



WE HAVE MOVED

We are now located at
[Unit 4, 357 Madras St](#)
Ph. 365 9479

BUS LINES: Blue Line, 60, 44
and 28.

Phone and email contacts
remain unchanged but our new
PO Box is 21-020 Edgeware.



CONTENTS

ARTICLES IN THIS EDITION

Peer support—sharing lived
experience offers a
different kind of hope

**When will we solve
mental illness?**

Fighting stigma
in the workplace

Voices in my head

Sleep: - Why it's the new luxury

Peer-led paradigm shift

Community Connections

REGULAR FEATURES

Editorial and Opinion,
Short Articles and Links,
Notices and News,
MHAPS Services updates.

Momentum is published by

THE LEARNING EXCHANGE

Editor: Ian Johnson



How sharing lived experience of mental illness offers 'a different kind of hope'

"When you find other people going through it, it's like realising you belong on Earth once more."

That's how Graham Panther, a mental health advocate and consultant, describes finding people who, like him, live with "big feelings". "It's feeling like you belong on Earth, even when you feel awful," Mr Panther said.

In his early 20s, Mr Panther had a mental breakdown. He experienced intense anxiety and feelings of terror. "I went and saw the psychiatrist, the neurologist, the psychologist — I tried all the pills and the treatments," he said. "None of them really changed what was happening for me. None of them made a dent in that feeling that life wasn't worth living anymore."

What made a difference, Mr Panther said, was connecting with people who shared similar experiences and feelings. "The thing that made me feel better was finding other people who asked the same big, gooey questions ... who wondered what the point of living was sometimes," he said. "The very simple act of communing and connecting with other people who 'go there' can create this profound shift in how you see yourself. "It's feeling like [you're] not the only one who feels this way ... I think of it as a different kind of hope."

What Mr Panther is talking about — the sharing of lived experience of mental illness to support others with mental illness — is known in the mental health sector as peer support. The idea of peer support is to harness people's own experience of mental ill-health and recovery to support others and foster a sense of hope.

For a long time, peer support has been provided by friends and family (in an informal sense), and through community support groups and grassroots organisations. But in recent years, the sharing of lived experience has been recognised as an increasingly important, complementary aspect of mental health treatment and recovery.

The head of suicide prevention research at Orygen, the National Centre of Excellence in Youth Mental Health, Jo Robinson, said the use of peer support and lived experience is increasing. "People are really starting to see the value of it. We're seeing more of it happening in clinical services, and in suicide prevention in community and school settings."

continued on page 3 >>>>

We're open – come on in!

By now I hope you've had the chance to visit us at our bright new(-ish) premises in Madras Street. We moved here in July and while there are still a few things we're fine-tuning, we are mostly well settled now and definitely enjoying having more space for connecting and meeting.

You may know already that we pride ourselves on being one of the most accessible mental health and addictions services in town. Our peer support approach means you don't need a formal referral or paperwork from anyone else. You don't even need an appointment – you can just walk in, Monday to Friday (from 10am to 1:30pm), and someone will be available to talk you through what we can offer.

In November we threw the doors open even wider and invited the community to meet us on our Open Day. We started off with our annual meeting, a chance to present MHAPS' Annual Report and to showcase what we've done over the last year (July 2017-June 2018). You can see some pictures from the day on p5.

We were honoured to have Dean Rangihuna support us by speaking at this event. Dean brings with him 14 years of systemic advocacy experience in his work as a consumer advisor with the Canterbury DHB, but may be more familiar to you lately from his role on the Mental Health Inquiry Panel. Like much of New Zealand, I am reading the Panel's report with great interest, and can only hope their recommendations will translate into more support in the future for the kind of community-based, peer-to-peer work that MHAPS does.

Meanwhile, if you'd like to know more about what we currently do and how we do it, please check out our **2017-18 annual report** on the "About Us" page on our website:

<http://mentalhealthadvocacypeersupport.org/about-mental-health-advocacy-peer-support>

And if you're looking for **ways to support what we do**, we have some ideas for you on pages 12 and 15. Please also feel free to drop in and meet us in person sometime—you're welcome!

Fiona Clapham Howard, MHAPS' Te Kaihautū / Service Director

LEST WE FORGET

The HUGE price we paid and continue to pay, for a war that ended 100 years ago. When I was old enough to be reasonably aware, the survivors of World War 1 were experienced by me as grey, shuffling old men. In actual years they were as young as their mid-fifties, but in spirit they were much older and much wearier and probably wiser too. What they had seen and experienced almost defies description. And then there was the widows and spinsters living behind lace curtains and Holland blinds, women whose reasonable hopes for the future had been blighted by a war that it wasn't any business of ours to fight. And on to the children, growing up without fathers and soon to be drafted into the next round of warfare.

Twenty-five years after that 'war to end all wars' our casualties in the next war were much lower than the previous, nonetheless there was a whole new generation of broken survivors both men and the women, who either served in the armed forces themselves, or who waited at home, in vain. The survivors of this war bore my own generation of children and they were our teachers at school. These wars were a constant backdrop for our young, unknowing, formative minds. They shaped our modern life, including the rapid growth of technologies and the global tensions we experience today. The trauma of these war years and a depression in the first half of the twentieth century also shaped beliefs about mental illnesses and their treatments. We are only relatively recently re-examining these beliefs and looking for other narratives and other ways to achieve wellbeing.

