

# TE RAU ARA

# THE NETWORK



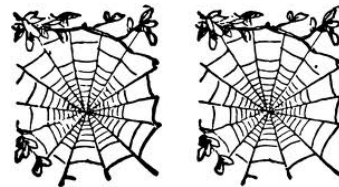
Kia Ora Whanau Welcome to the TTTWON/Arataki Net Work Spring News Letter the networkers bid you good health and hope you all Wintered well. Summer is just around the corner, Ti Hei Wa Mauri Ora.



## View from the top

Pakia hill is the local name for the southern headland of the Hokianga harbour, from the top of this vantage point you can see the spectacular harbour stretching away to the east, looking north to the other side of the harbour are the massive sand dunes. A point of interest about these and the other dunes that are a feature of the west coast of Northland is that the sand that forms these dunes is thought to have come from a massive volcanic eruption that occurred thousands of years ago in the central plateau (Lake Taupo) and eventually washed up on the Northland coast by the prevailing currents of the Tasman sea. For those who are interested here is a brief account of the Maori legend associated with the entrance of the Hokianga harbour. It is said by Maori that the Northern and Southern headlands of the Hokianga Harbour are the two Taniwha (sea monsters) that escorted the Mamari Canoe from Rarotonga to Aotearoa the captain of the Mamari was Ruanui. Ruanui followed his brother in law Nukutawhiti who was the Captain of the Waka (canoe) Nga Tokimatawhaorua. The Southern

Headland is called Arai Te Uru (pathway to the west) and the Northern Headland is called Niua (foretelling). As always if you know of any Northland land marks/views that you would like to share with the readers please contact the Network and your view can be published.



## State of the Network

The TTTWON Consumer Network has been running, in its current form for just over a year and we have released four News letters, we have held Nine Members Meetings in Whangarei and Kaitiāia and the Net Work Membership has been steadily increasing, it currently stands at 180. Two activities new to the Net Work are the TTTWON Workshops and the music programme called "Band Practice". Both the Net Workers (Graham & Richard) have been instrumental in starting these activities and in the case of the Workshops there has been a host of volunteers in the form of co-facilitators (big thanx to you all). The Networkers (Graham & Richard) respectfully ask that if your contact details have changed or are about to change could you please inform us so that we can continue to keep in touch with everyone. Nga Mihi Nui Ki A Koutou.

## Members Meetings

Recently the Network held Members meetings in Whangarei and Kaitia. In Whangarei Brian Vickers (NDHB consumer advisor) presented to the members about the Health of the Nation Outcome Scale (HoNOS). HoNOS is used to measure how people are doing through their journeys with the Providers and Agencies that deliver Mental Health Services. Brian spoke about how participating in this type of survey can improve provision for people who use these services.

Francil Tarau-Eagle from Supporting Families also presented to the members. Francil spoke about how this agency supports Families/Whanau that has a member who is affected by Mental Illness. Our thanks go to Brian and Francil for their presentations and also the people who attended the meetings.



## Library Newz

The library is getting accessed more often lately, for those who are already using the library there are some new books that have been donated to the Networks library which you can peruse at your discretion. If you haven't checked out the library yet there is an open invitation to come and find out what's on offer.



## Band Practice

The band has been practicing hard out and having a heap of fun in the process. Mental health awareness week is approaching fast so we have stepped up

our practice days to every Tuesday in anticipation of the two gigs (performances) that Te Rau Ara (name of the band) will be participating in. Our first gig is in Dargaville and our second one will be in Kaitia, the venues, times and dates are, for Dargaville the Army Hall on Hokianga St starting at 6.30pm on Wednesday 11<sup>th</sup> October. The Kaitia gig is after the Mental Health Awareness Week anti discrimination Hikoi in Kaitia the venue is in the old Count Down car park on the Main St and the Network Band is playing first (out of five Bands). The schedule for this and other Mental Health Awareness Week activities is posted on pages 4&5 of this issue. The Network thanks everyone that has supported the TTTWON/Arataki/Network Band Practice sessions.

