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Greetings. It is with pleasure this time that my editorial gives me the opportunity to formally welcome our new President Dr Daryl Deering and provide you with her summary of her work as a nurse. It is with pride I tell you she hails from Canterbury (and there is nothing one eyed about that!)

Daryle is of Scottish and Irish descent on her mother's side (Howison, Kinley) and Welsh and English descent on my father's side (Evans, Clark). She was born in Otautahi/Christchurch. Daryle has a long history of mental health connection having trained at Sunnyside Hospital back when Dame Margaret Bazely, who Daryle states had a significant influence on her nursing career, was the Principal Nurse. Daryle didn't stay in mental health but moved forward to train in general and obstetric nursing working for a period of time at Christchurch Hospital. However she has worked primarily in the mental health and addiction sector – mainly community based services

e.g. community alcohol and drug, opioid substitution treatment, family mental health and specialist youth mental health.

Her roles have included clinical management and leadership. She was the Director of Mental Health Nursing for the Canterbury District Health Board from 2000-2007. Daryle states that whilst she has visited mental health and addiction services overseas she has never worked overseas but is looking forward to opportunities this year to visit Nurse Practitioners in the USA and the UK.

Academically, she completed a BA in nursing and psychology from Massey, then gained her Masters of Health Sciences and PhD from Otago University. Her research has focussed on methadone treatment in New Zealand; client health related outcomes and consumer perceptions. Daryle currently works as a Senior Lecturer within the interdisciplinary National Addiction Centre at the University of Otago, Christchurch. The co-ordination of a national, post-graduate interdisciplinary paper on the treatment for people with co-existing substance use and mental health problems has been part of this role. Mental health nurses comprise a significant number of students.

She continues to be a member of the Drug and Alcohol Nurses of Australasia and over a number of years has supported the development of advanced nursing practice roles within the addiction treatment sector. These role developments are seen as essential given the "norm" of people experiencing co-existing substance use and mental health problems. Her current clinical work is with people with alcohol dependence and depression as part of a New Zealand wide research study, and provision of clinical supervision for mental health nurses.

Daryle states she stood for the role of President in order to support the continuation of the excellent work of Heather Casey and National Committee, Māori Caucus and the Boards as well as the continuing development of local Branches. In highlighting the challenges and opportunities for mental health nursing over the next few years she states a commitment to supporting mental health nurses and contributing to strategically strengthening mental health nursing with a focus on looking to the future. She believes that the College has a primary role in the future of mental health nursing in Aotearoa/New Zealand through continuing to develop a strong and active membership and voice for mental health nursing, collaborative working and partnerships with other nursing and interdisciplinary bodies, consumers, and a range of other networks.

### Editorial

By *Chris Taua vis a vis*  
Dr Daryle Deering

*Daryle has a long history of mental health connection having trained at Sunnyside Hospital back when Dame Margaret Bazely, who Daryle states had a significant influence on her nursing career, was the Principal Nurse.*

## PRESIDENTS COMMENT

By Dr Daryle Deering

With the support of National Committee and Heather in her *Immediate Past President* role I have commenced my role as President. I acknowledge the input of Sandy Smith and Tio Sewell (Secretary Maori Caucus) and miss them as National Committee members but also know that they join a growing group of College leaders. I welcome getting to know and work with Rawiri Emerson (Secretary Maori Caucus), David Warrington (Secretary National Committee) and Anne McDonald. They will be profiled in future newsletters. I welcome Dr Marie Crowe as Chair of the Education Board and look forward to new members joining the Research and Education Boards. NB applications are still being sought.

Key projects in process are the development of the Credentialing and Accreditation framework led by Heather, the review of the Standards led by the Practice Board with the first round of consultation due to occur in the next two – three months, and the review of the Strategic Plan. Other activities include the ongoing development of collaborative relationships with other nursing bodies, acknowledging the importance of a strong unified nursing voice while respecting the uniqueness of mental health nursing as a distinct area of nursing practice. As a College we have formally endorsed the *Best Practice Recommendations from a Consumer Advisor Perspective on Mental Health Inpatient Units becoming "Smokefree and Metabolic monitoring for consumers of mental health services in New Zealand*. A highlight for me in the past month was being invited by Colette Adrian (Chairperson, Auckland Branch) to participate in a Seminar with the broad theme of AOD is a public health issue.

At the end of the month I will be attending the Australian College of Mental Health Nurses conference in Tasmania with Hineroa and look forward to meeting other New Zealand nurses and including my impressions in the next newsletter.

Over the next year, National Committee will be supporting Branches to have a focus on recruitment. It is important for the College to have both a local and national focus in order to engage in a meaningful role for mental health nurses in practice settings. David (Warrington) will provide support to Branch Chairs and Denny McNae has been instrumental in developing a broader strategy.

Please don't hesitate to contact your Branch Chair, National Committee via Jo or contact me directly with your ideas about the role of the College.

Daryle



*Taranga Te Kumete o  
Te Ao Maramatanga*



Update from college  
administrator  
**Jo Harry**

AGM/Constitution – AGM minutes are now on website along with Constitution with amendments.