And it is those other narratives and other ways of being that describes MHAPS place in the world and which we hopefully illustrate in the pages of these newsletters. What we value most is people's own version of their story and helping them to be central to their own recovery is not empty words or the stuff of a dissertation but what we are actively about. In the doing of this we *don't change people's lives, or empower them*. What we do is provide a place to be, a landscape, a gentle encouragement to grow and change, to come to see that what has happened in your life can become the foundation upon which you build new meaning and purpose. Is this easy—NO, is it painless—NO, is it certain—NO. It is a journey, one with high quality help—not just ours but others -including those you may meet through us.

For a dramatic example of recovery and change, a former peer/client who had struggled hard and long with her demons recently came in to tell us that she's leaving for Western Australia where—she's got a job - DRIVING AN IRON ORE TRAIN!

MERRY XMAS!

Ian Johnson, Editor

>>>> continued from page 1



Peer support workers are uniquely placed to offer understanding and support to people, "having been in their shoes", and they do this outside the traditional doctor-patient relationship, Dr Robinson said. "I think this is especially beneficial for young people. What you get from a peer worker is a more equal parallel.

"They are there to walk alongside you, help you navigate the system, and help advocate for you."

'To see somebody who's come through the other side ... it's really inspiring, and I think it instils that sense of hope...'

Peer support workers are also able to model the idea of hope and recovery, she said. "Often, in clinical service settings, young people are only exposed to young people who are also unwell," Dr Robinson said.

"To see somebody who's come through the other side ... it's really inspiring, and I think it instils that sense of hope, which is something that we can forget when we're delivering clinical treatment."

Despite its increasing prominence, Dr Robinson said research looking at the impact of formal peer support hasn't quite caught up. "There's some research to suggest benefits to peer workers and people who are supported by peer workers, in terms of things like confidence, knowledge of the problem, feeling willing, able, and better equipped to help others," she said. "Its absolute impact on things like mental health outcomes and suicide-related outcomes are less well-researched, but that doesn't mean it's not important."

A [recent study from the United Kingdom](#) found peer support services reduced hospital readmission rates among patients discharged from acute mental healthcare. "It shows [peer support] has the potential to drive change and better outcomes for people ... so that's really encouraging," Dr Robinson said. She added that the role of peer support workers is "quite separate" to the role of mental health clinicians, and that peer support may not be suitable for everyone.

Importantly, remember if you're feeling stressed, anxious, or having difficulty coping, your GP can be a good first port of call. Editor: - to which we'd like to add, if you live in Christchurch or surrounds –come in and see us at MHAPS.

[Listen to the podcast](#) ABC Health & Wellbeing By [Olivia Willis](#) for [All In The Mind](#)

The high mental illness costs of World War 1

On November 11th this year it was 100 years since the signing of the Armistice that ended the First World War.

The Great War of 1914 to 1918 was one of the most devastating events in human history. New Zealand, with a population of 1.1 million in 1914, sent 100,000 men and women abroad. 16,700 died and over 40,000 were wounded – a higher per capita casualty rate than any other country involved.



What is less known and not often discussed is the distress and mental illness experienced by those soldiers returning from the war, many of them having been wounded and all of them having lost comrades who were killed. Those who fought on the front lines would have had the most traumatic and brutal experiences. Coming back to civilian life many struggled to adjust again to peace, some could not. Almost universally these men refused to talk about their experiences and nor, until many years had passed, were they encouraged to do so.

Yet even less discussed as an impact from the war was the heartbreak and sorrow of families, either learning that their loved ones were not returning, or when they did come back, finding them to be broken, silent men.

This link is to an article in the NZ Herald by Andrew Stone in August 2014 and titled WWI: 'Death Removed the Burden' telling the story of suicides associated with that war. <http://www.nzdf.mil.nz/news/events/remembrance-day/default.htm>

When Will We Solve Mental Illness?

By **Benedict Carey**: - Nov. 19, 2018



Biology was supposed to cure what ails psychiatry. Decades later, millions of people with mental disorders are still waiting.

Nothing humbles history's great thinkers more quickly than reading their declarations on the causes of madness. Over the centuries, mental illness has been attributed to everything from a 'badness of spirit' (Aristotle) and a "humoral imbalance" (Galen) to autoerotic fixation (Freud) and the weakness of the hierarchical state of the ego (Jung).

The arrival of biological psychiatry, in the past few decades, was expected to clarify matters, by detailing how abnormalities in the brain gave rise to all variety of mental distress. But that goal hasn't been achieved — nor is it likely to be, in this lifetime.

Still, the futility of the effort promises to inspire a change in the culture of behavioural science in the coming decades. The way forward will require a closer collaboration between scientists and the individuals they're trying to understand, a mutual endeavour based on a shared appreciation of where the science stands, and why it hasn't progressed further.

"There has to be far more give and take between researchers and the people suffering with these dis-orders," said Dr. Steven Hyman, director of the Stanley Center for Psychiatric Research at the Broad Institute of M.I.T. and Harvard. "The research cannot happen without them, and they need to be convinced it's promising."

The course of Science Times coincides almost exactly with the tear-down and rebuilding of psychiatry. Over the past 40 years, the field remade itself from the inside out, radically altering how researchers and the public talked about the root causes of persistent mental distress.

The blueprint for reassembly was the revision in 1980 of psychiatry's field guide, the Diagnostic and Statistical Manual of Mental Disorders, which effectively excluded psychological explanations.

Gone was the rich Freudian language about hidden conflicts, along with the empty theories about incorrect or insufficient "mothering." Depression became a cluster of symptoms and behaviours; so did obsessive-compulsive disorder, bipolar disorder, schizophrenia, autism and the rest.

