

## RAISE AWARENESS

WORLD MENTAL HEALTH DAY /  
MENTAL HEALTH AWARENESS WEEK 2012

There are many activities happening throughout our district to mark World Mental Health Day/ Mental Health Awareness Week 2012. Some are profiled below. For full information see our website at [www.southerndhb.govt.nz/takenotice](http://www.southerndhb.govt.nz/takenotice)

### Wednesday 3 October

OPEN FORUM: As a lead in for the week the Future Directions Mental Health and Addictions Network will host their annual Open Forum in Invercargill on the 3rd of October. The Forum will include service presentations and workshops. Contact: Richard Harris, phone: (03) 214 5786 ext 8079 or email: [richard.harris@southerndhb.govt.nz](mailto:richard.harris@southerndhb.govt.nz).

### Monday 8 - Friday 12 October

INFORMATION DISPLAY: Supporting Families Wakatipu will have a Mental Health Awareness Week display at the Queenstown Public Library. Contact Jo Moore, email: [jo@sfsouthland.org.nz](mailto:jo@sfsouthland.org.nz).

### 9 October - 4 November

ART EXHIBITION: A highlight this year will again be the Day Activity Centre's annual art exhibition opening at the Southland Museum and Art Gallery on the 9th of October with this years theme "Kaleidoscope". Contact: Raewyn Clarke, phone (03) 214 3402 or email: [raewyn.clarke@southerndhb.govt.nz](mailto:raewyn.clarke@southerndhb.govt.nz).

### Tuesday 9 October

OPEN DAY: Happiness House in Queenstown are hosting a day of activities including a Sing Star competition, sausage sizzle and Push Play activities. Everyone is welcome to attend.

### Wednesday 10 October

OPEN DAY: The Southern DHB Mental Health and Addiction Service are holding an Open Day from 11.30am-1pm at their Invercargill offices. Everyone in the community is invited to attend and activities will include tours of the service, information displays and resources, giveaways and a free BBQ. Community based services will also be involved with information displays and resources. Contact Tara Trounson, phone (03) 214 5786 ext 7994 or email [tara.trounson@southerndhb.govt.nz](mailto:tara.trounson@southerndhb.govt.nz).

SPRING OUTING: Otago Mental Health Support Trust will be holding a Spring Outing at the Botanic Gardens at 10am on Wednesday 10th October with some nibbles and spend time enjoying the spring flowers. All people are welcome. Please RSVP to 477 3598.

INFORMATION DISPLAY: A Mental Health Awareness Week information display will be held by local Mental Health and Addiction providers at the Frankton New World Supermarket in Queenstown from 11am-2pm.

THE GREAT A&P SHOW: at Artsenta. Fun & games, competitions, fruit & vegetables, music & dance, food & drink. Event open to the mental health community. Tickets available at no cost. Contact 03 477 9566 for more information.

EDUCATION SESSION: The Southern DHB Mental Health and Addiction Inservice Presentation is "How do Children Develop Pro-Social Behaviour?". The presentation runs from 9am-10am and video conferencing is available. Contact Nicola Brandsen, phone (03) 214 5786 ext 8086 or email [nicola.brandsen@southerndhb.govt.nz](mailto:nicola.brandsen@southerndhb.govt.nz).

WORLD MENTAL HEALTH DAY is on Wednesday the 10th of October. This years International Theme is 'Depression: A Global Crisis'. For more information go to [www.wfmh.org](http://www.wfmh.org). PAMPERING, LUNCH AND GAMES: PACT invite you to the Eastside Baptist Church (Invercargill) for some pampering and a light lunch, followed by fun sports games. 10am-2pm.

### Thursday 11 October

MENTAL HEALTH PROMOTION: An interactive Mental Health promotion will be held in Arrowtown on the Green in Buckingham Street from 12pm-2pm. Activities will include information displays and yoga - everyone welcome.

