



ENIGMA

Otago Mental Health Support Trust News and views on mental health

SUMMER 2017 EDITION

This newsletter was put together by the staff of the Otago Mental Health Support Trust. Editor: Grant Cooper

Inside this edition:

- Editorial
- Hearing Voices Network
- Maori Healing Collaboration
- Flick Grey: Open Dialogue
- To be Humane Beings
- BBQ
- Xmas Closing
- FACS NZ
- Library

OTAGO MENTAL HEALTH SUPPORT TRUST

- Peer Support
- Peer Leadership
- Advocacy
- Education
- Information

**3rd Floor, Queens Building,
109 Princes Street, DUNEDIN.**

Phone: (03) 477-2598 or

Toll free on 0800364462

E-mail: info@omhst.org.nz

Website: www.omhst.org.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

We welcome your feedback on our newsletter. See above for contact details.

Like Enigma by email? Let us know.

A New Prescription for Mental Health

I recently attended (with a number of my peers) an all day forum entitled "The Peer Led Paradigm Shift" in which "International peer leaders discuss outcomes-focused responses to mental distress." There was a lot of great discussion throughout the day. I would like to share a few things that resonated with me. There has been a lot of talk recently about the mental health system and how it is "broken." The implication of course is that we need to fix this broken system – to put it back together so that the system is whole again.

How about we think about this differently? Instead of piecing together the existing system how about we create a new system? Mary O'Hagan from Peerzone stated that we need to change from a "Mental Health system" to a "Community wellbeing system" and moving from "Big psychiatry" to "Big community." She said that attitude change within the existing system is not enough. We need to change the deeper concept. Our current system as a wheel has psychiatry as the hub with spokes reaching out to other areas for example talking therapies, housing, employment, peer support etc. a "Big Community" system would have the community in the centre with spokes reaching out to talking therapies, housing peer support, psychiatry etc. This is a movement of power and resources back to the community so that each area (including psychiatry) has its place and resources. I see it as being a more holistic response. For too long our system's resources and power is given to services with the underlying proposition that mental health issues are a brain disease created by chemical imbalance.

The talks at the forum emphasised the need to have a system where people are in the centre. The focus is then on how we relate to each other in an authentic way that acknowledges that each individual has their own story and is their own expert by experience. In this edition people who attended the forum discuss what they took away from the day. As an aside please accept the enclosed gift certificate which you can use to give a friend or family member as your promise to them. For example it could be taking someone Op shopping, mowing their lawns, making a friend a coffee, looking after the kids. It is nice to have a gift that isn't all about money – especially at this time of year.

Grant Cooper - Editor



OTAGO MENTAL HEALTH SUPPORT TRUST

- PEER SUPPORT - PEER LEADERSHIP - ADVOCACY - EDUCATION – INFORMATION



Hearing Voices Network Aotearoa NZ

We, as staff and peers, don't get many opportunities to attend conferences where like-minded people with personal experience of mental illness get together and embrace the uniqueness of our experience in helping or supporting others. When the opportunity arose I didn't think we would be up at 4 am to catch a flight to Wellington and arrive back in Dunedin by 9.30pm the same day! However; we all did it and each of us got a lot out of the opportunity.

It was great to see some familiar faces and speakers who have been involved personally and are still passionate about Mental Health 30 years on.

I was impressed by the professionally experienced peers and presenters and

their questioning of the current mental health system and the questioning of our concept of Reality as Denis and Adrienne Giaccon did at the Hearing Voices Network and Peer Support workshop I attended.

Adrienne is Maori and designed an 8 session in service program at the Mason Forensic Clinic which she has been running for the last 9 years. Adrienne said the usual focus is on elimination of the voices or delusion but she emphasised the importance of how people respond to their voices and taking control and power of the voices by questioning them. Adrienne is not on medication and shared with us other ways people can cope with their voices without the use of medication which I liked such as: Aromatherapy, homeopathy, art journaling, dancing, mindfulness, humour, deep breathing, massage and changing the way someone would react to their voices. She also looked at Cultural, Spiritual and Physical ways to heal. The importance of diet, exercise, supplements, sleep therapy, and our environment. For example: decluttering, nature, music a comfortable bed and our use of tv/radio.

Voices were described by Adrienne as possibly coming from emotional or physical trauma, being from a deceased or living person, can be from different cultures, can be good or bad, can be a famous person, or can be people you know or have known, can be related to significant events in our past and our future. She also said we don't know how long they will stay or how to stop them. Reality was also mentioned and the questioning of cultural and religious beliefs such as Santa Claus, the Tooth Fairy and the Easter Bunny.

