



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of 15 July 2021

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. 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.

2022 Christchurch IIMHL & IIDL Leadership Exchange

**IIMHL and IIDL
Leadership Exchange**

Valuing Inclusion, Resilience and Growth.

Kaingākauria te whakawhāiti tāngata, te ngākau manawaroa, te puāwaitanga o te tangata.

Registration
is
Live

28 Feb to 4 Mar, 2022
Christchurch, New Zealand

UNIVERSITY OF HEALTH IIMHL IIDL

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Registration for the 2022 Christchurch IIMHL & IIDL Leadership Exchange is now open!

This five-day event will take place the week of 28th February with the Matches being hosted across New Zealand and Australia on Monday 28th February and Tuesday 1st March. The Matches will be followed by the Network Meeting, which commences with a pōwhiri (cultural welcome) at the Te Pae Conference Centre in Christchurch, New Zealand at 5.00pm on Wednesday 2nd March, and continues with the Network Meeting sessions on Thursday 3rd and Friday 4th March.

Please note that IIMHL seats are allocated by country and preference for attendance at the Network Meeting will be given to those who have attended a Match.

To register and select a Match:

IIMHL members - www.iimhl.com

IIDL members - <https://www.iimhl.com/iidl-homepage>

See Christchurch 2022 tab at the top of both pages.

A copy of the draft Network Meeting Program agenda is available to view on the website and will continue to be updated as further details are confirmed.

We look forward to welcoming you to New Zealand in 2022!

[View the Welcome video here](#)

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IIMHL Feature Article - Aotearoa New Zealand

Stakeholder Engagement: Long-term pathway to mental wellbeing

Ministry of Health, June 2021

Aotearoa's approach to supporting people with mental health and addiction needs is undergoing transformation, driven by He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction, published in 2018. He Ara Oranga acknowledged that the system provided a solid foundation to build on, and that New Zealand's mental health and addiction system has valuable strengths, including a skilled and committed workforce.

However, the assessment of the system outlined unmet needs, growing inequities and long-term, systemic barriers.

The engagement sought specific feedback on the mental wellbeing framework published within Kia Kaha, Kia Maia, Kia Ora Aotearoa, focusing on four key areas:

- The key principles outlined in the framework, and how they could, or should, be applied over the longer term.
- How communities can best be supported to initiate and lead mental wellbeing initiatives, appreciating that the focus areas within the mental wellbeing framework seek to broaden the scope of support to include greater emphasis on mental wellbeing and support within communities.
- Specific thoughts on what's needed within each of the six 'enablers' – key areas which, if investment is directed, can support transformation.
- What longer-term shifts (over the next 6-10 years) would support system transformation.

<https://www.health.govt.nz/publication/ministry-health-stakeholder-engagement-long-term-pathway-mental-wellbeing>

Other IIMHL Articles of Interest – Aotearoa New Zealand

Whiti Te Rā: A guide to connecting Māori to traditional wellbeing pathways

Journal of Indigenous Wellbeing, February 2021

Māori health models, introduced in the 1980s, brought needed cultural worldviews to an otherwise monocultural health system. However, minimal changes have occurred. In mainstream practice, deeper cultural understandings and action-orientations of these models can be overlooked, to the detriment of Māori wellbeing.

A thematic analysis produced six themes or pathways towards wellbeing for Māori – te reo Māori: Māori language, taiao: connection with the environment, wairua: Māori spiritual beliefs and practices, mahi-a-toi: Māori expressive art forms, take pū whānau: Māori relational values, and whakapapa: intergenerational relationships. Forty experienced Māori psychologists analysed the themes and offered expert examples practice pathways for Māori wellbeing. The six themes and feedback is presented in a visual image Whiti Te Rā with instructions for Māori practitioners to guide whai ora Māori (Māori clients) to explore their level of knowledge and comfort, and active engagement with Māori pathways to wellbeing. The model has potential for mental health policy, future research, curriculum development, and synthesising Māori knowledge towards wellbeing pathways.

<https://journalindigenousewellbeing.com/media/2021/02/140.158.Whiti-Te-Ra-A-guide-to-connecting-Maori-to-traditional-wellbeing-pathways.pdf>

Child & Youth Wellbeing Strategy Annual Report Year ending June 2020

Department of the Prime Minister and Cabinet, May 2021

The Strategy sets out six high-level and interconnected wellbeing outcomes for all children and young people:

- Children and young people are loved, safe and nurtured
- Children and young people have what they need
- Children and young people are happy and healthy
- Children and young people are learning and developing
- Children and young people are accepted, respected and connected -
- Children and young people are involved and empowered

<https://dpmc.govt.nz/publications/child-and-youth-wellbeing-strategy-annual-report-201920>

Homeground - Website

Home Ground is a collaborative creativity and wellbeing initiative for women who have experienced incarceration or are engaged in the justice system.

The initiative is divided into four projects – Tahi, Rua, Toru and Whā, which are delivered in the Wellington community or Arohata Prison over a 12-month period. Each Home Ground project runs full time for three weeks, then one day a week for the following four weeks.

The projects use creative arts practice, such as theatre, photography, creative writing and music, as a non-threatening, strengths-based approach to self-empowerment, community connectedness and wellbeing.

Artists both inside and outside of prison are encouraged to create art projects that talk about the issues women and whānau face in the justice system.

Previous projects have been supported by Creative New Zealand, the Department of Corrections, the Sonja Davies Peace Award, Heather and Brian Main and the Ministry for Women.

<https://www.homegroundnz.com/about>

Other IIMHL Article of Interest – International

Michele Tansella Award 2022

Michele Tansella was a pioneer in the field of epidemiological psychiatry and the field of mental health service evaluation. He contributed to these fields as a distinguished scientist throughout his life.

The Michele Tansella Award of € 2000 will be provided every two years on the occasion of the [World Psychiatric Association Section meetings on Epidemiology and Public Health](#). It will be granted to Post-doctoral researchers / early career researchers [under 40 years](#) of age from anywhere in the world.

Applicants are requested to submit the application electronically via this website www.micheletansella.org

Submissions must be in English and include the following items:

- The application form
- The publication selected for the award application
- The references of three other papers that the applicant considers her/his most relevant ones and a sentence for each explaining their contribution to the field
- Two letters of support by senior referees

The winner is expected to attend the Award ceremony held during the WPA Epidemiology and Public Health Section in spring 2022, Covid-19 permitting, and present her/his research in a 15 minute lecture. She/he will be notified by March 15th 2022.

IIDL Feature Article – USA

New Disaster Distress hotline for people who are deaf, hard of hearing or use sign language

SAMHSA, 2021

People who are deaf or hard of hearing face barriers to accessibility for mental health care, emergency preparedness, and disaster relief services throughout the disaster cycle.

To address this, the Disaster Distress Hotline offers a new Videophone (“DDH VP”) service option with a 24/7 direct connection to trained DDH counselors fluent in American Sign Language (ASL). People who are deaf, hard of hearing, or anyone for whom ASL is their primary or preferred language can dial the DDH hotline at [1-800-985-5990](tel:1-800-985-5990) via their videophone-enabled device OR access the “ASL Now” option via the DDH website at:

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

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General enquiries about this Update or for other IIMHL information please contact Erin Geaney at 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 these links:

For IIMHL:

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

For IIDL:

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

Please note: We try to find articles, new policies, research or opinion pieces, which we think may be interesting. Some recipients may feel some articles are not accurate, either for their use of data or not being aligned with their views. IIMHL does not endorse any article we send out, as our goal is to rapidly share information.

