



TTTWON:
Te Taitokerau
Tangata Whai Ora Network



NORTHLANDS MENTAL HEALTH & ADDICTIONS NETWORK NEWS LETTER
April 2016



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Hello Everyone,

A very warm welcome to you all from the two TTTWON networkers, Graham and Richard.

As always our news letter starts with 'View From The Top' and for this issue there's an explanation about that on going article.

The Quit Report is on page three and is written by Toby Adams.

On page four there's some addiction news and page five has Graham Johnsons report from around the regions.

The very important TTTWON AGM is advertised and explained on page six. This is a 'must read' for all TTTWON members.

Page seven and eight has information on mental health and addiction supports available in the Northland Region.

To contact a mental health or addictions networker call in at 73 Water Street Whangarei.

Our office Phone is 09 4384115

Our e-mail, arataki.consnet@aratakimin.co.nz





VIEW FROM THE TOP

Hi viewers. View from the top for this issue is all about the article it self: what it's about; why have one; and who can write one.

To begin with, the article known as 'view from the top' first appeared in the networks newsletter in 2011. The idea behind it was simple: go somewhere high up; look around; feel inspired; write down your thoughts; and viola you have an article for "View from the top".

Over the last 5 years there has been a wide range of writers who have submitted their thoughts and words. Each writer bringing their own interpretation and perspective. Some views weren't taken from high up in a literal sense but rather were 'high in spirituality', and I dare say one or two were written without ever leaving the safety of a desk.

Regardless of a writers where-a-bout's and the broad scale of shared views, the original philosophy has survived.

The following are some past view's from the top that show a little of the journey and some of the fine places that people have brought to the article.

In **June 2011** the wide expanse of Bream Bay was written about, describing the very first view from the top of the Brynderwyns.

In **December 2011** Whangarei as viewed from Parihaka. This is a familiar sight to most people living in Whangarei have 'scene'.

In **April 2012** changes to Mander Park, Whangarei, were discussed. People were protesting against chopping down ancient Totara's to make way for improvements to Highway One. Elsewhere though, someone (Rich) thought to climb one of the Totara's to get a view from half way up an old tree....butcouldn't reach the lowest branch. (hawww).

In **August 2012** networker Graham Johnson shared his view from the top of Maunu Hill in Whangarei. And, in the poetic style he's known for, related the view from Maunu Hill to the life-style and employment changes he's made in recent years.

In **December 2012** Northland District Health Board Funder and Planner Trish Palmer contributed her "view from the top". Trish explained her view of high level decision making and how essential it was to have the 'consumer voice' included in that process.

In **March 2013** Consumer Advisor for the Northland District Health Board, Paul Clements, wrote of an awe inspiring experience. The flat lands to the south and west of Mount Hikurangi are known as the Jordan Valley which is prone to flooding. Paul wrote about the spectacular view of the Jordan Valley when it's flooded and how residents had to take caution during storms. Paul likened the power of storms and floods to the onset of mental illness and spoke about how getting un-well needed it's own set of cautions. Good advice from an experienced local.

There have been so many views written and so many very cool ones to choose from, like Denise Caltaux' view from Coopers Beach.

Un-fortunately I'm quickly running out of space so..... the last view I have to offer is from well known TTTWON supporter and consumer representative Toby Adams.

In **July 2015** Toby Adams reported on the Arataki staff trip sailing on the R.Tucker Thompson. Toby was there and wrote of his experience. What makes this view from the top so memorable is the photo of Toby at the helm of the schooner...if you want to view the photo call in at Water Street, or, there's a copy on the notice board at Whiti Ora...Aye Aye Captain Toby.

View from the top needs more writers. If you want to submit a view or you have an idea from up high get in touch with a net worker or call in at 73 Water Street. You can reach Graham on 021 717181 or Richard on 021 818785. Our office Phone is 09 4384115. Our e-mail address is , arataki.consnet@aratakimin.co.nz

P.S. We haven't had a view from the top from Mid-North and would love to hear about some views from the Kaikohe area. if you need help to write a view we can also do that as well so get in touch with a networker soon as. Anyone can write a view from the top.....Rich.

THE QUIT REPORT

The quit report for this issue is a personal story of quitting cigarettes written by Toby Adams

It seems unbelievable now and at the time it didn't really sink in..I mean... the sorry things that I did. At one point there I was getting butts up off the street. I really thought I was going to die with a smoke in my mouth. That's how addicted I was. My attitude changed though and that helped me to quit. Nicotine lozenges helped me to stop. I felt like I got addicted to lozenges to but I think that was all part of the addiction to cigarettes. I'd sooner be addicted to lozenges though, which only contain nicotine, than still be smoking cigarettes. Cigarettes have all the extra poisons and chemicals you take in when you smoke. I feel it will be easier to stop taking the lozenges down the track.