I personally have never heard voices but wanted to attend this workshop to find out more so I can support people I know who hear voices and found the information I heard from Adrienne meant more as she has personal experience of hearing voices. *Helen Sue*

www.hearingvoices.org.nz



Flick Grey: Opening the dialogue about madness and distress.

What a refreshing Seminar 'The Peer led paradigm shift' was. To have the opportunity to attend with my work colleagues and many other likeminded people from throughout Aotearoa and beyond and to listen to the presenters was extremely uplifting.

It reminds me that change is happening. We are heading to a future of change in the way we are continuing to question what has been the so called norm in the Mental Health System for too long such as 'there is something wrong with me' or 'what is the problem?' and trying to fix it .

One of the presenters I felt inspired by was Flick Grey whose presentation was on Open Dialogue. Flick suggests finding a way to respond, to be with people when people are in distress/crisis. Transform crisis into creative coping strategies. This is

a human response.

Flick said "*Open Dialogue is human. Open Dialogue can replace the Mental Health System, "It works in Finland"*."

Flick shares she is a survivor of childhood trauma with an academic background in sociology linguistics and madness studies, working as a consultant, supervisor, researcher, trainer and freelance peer supporter. She is grounded in Intentional Peer Support and Open Dialogue (which she is currently studying in London), she works to foster spaces for listening deeply (including listening to madness, sensitivity and inner voices) and meaningful, systemic, human responses to people in emotional crisis. *Denise Kent*

www.opendialogue.org.au www.flickgrey.com

A Collaboration between traditional Maori Healing and Clinical Psychiatry

Wiremu NiaNia and Allister Bush started working together in the Maori Mental Health Service in Porirua in 2005. Their unique pairing and inspirational approach to Mental Health had a profound impact on me both at the forum and in subsequent days since.

Wiremu was recognised by his Nanny from the age of 3 as being spiritually gifted and his unique qualities were nurtured within the NiaNia whanau. He worked in a variety of jobs in different industries before being employed as Cultural Therapist at Te Whare Marie in 2005.

Allister Bush trained as a Child/Adolescent Psychiatrist and at the heart of their book "Tataihono", with Clinical Lecturer David Epston, is the powerful combination of science and indigenous knowledge as an illuminating approach to Mental Health.

What impressed me while listening to the 'Comedy Duo' as Allister referred to them both, was Allister's description of how his worldview had been influenced and altered through working alongside Wiremu. Particularly his openness to working with a person's *Wairua* (Spirit) and whanau based therapy while being used in tandem with his skills.

I was lucky to get to talk to Wiremu directly about depression later on in the day, and his response about my ancestors and trauma within my lifetime combined with the earlier premise that we are all spirits in human form gave me a whole new perspective on how to view my connection to myself and others, both in depression and mania, within the context of my whanau.

The entire day away in Wellington was enlightening for me as a user and worker within the wider NZ and International Mental Health community, and I felt lucky to be privy to the calibre of people that are at the forefront of the paradigm shift within Mental Health. *Emma Simmers*

"...only when we have equal/mutual/reciprocal relationships can we really learn, grow, love...Life! To be Humane Beings."

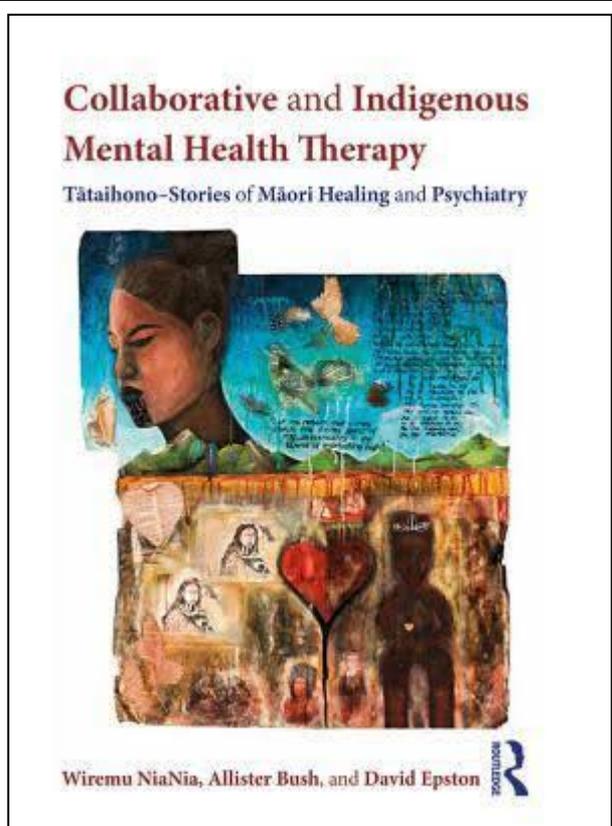
Over 30 years of working consciously with wellbeing and often simply with 'Being' - the complexities of Life and the mystery of Health - wellness & illness, most if not all of the healing, acceptance, peace, growth and sheer survival has been/is, with Peers!