This modernized edifice struck many therapists as a behavioural McMansion: an eyesore, crude and grandiose. But there was no denying that the plumbing worked, the lighting was better, and the occupants had a clear, agreed-upon language.....

.....The remainder of the risk is supplied by experience: the messy combination of trauma, substance use, loss and identity crises that make up an individual's intimate, personal history. Biology has nothing to say about those factors, but people do. Millions of individuals who develop a disabling mental illness [either recover entirely or learn to manage their distress](#) in ways that give them back a full life. Together, they constitute a deep reservoir of scientific data that until recently has not been tapped.

'We have underestimated the power of social interactions.....!'

Gail Hornstein, a professor of psychology at Mount Holyoke College, is now running a study of people who attend [meetings of the Hearing Voices Network](#), a grass-roots, Alcoholics Anonymous-like group where people can talk with one another about their mental health struggles.

Many participants are veterans of the psychiatric system, people who have received multiple diagnoses and decided to leave medical care behind. The study will analyse their experiences, their personal techniques to manage distress, and the distinctive characteristics of the Hearing Voices groups that account for their effectiveness.

"When people have an opportunity to engage in ongoing, in-depth conversation with others with similar experiences, their lives are transformed," said Dr. Hornstein, who has chronicled the network and its growth in the United States. "We start with a person's own framework of understanding and move from there."

She added: "We have underestimated the power of social interactions. We see people who've been in the system for years, on every med there is. How is it possible that such people have recovered, through the process of talking with others? How has that occurred? That is the question we need to answer."

This article has been edited down, to get the full version here: -

https://www.nytimes.com/2018/11/19/health/mental-health-psychology.html?fbclid=IwAR0YE0n5NCFd54xwqUuKdOyMy_Xmmp9DJSk45P76HYIb9IVkRev3kxCuOEU

COMMUNITY CONNECTIONS

Events, people and groups we've joined up with lately...



Stories to Awaken your Inner Hero

MHAPS was privileged in November to host Dr Lewis Mehl Madrona and Barbara Mainguy from Maine, USA, on behalf of the Hearing Voices Network Aotearoa NZ.

Workshop participants enjoyed a vibrant day of writing, drawing, movement, singing and dialogue designed for them to focus on their own everyday heroism, drawing on heroic stories from Lewis' and Barbara's Native American heritage amongst others.

L-R Barbara Mainguy; MHAPS' cultural advisor Tane Keepa; Dr Lewis Mehl Madrona

MHAPS' OPEN DAY and ANNUAL MEETING

It's the time of year when we look back on what we've achieved... and for charities like MHAPS, it's also the time of year to report formally on how we've used our funding in the last year.

We were humbled to have Dean Rangihuna, CDHB Te Kaihapai, and Mental Health Inquiry panel member, support us as guest speaker at our annual meeting. Dean, and our cultural advisor Tane Keepa who opened the event, set the scene well for our Open Day. About 40 people joined us over the course of the day to see the Madras St premises we moved to in July, and to hear more about our work.

You can find out more about our charity (and others!) via the Charities Register, <https://www.charities.govt.nz/charities-in-new-zealand/the-charities-register/>



Dean Rangihuna (second from left, above) is pictured with staff and visitors at the Open Day



wellbeing
coalition
aotearoa

MHAPS has recently joined the Wellbeing Coalition, a collection of individuals and organisations that come from a lived experience of mental illness and addictions.

The Coalition aims to ensure the voice of those who personally experience mental distress is strong and is heard, as the Government works out its response to the Mental Health Inquiry Panel's report and recommendations.

<https://www.facebook.com/wellbeingcoalition/>

Training the Trainers



Thirteen individuals from all over NZ gathered at MHAPS in late November to learn the fine art of training others in Intentional Peer Support (IPS).

MHAPS was delighted to host this event on behalf of Intentional Peer Support Aotearoa NZ, and we wish all involved success in their journey.

This week-long course prepared the participants to provide IPS core training within their organisations.

For more info, see

<http://www.intentionalpeersupport.nz/>

Xero NZ CEO Craig Hudson fighting stigma in the workplace

NZ Herald By: Hamish Fletcher and Cameron Smith

Around one in five New Zealanders are impacted by some form of mental illness.

A top Kiwi boss says businesses need to do a much better job of looking after workers' mental health. **Xero New Zealand chief executive Craig Hudson** has battled his own mental health issues and saw it as his duty to reduce some of the stigma around it.

Hudson said there'd be times earlier in his career when he'd "contemplated not coming home" and thought his family would be better off without him. He'd also been told in a previous job "to not bring your baggage to work". *"For me, that's ridiculous...the statistics here in New Zealand are ridiculous, not only from a suicide perspective but also from a mental health perspective and we [need to] realise that we've got a collective responsibility to look after each other in a work environment,"* Hudson said.

Being a younger executive, Hudson said he had an ability to break the mould. *"You have to be quite brave to tackle something like this and raise it in a position of leadership where traditionally the stigma around mental health is [that it's] a weakness and could be potentially career limiting and if you talk you're going to get judged,"* he said. Xero is today launching a new 'wellbeing leave' policy, under which its staff can access personal leave for their wellbeing and mental health when needed. Hudson, who leads a team of more than 1000 people at the accounting software firm in this country, said the policy would go some way to making people realise *"it's okay to not be okay". "Mental health is exactly the same as having a cold [and the policy means] you're able to take time to look after yourself,"* he said.

