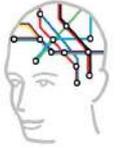


ISSUE

24

Momentum

MHAPS
Mental Health
Advocacy and Peer Support
Together on the road to wellbeing



WINTER /
SPRING
2020

together on the road to well-being...

We are located at
Unit 4, 357 Madras St

BUSES: Blue Line, 60, 44 and 28.

Phone (03) 365 9479

reception@mhaps.org.nz

PO Box 21-020, Edgeware



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MHAPS Services updates.

Momentum is published by
THE ENTERPRISE TEAM

Editor: Shelley and Kat



Unprecedented?

We have heard so much about that in these last months. And yes, none of us have been through a global pandemic before and for that we can be deeply grateful. And yes, we are all making it up as we go along. Not doing too badly for ourselves as far as I can see.

The thing is, those of us who have faced distress, chaos, loss, confusion, disappointment or pain due to our experience of mental health challenges or trauma - we have known unprecedented a few times in our lives. The stories people share with us can be shocking, infuriating and disheartening. Yet what we witness is courage, patience, resilience and hope.

At MHAPS we meet so many people who have all the excuses imaginable to give up, to be unable to try one more time to make a thriving life. That isn't what we see though. With understanding and acceptance and mutuality we share ideas and strengths and successes. We witness the reappearance of that illusive feeling - hope. It is a privilege to work here and offer our take on recovery. I think of recovery as attaining the best quality of life possible considering the cards we have been dealt. Through genetics and trauma some people have the steepest, rockiest hill to climb in their lives and those with a milder journey should never presume to know what that is like. Yet, here they come, every week, asking if there is more they can learn. Then they teach us what they have learned through a lifetime of struggle. We are humbled and grateful.

Our experience of these unprecedented times is that our community has stood up already. We have had so many people come in for our First Steps conversation since lockdown ended and that is very encouraging. Our community had been through crises before and we have learned not to wait until things are so difficult we can hardly move. I'm so glad to see that.

If you are still struggling with the "hangover" from lockdown, from Covid anxiety or from the mosque shootings, give us a call. We have the time to talk and there isn't a referral form needed or a criteria to meet. Check out the What's On At MHAPS page inside to see what we have that suits you. And be kind to yourselves.

Beth Nobes
Acting General Manager

The tailwind of privilege

June 1, 2020

Mary Breheny

No, there is nothing 'wrong' with being white. But it comes with unearned privilege which makes progress through the world easier. It is a tailwind through every storm, writes Mary Breheny, associate professor of health sciences at Massey University.

I have never thought of myself as coordinated or physically adept, but since the first week of lockdown I have been cycling each morning around my rural neighbourhood. Some days I make productive use of this time, working away inside my head. Some days I muse on mundane activities. Occasionally, I do nothing but note the smells of my dairy farming district: silage, dead animals, smoke, and muck.

Yesterday I found myself cycling on a dead-end road, pushing hard, breathy and heart pounding. I could feel myself flying. I started to feel smugly satisfied: how hard I had trained since I began cycling. All those hours and kilometres had paid off; I could now bike like the wind! What a feeling of competence and satisfaction! I stopped at the end of the road to sup smugly from my water bottle before turning for home.

As soon as I pushed my pedals for the homeward journey my arrogance disappeared. It was hard work. Each downward movement of the pedal took energy and effort and progress was slow. All my fitness had been a sham; I had been cycling with a tail wind. I struggled home, sweaty and slow and tired. The distinction between effort and progress was clear to me; progress is not the natural outcome of effort as we have been led to believe.

Unearned privilege is a tailwind. Those who benefit from this tailwind are thrusting forward and making headway. But each downward movement of the pedal propels them further forward because unseen forces are working with them. Unseen forces make each of their efforts count and each one takes them even further than they would have achieved without the tailwind. Because the tailwind is invisible, it is easy to assume that individual effort alone is what is producing that progress.

Structural disadvantage is a headwind. Those who are working into the wind are working hard, pushing forward and making little progress. Unseen forces are working against them, each effort exhausts and moves them forward little. Unlike the tailwind, there is never any doubt when you are cycling into a headwind. It shapes the experience of every movement. You must tuck your head down, battling all the way, blinking against the wind. You can see others sailing past, revelling in their success and oblivious to the prevailing wind.