### Friday 12 October

OPEN DAY: The Southern DHB Day Activity Centres will be hosting Open Days at their three Centres in Invercargill (Rata House and 494D) and Gore (Welcome In). The centres are open all day for guests and free BBQ's will be held at lunch time. Contact: Raewyn Clarke, phone (03) 214 3402 or email: [raewyn.clarke@southerndhb.govt.nz](mailto:raewyn.clarke@southerndhb.govt.nz).



# MEHA news

## INSIDE THIS ISSUE:

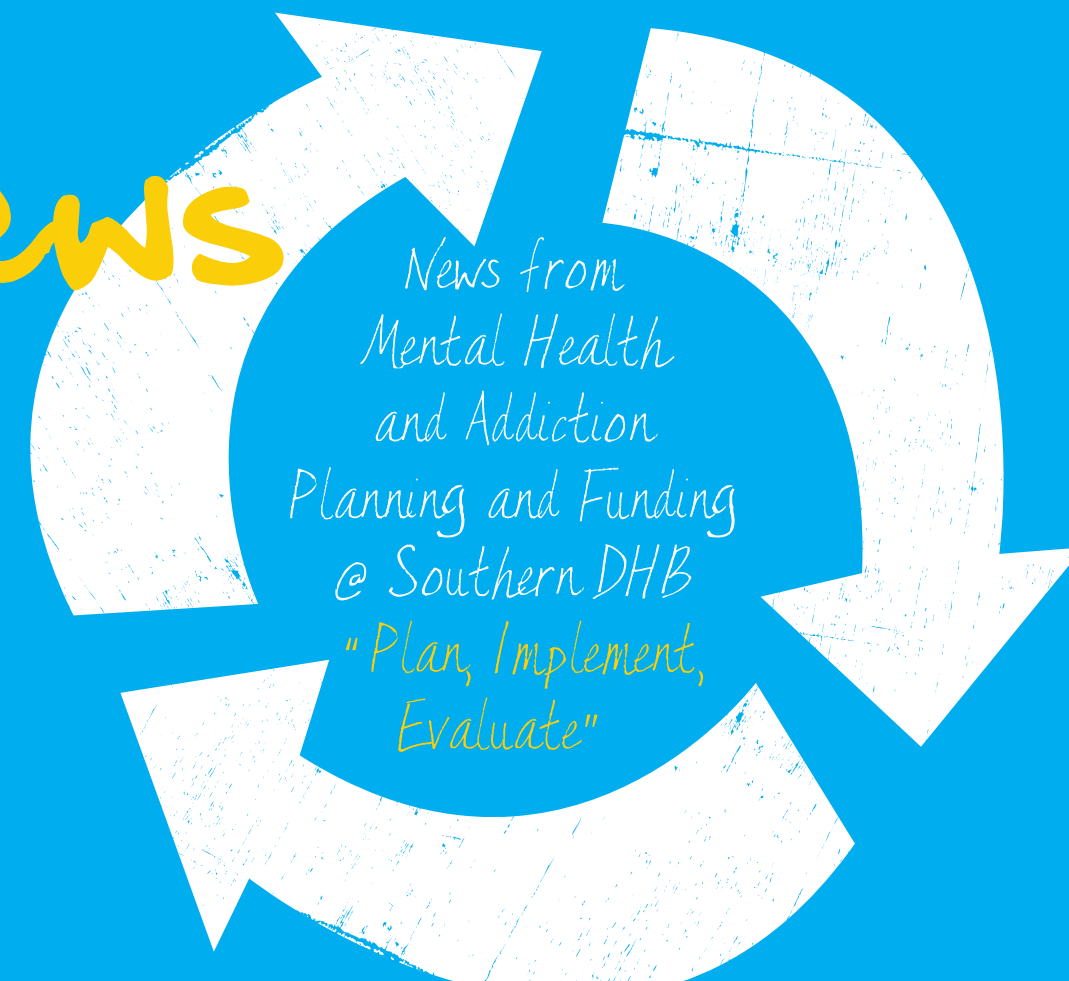
MANY HANDS RAISED - the response to our call for nominations for the Implementation Advisory Group.