Hudson said it's important for companies to address mental health as workers' performance can be affected when they are struggling. *"[Mental health] also has an impact on overall bottom line performance as well, because your ability to be able to bring your truer self to work when you're struggling is impacted,"* Hudson said. *"Without your people you don't have a business."* And while it might be mental health week this week, Hudson said the matters needs ongoing attention the other 51 weeks of the year. *"It shouldn't just be a one day thing, it should be an ongoing engagement across all employees around the country,"* Hudson said.

To get help for you or anyone else visit: -

<https://www.mentalhealth.org.nz/get-help/in-crisis/helplines/>

Voices in my head

[Katie Hampson](#) The West Australian
Thursday, 18 October 2018 7:56PM

Auditory hallucinations, or 'hearing voices', is the experience of hearing someone or something talking when the source of the voice is not directly present.

People who do not have mental health problems can hear voices too. So what is it like living with the voices in one's mind?

"I started school in WA about half way through Year One and I remember no kids would hang out with me, understandably, because I would sit in the sandpit and play and talk to people who were not there," recalls Amy Taylor, now 28.

"I never considered talking to voices as abnormal until I was a teenager when I was still hearing people talking to me but I knew I was too old to put it down to having invisible friends."

As we chat, there is a lively discussion happening inside Amy's head. To her, it mostly sounds like background noise, as if a radio is permanently on in the corner of the room and the show is on a low volume. *"If I'm trying to concentrate on something and they are being noisy, it can be quite frustrating,"* she says, adding she sleeps with headphones on every night to drown them out.

If she wants to, Amy can tune into what they are saying and participate in the conversation. *"They respond if I ask them a question,"* she says. *"Other times they will sit there arguing about what I've asked so it's 50-50 whether they are actually going to be useful,"* she chuckles.

I ask her if she can hear what they are saying during our interview. *"Nothing in particular right now." Then she pauses, listens and says, "they are just chatting amongst themselves about animals."*

VOICE hearing has a well-documented history, experienced by the ancient Greeks as well as Egyptian and early Christian cultures and was often considered a sign from the religious and spiritual realms. Literature also reveals many famous people have experience of hearing things other people don't, including Gandhi, Joan of Arc and Charles Dickens.

Then came the birth of psychiatry, when it was discussed in terms of mental illness, and people started to hide their voice hearing out of fear they'd be locked away in institutions.

Things have changed dramatically over the past 30 years explains Dr Georgie Paulik-White, clinical director of Perth Voices Clinic. *The Hearing Voices Network, in the UK, is a peer support movement which recognises that voice hearing is really common and is not always distressing and that is it not always a sign of mental illness,"* she adds. *"It's really helped to change mental health services and how they view voice hearing."*

Get the full article here: - <https://thewest.com.au/lifestyle/health-wellbeing/voices-in-my-head-ng-b88877129z>

Sleep: Why it's the new luxury and how to get more of it

by [Sally Blundell](#) / 30 July, 2017



Shakespeare said sleep “knits up the ravelled sleeve of care”, but the pressure of modern life and the stimulation of technology are making it harder for us to nod off.

It's one thing to let your eyelids droop in a post-lunch fug. It's another to wake to a class of 30 pupils watching you wipe away a thread of drool from your afternoon slumber. As a teacher, Joe Bennett had to force himself to stay awake in the early hours of the afternoon. Now, as a freelance writer and columnist, he happily indulges in a daily siesta. “It's something I have done all my life. I get up about 6.30 and function

This is not a surreptitious snooze at the desk or the famous “power nap”; instead, in the legendary manner of serial afternoon napper Winston Churchill, he sets the alarm, undresses, gets into bed, wakes up in 30-60 minutes (Churchill clocked up a daily two-hour kip) and is back at work 10 minutes later. “It is a very nice form of sleep,” says Bennett. “It is lighter, thinner.”

Napping has its rewards, particularly if we are sleep-deprived, says Barbara Galland from the University of Otago's Department of Women's and Children's Health. “It's well established that napping leads to considerable benefits to subjective levels of sleepiness and fatigue and improvements in mood, alertness and performance.”

Galland takes a 30- to 60-minute nap about twice a month, always on a weekend afternoon. “I should probably do it more often, but it's very difficult to schedule during the working week. The important thing for me is to let all other members of the household know that's what I'm doing, so I can nap well with the knowledge that I won't be disturbed.”

This is a small excerpt from this article, to get the full version go to: -

<https://www.noted.co.nz/health/health/sleep-why-its-the-new-luxury-and-how-to-get-more-of-it/>

‘PEER LED PARADIGM SHIFT’- DIFFERENT WAYS OF APPROACHING OUR DISTRESS?

by Ian Johnson, MHAPS

This was a one-day seminar (is that even the right word for it?) held at **Rehua Marae**. The Powhiri onto the Marae was a lovely gentle welcoming to this unique space but coming with a small challenge towards our organisers from the Kaumatua there. This was learning.

Many messages from the day... an important one was that the Intentional Peer Support movement as it gathers momentum and becomes more mainstream needs to be vigilant to avoid being ‘colonised’ by the health ‘system.’ One speaker described her experience when this happened in her own organisation and how this led to her deciding to move on. She also talked about, when starting to work with people, trying to avoid ‘reading the notes’ first, because if you do then other people's experience and beliefs may colour the peer-to-peer relationship you are trying to form with person, right back when you first connect. There may of course come a time when reading the notes is either mutually agreed on or becomes outright necessary.