So you can understand that with so much respect and admiration for these International local & overseas people who are running various groups/spaces in many places and spaces in the world I was very excited! Let alone my astonishment that many of those leaders/educators/facilitators have achieved so much and continue to do such great work!

To have these people - artists, researchers, nurturers as leaders together in one space was a bit overwhelming. Also nerve wracking right up until that morning I travelled in with my Kapiti Coast Healing Partner Meg and met up with the Otago Contingent albeit with only enough time to hug and walk to the Hospital! (I wanted to be really prepared to be able to absorb as much as possible within this one day, when I was used to this being at least a weekend Hui!) The anxiety melted away with the relaxed, efficient warmth of the Peer Zone team. Even the restimulation of a steep lecture theatre wasn't enough to phase me as the team and presenters chatted, showed diagrams, photos and I laughed, sighed, aye'd, clapped relieved to be able to celebrate this personal-political story telling in this Institutional setting.

I came away from the day so grateful to the generous people at Peer Zone and especially the Otago Mental Health Support Trust Team who have acknowledged and supported (sponsored) my passion for this work. I have been talking about it to everyone I have had meetings with over the last week and have reminded them that the Radical Idea that only when we have equal/mutual/reciprocal relationships can we really learn, grow and love....Life! to be Humane Beings! *Kat Rosamunde*

www.peerzone.info www.intentionalpeersupport.org





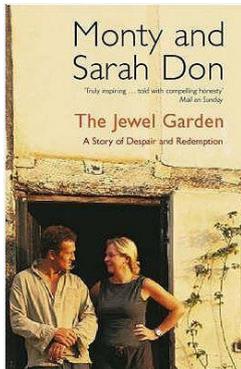
See you at Woodhaugh Gardens for our
Christmas barbeque

Tuesday December 12th 2017, 12 till 2

All Welcome Please ring to RSVP

OMHST Christmas Closing Hours

Our office will close at Noon on Thursday the 21st of December 2017
and re-open on Monday the 8th of January 2018.



New in our library:

“THE JEWEL GARDEN is the story of a creative partnership that has weathered the greatest storm, and a testament to the healing powers of the soil. In his weekly column for the Observer, Monty Don has always been candid about the garden's role in helping him to pull back from the abyss of depression” (goodreads.com)

Do you have any of our library books that you may have forgotten to return? We would love you to drop them back so that others can enjoy them too. Thank you.

Women's Group is held on the last Friday of every month (although not December).

This is a friendly informal meeting giving an opportunity for women to make new friends, and share experiences.

1-3pm meet at our rooms, Queens Building, 109 Princes Street Dunedin.

We wish to thank the following for their financial support:

Bendigo Valley Trust, COGS Coastal Otago/Waitaki, Dunedin Casino Charitable Trust, Dunedin City Council, HealthCare Otago Charitable Trust, Lotteries Otago/Southland Community, Ministry of Social Development, Otago Community Trust, Southern District Health Board

Foetal Anticonvulsant Syndrome – What is it and what do I need to know?

Are you a female? Are you taking a medication for epilepsy, mood or pain? Then you may be on an antiepileptic medication and not even know it. In 2016 in New Zealand 28,536 females of childbearing age were dispensed antiepileptic medications.

Bring along your lunch and any questions, while you learn and listen to Denise Astill from Foetal Anti-Convulsant Syndrome NZ speaking on what Foetal Anticonvulsant Syndrome is, and what you need to know prior to getting pregnant. Otago Mental Health Support Trust will be able to assist and answer any 'tricky' questions around mental health.

When: Monday 29 January 2018

Time: 11.30am – 1pm

Where: Dunedin, with location to be confirmed

Please email denise@facsnz.com or info@omhst.org.nz

RSVP essential by Monday 22nd of January



OTAGO MENTAL HEALTH SUPPORT TRUST

- PEER SUPPORT - PEER LEADERSHIP - ADVOCACY - EDUCATION - INFORMATION