Some people are cycling with the wind, others are cycling into the wind up an incline with a bike rusted and wobbly. Difficulties heaped upon drawbacks.

Why is this point so important just now? Last week, in response to the announcement of the National Party line-up, we heard Judith Collins ask whether there was "something wrong" with her being white. I would like to offer an answer to this question. No, there is nothing wrong with being white. I am Pākehā too, and there is absolutely nothing wrong with it. But it comes with unearned privilege which makes our progress through the world easier. It is a tailwind through every storm.

There must be representation at every table from people who know what it is like to cycle into the wind. It is not enough to claim that ethnicity wasn't a consideration when choosing the best politicians to represent the electorate. This demonstrates that those in power don't see the forces that have enabled their success, nor can they provide solutions that will address the headwinds others battle against. No solutions will ever be found to the issues of the day from people who have no experience of struggling into the wind.

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<https://thespinoff.co.nz/politics/01-06-2020/the-tailwind-of-privilege/>

Lessons in Dog Training by Melissa Makortoff



I never had a pet growing up, but I was the kid who knew all about dogs. I knew about their developmental stages, nutritional requirements, and personality traits. I even got into a heated argument with a classmate about whether Whippets were a real dog breed (hint: they are). It was no surprise, then, that I started training Max, a five year-old husky as soon as I moved in with his daddy (my boyfriend). Unlike many other huskies, Max was quite receptive to training. He learned several behaviours, including my favourite, giving a high five. He's really good at doing his tricks, especially when there's food on the line! I can even string multiple behaviours together, getting him to jump, turn around, then lay down before giving a reward.

A few months ago we went to an off-leash area that we frequent. Max had learned the behaviours I taught him. He knew how to do them, and did them regularly when we were at home, but suddenly there were other dogs, people and smells to distract him. Max wouldn't listen. There were too many other things to pay attention to. He raced around, sniffing butts, and wagging his tail like mad. He was obviously having a good time, but I was frustrated that he wasn't listening. He knew how to do the behaviours, but either was ignoring me, or was too busy with everything else that was going on to notice my hand and voice signals. I wanted people to think that I knew what I was doing in training Max, but I was embarrassed when he didn't come on command, or do any of the other behaviours I thought he had learned. I wanted him to listen, and I wanted him to do it then and there! I ended up leashing him, and heading towards home. Once we were away from the other dogs, people and noise, Max became receptive again. He was paying attention, and performed the behaviours when I asked for them. The next day, we went to the off-leash area again, and once again I failed to get Max to do anything but play with the other dogs.

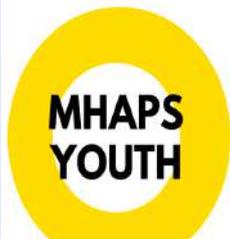
Over the course of the next few days, I came to realize that while Max could display the behaviours I asked for when he was in the calm, familiar environment of home, it was harder to elicit the same attention and cooperation in a different context. I had to recognise and accept that I didn't have any experience training his behaviours in busier environments. I realised I would have to adjust my expectations, and also how I was training him. Since then, I have worked with Max in a wider variety of contexts, and have recognised that he's just too excited to do training during the first few minutes in a new location. After a few minutes of sniffing about, he's pretty good at listening, even in busier locations, as long as I have a highly desirable food treat, and a positive manner.

At the end of lock-down I found myself home alone a lot of the time. My boyfriend, whom I had spent the majority of the previous month with, was back to work. My social activities weren't starting up yet. I was feeling anxious, sad, and lonely. I found myself in a cycle of sleeping, watching TV, and wishing I felt different emotions. I wondered where all my adaptive behaviours had gone; I knew how to meditate, get out of the house, and reach out to friends, so why wasn't I doing it? I knew watching TV for hours, eating bags of lollies, and staying up late was making things worse, so why wasn't I stopping myself?

After a solid few weeks of struggling just to take Max for a daily walk, I recognised something. Those positive behaviours I wasn't doing were things I had learned when I was feeling okay. I had practiced them when I was feeling okay. I had reinforced them when I was feeling okay. But I wasn't feeling okay. Putting positive behaviours into practice when a sense of normalcy was further away than Max from a running vacuum cleaner was going to be difficult! It couldn't possibly be the same as when I felt confidence in where my life was headed.