## Mid Winter Xmas Party

The Karaoke Competition held by the Nga Morehu Whanau Trust and hosted by the TTTWON/Arataki consumer network culminated in an exciting day. Tuesday the 23<sup>rd</sup> of August was the day the Raumanga hall rocked to the beat of the performing Kareoke finalists and what a cool sound they made indeed. The day turned out to be a celebration of talent with all the top prizes going to Kaitia. Ka Pai Ki Te Whanau No Kaitia.

Comments received about this activity include, "let's have another one" and "what a warm and supportive atmosphere" and also "how come those fellas from Kaitia can sing so well?" My own comment would be "what a massively cool and inspiring day that has given me some lasting memories" Kia Ora to everyone who attended.



## Memorandum of Understanding

Te Tai Tokerau Whai-Ora Network (TTTWON) and Arataki Ministries Limited (AML) are committed to working together and this memorandum of understanding is an agreement between these two agencies that provides direction and guidance for the consumer network. This agreement also speaks about the desire of AML and TTTWON to set a foundation in place for the consumer driven delivery of the contract for Northland Regional Consumer Network which is currently held by Arataki Ministries, the key words in this statement are “consumer driven delivery” and this is achieved by having consumers working as networkers (Graham and Richard) and through feedback from the members meetings about how we as consumers can help facilitate the goals set out by the NDHB contract. This memorandum of understanding has the consumer’s best interest at heart.

### The TTTWON Vision

- To act as an agent for information and feed-back to and from grassroots consumers in their respective areas of Northland
- To act as an agent to other regional consumer and national groups
- To act as a regional consumer advisory group to mental health and addiction service providers and other organisations in Northland
- To act as a watch-dog and lobby group for positive change in the mental health and addictions environment for the benefit of consumers
- To explore and possibly manage initiatives that would create such positive change
- To provide expert information and guidance on mental illness and addiction issues to any organisation that may request it

### Strategies

- Gauge the wider core opinion
- Identifying gaps
- Relationship with funder and planner
- Communication “what’s going on”
- News letter
- Face book
- Ways for change “what’s real” this fits in with the current “a way forward” initiative from the Stake Holders Group
- Discuss and list issues for possible action
- Information centre
- Library/resource room
- A strength to be reckoned with Consumer/Tangata Whai-Ora and family/whanau driven

### Benefits of Service User involvement

- Service management involvement provides individuals with a forum in which to raise issues and concerns in an appropriate manner and encourages active participation in treatment decisions.
- It contributes to the development of open and transparent working relationships where individuals are valued and listened to.
- It provides individuals with opportunities to share their knowledge and expertise of what works and what does not work
- It creates opportunities for service users to influence service delivery and planning at both local and national levels

Mental Health Awareness Week 2011		Programme as at 27 Sept 2011		
From	Title	Day of week in October	Description	Location
Whau Valley Whaiora Support Trust	Arts Access – the Turning Point. Art Exhibition	2.00pm, 4 October, Tuesday to 11 November	Official Opening. Whau valley Whaiora Support Trust with Northern Region Corrections. Porcine Gallery, 4 Walton St.	Whangarei
SF Supporting Families	Family Forum on Ngati Hine FM	10 Monday	Radio interview with families - coping strategies, where support available, tips	Whangarei
Ngati Kahu SHS	Beach Activity Day	10 Monday	Various games, competitions.	Far-North
Te Hiku Media	MHAW competition	10 Monday	What events are on	Far-North
Hauora Hokianga	Hikoi	10 Monday	Join with Kaikohe Hikoi.	Mid-North
Northpoint Trust	Hikoi, 10.00am, and respect Awards	10 Monday	Northland wide hikoi with Respect Awards to follow	Mid-North
SF Supporting Families	Movie night	11 Tuesday	Night at movies of 40 people. Special movie to be selected	Whangarei
Arataki Ministries, Dargaville	Music Evening	11 Tuesday	TTTWON band and volunteer speakers and educational material	Dargaville
Te Hiku Media	MHAW competition	11 Tuesday	One tip on how you can support whaiora	Far-North
Hauora Hokianga	"Tried and True" Recipe Book	11 Tuesday	Launch Recipe Book - hand made, recipes from clients, whanau and staff.	Mid-North
Northpoint Trust	Community Breakfast	11 Tuesday	Northpoint Trust Community Breakfast with community leaders	Mid-North
Northpoint Trust	Northpoint Trust open day	11 Tuesday	Community BBQ, stalls, and NPTrust open day	Mid-North
SF Supporting Families	LEAP training	12 Wednesday	Training for 20 people to learn LEAP model from book "I'm not sick, I don't need help"	Whangarei
Ngati Kahu SHS	Hikoi and Music in park	12 Wednesday	Kaitaia Hikoi, arts and crafts, music with local bands; food, craft, info stalls; line dancing	Far-North
Te Hiku Media	MHAW competition	12 Wednesday	Attend MHAW Kaitaia Hikoi and get name in prize draw!	Far-North
Ngati Hine Health Trust	Expo day at Simpson Park	12 Wednesday	"Get in the Game" one day event	Mid-North
Northpoint Trust	Ngati Hine Expo	12 Wednesday	Supporting Ngati Hine expo	Mid-North
Hauora Hokianga	Fun Day	12 Wednesday	Join with Ngati Hine	Mid-North

