



### From the IIMHL and IIDL Update List

**Welcome to this bi-monthly edition of Update 15 November 2018**

IIMHL and IIDL organise 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 and well-being 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, addiction and disability support 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.**



#### **IIDL VIDEO**

**The Value of IIMHL from an American Perspective - Aaron Bishop**

To view this short video:

<https://www.youtube.com/watch?v=ltvSQV8be3U>

**In this issue:**

- **IIMHL Feature Article - New Zealand**

- [Connecting Through Korero: Talking about suicide with taioho/young people](#)
- **Other IIMHL Articles of Interest - New Zealand**
  - [Health and Independence Report 2017. The Director-General of Health's Annual Report on the State of Public Health](#)
  - [Evaluation of mental health e-Learning modules for New Zealand Police](#)
  - [Just Ask. Just Listen. National mass media campaign](#)
  - [Effectiveness of e-mental health approaches: Rapid review](#)
  - [Evaluation for Ōtautahi Creative Spaces Trust](#)
  - [Evidence-scoping Review - Service transitions for mental health and addiction](#)
  - [Aotearoa New Zealand addiction specialty nursing competency framework](#)
- **IIDL Feature Article - New Zealand**
  - [New Zealand Autism Spectrum Disorder Guideline supplementary paper on the impact of ethnicity on recognition, diagnosis, education, treatment and support for people on the autism spectrum](#)
- **Other IIDL Articles of Interest - New Zealand**
  - [Disability Etiquette](#)
  - [System Transformation](#)

## **IIMHL Feature - New Zealand**

**Connecting Through Korero: Talking about suicide with taiohi/young people**  
Mental Health Foundation. 2018

Taiohi/young people know suicide is a big issue in Aotearoa, and they know that it affects all of us in some way. They may come across it through the media; they may know someone who has died by suicide or be supporting a friend who is feeling suicidal. They may have had thoughts of suicide themselves.

Although it can feel hard to kōrero/talk about the tough stuff, it's important that we can all have safe, open, honest and compassionate kōrero about suicide so our taiohi feel heard, supported and understood.

This resource is for parents, caregivers, teachers, counsellors, aunties, uncles, friends and other whānau members. It's for anyone who cares about taiohi and needs tautoko/support and guidance to kōrero with them about suicide. Read through the sections below, and see our [Useful Resources page](#) for additional information.

*If you are concerned that taiohi in your life may be having thoughts of suicide right now, this resource will not be useful to you. Instead visit our [Worried about someone](#) webpage for more information.*

<https://www.mentalhealth.org.nz/assets/Suicide/Korero-Update-4.10.18.pdf>

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

## **Health and Independence Report 2017. The Director-General of Health's Annual Report on the State of Public Health**

Ministry of Health. July 2018

The Health and Independence Report is the Director-General of Health's annual report on the state of public health in New Zealand. The 2017 report presents an overview of the health of New Zealanders drawing on a range of sources.

To read this report in full:

<https://www.health.govt.nz/publication/health-and-independence-report-2017>

### **Evaluation of mental health e-Learning modules for New Zealand Police**

Wellington Health Promotion Agency. Gordon, S., Davey, S., & Tester, R. 2018

Since 2005/2006, the New Zealand Police has seen a rapid growth in the number of attended mental health related events. In response to this, in 2013, the Police established a dedicated team and committed resource to the aim of improving the response to people who experience mental distress. This included an overhaul of the existing training programmes.

In stark contrast to previous training, the New Zealand Police commissioned the development, delivery and evaluation of service-user led contact-based mental health training programmes, with a focus on countering stigma and discrimination.

In response to this commission, the University of Otago developed, delivered and evaluated a service-user led contact-based e-Learning programme. Initially, this was to be targeted at front-line 'street' officers, but was later widened to include all staff. This programme consisted of three online modules: one on recognising the signs of mental distress, one on engaging with and responding to people who experience mental distress, and one specifically on suicide.

The evaluation (an 81-page report) of the e-Learning has both attitudinal and behavioural change strands, with the emphasis being on behavioural change. Seven recommendations were made following analysis of the results.

<https://www.hpa.org.nz/sites/default/files/Final%20Report-Evaluation%20of%20mental%20health%20e-learning%20modules-NZ%20Police-Jun2018.pdf>

### **Just Ask. Just Listen. National mass media campaign**

Like Minds Like Mine: National programme to increase social inclusion and reduce stigma and discrimination for people with experience of mental illness. 2018

The campaign 'Just Ask. Just Listen.' targets family, whānau and friends of people experiencing mental distress. It uses humour and existing New Zealand wildlife film footage to highlight people's behaviour by showing 'what not to do' – including deciding what's best for the person, labelling or name-calling, awkward conversations and excluding someone from social occasions. The campaign message is to not assume what someone experiencing mental distress needs or is capable of, but rather to be guided by the person. The call to action is Just Ask. Just Listen.

As the campaign targets all New Zealanders, it will roll out via mass media channels, including TV and online video, banners, social media, social influencers (people on social media with large followings and the lived experience of being there for a friend of whānau member) and resources for the community.

Three television advertisements are available.