Strategic Plan Review – the National Committee is currently reviewing the Strategic Plan, we hope the initial work for this will be completed by Christmas. If any members have any thoughts or comments about this project we would be delighted to hear from you.

Don't forget to keep checking the College website [www.nzcmhn.org.nz](http://www.nzcmhn.org.nz) for updates. Of particular interest is the **News/Events** section which has the most current information as it comes to us including consultation documents, workshops/conferences/seminars, media statements and communication updates. Also worthy of a look is the **Credentialing/Accreditation** page.

Branch membership lists – as most of you will know, correspondence is often disseminated from National Committee directly to Branch Chairs (or those areas without branches may have contact people), who then pass onto members in their area. I have recently updated some member profiles and placed them within a different branch where they seemed to be a better 'fit'. This affects only a small number of members in the Waikato, Taranaki, BOP, Lakes and Midcentral DHB areas.

SUBSCRIPTION REIMBURSEMENT – for all those members who work in a DHB where your collective contract states that the DHB will reimburse your membership fees to Te Ao Māramatanga please email me and I can send you a standard letter that I have sent other members this year. I just insert your details about fees paid for a 12 month period. These letters are dated from 1 April to 31 March and will only coincide with our financial year.

**REMINDER – please update your details on the website** – Have you moved? Changed your email address? Or email me and I can change for you

**Education and Research Board** – Applications for these boards are still open. If you are interested, please contact myself, Board Chairs or check website home page for more info. We welcome a new Education Board Chair – Marie Crowe from Canterbury [marie.crowe@otago.ac.nz](mailto:marie.crowe@otago.ac.nz) and Brian McKenna continues his role as Research Board Chair  
[b.mckenna@auckland.ac.nz](mailto:b.mckenna@auckland.ac.nz)

**GST INCREASE October 2010** – YES, the GST increase (from 12.5% to 15%) scheduled by government later this year affects us too. This means that annual subscriptions for majority of members will change from \$299.00 to \$305.65. Fortnightly payments will change from \$11.50 to \$11.75. More information and notifications will be coming your way over the next couple of months.

**REMINDER – please update your details on the website** – Have you moved? Changed your email address? Or email me and I can change for you

That's about all from me. Remember you can contact me at [admin@nzcmhn.org.nz](mailto:admin@nzcmhn.org.nz).  
Looking forward to hearing from you.

Kind regards, JO

Jo Harry  
College Administrator  
Te Ao Maramatanga  
PO Box 83-111  
Edmonton Road  
Auckland

# REGIONAL

# REPORT



## Waikato branch report:

By Moira O'Shea, Chair  
& Jo Dillon, Secretary

We continue to have a small core of members who regularly attend the meetings, and are extremely privileged that our meetings are held during work time, supported by our CND. The 30 minute meeting is followed by a guest speaker, and the meeting is then opened as a "mental health nurses forum" to all nurses, branch members or not.

Branch members take responsibility for inviting a guest speaker to present topics interesting and relevant to nurses working within the mental health field. In the past year we have had presenter and topics such as: Professional Supervision, Indemnity Insurance, Te Pou and work force development, Refugee Liaison Nurse role, Police Liaison Nurse role, Waikato DHB GM and DONM, Sue Hayward, and Dr Mark Smith (RN) The discussions about indemnity were interesting, and some of our current members choose to belong to NZNO & the College.

While we have not attracted new members from this, it highlights branch members' interest in a wide range of topics.

Our membership remains fairly static at 38 people, with one new member joining last week. It is necessary to remind myself that the process of change is slow, and that we cannot expect nurses to rush to join the College, just because I and others find value in it.

Recently we have been fortunate to work with the national administrator to be able to update our regional records regarding membership and found that in the Waikato we have a fairly stable population maintaining their membership to the College. Now our challenge is to get nurses to see the value of the College and to get this membership number to grow.

Waikato branch has lent its support by way of a bank account, for the New Zealand Mental Health & Addiction nurse educator forum, September 23<sup>rd</sup> & 24<sup>th</sup>, Hamilton.

Professor Eimear Muir- Cochrane is the keynote speaker, and she will also be a panel participant with Maureen Kelly Nursing council, Anne McDonald, Te Pou and, Wilhelm Fourie, MIT. For registration details see last edition of Te Pou Handover, or contact Luren Reddy.

[Lurendharen.Reddy@waikatodhb.health.nz](mailto:Lurendharen.Reddy@waikatodhb.health.nz)

### Financial Report. Treasurer Chris Hattan

Our finances have remained stable for some time.

We have been working for some time with the College administrator to ascertain what the level of capitation will be for our membership. Under the college constitution we are entitled to a yearly payment depending on our membership level. This brings us to the debate as to what area our branch consists off. Traditionally we included BOP and Taranaki. The feeling is currently that we just cover our own Waikato Geographical area.

As of today **Balances** for our :

00 account \$2610.20

01 account \$3891.82 This is the account being used for the education forum

All though our finances are stable we will need to look at what we are going to do as a branch. Previously we have sponsored people to conferences. This of course will use up our available funds. How will we maintain our financial position? All things to think about.

.....

