



### From the IIMHL and IIDL Update List

**Welcome to this bi-monthly edition of Update 30 July 2018**

IIMHL organises systems for leaders to share innovations, network and problem solve across countries and agencies. The overall aim is to promote mental health and well-being for everyone. This includes developing leaders who can create the best possible conditions for mental health in all sectors across the life-span. Equally, it includes developing leaders who can deliver the best possible outcomes for people who use mental health and addictions services and their families.

**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.**



- **IIMHL Feature Articles - New Zealand**

- [Children & Youth - Innovations Across Countries - Match Report](#)
- [Meeting Two Legends: an ACEs expert from the US and a healthy cities leader from Guernsey](#)
- [Video of brief snippets of New Zealand leaders' experiences](#)

- **Other IIMHL Articles of Interest - New Zealand**

- [Wellbeing and Mental Distress in Aotearoa New Zealand: Snapshot 2016](#)
- [A Guide to Reducing or Stopping Mental Health Medication, 2017](#)
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## IIMHL & IIDL Leadership Exchange 2018 Stockholm, Sweden, May 28 - June 1



**IIMHL & IIDL 2018  
Building Bridges  
Beyond Borders**

### **FEEDBACK AND EVALUATION SURVEY**

What did you learn and bring home from the 2018 Leadership Exchange?

We welcome your feedback on this year's Leadership Exchange and kindly ask you to respond to the feedback and evaluation survey about IIMHL & IIDL 2018. You will find in the IIMHL & IIDL app at

<https://iimhl.se/the-iimhl-iidl-le-app/>

in the Network Meeting event (event code: iimhliidl2018) under Dialogue

### **COPIES OF PRESENTATIONS**

As Sweden has now entered its longer yearly summer period, documentation and other summaries from the Leadership Exchange in May will be ready and published continuously from when we are back from mid-August. The event app is still active for you to use for interaction. If you have workshop slides, notes, pictures etc to share from the event please send to [fredrik.lindencrona@skl.se](mailto:fredrik.lindencrona@skl.se).

## **IIMHL Features - New Zealand**

**Children & Youth - Innovations Across Countries - IIMHL & IIDL Leadership Exchange - Match Report**

This year Werry Workforce Whāraurau participated in the organisation of the IIMHL Child and Youth Match, and the facilitation of a workshop in the network meeting of the 2018 IIMHL

Leadership Exchange. [Bronwyn Dunnachie](#), [Sue Dashfield](#) and [Janet Peters](#) reflect on their learning.

<https://www.tepou.co.nz/news/supporting-children-families-and-communities/1119>

### **Meeting Two Legends: An ACEs expert from the US and a healthy cities leader from Guernsey**

At the IIMHL and IIDL Leadership Exchange, Janet Peters (New Zealand IIMHL Liaison) met Elizabeth Prewitt, a policy analyst with ACEs Connection in the United States and Greg Lydall, a psychiatrist with Thrive Guernsey and discovered synergies among their interests and work.

<https://www.tepou.co.nz/news/meeting-two-legends-an-aces-expert-from-the-us-and-a-healthy-cities-leader-from-guernsey/1118>

### **Video of brief snippets of New Zealand leaders' experiences**

<https://www.tepou.co.nz/initiatives/iimhl-and-iidl/11>

## **Other IIMHL Articles of Interest - New Zealand**

### **Wellbeing and Mental Distress in Aotearoa New Zealand: Snapshot 2016.**

Health Promotion Agency. Kvalsvig, A. February 2018

This 32-page report highlights key findings about wellbeing and mental distress in 2016 from two population surveys: the New Zealand Mental Health Monitor and the Health and Lifestyles Survey.

<https://www.hpa.org.nz/sites/default/files/Wellbeing-And-Mental-Distress-Snapshot-2016-Final-FEB2018.PDF>

### **Matua Raki**

Two guides for coming off psychiatric medication:

One for Consumers:

#### **A Guide to Reducing or Stopping Mental Health Medication, 2017**

<https://www.matuaraki.org.nz/resources/a-guide-to-reducing-or-stopping-mental-health-medication/732>

One for Clinicians:

#### **Notes for Prescribers 2018**

<https://www.tepou.co.nz/uploads/files/resource-assets/MDS%20Prescribers%20Guide%20Web.pdf>

### **Working Well: A workplace guide to mental health**

Mental Health Foundation, 2018

The guide is designed as a resource for human resources professionals, health and safety managers, occupational health and wellbeing professionals and business managers who want to proactively understand, measure and increase mental wellbeing in their workplaces.