At last the opportunity to meet **Gareth Edwards**, author of **‘The Procrastinator's Guide to Killing Yourself.’** Complete with ukulele, Gareth encouraged us to sing his presentation, beginning with **1,2,3,4,5 and 5,4,3,2,1** and then adding variations he moved on to **‘Row, Row, Row Your Boat’** introducing twists and turns that had the song rippling around the room.

Steve Carter, late of the Mental Health Foundation and currently describing himself as a **‘high-functioning hobo’** (don't you just love that!) did one of his resurfacings, first as our group's Kaikorero to reply to the Marae's welcome and then immediately before, and again after, lunch with his guitar and two songs of his own composition. The depth and richness of his lyrics for both songs was very impressive.

*Pictured above are from left: - Kim Morton and Kerry Grey from Creative Spaces and Hannah Komatsu-Whittaker, all clutching sock monkeys that Hannah used for her presentation promoting her **Divergence—a Festival of Madness** week, starting March 30, 2019.*

SHORT ARTICLES and LINKS



Help! I feel like a pretend human!

[Last issue](#) I wrote about “the gap” we often experience, between our messy inner life (*you’re the worst!*) and the reality others see (*you’re probably not the worst, on a good day maybe!*)

If you’re reading this, you’ve probably spent some quality time in this gap.

*Ever spend hours worrying about something you know isn’t really that big a deal?
Convinced your life is ruined, but can’t actually explain why to any of your friends or family.*

Feel completely blown apart, but no one has noticed?

Then you, my friend, are in the gap.....

Editor: - I just love Graham Panther’s writing, however this isn’t our material to just reproduce. So if you want to read the whole article go here: - <https://mailchi.mp/d36722d3b5b8/feeling-worthless?e=c581b729f7> or for all of the other great stuff that Graham and Holly write for the **Big Feels Club** you can [sign up to their fortnightly newsletter here](#)

“Hugely positive” response to smartphone app for people struggling with addictions

Monday, 17 September 2018:
eHealthNews.nz editor Rebecca McBeth

A one-year trial of a smartphone app to support people recovering from alcohol or drug addictions at **Waikato DHB** is proving successful and is likely to be extended.

The Recovery in Hand app connects service users to their clinical team, recovery community, peers and other resources 24/7.

Mental health and addictions services interim director Vicki Aitken says there is a good evidence base for digital and e-support for people with addictions and the DHB was “really keen and excited about having a mobile app that would support usual treatment”.

Regulation vs the War on Drugs

From [Nine To Noon](#), 9:08 am on 26 October 2018

Ruth Dreifuss, the chair of the **Global Commission on Drug Policy**, talks with Kathryn about why the war on drugs is a failure, and why effective regulation of drugs is not admitting defeat.

The Commission was established in 2011 by several former heads of state and other global leaders with the aim of promoting effective ways to reduce the harm caused by drugs.

<https://www.radionz.co.nz/national/programmes/ninetoonoo/audio/2018668446/regulation-vs-the-war-on-drugs>

Signs of depression

"We need to talk about depression"

[Chris Lynch](#)

<https://www.facebook.com/lynchinnz/videos/468810066934176/UzpfSTMONDlyODMyODkzODUwNzoyMzE1NjMwNzq1MTMxNTc1/>

The depression-inflammation link: Is a treatment revolution coming?

by [Donna Chisholm](#) / 10 October, 2018

As science reveals the depth of the connection between the immune system and depression, are we on the brink of a treatment revolution? Donna Chisholm investigates.

When the black dog turned up again last year, Kathryn Moake didn’t waste any time in taming it. She went straight to her GP.

“I could be one of those middle-aged women who disappears from home and is found hiding behind a bush,” she told the doctor. She was tearful, anxious, and felt her life was out of control.

At 51, the Christchurch primary school teacher knew how bleak things could become if her depression wasn’t controlled. As a young mother, she’d had an almost overwhelming urge to step in front of oncoming cars. “The only reason I didn’t do it was because my five-year-old and 18-month-old daughters were with me and I didn’t want them to see it.”

You can read the full article here: -

<https://www.noted.co.nz/health/health/the-depression-inflammation-link-treatment-revolution/>

SHORT ARTICLES and LINKS

Confidence is something *you gain*

'Don't wait to be confident to do stuff..... you get confidence from trying stuff.....' Dr. Paul Wood.

Dr. Paul Wood, sports psychologist for Auckland Rugby spoke on the AM Show about how to strengthen our emotional intelligence.

Interviewed by Duncan Garner there are sooo many nuggets of wisdom here. For example, the starting point *should not* be shame and everyone needs someone to believe in them.

'He was insightful, authentic, incredible, and real. and easily was one of the most inspiring interviews we've had on the show.' -Duncan Garner.

Watch the interview here: -

<https://www.facebook.com/TheAMShowNZ/videos/367216627393807/UzpfSTcyMic2NjM5OToxMDE1NTYzMzM1NDYwMTQwMA/>

Bevan Catley: - making healthy workplaces

From [Sunday Morning](#), 7:47 am on 7 October 2018

Workplace stress and anxiety has risen sharply in recent years so what role should employers play to change that? **Associate Professor Bevan Catley, of Massey's Healthy Work Group**, is delivering a series of free public talks on what organisations can do to create workplaces that are better for people and consequently better for productivity.

