



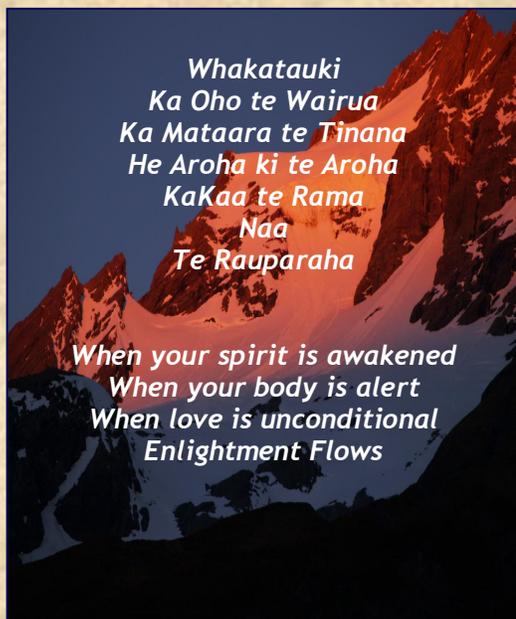
ENIGMA

NEWS AND VIEWS ON MENTAL HEALTH

Winter Edition

JUNE JULY AUGUST
2012
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FROM PIER TO PEER

By Grant Cooper

As I write this article I have been in my role as Team Leader at the Otago Mental Health Support Trust for two weeks.

I have come down to Dunedin from Christchurch where I worked as a mental health promoter for the Mental Health Foundation of which one of the few icons left untouched by the Canterbury earthquake is the New Brighton Pier. I worked on the Like Minds, Like Mine programme which is about countering stigma and discrimination associated with mental illness (you may have seen the adverts on t.v.)

I and my family have always loved Dunedin and this move is an opportunity to connect up with family we have in Dunedin and to enjoy the lifestyle that Dunedin has to offer.

I come to this job with my own experience of mental illness thus I am drawn to the peer services that the Otago Mental Health Support Trust provides. I use the word peer in the sense that both our staff and people we work with have experienced periods of mental distress.

From my short time I have been at the Trust I have seen first hand what I believe is the key attribute to working successfully with people who use our services - Relationships.

As we get to know people we work with and they get to know us, the opportunity to build trust develops.



This statement seems to counteract the above plague I saw on the sidewalk in Moray Place across the road from 1st Church. Of course there can be many interpretations to this.

For the field we work in I would like to change this to read "Without relationship there is no success"

continued

The new strategic Plan ‘Raising Hope’ is about to be implemented by the Southern District Health Board Mental Health Services. I am glad to see that peer led services have been given a “high priority.” As stated in the Public Consultation Report for “Raising Hope.”

As I have already stated the key to successful peer support is relationships and trust. Of course this is also key for all providers of mental health services. The experiences of seclusion in mental health services can be harmful to the relationships developed between service providers and users. In my previous role in Christchurch I supported the development of a 15 minute training film on Seclusion. It gives perspectives of consumers, a family member and mental health services staff on the trauma seclusion can cause. The film also offers recovery focused alternatives to seclusion. This film is the brainchild of Awareness which is a Canterbury Consumer network. It has the support from key organisations such as the Canterbury District Health Board, the Mental Health Foundation, Te Pou, the Human Rights Commission, Kites Trust, Nga Hau E Wha and the ARC Group.

The film will be launched on 29th June in Christchurch and soon after will be freely available to download from the internet with a training guide.

Awareness hopes that this resource will contribute to the eventual elimination of seclusion in New Zealand.

Article by Grant Cooper

RAISING HOPE.

Standard Nine facilitated meetings throughout Otago for feedback on the discussion document ‘Raising Hope’.