I was staying at my sisters place for three weeks around the Christmas period and still didn't have a smoke. It was a huge help to me that she gave up too. Being away from home and not having some of the household expenses, that and the money I saved from quitting, meant that I had way more \$\$ than I was used to. When I came home I used some of that money to buy a **new push bike** and an **iPhone**...things I would have found impossible to get if I was still smoking. Since I quit I seem to notice other stuff about smoking, like, how many times I have been offered a smoke. It makes me realise how many people in my circle still smoke and how it's a social thing. That's now changing though. Many of the people I know are either contemplating giving up, trying to give up, or have given up.

I still face temptation every day... there's a dairy straight across the road from my home. The dairy owners used to let me book up smokes, but I shut off that source of supply by asking them not to sell me tobacco. My flatmate had already quit, so when I stopped as well, our home became smoke free. These things help. And when it gets really difficult, I've got the lozenges.

A little background about Toby Adams. He has been a spokesperson for mental health services users for many years. Some of the roles he has taken on, are: coordinator for the Like Minds/Like Mine program in Northland, Consumer Rep for Arataki Ministries and board member for TTTWON. Toby was one of the founding members of TTTWON and some of his story has been told in the book "A Gift of Stories".



Addiction News

I recently found an article in a Northland District Health Board news letter about how reports from overseas studies had been manipulated into a slick type of advertising. The article illustrated how misinformation is promoted through general media channels. This could mean—if you read magazines or newspapers, if you watch the news on TV or if you visit social media sites like face book—it's very likely you may have been exposed to the trickery.

The two examples below are from the NDHB article and they both show how information can be manipulated into something that's not true.

If you have any queries about the following article or any other articles or postings about alcohol or drug use that your not sure about you can always contact a networker at the Northland Mental Health & Addiction Network 094384115 or 094303044

Glass of red wine a day can keep diabetes under control – NO! Not true.

Late last year the headlines around the world proclaimed *"Glass of red wine a day can keep diabetes under control"*. Local NZ media were quick to feature the 'study' in print and on TV. Touted as *"first long-term, large-scale, alcohol intervention clinical trial ever conducted"* and *"proves conclusively"* the media highlighted the health benefits of drinking [red] wine with TVNZ showing large glasses of red wine in the visuals accompanying their midday news report. Further – most international and national papers reprinted the article.

But if we take a few minutes to scratch below the surface we find the evidence is much less convincing. The *"large scale"* Israeli trial – actually followed just 224 people at commencement (with 2 year follow-up down to 87%). That's less than 65 persons per experimental group.

Diabetes experts have noted that it is the polyphenols in the red wine that are believed to produce any beneficial effect but the Israeli study did not account for this by providing a controlling variable for people to consume a non-alcoholic drink with comparable polyphenol composition. They also note that the alcohol in wine is high in calories and can lead to weight gain (as well as hypoglycaemia), which can outweigh the benefits of these chemicals. Some further information on alcohol and diabetes may be found in the June 2013 edition of Alcohol NZ.

A Glass Of Red Wine Is The Equivalent To An Hour At The Gym – NO! Not true.

Disturbingly this 'news' article stated: *"Studies have revealed that those who drink a glass of red wine a day are less likely to develop dementia or cancer, that it's good for your heart, anti-ageing and can regulate blood sugar. And now there's research backing that fact that it boosts heart rate? This is literally the best thing ever."*

The study quoted was actually published in 2012 and did not involve red wine at all. It examined whether resveratrol, a compound found in grapes and other foods, can increase exercise capacity for those already exercising. The researcher quoted in the news articles around the world later refuted the assertion about red wine. *"We didn't use any red wine in our study nor did we recommend not going to the gym"* said Jason Dyck director of the Cardiovascular Research Centre at the University of Alberta. To be effective, the compound would need to be used like a performance-enhancing supplement, with concentrations far beyond a glass of wine. *"To get the same amount that we're giving patients or rodents you'd have to drink anywhere from 100 to a thousand bottles a day,"* said Dyck.

"A lot of times when you work away in your lab you hope that people read your studies and that it makes an impact," said Dyck. *"When you see all your hard work distilled down to one phrase that isn't correct it's a little disheartening."*

The new UK drinking guidelines advise there is no safe level of drinking for either sex, and issued a stark warning that **any amount of alcohol consumption increases the risk of developing a range of cancers**, particularly breast cancer.