<https://www.hpa.org.nz/what-we-do/mental-health/like-minds-like-mine-campaign-just-ask-just-listen>

### **Effectiveness of e-mental health approaches: Rapid review**

Te Pou. 2018

This rapid review summarises the current evidence for e-mental health approaches in responding to mild to moderate mental health issues, particularly depression and anxiety. Findings indicate the most common platforms for e-mental health approaches are computerised and internet based interventions, particularly those based on cognitive behaviour therapy (CBT). E-mental health approaches using mobile or smartphone applications and game-based interventions are also discussed.

<https://www.tepou.co.nz/uploads/files/resource-assets/E-therapy%20report%20FINAL%20July%202018.pdf>

### **Evaluation for Ōtautahi Creative Spaces Trust**

Ihi Research: Dr Catherine Savage, Dr Anne S. Hynds, Wendy Dallas–Katoa, Letitia Goldsmith. 2018

(At 12.51 p.m. on Tuesday 22 February 2011, a magnitude 6.3 earthquake caused severe damage in Christchurch and Lyttelton, killing 185 people and injuring several thousand. The earthquake's **epicentre** was near Lyttelton, just 10 km southeast of Christchurch's central business district).

Ōtautahi Creative Spaces was set up in Christchurch in 2015 with a goal of boosting wellbeing, social connection and resilience through creativity. Its purpose was to respond to the high levels of mental illness, distress and earthquake trauma following the earthquakes by using a creative practice shaped to support vulnerable people to live full, aspirational and creative lives.

The establishment of Ōtautahi Creative Spaces followed a research phase funded by Creative New Zealand which examined access to creativity for people who had experienced mental illness. It concluded that unlike other parts of the country, people in Christchurch had little access to creativity to support their wellbeing and recovery and there was a need for creativity programmes which are tailored for this group.

[http://www.creativenz.govt.nz/assets/ckeditor/attachments/1799/ihi\\_otautahi\\_creative\\_spaces\\_report\\_sm.pdf](http://www.creativenz.govt.nz/assets/ckeditor/attachments/1799/ihi_otautahi_creative_spaces_report_sm.pdf)

### **Evidence-scoping Review - Service transitions for mental health and addiction**

Synergia: Dr Peter Carswell Anthony Pashkov. 2018

The review addresses two main objectives:

1. To define and categorise factors that inhibit service transitions for consumers of mental health or addiction services.
2. To explore published literature concerning interventions aimed to improve service transitions for consumers of mental health or addiction services.

This evidence review was commissioned by the Health Quality & Safety Commission as a part of scoping for the mental health and addiction quality improvement programme. This programme has five streams of work. One of these streams is focused on improving service transitions.

To view this review in full:

<https://www.hqsc.govt.nz/assets/Mental-Health-Addiction/Resources/Evidence-review-service-transitions-July-2018.pdf>

## **Aotearoa New Zealand addiction specialty nursing competency framework**

Auckland: Te Pou o te Whakaaro Nui. 2018

This publication is a professional nursing framework designed to provide:

- guidance on the clinical pathway for nurses working in the addiction specialty from foundation to advanced specialist
- a description of the levels of practice of nurses working in the addiction specialty
- clarification of the specialist level nursing practice within the addiction specialty for nurses, other practitioners, consumers, consumer advisors, employers, funding and planning personnel
- guidance for education providers in designing curricula
- guidance for nursing workforce development
- the basis for application for DANA Advanced Certified Addiction Nurse (ACAN).

<https://www.matuaraki.org.nz/uploads/files/resource-assets/Aotearoa%20New%20Zealand%20addiction%20specialty%20nursing%20competency%20framework.pdf>

## **IIDL Feature - New Zealand**

### **New Zealand Autism Spectrum Disorder Guideline supplementary paper on the impact of ethnicity on recognition, diagnosis, education, treatment and support for people on the autism spectrum**

Ministry of Health. 2018

The current Supplementary Paper aims to provide an evidence-based synthesis of research published in or beyond 2004 relating to impact of ethnicity on recognition, diagnosis, education, treatment and support for people on the autism spectrum.

The literature review and the entire living guideline process is funded by the New Zealand Ministry of Health, and sponsored by the New Zealand Ministry of Education.

<https://www.health.govt.nz/system/files/documents/publications/nzasd-supplementary-paper-impact-ethnicity-recognition-diagnosis-education-treatment-support-people-autism-spectrum-jul18.pdf>

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

### **Disability Etiquette**

Office for Disability Issues. 2018

Disability etiquette is a set of guidelines dealing specifically with how to approach disabled people. The rules of etiquette and good manners for interacting with disabled people are generally the same as the rules for good etiquette in society.

The following rules focus on specific issues which frequently arise for disabled people with different kinds of impairments. Practical tips are provided to assist you in your relationship with a disabled person.

<https://www.odi.govt.nz/about-us/about-disability/disability-etiquette/>

### **System Transformation**

Enabling Good Lives - Service System Reform in New Zealand

The New Zealand Government is advancing its system and service reform agenda in New Zealand through its Enabling Good Lives Initiative. Enabling Good Lives is being developed in a co-design or partnership approach with disabled people, families, the disability service sector and government agencies aimed at long term transformation of how disabled people and families are supported to live everyday lives. The primary focus is to enable disabled people and their families to have greater choice and control over the supports they receive and the lives they lead.

This link provides background information on the design of this reform, its principles, key characteristics, elements of change and expected results.

<https://www.odi.govt.nz/nz-disability-strategy/other-initiatives/enabling-good-lives/key-messages/>

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**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.*