[Listen to the interview here:](#) - duration13' :31"

Johann Hari: - 'we need to deal with why we're in such pain'

From [Sunday Morning](#), 10:04 am on 7 October 2018

Journalist and author Johann Hari says there's no silver bullet for rehabilitating an addict, but there's a wealth of evidence to suggest good old-fashioned human connection and a reason to get out of bed in the morning can make a difference. His books **'Chasing the Scream'** and **'Lost Connections,'** emphasise the importance of human connections and he talks about how those connections make a difference.

[Listen to the interview here](#) - duration42' :06"



<https://www.facebook.com/humansofchch/>

'I never had the model of financial success as being the reason to work..

When I was at **Push Pin**, none of the partners made enough money to live on. It took ten years for us to make as much as a junior art director in an agency. We were making \$65 a week! But money has never been a motivating force in my work. I am very happy to have made enough money to live as well as I do, but I never thought of money as a reason to work. For me, work was about survival. I had to work in order to have any sense of being human. If I wasn't working or making something, I was very nervous and unstable.' **Milton Glaser**

Watch the full interview here: -

<https://www.brainpickings.org/2013/06/26/milton-glaser-debbie-millman-interview/>

NO FEELING IS FINAL

Hi, My Name Is HONOR: - 'No Feeling Is Final' is a show for anyone who's ever wondered if life is worth living.

And for anyone trying to better understand their friend, partner, or kid who's wrestled with these feelings themselves. At times heart-breaking, and desperate — but also darkly funny, and charming, No Feeling Is Final is a story of difference, identity, and why we should stay alive.

WARNING: This episode contains some explicit language:

<https://www.abc.net.au/radio/programs/no-feeling-is-final/00-hi-my-name-is-honor/10242360>

NOTICES AND NEWS

Kay Fletcher, Comcare

Kay Fletcher has recently resigned as CEO of Comcare, having been in that role for nearly 14 years. During Kay's tenure Comcare grew threefold in size, and greatly in range of activities and innovation.

Many of us in the NGO mental health sector have benefited from Kay's wisdom and support, both as individuals and as organisations. Under Kay's leadership Comcare provided high level local and national leadership across a range of issues.

For us at MHAPS, Kay's support was most appreciated following the February 2011 earthquake, when we were then three small organisations still in transition towards forming MHAPS. The earthquake had suddenly displaced us from all of the structures and support we enjoyed as a co-housed cluster of mental health NGO's at Securities House. Kay's open-handed offer to use Comcare offices and meeting rooms was an important part in helping us to regenerate our services and begin to work again with those who were seeking our help.

We wish Kay well with whatever she chooses to do next.

the management and staff of MHAPS

He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction



The Inquiry Panel (pictured left) wanted to set a clear direction for the next five to ten years that Government, the mental health and addiction sectors and the whole community can pick up and make happen. Their purpose was to identify unmet needs and develop recommendations for a better mental health and addiction system for Aotearoa New Zealand.

People took the time to phone, write, email, complete online submissions, send videos and post on Facebook. Several thousand people turned up at meetings from Kaitaia to Invercargill. The voices of the people gave the panel a clear sense of what's working and what's not working in mental health and addiction in Aotearoa, and how to improve wellbeing in our communities.

On 28 November 2018, they presented their report – [He Ara Oranga : Report of the Government Inquiry into Mental Health and Addiction](#) – to the Minister of Health. The report was released publicly on 4 December 2018.

<https://mentalhealth.inquiry.govt.nz/inquiry-report/>

MHAPS SERVICE UPDATES

We have had a *busy year* in our team...

...facilitating groups and meeting lots of our peers 1:1 both in the office and out in the community. We work within the Intentional Peer Support framework to make connections with people and offer support to work through tricky times together.

We will be having a break over Christmas to recharge our batteries but look forward to 2019 when we will be growing and developing the programmes we offer so there will be even more opportunities for people to gather with us and learn together.

Lisa Archibald, Peer Support team manager

MHAPS SERVICE UPDATES

WHAT'S ON AT MHAPS?

We offer peer –to-peer advocacy and a range of individual and group peer support services.

for a copy of our service updates go to: -

<http://mentalhealthadvocacypeersupport.org/>

email reception@mhaps.org.nz

phone (03) 365 9479

or call into our office for a hardcopy.

MHAPS Christmas Hours

Closed from 2pm on Monday

24th December 2018

Reopening 9:00am on

Monday 7th January 2019

Latnam Social Centre will be open Friday 28th December and Friday 4th January during the above dates and reopen as usual from 7th Jan 2019.

Do you have moderate or high anxiety?

RecoveryWorks is an **11 week recovery and change programme**. Workshops are four hours each plus two individual one-hour coaching sessions.

Over the past nine years most of the people who have participated in the programme have made strong gains, reducing their anxiety and gaining in confidence.

'Exceeded all my expectations....'

'....has changed the course of my life completely...'

'....highly valuable.....'

For more detailed programme information contact Ian on email lex-manager@mhaps.org.nz

or phone (03) 365 9479 or website

<https://mentalhealthadvocacypeersupport.org/>

PeerZone Workshops



Leverage the Power of Lived Experience!

MHAPS has a team of peer workers able to deliver **PeerZone** workshops.

We are now offering fortnightly workshops. If you are interested in attending these, please contact the MHAPS Peer Support Team on (03) 365 9479 or reception@mhaps.org.nz

To find out more about **PeerZone** visit <https://www.peerzone.info/lived-experience>

MHAPS SERVICE UPDATES



Archibalds is helping to accelerate three local charities in their **drive for good** by giving away \$100,000.