ANNOUNCED - Raise HOPE: Hapaia te Tumanako - Implementation Advisory Group.

OUT & ABOUT - Upcoming sector/community presentations by Planning & Funding.

DUE - responses to Request for Proposals due 26th September 2012.

RAISE AWARENESS - World Mental Health Day - October 10, 2012. Mental Health Awareness Week - October 8 - 14 2012.



## Many hands raised makes for tough decisions....

### In the last edition of MEHA News

we asked you to "raise your hand" and self-nominate for an *Implementation Advisory Group (IAG)*. The IAG will provide sector input into the implementation and monitoring of Raise HOPE: Hapaia te Tumanako 2012-2015.

### The response was....

fantastic - we received many more nominations than we had roles available on the group. It was very difficult to select an appointment for many of the roles, and in some cases (Medical and Primary Care) we have decided to make multiple appointments.

### It's not just about numbers

The number of nominations was not our only indicator of engagement. In this process, we did not simply ask for names of potential group members. We asked people to respond to three questions on why they wanted to be involved, what they could contribute, and how they work collaboratively with others.

### What did the nominations suggest?

The responses suggested to us that a wide range of people are committed to seeing this Plan successfully implemented and monitored. That's important for us - and for the sector - because we know that this sort of engagement is exactly what will help make implementation successful.

### The next step

We have made appointments to the group. We believe those appointments represent a diverse range of views, that will challenge us to ensure that Raise HOPE: Hapaia te Tumanako delivers for our diverse communities and their needs. We are confident we have appointed a group that will be a strong voice for the sector.

### And beyond that?

This group will have a leadership role and is going to be critical to ensuring sector involvement throughout the implementation and evaluation of Raise HOPE. However, it will not be the only way that people can be involved. There will be further opportunities, and you will be made aware of them - both through our website, and this newsletter.

# Announced | Raise HOPE: Implementation Advisory Group

After a challenging shortlisting and selection process, we have appointed most of the members of the Implementation Advisory Group. Members are appointed until February 2015. As with the Core Planning Group, summary reports on the progress of this group will be available online.

We are grateful to all those who expressed an interest in being involved in the Implementation Advisory Group, and are very pleased to announce the following appointments.

<b>CONSUMER</b> Britta Winder Consumer Advisor, (Sthland) Southern DHB	<b>FAMILY/WHANAU</b> Sandy Dawson Manager SF Southland	<b>PACIFIC</b> Key Frost Pacific Island Advisory & Cultural Trust
<b>MEDICAL</b> Dr Evan Mason SMO, Clinical Rehab Service, Southern DHB	<b>MEDICAL</b> Dr Kimball Chen SMO, Invercargill CMHT, Southern DHB	<b>NURSING</b> Ruth Manning Adult Community MH Services (Otago)
<b>ALLIED HEALTH</b> Clive McArthur, Area Manager/Psychologist, Adventure Development	<b>COMMUNITY SUPPORT WORKER</b> Doug Alderson Southern DHB	<b>PRIMARY CARE</b> Dr Lik Wei Loh GP, Servants Health Centre
<b>PRIMARY CARE</b> Dr Janice Clayton Clinical Advisor Southern PHO	<b>RURAL</b> Velda Raybone-Jones Clinical Team Leader, Wakatipu CMHT	<b>NGO MANAGEMENT</b> Thomas Cardy Southern Mental Health Operations Manager, PACT
<b>RECENT GRAD HEALTH PROFESSIONAL</b> Shona Jackson RN, Ward 9B, Southern DHB	<b>INTERAGENCY</b> Tanya Rissman, Regional Health & Disability Advisor, Work and Income/MSD	<b>YOUTH</b> Vicki McDermott Practice Manager, Otago Youth Wellness Trust