Once I realized this, and stopped beating myself up for struggling, I was able to slowly take steps to improve my quality of life. My days have become progressively fuller, healthier, and less lonely. I'm doing well. Some days are harder than others, but I recognise the benefit of the behaviours I have trained myself to do. Now that I've practiced using them in a new context, I'll be better able to implement them next time I'm thrown off-kilter.

It has taken a lot of work to train Max, and re-train myself. I've had to recognize and accept situations I didn't like, in order to move forward. It took a lot of hard work and perseverance to get to where I am, but I did it, and for that, I think Max would give me a high five.



In June one of our Youth Group participants held an Art Exhibition at the Evening Youth Group Session. This was a great opportunity for him to experience what it is like to have his work on

show, in a supportive environment with his peers.

All of the group loved being able to see his talent and support him in this way.

The group also visited Tūranga Library where they explored all that the library has to offer and some signed up for memberships.

A scavenger hunt through the Botanical Gardens, Arts Centre and the central city was a tight race with lots of fun for all.

Chill nights are also enjoyed on site where pool, games and conversations can be enjoyed in a relaxed environment.

These are just some of the many activities that the Youth Group participate in, with our wonderful Group facilitators.

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

Call in to our office to find out more!

Unit 4/357 Madras Street

Anxious Teens

Here are a few handy links to websites for younger people who are experiencing anxiety.



<https://www.whatsup.co.nz/teens/>

<https://www.auntydee.co.nz/tips-and-help>

<https://childmind.org/article/supporting-teenagers-and-young-adults-during-the-coronavirus-crisis/>

<https://www.heysigmund.com/anxiety-in-teens/>

<https://raisingchildren.net.au/pre-teens/mental-health-physical-health/stress-anxiety-depression/anxiety>



Reframe Wānanga is a collection of courses and workshops that young people can enrol in to learn about mental health and wellbeing in creative, holistic and empowering ways. Courses and workshops are free to attend, and are all facilitated by mental health professionals and young people with their own experiences of getting through tough stuff.

rw.org.nz

www.facebook.com/reframeNZ



Te Hurihanga o Rangatahi
The Youth Hub

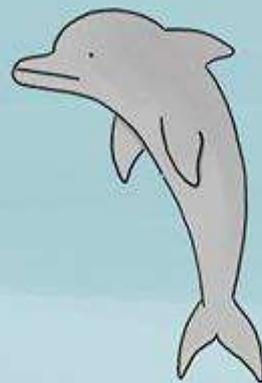
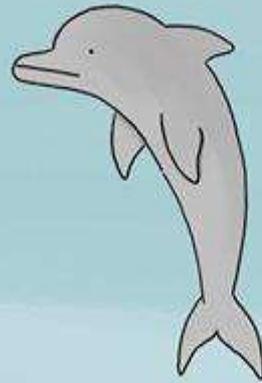
The Youth Hub is a collective of co-located services and facilities, along with transitional housing, based in the heart of central Christchurch.

