



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of Update for 15 December 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 and we would be delighted if you would join us on Facebook.



We wish you all a wonderful and safe holiday season and hope that you have the opportunity to enjoy some relaxation and time with your families.

The next issue of IIMHL Update will be 15 January 2017

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IIMHL / IIDL Leadership Exchange 2017

Theme: Contributing Lives, Thriving Communities

27th February to 3rd March 2017

- To register: <http://www.iimhl.com/iimhl-leadership-exchange-2017-sydney#Register>
- To select an IIMHL match: <http://www1.iimhl.com/Meetings/Themes.asp>
- To select an IIMHL or IIDL match: <http://www.iimhl.com/iimhl-leadership-exchange-2017-sydney#Theme>
- To view the **DRAFT AGENDA** for the Combined Meeting **IIMHL and IIDL**:
http://www.iimhl.com/files/docs/2017_Draft_Agenda.pdf

Note: An electronic travel authority (ETA) is required for members living outside of Australia and New Zealand. The cost is A\$20.00 and you can apply on line at <https://www.eta.immi.gov.au/ETAS3/etas>

Available for downloading and sharing with your networks, are two flyers that describe the IIMHL and IIDL Leadership Exchange - Leadership Matches and Combined Meeting. Please share widely!

[2017 IIMHL Leadership Exchange Announcement](#)
[2017 IIDL Leadership Exchange Announcement](#)

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

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IIMHL Feature - Australia

The Mental Health and Wellbeing Strategy for First Responder Organisations in NSW

Black Dog Institute & Mental Health Commission of NSW, 2016

The Mental Health and Wellbeing Strategy for First Responder Organisations in NSW builds upon some of the work that is already being done, but, more importantly, aims to guide the next stage of this journey. This Strategy is also the first time in Australia that first responder agencies have collaborated to develop a shared mental health and wellbeing direction.

In NSW, first responder organisations include; NSW Police Force, Fire and Rescue NSW, NSW Ambulance, the Rural Fire Service of NSW, the State Emergency Service (SES), Marine Rescue NSW and the Volunteer Rescue Association (VRA).

http://nswmentalhealthcommission.com.au/sites/default/files/publication-documents/First%20Responders_FINAL_WEB%20%281%29.pdf

Other IIMHL Articles of Interest: Australia

Supporting Young People Leaving Out-of-home Care

Australian Government, Australian Institute of Family Studies, 2016

The transition from adolescence to adulthood—emerging adulthood—is now recognised as a significant stage in the life cycle in developmental, emotional and social terms. Young people leaving out-of-home care (OOHC) face this transition to adulthood without family support and with significant extra barriers such as poor mental health, intellectual and physical disabilities, and developmental delays. They are further disadvantaged through structural impediments and economic and social policy factors, such as the lack of affordable or appropriate housing and high unemployment.

Despite state and national government commitment to better support young people leaving care, evidence suggests there are continuing shortfalls in policy and legislation. This paper examines international and Australian literature to identify the key areas of support that may help young people to successfully transition from care. Children and young people in OOHC are one of the most vulnerable, disadvantaged and traumatised populations in the Australian community.

<https://aifs.gov.au/cfca/publications/supporting-young-people-leaving-out-home-care/introduction>

Investing in Youth

OECD 12 September 2016

The present report on Australia is part of the series on "Investing in Youth", which builds on the expertise of the OECD on youth employment, social support and skills. This series covers both OECD countries and countries in the process of accession to the OECD, as well as some emerging economies.

As part of the series Investing in Youth, this report examines Australia's youth policies in the area of education, training, social and employment policies, focusing mainly on disengaged or at-risk youth.

http://www.keepeek.com/Digital-Asset-Management/oecd/social-issues-migration-health/investing-in-youth-australia_9789264257498-en#.V-CPMpN96i4#page1

National Framework for Action to Prevent Alcohol-Related Family Violence

Foundation for Alcohol Research & Education, 2015

The Australian Foundation for Alcohol Research and Education (FARE) last year proposed a National framework for action to prevent alcohol-related family violence. Key areas of action include addressing the accessibility and availability of alcohol, advertising and promotion, and taxation.

<http://fare.org.au/wp-content/uploads/research/FARE-National-framework-to-prevent-alcohol-related-family-violence-web.pdf>

Other IIMHL Articles of Interest: New Zealand

Kaupapa Māori Models of Psychological Therapy & Mental Health Services. A Literature Review

Te Whānau o Waipareira Trust, 2016

Acaicia Wratten-Stone, Waipareira Tuararo, Supervised by Dr John Huakau

A number of key findings can be taken from this review. Firstly, there is a statistically-supported imperative to developing a service targeting Māori, seen in the dismal rates of mental illness prevalence and utilisation of services among Māori and indeed among other ethnic minorities worldwide. The literature agrees that the current status of Māori mental health is justification for the research presented here and the potential development of a new service by Te Whānau o Waipareira. The literature suggests that a main reason for the poor mental health of Māori is the lack of therapies and services that cater to cultural contexts that differ from the Western norm.

The use of health frameworks such as Te Whare Tapa Whā is encouraged by many authors in order to integrate the Māori understanding of wellbeing into service provision. Current mental health care uses a biomedical approach to diagnosis and treatment that may not fit well with many Māori patients. One of the most analysed models and also one of the easiest to apply to clinical practice, is Mason Durie's Te Whare Tapa Whā model, a simple framework that emphasises a holistic view of health and the interconnectedness of the physical, mental, spiritual and interpersonal dimensions of health.