4th May 2012 was the mark of the first 100 days of raise hope “Hapaia te Tumanako”

Day 100 will be August 10th 2012 a forum will be held at 11am-2pm, at the Colquhoun Theatre, at Dunedin Hospital

A Poem

As Rays of sunlight bloom
Rain is on the horizon
The beams of light flow
From the sky above as
The birds chirp at the pleasant day
Silence echos now across the
Fallowed plains and hills dance
By firelight. Tis the time of change for never again shall
we see such unspoilt beauty as this country yeails
To pollution dawn and all

By David

Modelling Peer Support For Mental Health

During the 90s, Julia Christie a founding member of the Trust worked as a welfare officer. Her “welfare” role involved taking people home for breaks, liaising between people and professionals. Having personal experience of Manic Depression, as she put it “most of my work is done with the people with disorder, plus their family, friends and family in the community”

Back then it wasn’t called “Peer Support” in fact drawing on the expertise of the shared experience and being very much a bridge between mental health professionals and MD sufferers Julia was able to dispel many myths surrounding living well with mental illness. Peer Support is now recognised as an integral part to the process of hope and recovery.

The Mental Health Commission will be **disestablished** effective from the **1st July** Mental Health advocacy and addictions monitoring functions will be absorbed by the Health and Disability Commissioner. “We are operating in an environment of fiscal constraint. As with other Crown agencies we will need to use our limited resources effectively. This will mean prioritising the areas where the HDC can be of greatest benefit to mental health and addictions sectors. We are resolute in our dedication to championing consumers rights across the health, disability and mental health sector. Our goal is to ensure that we continue to build on the gains already achieved in the mental health and addiction sector over the past decade.” Over the next two months the MHC will complete existing work programme including publishing Blueprint 11”

Japanese Poet Masahide eloquently expresses a resilient outlook

**Barn Burns down
Now I can see the Moon**

Check it out

Southern District Health Board web site
www.southerndhb.govt.nz fast
informative and easy to use

INCITE–

A new voice for consumers

Since the demise of the Otepoti network, Dunedin has lacked any organised mental health consumer action group. That situation has now changed. *Incite* describes itself as a mental health consumer action group. The initial meeting energetically discussed a wide range of topics, from the merits of ECT and solitary confinement (seclusion), to the wide ranging benefits of peer support. The group sees its first big task of the new year being to give feedback to the Southern District Health Board on its draft five year plan for mental health services in Otago and Southland, due out for public consultation in February. *Incite* is open for anyone in the Dunedin area who uses or has used mental health services, and has a passion for making services better. They will meet monthly at the Otago Mental Health Support trust offices and welcome enquiries. Ask for Mike at the trust office or leave a message on 0800 364462

“I would rather have a bottle in front of me than a frontal lobotomy” (Tom Waits)

At the age of 37 a young Otago woman was given a frontal lobotomy. I assume she was promised the return of mental health with the new and wonderful treatment of removing the offending part of the brain.

This woman is a mother, a wife, a sister, and an aunt. The operation led to her ‘muddled disconnect’ which left her institutionalised for the next 52 years.

The kids had lost their mother and now walked in sadness, vulnerable in an age of stigma. One of her sons, used to tell people he didn’t have a mother.

No-one ever said sorry.

This is a mother, widow, an aunt, a grandmother, a great grandmother. She is 89

She died last week, her funeral was a dignified, loving and respectful occasion.
Rest in peace.

Thank you very much for your kind donation

We would like to acknowledge **Dr Kumari Fernando** for putting our name (OMHST) forward for \$100 worth of University Bookshop vouchers which were donated to the NZ College of Clinical Psychologists Quizmas event in 2011 and weren’t used.

We formed a good working relationship with Kumari about 3 years ago while she was the Clinical Psychologist working on Ward 1A.

We were very lucky last year to have Kumari facilitate an 8 week workshop covering the Mindfulness programme here with our staff. The skills we learnt are not only useful in our work but also in our everyday lives.

So a big thanks Kumari for thinking of us.

Currently Kumari is working in Australia and we look forward to her return next year.

Check out www.kumari.co.nz for resources on.

Public consultation on the DSM5 began for the final time. Anyone can make a submission during the next six weeks. The DSM5 is the handbook used to guide the diagnosis of mental health disorders.

Even if you don’t want to make a submission go to www.dsm5.org for enlightenment or disheartenment!