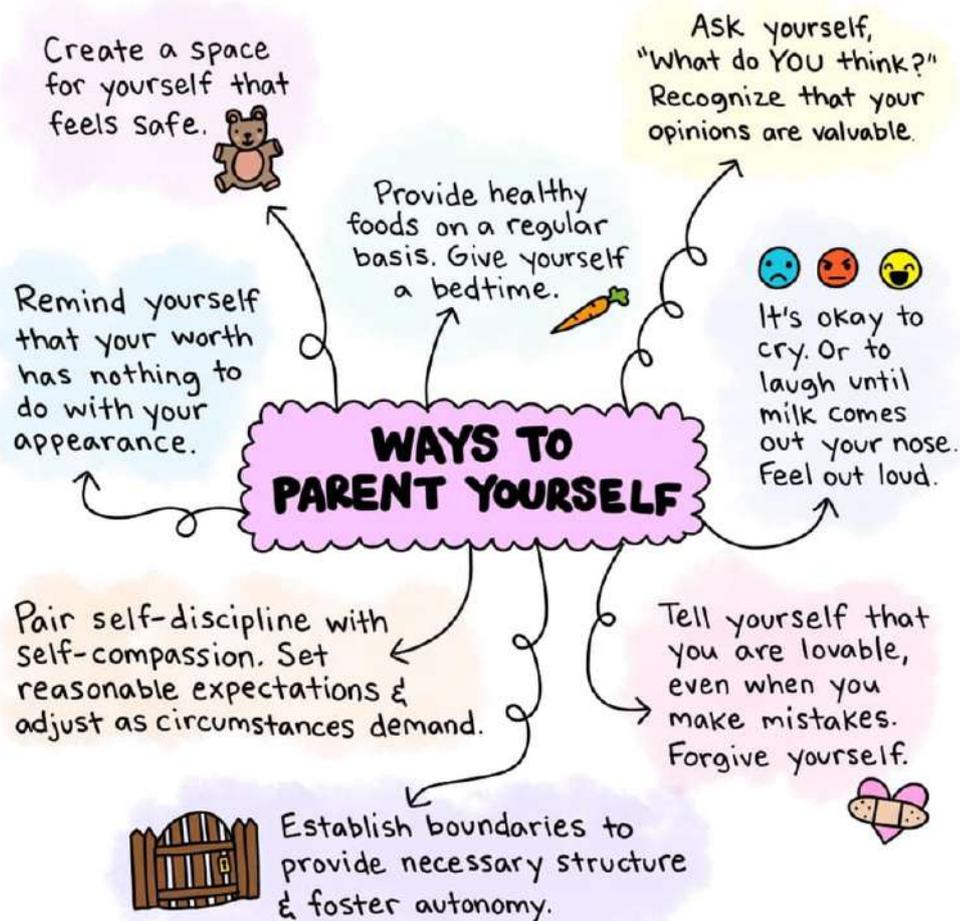
<https://www.youthhubchch.org.nz/>

check out
this cool
mask
I found



those are
shorts.





@introvertdoodles

ASK YOUR GP ABOUT BRIEF INTERVENTION

Brief intervention counselling (BIC) clinicians are registered mental health professionals from a variety of backgrounds, who have had specific training as brief intervention counsellors and coordinators.

A BIC clinician can help you with low mood, anxiety, alcohol or substance abuse, and other mental health issues.

There is no charge to see a BIC clinician, but you must first get a referral from a GP. If you meet the criteria for referral you can receive up to five funded therapy sessions with a BIC clinician in your area.

The BIC clinician can give you therapy, advice and

assessment. They can also refer you to other agencies once their sessions have finished. BIC clinicians can normally see patients in the community and often in their GP clinic.

You may have to wait a few weeks before a BIC clinician can see you. If you need more urgent help you can call 0800 920 092.

To assess if you qualify for the funded sessions, your GP may ask you to fill in a short questionnaire and use this to work out a score. If your score is lower than the level needed for a referral to a BIC clinician, your GP will recommend other options for counselling. Your GP will also suggest community agencies that may be able to offer support.

BIC clinicians are available throughout Canterbury.

Visit our website and Facebook pages

www.mhaps.org.nz

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

Social Connection may be the strongest protection against depression

“Far and away the most prominent of these factors was frequency of confiding in others, but also visits with family and friends, all of which highlighted the important protective effect of social connection and social cohesion,” said senior author Jordan Smoller, M.D., Sc.D., associate chief for research in the MGH Department of Psychiatry.

“These factors are more relevant now than ever at a time of social distancing and separation from friends and family.”

The protective effects of social connection were found even among individuals who were at greater risk for depression as a result of genetic vulnerability or early life trauma.

<https://psychcentral.com/news/2020/08/15/social-connection-may-be-strongest-protection-against-depression/158882.html>

Other services available around Christchurch

- * MSD—Ministry of Social Development www.msd.govt.nz
- * Lifeline: Free confidential support 24/7. Call 0800 543 354 or text 4357
- * 1737 to talk. Text or phone for free confidential support 24/7
- * Kidsline: 0800 543 754
- * Warmline: 0800 899 276, warmline.org.nz—
- * Safe to talk: Sexual harm helpline: 0800 044 334
- * Womens Refuge: 0800 376 633
- * The Lowdown: Text 5626, www.thelowdown.co.nz— Support for young people experiencing depression or anxiety.
- * Home & Family Society Ph:03 944 0635 or Text: 021 101 1438



SHORT ARTICLES and LINKS

COVID-19 mental-health responses neglect social realities.

A diagnosis is rarely a solution to problems caused by poverty and inequality.

"For more than a decade, I have researched community mental-health-care systems in South Africa, Colombia and the United Kingdom. One challenge that unites them is the gap between what poor and marginalized groups identify as the causes of their mental-health challenges, and the ability of services to hear and respond."