Round the regions

It seems a long time since Christmas and our last newsletter – a lot can happen in three months.

Let's start with **Christmas Day** and the BBQ at Water St. Over 30 people chose to spend part of Christmas Day with their TTTWON whanau. Barbeque and band were set up in the (for once) deserted courtyard at the back of our premises, leaving the comfortable couches inside for those who wanted a more tranquil setting. Richard had already departed on his annual holidays but Lana and Kirsten were joined by Rick (guitar) from Dargaville, Taipari (drums) and Lawrence (guitar) from Maungaturoto, and they rocked and rolled it for about 3 hours with only a couple of short breaks to catch their breath and fuel up.

Steak, chicken and sausages were supplemented with the different salads that many people had brought to the occasion along with the various types of desserts. Trifles, jellies, a pavlova, fresh fruit salad and lashings of whipped cream were all in evidence – it was noted that there was going to have to be some serious dieting in January.

What impressed me was the willingness of everyone there to pitch in and help. At the end of the day, all the rubbish was picked up, the dishes all done, vacuuming done, barbeque cleaned and the work load was shared equally by all who were there. I guess it's called taking ownership, and it was gratifying to see.

Christmas and New Year over and done with – it was time to get back to our core business of informing our members and obtaining feed back that might improve the services that we use.

January was a time for reflection – most of our groups and workshops were taking a break – as were the networkers. There was an open door at Water St for those in need of tea, coffee, biscuits and company.

February saw the restart of the workshops, groups and forum that are a big part of our working life. Consumer Education workshops with Kirsten are now being held in Whangarei, Kaikohe, Rawene and Maungaturoto. Graham spends Mondays in Dargaville – mornings are spent in contact with the various health agencies and he has started a series of afternoon workshops using the Recovery Toolkit developed by Kirsten. Richard spends Fridays in Kaitaia and his continued efforts to strengthen connections there have resulted in his having regular contact with locals in and around the Far North. The Network acknowledge the support and assistance given by Reg and Rachel Pedersen and Te Mana Oranga. Their willingness to help has been invaluable.

March: I would also like to mention the programs that currently run at Water St. Monday, 10.30am, Consumer Education; Tuesday, 10am Happiness Project; Wednesday 11am, AoD Support Group (see Richard or Graham), Thursday 1pm, Singing Group; Friday 12pm, Friday Forum. These groups, while formed for specific purposes, also provide a forum for obtaining feed back from TTTWON members and other service users that can help inform service providers about our needs

April: We are now looking to the AGM for TTTWON on the 22nd of April where members will vote to elect new members onto the board, hear the reports for the previous year and share a meal with all those members who can come to this important gathering.



TTTWON AND THE AGM



In my (Richard) job as a mental health and addiction networker, two questions that I'm often asked are "what's TTTWON?" and "what does TTTWON do?". The big answer to these questions could potentially take up the whole newsletter (or more), therefore, the following report is my attempt at answering both questions in proportion to the newsletter. This is also my lead up to announcing the up-coming TTTWON AGM and why it's important for TTTWON members to attend the AGM.

In answering the question, what's TTTWON? TTTWON is basically a collective of people who use mental health and addiction services and supports.

As well as a 'collective' or a type of 'co-op' the Tai Tokerau Tangata Whai Ora Network (TTTWON) also serves Northland as a community based mental health and addictions **resource and information** service. A brief example, aimed at the resource part of this statement, and, which also translates into what TTTWON does, is about our library. The library is located at Water Street but is also available in the districts via one of the networkers. The library is full of books about mental illness, addictions and recovery, if the library doesn't have the right book then people can use our computer. Our computer system, including wi-fi, is a resource used to access the huge amount of info available on-line.

TTTWON does stuff at 73 Water Street and is also a TTTWON resource of sorts. What TTTWON does there is bring people together in a range of different ways. The space at Water Street gets used for activities, some that you may know of. What you may not know is, most of the activities held at Water street were started by consumers and are also consumer lead. TTTWON does it's best to support emerging consumer leaders where ever possible.

TTTWON is a conduit for the consumer voice. The Northland District Health Board (NDHB), (which is the Hospital), and the mental health and addiction services that the NDHB fund (agencies such as Arataki Ministries, Emerge or Te Mana Oranga) use TTTWON, and the voice of it's members, to find out what it's like using a particular service. In this way, the consumer voice can be used to develop services that respond to the needs of the people that use the service.