<b>SF Supporting Families</b>	Mall info handouts	13 Thursday	Mall site In Strand to hand out info to street traffic. Register interested families	Whangarei
<b>Challenge Trust</b>	Community Service Expo	13 Thursday	Expo for all agencies to promote their work both in mental health and other community support needs	Whangarei
<b>Arataki Ministries</b>	In town public education day. Dargaville	13 Thursday	Sausage sizzle and balloons, give away educational material	Dargaville
<b>Arataki Ministries</b>	Growers Market busking. Dargaville	13 Thursday	Busking and Educational material in Growers market	Dargaville
<b>Te Hiku Media</b>	MHAW competition	13 Thursday	Get whanau to post support advice on-station facebook	Far-North
<b>Hauora Hokianga</b>	"Have a Go" fun day	13 Thursday	"Top Town" like competition at Pawarenga. All ages. All abilities.	Mid-North
<b>Northpoint Trust</b>	Supporting Whangarei events	13 Thursday	Supporting Whangarei MHAW activities	Mid-North
<b>Ngati Kahu SHS</b>	Respect Awards	14 Friday	Respect Awards and speaker, entertainment and snacks	Far-North
<b>Te Hiku Media</b>	MHAW competition	14 Friday	200 word story on how to destigmatise home, marae, community	Far-North
<b>Hauora Hokianga</b>	Tui's story Workshop	14 Friday	Tui will talk about her journey to wellness	Mid-North
<b>Northpoint Trust</b>	Supporting Far-North activities	14 Friday	Attend Kaitaia events	Mid-North
<b>SF Supporting Families</b>	Celebrate family milestones	14 Friday	Lunch and 2 hour activities and discussion for families to celebrate their increased skills	Whangarei
<b>Te Roopu Whitiara - NDHB</b>	Waka am in Pataua South	15 Saturday	Engaging young Maori from local community into healthy physical activity, eating, and engagement with community	Whangarei
<b>Northpoint Trust</b>	Community Ball	<b>5 NOVEMBER</b> Saturday	Dancing with the Stars	Mid-North

Contact details      TTTWON Office –73 Water Street, Whangarei

Postal address – P O Box 5028 Whangarei

Phone; 09 438 4115                      facebook page      Te Rau Ara or terauara

Cell phone; Richard - 021 818785..... Graham - 021 717181

## Cutting Edge Conference

On the 1<sup>st</sup> of September I had the pleasure of attending this conference along with Christien, Richard and four hundred other like minded people. This was the 16th conference and was held at the Rendezvous Hotel Auckland, it was about Recovery and Wellbeing. Cutting Edge is the national addiction treatment conference, covering alcohol, other drugs, problem gambling and smoking cessation. It is sponsored by the Alcohol Advisory Council, supported by the Ministry of Health and hosted by DAPAANZ, which is the Drug and Alcohol Practitioners Association of Aotearoa-New Zealand.