<https://www.nature.com/articles/d41586-020-01313-9>

How to make Virtual Friends

"It can be hard to make friends. But none of us are truly alone. There's people out there who are struggling with all the things you're struggling with, facing the same obstacles, enjoying the same outlets. You just have to find them. Because they are there, and they are real."

<http://www.ruddybits.com/2016/02/how-to-make-virtual-friends-and-find.html>

Self Isolation's Silver Lining

"So while National Parks and eco-sanctuaries can reset our expectations for what the natural world around us could and should look like, that is, they can lift our shifted baselines, we could achieve some of the same thing more locally in biodiverse backyards and public green spaces. The Level 4 lockdown has highlighted the importance for our health and well-being of being able to access nature, and the importance of our own gardens and local parks."

<https://www.newsroom.co.nz/greenroom/2020/05/05/1156693/self-isolations-silver-lining>

Putting lived experience at the heart of child protection

The children's social care and family support worlds are beginning to get their heads round what parent peer advocacy and peer support based on lived experience could look like. Evidence from projects in the US and Australia are filtering their way into the UK.

Lessons are being drawn from other disciplines that have embraced lived experience and peer support, including drug and alcohol settings, housing, perinatal support and mental health. Charitable organisations, such as New Beginnings in Stockport, are pioneering ideas.

<https://www.communitycare.co.uk/2020/03/11/putting-lived-experience-heart-child-protection/>

The Side-Effect of Trauma We Rarely Address: Loneliness

Even if we know it's not true, trauma can make us feel like we're the only one going through it.

By Julie Fraga - January 8, 2020

"What's the sad thing you never talk about?" comedian and artist Michael Kruz Kayne asked his Twitter followers on Nov. 19.

Referencing his personal heartache, Kayne tweeted about the death of his baby, Daniel, who passed away 10 years ago.

"I never talk about it with anyone other than my wife. It's taken me ten years to realize that I want to talk about it all the time," Kayne posted to Twitter.

Kayne's tweets were met with thousands of retweets and more than 200,000 likes, a sign that people all over the world could relate to his grief.

More than 5,000 people shared their own stories in 280 characters or less. One of Kayne's followers, Philip Nolan, tweeted: "Grief is not there to be stoically borne — we should shout and scream when we need to."

Read the rest of the article here: <https://www.rewire.org/living/loneliness-trauma-side-effect/>

PROGRAMMES, GROUPS and 1-to-1 SERVICES

We are meeting with people face-to-face at our offices. We recognise however that some people still may feel vulnerable about coming in and so we can begin our relationship with you by phone or email.



CONTACT US: - 'FIRST STEP'

This is how we always begin with people who want to use our services. Just come in our door, no appointment needed, but ideally sometime between 10:00am and 1:30pm.

We will talk with you about whatever you want to tell us or, if you prefer, we can start by explaining what we do. The MHAPS' worker you meet with will then suggest whichever of our services seems most appropriate. We will then make follow-up contact with you in a few days.



MHAPS CONNECTION GROUP

We have found this to be an effective place for small numbers of people to be and connect whilst they are waiting for another MHAPS service.



1:1 PEER SUPPORT and PEER ADVOCACY

These relationships always start with establishing a good connection between two people. **Peer Support workers** provide valuable perspective and can assist you to reduce any feelings of isolation and disconnection. From there they develop a mutual understanding and agreement with you on how to work together and what to focus on.

Advocates can help you with issues that may arise in relationships with GPs and organisations like Work and Income, Tenants' Protection Association, and many other services in Canterbury. Working with you an Advocate can help ensure you are heard and improve your service experiences. As well as our general mental health focus our advocacy team includes two people who specialise in working with people who are struggling with alcohol or other drug issues.



PROGRAMMES AND GROUPS

MHAPS provides several programmes that have been developed to meet specific needs. Most of these programmes are provided once every 3 months. Details of each are available when you meet with us in a First Step or from your current MHAPS worker.

RecoveryWorks: - A multi-workshop and individual coaching programme for those who experience moderate to high anxiety and are strongly motivated for change. Next programme is early October.

Thrive- A 6-week programme (12 hour) that assists people who have successfully used other programmes and services to transition the change and gains back into their everyday lives. The next programme's start date to be advised.

