



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of 15 October 2021

The International Initiative for Mental Health Leadership (IIMHL) and the International Initiative for Disability Leadership (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. We would be delighted if you would join us on Facebook and Twitter.

Our regular Update will continue to feature matters of practice, policy and innovation from our member countries. We are aware that COVID19 and its impact currently features hugely in the thinking and practical work of you, our members.

With that in mind, we are continuing to produce our now regular briefings on COVID19 and its impact in relation to mental health as well as other specific topic areas. You can find these briefings on our website (<https://www.iimhl.com/iimhl-covid19-update-archive>), via our Twitter feed: @IIMHL and of course by email.

New Date and Format for IIMHL/IIDL Leadership Exchange 2022

Original Event Date: February 28 - March 4, 2022

New Event Date: October 2022

New Format: Online with blend of regional/in-person hubs, as travel conditions allow

Following the Special Update forwarded to all members advising of the new date and format for next year's Leadership Exchange, the latest information on this event will always be available at:

<https://www.iimhl.com/2022-christchurch>

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IIMHL Feature Article – Aotearoa/New Zealand

Intergenerational Disadvantage: Why maternal Mental Health Matters

University of Auckland: Koi Tū, June 2021

This paper analyses and synthesises new research linking a mother’s prenatal mental health to the child’s brain development, and shows how this ties into the problem of intergenerational disadvantage in New Zealand.

Children whose mothers experienced depression/anxiety during pregnancy are more likely to have impaired brain (‘executive’) function, with lifelong consequences. This suggests that there is a biological contribution to intergenerational disadvantage, in addition to environmental factors, and that interventions focusing on maternal mental wellbeing to promote children’s brain function could have significant impact.

<https://informedfutures.org/intergenerational-disadvantage-why-maternal-mental-health-matters/>

Other IIMHL Articles of Interest – Aotearoa/New Zealand

Māori perceptions of ‘home’: Māori housing needs, wellbeing, and policy

Kōtuitui New Zealand Journal of Social Sciences Online, 2021

This paper presents the findings of the Perceptions of Papakāinga project, a 12-month, Ngā Pae o Te Māramatanga funded project which explores comparative views of ‘home’ for Māori. The findings highlight the emerging themes around the meaning of ‘home’ for three different generations of Māori living in different geographical locations and how these meanings shape or influence the perception of how to ‘be well at home’.

By investigating the views and attitudes of Māori community members in two distinct communities regarding what ‘home’ means to them, the research has been able to identify that ‘home’ is more than a spatial or physical notion, and that there are a range of holistically connected aspects that need to be considered if we are to deliver effective and sustainable solutions around Māori being ‘at home’.

<https://www.tandfonline.com/doi/pdf/10.1080/1177083X.2021.1920984>

Pronouns in the Workplace

Diversity Works, 2021

This guide is designed to support a better understanding of pronouns and provide practical strategies for using them respectfully. While this is an issue that can affect anyone, pronoun misuse can disproportionately impact trans and gender non-binary people. It outlines pronouns for workplaces as well as for individuals.

https://mcusercontent.com/905a5275ec5c023659502ec21/files/983df111-7bf0-844a-8225-21430a5de379/0721_pronouns_resource_ab_hr.pdf

“The Level”

New Zealand Drug Foundation, August 2021

The Level is a straight up guide for people who use drugs.

The New Zealand Drug Foundation helps New Zealanders learn, think and talk about their use of alcohol and other drugs and offer practical ways to begin to make changes. Their aim is to provide a supportive place, free of judgement. Their information is researched and reviewed by experts in the field and people who use drugs.

At The Level, they understand that alcohol and other drugs, both legal and illegal, can be a part of life. They are focused on providing accurate information so you can make your own choices.

<https://thelevel.org.nz/>

IIDL Feature Article – Aotearoa/New Zealand

The Power of Freedom: How personal budgets for social services are transforming lives

Matt Burgess: The NZ Initiative

This report reveals the profound effect that individualised funding and self-direction has had on the lives of recipients. How it can dramatically improve the quality of disability support and ultimately the quality of life for recipients and their families.

The report lifts the lid on a successful policy experiment. It turns out that self-directed people with disabilities make good decisions – there is a high level of compliance in spending public money, and the majority run under budget. They can be trusted. More importantly, self-direction significantly lifts their sense of self-worth and wellbeing. With further uptake of individualised funding, more people could benefit, including those with learning needs supported through the Ministry of Education, and those with mental health needs and older people currently supported through District Health Boards.

<https://www.nzinitiative.org.nz/reports-and-media/reports/the-power-of-freedom/document/727>

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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 these links:

For IIMHL:

<https://www.iimhl.com/iimhl-join>

For IIDL:

<https://www.iimhl.com/iidl-join>

IIMHL and IIDL Briefings contain information, reports and articles that may be of interest to leaders and organisations. The information, articles and reports represent the views and opinions of the organisation referenced, not necessarily those of IIMHL and IIDL.