The conference ran for two days with presentations from speakers nationally and internationally. There were a couple of presenters that stood out for me and one of them was Professor Tom Mclellan. Tom Mclellan was the primary advisor to the White House on a broad range of drug control issues; he is also one of the top five experts on addictions in the world. He talked about reconsidering substance abuse treatment, and have we been thinking correctly about addictions.

He spoke about substance abuse as persistent brain changes that are reinstated through classical conditioning. He believes drug addiction is due to a combination of substance - use and genetics, this combination can result in lasting changes in the brain, therefore addiction should be treated as a chronic illness and not a bad habit. As I'm majoring in mental health and addictions I found his presentations very informative and well delivered.

There were speakers from a whole slew of different agencies; the other keynote speaker was Professor Alexander McFarlane who is a professor of Psychiatry in Adelaide. He spoke about alcohol consumption and psychiatric disorders. He looked at the role of past trauma in a person's life which can lead to alcohol and/or drug abuse. He was another interesting and knowledgeable speaker and I was totally enthralled by his presentations.

I could go on and talk about the other speakers such as Dr Susanna Galea from Community Alcohol and Drug Services (CADS), Graeme Ramsey, Problem Gambling Foundation, Manase Lua, Malo e Lelei, Di Grennel, Te Puni Kokiri (Ministry for Maori Development), Professor Elsie Ho from the University of Auckland, Raine Berry, Matua Raki (Addiction Workforce Development) and Tuari Potiki, Alcohol Advisory Council of New Zealand (ALAC). Each and everyone done a marvelous job and I took a little something away with me from each presentation.

This conference for me was a real eye opener; the people I met were extremely dedicated to what they were doing in the mental health and addiction sector. I have gained a better insight into addictions and have greatly increased my networking system. Before I sign off I would like to add one more thing, the meals they laid on for us were fit for a king. I'm sure I put on an extra five kilos in the two days we were there, if the way to a man's heart is through his stomach, they have definitely got mine.

Ake Ake Kia Kaha , Kenny Fletcher

### Maturity

After a while you learn the difference between holding a hand and chaining a soul. And you learn that love doesn't mean leaning, and company doesn't mean security. And you begin to learn that, kisses aren't contracts and presents aren't promises. And you begin to accept your defeats with your head up, and your eyes open, with the grace of an adult, not the grief of a child. And you begin to build all your roads on today, because tomorrows ground is too uncertain for plans. After a while you learn that even sunshine burns if you get too much.

So plant your own garden and decorate your own Soul, instead of waiting for someone to bring you flowers.

And you learn that you really can endure... that you really are strong... and you really do have worth

## **SUICIDE PREVENTION NATIONAL CONFERENCE 2011.**

One of the most striking bits of information that had an impact on me when I attended the recent Suicide Prevention Conference was the NZ suicide statistics, especially when they were compared to the road toll.

For the year up to July 2011, **558** NZ'ers died from suicide. Approx 375 people died for the similar period on our roads. So why haven't we been talking about this the way we do with the road toll?

Well, there has been the fear that by speaking publicly about suicide there was a risk of 'copycat' suicide, or putting the thought into people's head and making a difficult social problem even worse. The strategy was well intentioned but evidence is clearly pointing to the fact that **NOT** talking about this difficult subject is not working.

The Conference was titled "How Do We Talk About Suicide?" The topic's included:

- Hope and support after the lost of a loved one.
- Indigenous wellbeing.
- Supporting people at risk.
- Warning signs, social and new media.
- Suicide in communities.

As a person who has been affected by the suicide of others and as someone who lives with chronic thoughts of suicide my interest in attending this conference was 2 fold:

1. I am interested in meeting and talking with others who live with chronic or recurring thoughts of suicide to share ideas and strategies of how to live well and manage these thoughts.
2. I am willing to share my insights and experiences with people working with people who are suicidal to help them better help those they support.