Over a three month period TTTWON has over a thousand contacts with it's 300 strong membership and fulfils a range of information and resource requests. So whether you know TTTWON as: a resource and information service; or as a headwater for the consumer voice; or as a gathering place where cool things happen—TTTWON is a worthy cause to support.

While Arataki Ministries employs and looks after us networkers and ensures we fulfil the conditions of the contract with the NDHB, TTTWON provides an important role influencing the work done, the strategies used, and the direction taken. Arataki also works to assist TTTWON Trustees Board to operate.

As per usual for this time of the year the Annual General Meeting (AGM) TTTWON is due. The TTTWON AGM is a meeting where TTTWON members vote for who they would like to represent them on the board of trustees.

TTTWON needs your support at the Annual General Meeting so if you're a member please come to the meeting and give your support by voting for new trustee's.

The TTTWON AGM will be held at 73 Water Street on Friday 22nd April. Start time is 11.00am and lunch will be served at around 12.30pm

Mental Health & Addiction Supports Available in Northland



EMERGENCY SERVICES

NOTE; The following two phone numbers are only for emergencies. The 111 number will get you through to an ambulance, the fire service or the police. The crisis service number is only for people who are in crisis and need immediate help for a mental health issue.

Emergency Call.....111

Northland District Health Board Mental Health Crisis Service (8am to 4.30pm).....
094304101 ext 3501/3516

OTHER AFTER HOURS PHONE SUPPORT

5pm to 8am Monday to Friday, public holidays and weekends:

MENTAL HEALTH LINE (NDHB MH Crisis team after hours)0800223371

Lifeline.....0800543354

Depression Helpline.....0800111757 or free txt 5626

Youth line.....0800376633 or free txt 234

Alcohol Drug Helpline.....0800787787

CHILD & YOUTH SPECIALIST and/or COMMUNITY SERVICES 8.00am to 5.00pm Monday to Friday

NDHB services:

Te Roopu Kimiora (Mental Health Service, Whangarei & Kaipara).....094304101ext 8320

Community Mental Health/Addiction Service (Mid-North).....094040280 ext 5871 or 5673

Te Roopu Kimiora (Mental Health Service Far-North).....094082490

NGO services:

Rubicon Charitable Trust (Addiction support, Whangarei & Kaitaia).....094382340

EMERGE (Mental Health/Addiction Support Whangarei & Kaipara).....094370467

Ngati Hine Health Trust (Mental Health/Addiction Support Mid-North).....094041551

Ngati Kahu Social & Health Service (Mental Health Support Far-North).....094061441



MENTAL HEALTH & ADDICTION SERVICES CONT.....

ADULT SPECIALIST/COMMUNITY MENTAL HEALTH SERVICES (NDHB)

Community Mental Health Service, all ages (Kaipara).....	094393330
Community Mental Health Service (Whangarei North Team).....	094304101 ext 3502
Community Alcohol & Drug Service (Whangarei North Team).....	094304101 ext 3502
Community Mental Health Service (Whangarei South Team).....	094314010 ext 3501
Te Roopu Whiti Ora-Kaupapa Maori Mental Health Service.....	094304101 ext 3537
Psychiatric Services for Older People-Age 65+.....	094304101 ext 7061
Early Intervention Psychosis Team.....	094304101 ext 8320
Community Mental Health Service (Mid-North).....	094040280 ext 5871 or 5873
Community Mental Health Service (Kaitaia).....	094089180

OTHER MENTAL HEALTH & ADDICTION SUPPORT AGENCIES (NGO)

Arataki Ministries (Whangarei).....	094303044
Arataki Ministries (Dargaville).....	094393651
Arataki Ministries (Maungaturoto).....	094319091
EMERGE Aotearoa (Whangarei).....	094703510
Te Awhi Whanau (Whangarei).....	094302403
Hokianga Health Enterprise Trust (Hokianga).....	094057709
Ngati Hine Health Trust (Mid-North).....	094041551
Te Mana Oranga (Mid-North & Kaitaia).....	094081182 or 0275566323
Ngati Kahu Social & Health Service (Kaitaia).....	094061441

CONSUMER SUPPORT & ADVOCACY SERVICES

Te Tai Tokerau Tangata Whai Ora Network.....	094284115 or 094303044
Consumer Advisor Service (NDHB).....	094304101 ext 3502
Supporting Families in Mental Illness & Addictions.....	0800 789 134 Or 0800732825

For further info about Mental Health or Addiction services available in Northland contact the Mental Health & Addiction Network.....094384115 or 094303044

