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WAITAKI MENTAL HEALTH & ADDICTIONS NETWORK

**Minutes of a meeting held at Waitaki Community Mental Health, Trent Street, Oamaru
on Wednesday March 22, 2017 @ 1pm**

PRESENT:

Paul Cullen, Waitaki CMHS	Steve Bennett, Internal Affairs
Carron Cossens, Waitaki Valley Community Society	Barb Liffiton, WellSouth
Jodi Ryan, Family Works	Suzi Flack, Tumai Ora Whanau Services
Verena Birchall, Public Health Nurse	Carolyn Van Zyl, Waitaki District Council
Lichelle Guyan, Waitaki District Council	Kara Tarapi, Youthline Otago & Waitaki
Justyna Pralicz, Counsellor, Youth Centre	Marian Shore, WSCT
Sharon Lavery, Mirror HQ	Julie Hales, First Sight Private Counselling Service
Katrina Kelly, NO Budget Advice, Family Works	Julia Sutherland, Counselling/Art therapy
Rick Arena, Otago Psychology	Maria Erdody-Buldain, Postvention / Multicultural Council
Lesley Henderson, Public Health Nurse	Ben Wood, Adventure Development
Hana Halalele, Community Corrections & Oamaru Pacific Island Community Group	
Helen Algar, Waitaki District Council	

APOLOGIES:

Dugal Armour, MSSAT Oamaru	Viv Gamble, Age Concern
Brian Lowe, Youthline Otago	Joy Paterson, Methodist Mission
Sue Dawson, Healthcare NZ	Mike Mathers, PACT
John Macdonald, Chair NLG	Michael Doran
Claire Robertson, Practice Nurse	Rodger Mangai, Public Health South
Judy Walker, SDHB	Brittani Beavis, WellSouth
Philippa Cookson, CAB	Brent Wallace, PACT
Aveley Gameson, PACT	Scott Blair, Adventure Development
Jan Wingate, Miramire	Sean McGeown, Oamaru Mens Wolfpack Trust
Christiana Skinner, WDHSL	

MINUTES OF THE LAST MEETING:

The minutes of the previous meeting held on 8 February 2017 were circulated by email. The minutes were accepted as a true and correct record of that meeting.

MATTERS ARISING:

- Free to Be Me: Course for children who have experienced family violence. Age appropriate groups for children plus a group for parents. Referrals to Marian Shore or Jodi Ryan
- National Health Point database – information from John. We will request them to come to our next meeting rather than setting up a separate meeting. We will be part of this great initiative. Query re a separate local directory? Discussion around purpose and effectiveness of a local directory. Unanimously agreed that we continue the development of a local directory.

BUSINESS:

Presentation: Stats re Alcohol and Drugs – Lichelle Guyan WDC.

In order to investigate the need for a local alcohol policy we need some baseline data to build a picture of alcohol use in the Waitaki. To have a local alcohol policy we need local information i.e. police stats, alcohol related ambulance call outs.

Discussion about how information can be gathered given the constraints around sharing information.
i.e. privacy / confidentiality / policies.

Those organisations who are able to, please email feedback to Lichelle: lguyan@waitaki.govt.nz

Intentional Peer Support: This is informal in the Waitaki. It is about giving and receiving support, being honest and instilling hope. Listening with genuine curiosity and interest.

There are four tasks:

- Connection
- Worldview – how we come to know what we know
- Mutuality – co-learning, growing
- Moving forwards - new experiences, viewing vision that has action

It's not OK

Vic Tamati, Ambassador for It's not OK, told his story at Waitaki Boys High School, really connected with the boys and staff.

Stephanie Edmonds and Judd (It's not OK) are doing a workshop with hospital staff this week.

Men's Hui – may look at linking with the Moeraki Marae to hold a workshop there.

Professional Development:

Strangulation Training with Rob Veale, May 18. Three sessions: Professionals / Police / Public.

Potential to invite a trainer who has a focus on the effect of violence on children

GENERAL:

- Youthline have been approached in regard for the need for a brief Intervention service in Palmerston. Kara outlined the background and parameters of this.
- Postvention: The group is hosting Corinda Taylor, Life Matters, on April 10, Dean O'Reilly lounge.
- Youthline Waitaki: Operating from the CCS building 316 Thames Highway. One day a week, with potential to increase this to 3 x per week.
- Steve Bennett, Internal Affairs: A community plan is being set up to look at existing services, needs, wants. COGS meeting, Thursday 30 March, 5.30pm at the Scottish Hall. Meet nominated people, ask questions re grants, set priorities for next funding round.
- Suzi Flack, Tumai Ora: Covers Waitati / North Otago / Waitaki Valley. The target group is Maori, Pasifika and High Needs People. Links people up with providers and agencies, advocates and supports. Huis at Marae, France Street, Fortnightly open days (dates to be circulated), Nurse Practitioner, Kai, Talk, Health Education / workshops, school holiday programmes. Able to help with / provide transport.
- Julie Hales: Mobile counselling service. Can also see people at Health 2000. \$40, unwaged maximum negotiable; \$80 waged maximum negotiable. Referrals from anywhere, mild mental health, alcohol and drugs
- Community car: Would a community car be worth looking at for Palmerston?
- Rick Arena, Otago Psychology services – provides ACC psychological service, work related, physical related mental health. Upstairs at Central Medical. Put on agenda for next meeting.

Meeting closed at 2pm

NEXT MEETING: Wednesday 3 May at 1pm.