A couple of key points of importance for me that come out of the conference were:

1. There is a difference between impulsive/reactive acts of suicide and conscious/planned suicide. Both can result in death and both are preventable but how we navigate through supporting/helping someone needs to reflect where a person is at.
2. It was interesting to hear about Solace, a peer support group in Auckland for people that had lost someone close to them to suicide. I am not personally aware of a group like this in Whangarei but maybe another reader has heard of something up here? Feed Back Line, TXT 021 818785

Did I enjoy attending this conference?? No – I found it very difficult. I was left with a lot of thoughts and feelings and I was affected for days afterwards. I was frustrated and angry, as the conference did not provide much space for attendees to contribute so I was 'left' with a lot going on in my head. I specifically wanted to attend as I thought it was a workshop so was a bit disappointed that it was not. But as the conference facilitators pointed out this was just a beginning to a broader conversation. We were encouraged to take it back and continue conversations within our respective communities. We are planning to do this here in Northland.

Do we need to keep talking about suicide?? Yes – silence hasn't worked so we need to do something different but in doing this we need to be especially aware of each other and of how this sensitive subject can affect some of us. We need to take care of each other. I would like to finish with a comment made at the conference that has stuck with me. **EVERY SUICIDE IS A PREVENTABLE DEATH AND EVEN 1 DEATH TO SUICIDE IS TOO MANY.**

**After Hours Mental Health Line – 0800 22 33 71 Ngati Hine Health Trust – Suicide Prevention – 0800 737573**

## Notes From The Road. - by Graham

A TTTWON members meeting was held in the REAP rooms at Kaitaia on Sept 21st. There were about 12 people present and they were to have heard a presentation by Francil Tirau-Eagle about the work that SF Supporting Families does in Northland. Unfortunately Francil was unable to come that day, but the gap was ably filled by Nathan Williams of Ngati Kahu Social Services who spoke about the Whanau Support work that is part of Ngati Kahus' work in the Far North. There was some discussion around the events to be held during Mental Health Awareness Week. Especially mentioned was The Concert in the Carpark, a day of music and entertainment on Wednesday 12<sup>th</sup>. The band from Whangarei's music group – Te Rau Ara is coming up to join in the day's festivities. A shared lunch was enjoyed by all who came to the meeting.

I have been spending time in Dargaville, meeting some of the service users over there. Huia Cottage has long been a focal point for activities and social gatherings. The Wednesday evening dinners, prepared by volunteers have always been popular and now there is a craft group using the cottage on Monday morning. I am also able to spend time at the cottage on a Monday and am making myself available for questions about mental health and addiction services and any related support systems. The internet connection is about to be restored to the cottage which will make the search for information about educational opportunities, scholarships and grants and health related information much easier.

The last few TTTWON Board meetings have been held in Kaikohe at the Northpoint Trust premises, this being a central point for all those who have to travel to these meetings. Any members who wish to attend are encouraged to do so and there is usually space in the vehicles travelling from Whangarei or Kaitaia to Kaikohe.

### Activities Up and Coming

**TTTWON Workshops**, 73 Water Street Thursday evenings 5.00. The following topics will be explored over the next seven weeks: 6<sup>th</sup> Oct, Motivation; 13<sup>th</sup> Oct, Whakawhanaungatanga; 20<sup>th</sup> Oct, Communication Skills; 27<sup>th</sup> Oct, Self Awareness, 3rd Nov, Self Determination; 10<sup>th</sup> Nov, Personal Values; 17<sup>th</sup> Nov, Mindfulness.

**Whau Valley Whaiora Support Services** have a number of activities starting in the next few weeks – contact Beth Collier at Whau Valley ph 437 0467

Writing Group – Thursday mornings 10am

Relaxation 12.30 – 1.00 pm Mondays

10.30 – 11.00 am Fridays

Self-Esteem Classes – an 8 week course starting Tuesday 25<sup>th</sup> October 1.00 – 2.30pm

The Art, Mosaics, Pottery, Bone and Wood classes are all being conducted as usual