The guide is informed by the latest developments in mental health support practice, wellbeing science and organisational psychology literature, and condenses this vast range of knowledge and practice to provide a starting point for organisational managers to use in everyday situations.

[https://www.mentalhealth.org.nz/assets/Uploads/Working-Well-guide.pdf?utm\\_source=General+Subscription&utm\\_campaign=6a7f9dfd9b-](https://www.mentalhealth.org.nz/assets/Uploads/Working-Well-guide.pdf?utm_source=General+Subscription&utm_campaign=6a7f9dfd9b-)

## **Trauma-informed Care Literature Scan**

Te Pou, 2018

A broad scan of the literature about trauma-informed care was undertaken to better understand evidence-based approaches to trauma-informed service delivery and workforce responsiveness, and factors supporting implementation. This report describes why using a trauma-informed approach is important, what it involves, and how organisations can implement it. It identifies a gap in the research and resources supporting adult mental health and addiction services in New Zealand to implement a trauma-informed approach, particularly taking into consideration the long-term and complex individual and collective trauma of Māori (the indigenous people of New Zealand). Worker wellbeing is another key area of concern.

<https://www.tepou.co.nz/resources/trauma-informed-care-literature-scan/876>

## **Mental Health and Addiction Workforce Action Plan 2017–2021 2nd Edition**

Ministry of Health, April 2018

For the mental health and addiction workforce, contributing to this vision means enabling people to thrive and experience wellbeing wherever they live and whatever their circumstances. This Action Plan recognises the importance of a life course approach and the combined effort to address the social determinants of health by working across health, justice and social sectors to achieve equitable positive outcomes for all New Zealanders. It includes actions to develop a workforce with the right skills, knowledge, competencies and attitudes to design and deliver integrated and innovative responses.

<https://www.health.govt.nz/system/files/documents/publications/mental-health-addiction-workforce-action-plan-2017-2021-2nd-edn-apr18.pdf>

## **Social Inclusion and Exclusion, Stigma and Discrimination, and the Experience of Mental Distress**

Mental Health Foundation, December 2017

Gordon, S., Davey, S., Waa, A., Tiatia, R., & Waaka, T.

An exploratory investigation into social inclusion and exclusion – particularly as they relate to discrimination – from the subjective and cross-cultural perspectives of people who experience mental distress in Aotearoa/New Zealand.

<http://shop.mentalhealth.org.nz/images/syncfiles/001740.pdf>

## **IIDL Feature - New Zealand**

### **How to Support Disabled People to Get the Job They Want**

New Zealand Disability Support Network, March 2018

Access to secure employment is a high priority for disabled people, not just because of the increased financial security it can bring, but because of the difference it can make to people's health and well-being. Paid work really matters and is essential to a good life! Yet for disabled people the employment participation rate is half that of the general population. Disabled people, employers, the labour market and the New Zealand economy are all missing out on the contribution that disabled people can make.

To seize these missed economic and social opportunities it is essential that the government, the disability sector and the community commit to improving this, as it is something that will benefit society as a whole.

[https://www.nzdsn.org.nz/wp-content/uploads/2018/03/F\\_7270-NZD\\_Employment\\_Guidelines\\_WEB.pdf](https://www.nzdsn.org.nz/wp-content/uploads/2018/03/F_7270-NZD_Employment_Guidelines_WEB.pdf)

## Other IIDL Article of Interest - New Zealand

### **The Disability Respite Market**

Ministry of Health

Disability Support Services (DSS) released the disability respite strategy Transforming Respite in July 2017. The main outcome we are seeking through the strategy is primary carers who are not stressed, are resilient, have the capacity to have ordinary life experiences and feel able to continue to provide care. For the disabled person, respite will be a positive experience.

To read this document in full:

<http://apo.org.au/system/files/141156/apo-nid141156-707841.pdf>

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General enquiries about this Update or for other IIMHL information please contact Erin Geaney at [erin@iimhl.com](mailto:erin@iimhl.com).

### **Join IIMHL / IIDL**

Leaders in any sector that can affect the conditions for Mental Health and Addictions and leaders in Disability services can join IIMHL or IIDL free by using this link:

<http://www1.iimhl.com/Join.asp>

*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 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.*