You can vote for the charity of your choice now.

MHAPS would appreciate your vote!

www.driveforgood.co.nz

Themes

FREE talks on mental health and recovery topics

Every 4 weeks we have a subject matter specialist come and talk **about a mental health and recovery topic**. Whether your interest is for yourself, a friend, family member or relating to your profession—you are welcome to attend. If you haven't been to **Themes** before, please contact reception@mhaps.org.nz or phone (03) 365 9479 to register and get details of our venue and schedule for the 2019 year.

We warmly thank the following speakers for freely donating their time and their expertise to provide engaging talks during the 2018 year: -

Anxiety Disorders Service, CDHB: - Juliet Macleod; Meredith Blampied; Ron Chambers; Helen Colhoun.
CDHB: Secondary Mental Health Services - Penny Mansell and Scott Duffton and Katherine Donovan.
Individual speakers: - Dr. Annie Southern; Kate Scott, psychologist.



Free 'Deep Stress Management' with Cloud 9 Float Club' programme

Cloud 9 have very generously **donated 5 floatation programmes**, (each of 8 float sessions) to MHAPS' clients. **If you're currently a MHAPS' client** (enrolled on a programme or service)* and you'd like to go into a draw for a **FREE** Float programme please contact:- reception@mhaps.org.nz with 'Floatation programme' in the subject line or phone us on (03) 365 9479.

This offer to go into the draw OFFER EXPIRES at 12 Noon on Friday December 21st 2018. All applications for a free programme will be numbered and each number will go into the draw. You will be advised of the outcome by no later than January 10th. There are some terms and conditions that go with accepting a free float programme and these mostly concern a deadline for starting the programme.

To help you with your decision here is **what one of our own staff has to say** about her own recent experiences of the Float programmes at Cloud 9: -

'I always felt more relaxed and lighter in mood after each session'—Kat M.

To see what's involved in a float go to: - <https://www.cloud9floatclub.co.nz/>

* Currently on a workshop programme, recovery group, individual peer support, actively working with an Advocate or an active member of Latnam 826.

MHAPS SERVICE UPDATES



The Wisdom of Age

People who know me will hear me say “I’m old” frequently. Mostly I am referencing the experience that backs up some statement that I am making. I may be complaining about some ache or pain or I may be looking for some favour. Frequently the reply is “no you aren’t”. Very kind but, yes, I am.

And a good thing too. When I was young and starting the life that carried depression in the side car I didn’t know anything. How deep will this go? How much depression is normal? Can people see this in me? How long will it last? What can I do?

As the years went by I learned more and more. Some of the things I learned I didn’t like, such as that pregnancy can mess with what you learned and that even good things can be stressful enough to start a slide. But many of the things I learned are great. No, people can’t “see” it like it was some kind of giant wart but they can see the effects, me dragging myself around, me pasting a fake smile over everything. And I learned that people are great, understanding and loyal. (Ya, I know, not everyone but I learned to sort those out.) I learned that I have resilience. It is a miraculous thing. Until you have fallen down a few times and gotten back up again you don’t know it is there or that it is reliable.

Resilience is so subtle. It lets you move in and out of wellness, be heartbroken, be enraged but eventually settle back into a place where you can carry on. It lets you accept terrible things and find new ways of being. I am very grateful for the blessing of resilience. I don’t know where it came from or how I “grew” it but it has made my life liveable. It has saved many lives.

So. How do we support young people to know this thing is in them, to give themselves the time to sort through difficulties and allow recovery to blossom? When a person is in the maelstrom of huge emotions and rapid change how can we help them to believe that they will adapt, they have strengths, there are helpful people out there. I guess that is the challenge for all of us. Those of us who have come to terms with the pattern of falling and getting back up need to “pay it forward”. I’d hope all of us to be there for a person in distress, patiently listening and reassuring them that time allows for learning to adapt and cope. And finally, thrive.

Beth

Consumer-run mental health radio show

Saturday 1.00—1.30 repeated Wednesdays 10.30 am

We are having a great year with Quiet Minds. Hope you have kept up with all the great stories we’ve been able to tell. It is great to have a vehicle for informing our community. If you have a recovery story or a service to promote give us a call at **366 8288** or email **mgr.cas@mhaps.org.nz**



Upcoming Shows

- | | |
|---------------|--|
| Sat 15 Dec 18 | Sue Purdie on her personal journey |
| Sat 22 Dec 18 | Christmas Show |
| Sat 29 Dec 18 | Repeat: Hannah W on Internet Counselling |
| Sat 5 Jan 19 | Sue Purdie on research on Workplace Bullying |
| Sat 12 Jan 19 | Steve Carter and Beth on Loss and Grief |



You can get podcasts of shows you have missed at

<http://plainsfm.org.nz/podcasts/programme/quiet-minds/>

We apologise if the show played does not match this list as a result of last minute changes.

MHAPS SERVICE UPDATES

AWARENESS

Canterbury Action on Mental Health and Addictions

Hi all, Beth here, writing for Kelly who has had such a busy month, as has Awareness.

- It is a great advantage to Canterbury that a vibrant, involved network of people in recovery is available to tap for expertise. In the last few months we have been asked if there was a person with experience of coming out of hospital who could talk to the a group of pharmacists whose workshop would look at “hospital pharmacy in an integrated system”. Being included in the planning stage is great. As well, we have been made aware on an advisory opportunity. Awareness members were contacted because the new peer-led alternative to admission service would like consumers in an advisory capacity. This will be a new service for Canterbury and having Awareness members representing our community will be helpful for all involved.