MHAPS SERVICE UPDATES

PeerZone: - is a series of individual 90-minute workshops, each of which is very practical, helping you to learn, or perhaps relearn, useful life skills. An example of topics includes: - *Healthy Diet; Physical Exercise; Managing Conflict and Getting a Good Sleep.*

Peer Discovery Groups: - These are peer-facilitated topic-based 10-week groups that give people an opportunity to share experiences with one another, including any gains and losses. These groups are purposeful, starting with making connection and steadily moving forwards with anything that needs to change. The next programmes start October 2020.



LATNAM COMMUNITY CENTRE

Latnam is back to meeting together at the same times on Fridays and over the weekend. The group has also started a closed Facebook group called '**Latnam Meets**' for all members. This means that Messenger can also be used to keep in contact. If you are, or have been a member of Latnam, and you want to have access to the is facebook group or simply connect with people you know contact **Wendy on (03) 365 9479** or email wendy@mhaps.org.nz



YOUTH GROUP

We have age appropriate people working with youth and young adults, broadly defined as those aged between 17 and 25+. We have resumed a face-to-face group for youth, and this is very popular. As well as working together 1 to 1 we have a **Facebook Youth Drop In** page. For more details of how to access a youth worker, the next group, or the Youth Facebook page please contact **Nina on nina@mhaps.org.nz or phone (03) 365 9479.**



AWARENESS CONSUMER NETWORK

The Awareness Canterbury consumer network is back to meeting regularly and has a few initiatives underway. For more information see the full Awareness update in this newsletter or contact Claire on **(03) 365 9479** or awareness@mhaps.org.nz

Please note: we are guided by whatever is the current Covid-19 alert level. MHAPS has necessary infection control measures in place starting from reception and through into individual meetings, groups, and programmes.

MHAPS SERVICE UPDATES



AWARENESS

Canterbury Action on Mental Health and Addictions

Whew! Three months is a long time in Mental Health! We have all gone through these “unprecedented” times and have learned a lot about ourselves and our community.

Last newsletter we welcomed Mary as our new co-ordinator. She was a really organised person who tidied up a lot of the systems we had. Unfortunately, Mary needed to step back from this role but we will be glad to see her continue as a member. Thanks Mary for your great input into the Co-ordinator role.

This time we welcome Claire. Claire takes up the role of Co-ordinator after having been a member for a couple of years and showing us her interest in all things peer. Claire brings her experience of Intentional Peer Support, working in a peer role for a support service and her place as our consumer rep on the committee that was setting up the alternative to hospitalisation, Te Ao Marama. We are enjoying our work relationship already.

At our July meeting we welcomed speakers from Specialist Mental Health Services (SMHS) who are starting a project to look at “**Reimagining SMHS Consumer and Family/Whānau Advisory Services, 2020 and beyond**”. We were able to give information about what is good about the Consumer Advisory Service as it is now, and ways we think things could be expanded or improved. SMHS is still looking for feedback so if you have some information to share, contact us at awareness@mhaps.org.nz and we will pass the information to the facilitators.

Currently we are preparing a submission for a **Members’ Bill on the Rights of Victims of Insane Behaviour**. For a start, we are likely to object to the language. The aim is to provide more information to victims and their whanau. What information? How often? To what purpose? If this topic interests you write to us to be connected with those who are leading that project.

The **Divergence Festival** is back! Check out <https://www.divergencenz.com/> to see the great things happening between 12 and 20 September. Consider it your prep for Mental Health Awareness Week. In association with Divergence we will have a **Mad Poets Canterbury** evening at the Beat Street café on Friday the 11th of Sept at 7 pm. All the same cool features from the past including our favourite songstress Claire, the creativity of our poets and the great food will be on the agenda. See you there! (The funding for Mad Poets Canterbury was gratefully received from Creative New Zealand.)

Our Executive Committee wants you to remember that the Annual Celebratory Meeting is coming up on the 12th of October. If you are feeling ready to take on a new opportunity please consider joining the Executive Committee. We have great people now who enjoy their ability to work for the network and to improve things in the sector. We would welcome some new ideas to keep us current.

Lastly, our next meeting will have Annie Southern collecting feedback about people's views on social housing for people with lived experience. Come along to share your wisdom.

Beth for the Awareness Executive Committee and Co-ordinator

The Next Meeting

Monday 14th September 12.30—2.30 pm at 357 Madras Street

All people who have mental health or addiction experience welcome.