To read this article in full:

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/KAUPAPA_MORI_MO_DELS_OF_PSYCHOLOGICAL_THERAPY_2.pdf

Families and Whānau Status Report 2016

Social Policy Evaluation and Research Unit (Superu)

The purpose of the Social Policy Evaluation and Research Unit (Superu) is to increase the use of evidence by people across the social sector so that they can make better decisions – about funding, policies or services – to improve the lives of New Zealanders and New Zealand's communities, families and whānau.

This 142-page report is published as part of an ongoing research series to meet the statutory requirement for Superu to publish "an annual Families Status Report that measures and monitors the wellbeing of New Zealand families" (Families Commission Act 2003, section 8).

It is important that decision-makers know where to focus their attention and what works to improve outcomes. This report helps build a solid base of evidence to help decision-makers in the social sector make informed decisions about policies and programmes that affect families. So, we looked at how European, Māori, Pacific and Asian families are faring?

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Families_and_Whanau_Status_Report_2016_SUPERU_2016.pdf

Green Prescription Active Families Survey Report

Research report for Ministry of Health, May 2016

In 2004, a gap was identified in the community for a collaborative approach in increasing physical activity levels of children and youth who are at risk of suffering adverse health effects from being overweight or obese. Sport and Recreation NZ (SPARC) established the Green Prescription Active Families programme to meet this need. The GRx Active Families programmes are community based health initiatives, designed to increase physical activity in children and young people aged 5-18 years and their whānau/families. Priority is given to children aged 5-12 years. The programme enables them to embrace healthier and more active lifestyles that are sustainable through encouragement, education, nutritional guidance and advice, realistic goal setting and on-going support.

Referrals may be made by a range of referrers including paediatricians, general practitioners, practice nurses, community, school and public health nurses, occupational and physiotherapists, dieticians and nutritionists. The referrer is kept informed of families' involvement in the programme. Families are also able to refer themselves to the programme. Criteria are inactive children with a BMI over 25 and within the 95th percentile, with a family motivated to make lifestyle changes.

This report shows the successful results for the Active Families programme for 2015 – 2016 and the previous four years. The success of the programme is measured by the performance of the contract holders against 11 Key Performance Indicators (KPIs). The survey of participating families reported on here measured performance for nine of these KPIs.

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/Green_prescription_MOH_2016.pdf

State of Care, 2016: What we learnt from monitoring Child, Youth and Family Children's Commissioner, 2016

We have focused this second State of Care report on what it means to be child-centred. We hope that it provides some clarity about what it means to work in child-centred ways, and offers some practical suggestions for how CYF can start to embed child-centred practices now, even in the context of a dramatically changing environment. This should mean that children have their rights upheld and their lives improved as a result of their contact with the care and protection and youth justice systems. After all, these services exist to protect children and young people, and help them to heal and recover so they can lead full and thriving lives. We should accept no less.

<http://www.occ.org.nz/assets/Publications/OCC-State-of-Care-2016FINAL.pdf>

The Inequality Paradox Why Inequality Matters Even Though it has Barely Changed

Bryce Wilkinson & Jenesa Jeram, The New Zealand Institute, 2016

Economic inequality – as distinct from absolute poverty – has become a political issue domestically and globally. As absolute poverty has decreased in developed countries, attention has shifted to inequalities in wealth, income or consumption as matters of social concern.

“Widening income inequality is the defining challenge of our time”, proclaimed a 2015 International Monetary Fund (IMF) discussion paper. Certainly, it is a focus of much public attention and research activity. This report looks closely at this issue.
https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/The_Inequality_Paradox_2016.pdf

IIDL Feature - Australia

Effective, evidence-based psychosocial interventions suitable for early intervention in the National Disability Insurance Scheme (NDIS): promoting psychosocial functioning and recovery

Centre for Mental Health within the School of Population and Global Health at Melbourne University, 2016

Intervening early in anyone’s experience of mental ill-health is likely to reduce distress and improve outcomes for people, reducing their future service needs. There is a great deal of interest in ensuring that the National Disability Insurance Scheme (NDIS) works as efficiently as possible to achieve positive outcomes for participants and reduce people’s long-term reliance on the Scheme, hence reducing its long-term costs. Effective intervention for people early in their experience of psychosocial disability, or early in their NDIS planning, is a possible and desirable focus for the Scheme’s development.

This important report provides a synthesis of evidence on the application of specific supports as early intervention for people experiencing psychosocial disability. The findings it presents are a resource for people in this situation, their families and carers and for National Disability Insurance Agency (NDIA) staff involved in local area coordination and the provision of support services. The report aims to help them understand which interventions have been demonstrated to be effective for people with psychosocial disability. It describes a series of evidence-based supports, together with the evidence of their effectiveness and how they might be applied as early intervention supports in the NDIS.

https://www.mindaustralia.org.au/assets/docs/research/Mind_report_early_intervention_NDIS_full_version.pdf

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Please note: We try to find articles, new policies, research that has been released or opinion pieces we think are interesting to reflect on. Sometimes those who receive these may feel it is not accurate either for its use of data or not aligned with their views. IIMHL does not endorse any article it sends out as we try to rapidly share information.