Awareness members still meet with the General Manager of Specialist Mental Health Services every two months. This is a much appreciated opportunity to offer current issues that can affect the community.

This last month the emphasis was on the interaction of physical health and mental health and in particular we were able to show examples of time that a person’s mental health experience in the past was brought up when only the physical health situation was an issue. Where this was a kind of discrimination we wanted SMHS to understand how challenging this is.

Child, Adolescent and Family Services attended an Awareness meeting. They brought a survey that would gather information about the experience of consumers who had transitioned for Youth to Adult Services. This kind of feedback enables the service provider to continue to improve their processes using real experiences.

Our Mad Poetry nights at the Beat Street Café have finished for this year but will resume for January, February and March. The last two have seen many people sharing their perspective on life with mental health challenges and a warm, accepting environment is always fostered by Kelly and the Awareness Exec. Call the office in January to see which Friday evening we will hold the next one.

This newsletter will likely arrive a bit too late to advertise the Christmas meeting on 10th December. We hope readers and members enjoy a peaceful Christmas season and do as much self care as it takes to manage that. See you 11th of February.

The Next Meeting

Monday 11th February 2019 12.30—2.30 pm

**MHAPS Community Wellbeing Centre -
357 Madras Street**

All people who have mental health
or addiction experience welcome.

Phone 366 8288 or email awarness@mhaps.org.nz
for more information or come along on the day -
afternoon tea provided

Take care all, Beth

AOD Support

The website of **Family Drug Support Aotearoa New Zealand** has been launched.

The website provides information and support for family, whanau and friends who are affected by the alcohol and other drug misuse of people they care about.

<https://fds.org.nz/> Call **0800 FDSupport** or **0800 337877**



give a little — thanks, a lot!

givealittle is an online fundraising platform for all New Zealanders, where you can donate to support the work done here at MHAPS.

We are grateful for all the koha, small and large, that people offer us—it all helps us to make ends meet and to cover our operating costs, which are never fully funded elsewhere.

We recently received a very generous donation towards our work from a band’s fundraiser – **Crooked Lidz**. This donation was shared with us thanks to the generosity of **Rob Read QBE**.

MHAPS also warmly thanks **Aaron and Niwa, Daniel**, and **several anonymous guest donors** for your support over the last few months. Gratitude also to the following businesses who undertook fundraising events on our behalf: -

Find Your Light Yoga Studio: - *‘Thank you so much to you and your wonderful members for the donation. We really appreciate it and the awesomeness of the onesies we saw on your Facebook page :)’*

Altitude Pole & Fitness: - *Wow! We are so thrilled to receive your donation. It's wonderful when businesses support their local community. Thank you :)*

If you want to donate a sum, however large or small, you can do so through our give a little link on the MHAPS homepage: <https://www.mhaps.org.nz>

visit our website and Facebook pages
www.mhaps.org.nz
<https://www.facebook.com/mhapschch>



Peer Support

Peer Advocacy

Peer Recovery Groups

Consumer Participation

Latnam 826 programme

Recovery programmes

Information and Talks

Quiet Minds Radio

PO Box 21-020 Edgware

CHRISTCHURCH 8143

Unit 4, 357 Madras St

365 9479; 0800 437 324

reception@mhaps.org.nz

www.mhaps.org.nz

‘The good life is one inspired by love and guided by knowledge.’

Knowledge and love are both indefinitely extensible; therefore, however good a life may be, a better life can be imagined. Neither love without knowledge, nor knowledge without love can produce a good life.

Bertrand Russell

IMPORTANT NUMBERS

Free call or text 1737 anytime

Crisis Resolution 0800 920 092
364 0482 or 364 0640 after hours

24 Hour Surgery 365 7777

Lifeline 366 6743 or 0800 543 354

Healthline 0800 611 116

Alcohol and Drug Helpline
0800 787 797

Youthline 800 376 633

Parentline 381 1040

DISCLAIMER: The information provided in this newsletter has come from a variety of sources with sometimes diverging views of what is effective and safe for recovery and wellbeing. Whilst MHAPS endeavours to ensure the reliability and accuracy of all information, this cannot be guaranteed. Any treatment or therapy decisions you may take should include your GP. It is especially important before making any changes, including additions, to any prescription medications, programme or treatment you are using that you discuss your intentions with your GP or whichever health professional you have used.

FAMILY VIOLENCE IT'S NOT OK | **IT IS OK TO ASK FOR HELP**

<http://www.areyouok.org.nz>




24-Hour Hotline

If you are feeling anxious and need someone to talk to – wherever you are in New Zealand – you can phone our free 24 hour Anxiety Help Line.

0800 ANXIETY (0800 269 4389)

MHAPS acknowledges and thanks the following organisations for their continued and valued financial support

CANTERBURY DISTRICT HEALTH BOARD (CDHB)
RATA FOUNDATION (Canterbury Community);
CERT; One Foundation Ltd;
Christchurch Casino; Christchurch City Council;
Christine Taylor Foundation; David Ellison Charitable Trust;
Frozen Funds Charitable Trust; Lottery Grants Board;
Lion Foundation; Pub Charities; Southern Trust

IF UNDELIVERED PLEASE RETURN TO: -
PO Box 21-020, CHRISTCHURCH 8143

If you no longer want to receive this newsletter or our regular updates 'What's on at MHAPS' please contact Shelley on email: reception@mhaps.org.nz or phone (03) 365 9479