Afternoon tea provided

MHAPS COMMUNITY UPDATES



A special event for

Mad Poets Canterbury Open Mic Night

Friday 11 September 7pm

Beat Street Cafe, 324 Barbadoes Street, Christchurch
corner Armagh St and Barbadoes St



For more info visit facebook.com/groups/madpoetscanterbury or contact awareness@mhaps.org.nz



AWARENESS
Canterbury Action on Mental
Health and Addictions



ARTS COUNCIL OF NEW ZEALAND TOI AOTEAROA



Consumer-run mental health radio show Saturdays 1.00—1.30 (repeated Wednesdays 10.30 am)



Hello All,

Welcome back to new shows on Quiet Minds. Lockdown offered challenges and opportunities that our team will be exploring. 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 Aug 20 Olwen discusses PTSD
- Sat 22 Aug 20 Kat discusses "Medication Changes"
- Sat 29 Aug 20 Kelly discusses Reframe Wananga
- Sat 5 Sep 20 Hannah discusses The Divergence Festival
- Sat 12 Sep 20 Documentary: Girl on the Bridge is discussed with Director Leanne Pooley
- Sat 19 Sep 20 Documentary: Girl on the Bridge is discussed with Jazz Thornton of Voices of Hope

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

If you have an interest in working with the Quiet Minds team please give us a call at

365 9479 or email mgr.cas@mhaps.org.nz

Get podcasts of shows you have missed at:

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

>>>>>>>>>> continued from page 13

“My approach is to say you’re going in to wananga. You need to be flexible with time given the tapu nature of what’s being discussed. You’re not in there to tick boxes but to go on a journey with the people you’re trying to help. Whakawhanaungatanga (relating well to people) is critical in the journey.”

Asked about the benefits of greater use of and resourcing for matauranga Maori-based approaches in the addictions, mental health and social services fields, Te Rangimaria, Kevin and Takirua are all keen to see more done.

It’s essential, says Te Rangimaria, for whanau to take a whakapapa-based approach to the history of how addictions evolve.

“You’ve got to name the taniwha of addiction and explain how it came into our family’s lives,” says Te Rangimaria.

Kevin says it’s important for people to maintain good social connections as a way of preventing and recovering from addiction.

“Whakawhanuangatanga (connection) is the opposite of addiction.”

Education in Maori communities on the wide-ranging negative consequences of drug use is essential as is more discussion in kura about the dangers.

“There is no such thing as safe meth use,” Kevin stresses. “As kaitiaki, we need to be working with people holistically. That includes increasing the knowledge and understanding of kuia and kaumatua who end up looking after the tamariki of users. It would also be good to teach te ao Maori principles from an early age in kura.”

Takirua feels a major mental health issue for Maori is disconnection from their whakapapa and a loss of identity, with problem behaviors being partly due to the fact that “they don’t know any other way”.

Things Maori can have their own intrinsic healing properties that need to be experienced to fully understand them, such as use of te reo when talking with rangatahi.

“I want clinicians to realise the reo has a mauri to it which helps capture them (the rangatahi). Also, tikanga and te reo and other elements of te ao Maori have a wairua and mauri that activates a positive healing response,” says Takirua.

<https://www.sunlive.co.nz/news/236500-taming-taniwha-of-addiction.html>

HIGH ALERT

<https://www.highalert.org.nz/>

The Ministry of Health is asking people to share their bad drug use experiences on its new website High Alert. Anyone with unusual or concerning experiences can share via the website to help keep people safe. All the information they collect will be confidential.

IMPORTANT NUMBERS

Need to Talk? Free call or text 1737 anytime

Lifeline 366 6743 or 0800 543 354

Alcohol and Drug Helpline 0800 787 797

Parentline 381 1040

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

24 Hour Surgery 365 7777

Healthline 0800 611 116

Youthline 0800 376 633



Peer Support - Peer Advocacy - Peer Discovery Groups

Consumer Participation - Latnam Social Centre

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

MHAPS would like to acknowledge and give our thanks to **Comcare** who kindly donated office furniture to us in June, before they moved into their new premises. Our offices are looking brighter!



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; Christchurch Casino; Christchurch City Council;

Mainland Foundation; Christine Taylor Foundation;

Frozen Funds Charitable Trust;

Lottery Grants Board; Lion Foundation; 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