Appointments will be made via other processes to the Maori, University of Otago, and DHB Provider Arm Clinical Partnership roles.  
The Terms of Reference for the group can be viewed at [www.southerndhb.govt.nz/raisehope](http://www.southerndhb.govt.nz/raisehope)

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WE RECEIVED MANY MORE  
NOMINATIONS THAN WE  
HAD ROLES AVAILABLE ON  
THE ADVISORY GROUP.  
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THERE WILL BE MORE  
OPPORTUNITIES TO  
BE INVOLVED IN THE  
IMPLEMENTATION OF RAISE  
HOPE. THEY WILL BE  
COMMUNICATED ON OUR  
WEBSITE, AND THROUGH  
THIS NEWSLETTER.  
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## RFP...

In August Request for Proposal (RFP) documentation was released, seeking proposals to deliver Housing and Recovery Services based in Dunedin. This RFP follows on from earlier consultation on the proposal for change for future service provision by Hulme House.

The tender documentation is available online at the Government Electronic Tenders Website ([www.gets.govt.nz](http://www.gets.govt.nz)).

Responses to the Request for Proposals are due by 4pm, Wednesday 26th September.

# Out & About | Upcoming Presentations

Planning and Funding (Mental Health and Addiction) regularly delivers presentations to groups, sector and public meetings. Such presentations are an important way for us to engage with the community, but are also an opportunity for people to ask questions about our role, and how funding and policy may affect them. Some upcoming presentations include:

## INVERCARGILL FUTURE DIRECTIONS OPEN FORUM - OCTOBER 3rd

When: October 3rd, 10am-12.30pm

This event is an opportunity to receive updates on what's going on in the Mental Health sector in Southland and to have an open discussion about issues that those present are interested in discussing.

The Planning and Funding presentation will be an update and workshop, with the theme of *'Raise Hope' The Southern DHB Draft Mental Health and Addiction Strategic Plan 2012-2015 and what it means for Invercargill and Southland.*

Event is for: Mental Health and addiction providers, consumers, families/whanau, and members of the public

RSVP required, for more information: [richard.harris@southerndhb.govt.nz](mailto:richard.harris@southerndhb.govt.nz)

## OTAGO CHILD & ADOLESCENT MENTAL HEALTH/AOD OPEN FORUM - OCTOBER 15th

When: October 15th, 8.30am-1.00pm

"This forum is a collaboration between the Werry Centre for Child and Adolescent Mental Health Workforce Development and local services. The morning will be an exchange of ideas and information on local and national initiatives relevant to service delivery."

The Planning and Funding presentation will be on *"Child Adolescent Mental Health and Addiction Funding"*.

Event is for: Those working in the Child & Adolescent Mental Health Sector

RSVP required, for more information: [werrychch@auckland.ac.nz](mailto:werrychch@auckland.ac.nz) by 5th October 2012

## HOW NURSES INFLUENCE CHANGE: LOOKING TO THE FUTURE - DECEMBER 7th

When: December 7, 2012, 8.00am - 16.45pm

"During the morning we will reflect on the past, the changing models of care and the changes to mental health nursing practice and education, with a specific focus on how nurses and other people and events have influenced this change.....More specifically for nurses working in the mental health, intellectual disability and addictions area the introduction of a new MH and Addictions plan means that we need to be thinking about how we influence the change that is coming....  
The vision for the future will be outlined and there is an opportunity to focus on the workforce of the future and how we develop effective nursing leaders."

The Planning and Funding presentation will be on *"Models of Mental Health Care: The national and local context - Blueprint II and Raise Hope"*

Event is for: Enrolled and Registered Nurses

RSVP required, for more information: [Robyn.Ross@southerndhb.govt.nz](mailto:Robyn.Ross@southerndhb.govt.nz)