LGBTI identity, and makes recommendations for enhancing the mental health sector's responsiveness to these.

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Recognising_and_addressing_the_mental_health_needs_of_the_LGBTI_population_RANZCP_2016.pdf

Other IIMHL Articles of Interest - New Zealand

Social Policy Evaluation and Research Unit (SUPERU)
Integrated social services for vulnerable people, November 2015

Provision of integrated social services is not new. It is however, increasingly being seen as key to addressing service fragmentation and inefficiencies. But what do we know about how well social service integration works to improve outcomes for vulnerable groups of people, in New Zealand and internationally? This What Works brings together information on the effectiveness of integrated social services, including what is known about how, when, and for whom integrated social services are most effective. We also identify several factors to consider when deciding whether to implement integrated social services.

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

SUPERU
Supporting families with complex needs, November 2015

Supporting families with complex needs often requires funding and delivery arrangements that differ from standard social services. A continuum of interventions, including individual, targeted approaches alongside universal approaches, is required to bring about significant change at the population level.

This "In Focus" provides an overview of approaches to support families with complex needs across the United Kingdom, Australia and Canada. We discuss how complex needs are defined and briefly review some of the approaches adopted to meet the needs of vulnerable families across the three jurisdictions. Evidence on the effectiveness of approaches is presented and wider implications are discussed.

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

Mental Health 101
MH101, New Zealand's national mental health literacy and suicide prevention programme is delivered to frontline government and social agency staff, and community leaders increasing their confidence to recognise, relate and respond to people experiencing mental illness or distress. Endorsed by the Ministry of Health and having trained over 15000 attendees to date, MH101 show impressive changes amongst those who attend.

Described as the "the best training I've ever attended in my entire career", evaluation results are clear that the programme makes made a significant difference in their lives, with some saying that, "this course taught me that heroic responses or great deeds are NOT required…It's within the capacity of anyone to react appropriately". More information, can be found at www.mh101.co.nz.

Guidelines for the Remediation of Clandestine Methamphetamine Laboratory Sites
Ministry of Health

In response to growing concerns over the contamination left behind at clandestine methamphetamine labs, the Ministry of Health has put together the following guidance to assist public health staff of district health boards and other agencies such as territorial authorities in addressing public concerns and giving practical advice. These guidelines are directed at non-workplace exposure to buildings

contaminated from activities associated with the manufacture of methamphetamine. The risk to health from workplace exposure is a matter for the Department of Labour.

https://www.health.govt.nz/system/files/documents/publications/guidelines-remediation-clandestine-meth-lab-sites.pdf

Hearing The Voices Of Our children, Deborah Morris-Travers, TEDX Wellington, NZ
UNICEF, Ted Talk 2016

In March Deborah Morris-Travers (National Advocacy Manager, UNICEF New Zealand) spoke at TedX Wellington and the video is now available. She says it was a tough job editing down big issues to the essence needed for a Ted talk. UNICEF NZ has been sharing this video via its social media channels and encourages you to share it through your channels too.

If you'd like to use a quote from the speech, Ms Morris-Travers suggests:
"We must be constant in our calls on the Government to meet its obligations to our children… just as we work tirelessly in our homes and communities to meet our own obligations to children.

"There is important work underway but we really need all New Zealanders paying attention and helping us create the momentum for change. It's time to innovate and work together to fix one of the biggest problems of our generation."

https://www.youtube.com/watch?v=dxnKtVHEmWg

Preventing suicide: Guidance for emergency departments
Ministry of Health, 2016

This Guide is aimed at improving the quality of care for all people who are at risk of suicide when presenting at emergency departments. Although this guidance is intended specifically for emergency departments, aspects may be helpful for assessing suicide risk in other departments.

It also takes into consideration new and emerging evidence, including the National Institute for Health and Care Excellence (NICE) guideline on self-harm, which is endorsed with adaptations by the Royal Australian and New Zealand College of Psychiatrists. This guidance document is based on existing emergency department systems and pathways for all people presenting to emergency departments for triage and initial risk assessment.

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/preventing_suicide_guidance_emergency_departments_MOH_2016.pdf

Research on Young People
Resilience Research Centre NZ, Massey University

The research is part of an international study associated with the Resilience Research Centre in Canada. It is funded in New Zealand by the Ministry of Business, Innovation and Employment and is made up of two related projects. Both projects focus on young people with complex needs.

The Pathways to Resilience Research Project
This is a six year study looking at what services young people in New Zealand have used and what their experiences have been. Its aim is to identify services and strategies that are successful in assisting young people to achieve positive outcomes in their lives. The Resilience project has published a range of articles, videos and presentations which are available:
http://www.youthsay.co.nz/massey/learning/departments/centres-research/resilience-research/publications/publications_home.cfm

Eating Disorders: Your guide to what they are and how they are treated
Royal Australian and New Zealand College of Psychiatrists, 2016

This guide provides information and advice about eating disorders in adults, teenagers and children. It covers the most common eating disorders: anorexia nervosa, bulimia nervosa, binge eating disorder and avoidant/restrictive food intake disorder. It has been produced by psychiatrists – medical doctors who are experts in mental health – and is based on up-to-date scientific evidence.

This guide is for: • people who have an eating disorder • people who think they might have an eating disorder • their family and friends. It is mainly for people living in Australia and New Zealand.

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Eating_disorders_your_guide_to_what_they_are___ANZCP_2016.pdf

IIDL Feature - Australia

Shut Out: The Experience of People with Disabilities and their Families in Australia – 2014

There is much interest world wide as Australia advances on its comprehensive shift in the way disability services are to be funded through the introduction of the National Disability Insurance Scheme. As interest in this approach grows it is important to review the experience of people with disabilities that has led to this revolutionary change. While this article makes sobering reading, it remains very reflective of the plight of vast numbers of people with disabilities not only in Australia but across all our member countries.

https://www.dss.gov.au/our-responsibilities/disability-and-carers/publications-articles/policy-research/shut-out-the-experience-of-people-with-disabilities-and-their-families-in-australia?HTML

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

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