UP THE HILL

YOU SAID IT

Ward 1A which was located until recently at Dunedin Public Hospital finally re-located to the Wakari site at during January.

Consumers were asked to submit suggestions for the re-naming of the ward however instead of a name reflecting recovery, hope or humor the Ward that was formerly known as 1A is now 9C.

So now we have 9A,9B,9C.

Feedback from people that have used the facility suggest a tint of sadness, alongside being admitted, that they went “up the hill”. In other words being in 1A didn’t have the same stigma as going to Wakari

Other feedback has been access to visiting friends has been much harder and more costly with one person saying it cost over \$10 in bus fares.

FURTHER UP THE HILL

On the 23th January the residence of Hulme House in High Street were relocated to a complete separate wing of Ashburn Clinic when they were told they would have to move due to high earthquake risk of the building. The move was thought to have been for 6months before another suitable house could be found in the community. Still no news on that front.

The lowdown

Helping young Kiwis understand and deal with depression.

If you or someone you know is experiencing depression, The Lowdown is a good place to be. Here you’ll find info on depression, and advice on dealing with it. You can hear from musicians, celebs and everyday people sharing their own personal experiences with depression. If you have any questions or you want to talk to feeling, you can FREE txt or email The Lowdown team in the Chat section. Or you can just chill and listen to some great kiwi music for more information go to:

www.thelowdown.co.nz

DISCLAIMER

The opinions and articles expressed in this newsletter do not necessarily represent the views of the Otago Mental Health Support Trust or anyone associated with the organisation.

Mental Notes-
A film by Jim Marbrook

A Stark Reality

I was told to bring a tissue, I didn't need one.
Mental Notes was choreographed superbly interweaving the bad old days with the not so distance days .

Factual, not too sentimental, moving and placing the stories within the reach of our communities who often have little or no understanding what being placed in a mental asylum was like.

I would personally like to see it used as a compulsory training /orientation tool for any one choosing to work in the area of Mental Health.

Thank you for bringing your stories

Random Acts of Kindness Day is not a holiday, rather a national day where the entire country is challenged to do something kind to a friend or stranger for no reason at all. It is an unofficial holiday increasingly celebrated around the world by localities or organizations, or nationwide, in order to encourage acts of kindness. The original founder of Random Acts of Kindness Day is unknown. In New Zealand it is on Saturday **1st September**



Matariki is a small but distinctive star cluster whose appearance in the north eastern pre-dawn sky in late May, early June marks the start of a new phase of life. In recent years there has been an upsurge of awareness among New Zealanders of the place of reo M ōri language in both the history and future of Aotearoa.

This awareness is part of a process that helps us to be increasingly conscious of our unique cultural identity. As well as marking the start of a new year, Matariki also signals other new beginnings. Traditionally Matariki was the time to plant trees, prepare the land for planting crops and renew associations with whānau, family and friends.

Matarika Festival runs from Sunday 29th May- Saturday 9th July with 40 with a programme of 40 events there is something for everyone at little or no cost
Check out local papers for more information on whats on in and around Dunedin or go to

www.matarikadunedin.co.nz



The lovely luminous lanterns will be in the Octagon 5.30
23rd June

Website worth visiting

www.happyplanetindex.org

Excerpt from the happy planet charter *The future is not the result of choices among alternative paths offered by the present, but a place that is created – created first in the mind and will, created next in activity. The future is not some place we are going to, but one we are creating. The paths are not to be found, but made, and the activity of making them changes both the maker and the destination.* John Scurr

OTAGO MENTAL HEALTH SUPPORT TRUST

YOU CAN FIND US AT

3rd Floor Queens Building

109 Princes Street

Dunedin

Or you can contact us on 4772598

The office is usually open from 10- 3pm Monday-Friday

If you require information on a mental health condition or issue we will do our best to help

“One of the best things you can do to help yourself in recovery is to become informed”

Many thanks to these people for their support:



ACE Shacklock Charitable Trust, Balance, Dempsey Trust, , Colortronics. DCC, Christine í