While we individually may not always take the opportunities provided, to participate in and contribute to discussions and input into consultation papers sent to us, the chance to do so is appreciated.

Thank you all for this.

The support and accessibility of national executive / committee members has been much appreciated over the year, and we look forward to its continuation. Our best wishes to Daryle & new office holders.



## *Southerly Change*

*Past, Present and Future*

6 – 8 July 2011

The 3rd International Conference of  
Te Ao Māramatanga, New Zealand College  
of Mental Health Nurses Inc. (NZCMHN)

### **NZ College for Mental Health Nurses Conference 6-8 July 2011 Progress Report June 2010**

#### **Conference Theme and Branding**

The Otago Branch of the College is looking forward to hosting the 2011 college conference will in Dunedin in July. The theme for the conference is Southerly Change: Past, Present and Future. “The theme Southerly Change is about our location in the southern hemisphere, in NZ and in the south of the South Island. It is also about NZ mental health nursing practice being at the point of critical consciousness with mental health nurses taking their place as trend setters and determining the directions for MH nursing practice here in the southern hemisphere”. We have designed postcards in the shape of a compass with the College logo in centre for early advertising of the conference. These should arrive with your next issue of the college journal. If you would like more postcards for distribution in your area please email [melanie.green@otagodhb.govt.nz](mailto:melanie.green@otagodhb.govt.nz)

#### **Sponsorship**

The sponsorship prospectus has been finalised.  
The organising committee are currently putting together a list of sponsors to approach.

#### **Venue and Accommodation**

The conference will be held at the St David Street Complex which is part of the Otago University. Accommodation will be in a variety of motels/hotels within walking distance of the University.

#### **rogramme**

Three keynote speakers have been approached and accepted invitations to attend. They are Martin Ward from Malta, Shirley Smoyak from USA and Dawn Freshwater from the UK. The three international speakers will all provide a half day preconference workshop as well as keynote addresses during the conference. The international guests will cover a range of topics including clinical leadership, working with family systems, developing critical consciousness and critical reflection and MH nursing practice comparisons internationally. The programme sub-committee are currently looking at options for national guests and the streaming of papers. Call for abstracts will occur late 2010 and at this stage we will also have developed a draft programme to circulate.

#### **Social**

Fellowship Awards will be at the start of dinner.  
The committee is currently investigating venues and entertainment options.

#### **Website**

Website now live and linked to NZCMHN site.



By  
Anthony O'Brien RN BA MPhil (Hons) FNZCMHN  
Senior Lecturer  
School of Nursing  
Faculty of Medical and Health Sciences  
The University of Auckland

### Blue Messiah, by Peter Finlay.

A Toi Ora Trust publication. \$24.50. 191pp. ISBN 978 0 473 16000 5

Thursday night at Allelujah Café, K Road, Auckland. A frail-looking man is sitting at a table, a stack of newly minted books beside him. The man is Peter Finlay, and the book is *Blue Messiah*, Peter's account of his career as a mental patient in New Zealand's network of psychiatric services. Peter's story covers time in Tokanui, Lake Alice, Auckland's Connelly Unit, as well as in a range of community mental health programmes and accommodation services. But it is much more than a story about mental health services. Peter writes of his friendships, his family, his dreams, and his insatiable urge to write. *Blue Messiah* is a poignant memoir which has moments of sadness, frustration, exhilaration, and reflective wisdom. Peter has a wonderfully light touch as a writer. Despite the often tumultuous course of his life, and distressing encounters with mental health services, he never hectors the reader about how they must respond. Nurses might gasp at some of Peter's experiences, from his detention by police and time in Lake Alice to his more recent encounters with the optimistically named Dr Love. But Peter leaves us to come to our own conclusions. There are some moments of dry, self deprecating humour, that make the ordered world of mental health care seem comical. After losing a jacket in a bet with Michael, who subsequently sold it to a pool shark, nurses intervened to restore Peter's property and thus maintain the ward rules that there should be no betting.



*"I didn't like the sound of this, and with justification. It meant I'd have one angry pool shark on my back. Sure enough when I next saw him, even though he was locked up in the isolation cell, the pool shark was frothing at the lips to get me and beat my head in. He would not stand being ripped off in money matters, even small ones. So the head nurse became involved. She worked out an agreement favourable to Michael, with my help. I would pay the pool shark twenty dollars and Michael five. And Michael would pay me fifteen dollars. The jacket would remain in my hands. Michael was near broke at the time so I didn't think there was any chance of getting the full twenty dollars back. As it turned out, I didn't get anything back. When the pool shark heard about this he offered to forego his twenty dollars, but I, not wanting a misunderstanding to arise, insisted on paying him the full amount of what was owed. So I ended up forking out twenty dollars for my own jacket. Michael refused to cancel the bet, even though bets were not allowed to be made on the ward, probably because patients like me were too irresponsible."*

*Blue Messiah* is the result of Peter's commitment to writing over the course of his life, finally fashioned through courses taken at the Toi Ora Live Art Trust. The Trust provides arts workshops to enable mental health consumers to develop their artistic potential in a safe, non-institutional environment. The book finishes on a hopeful note, with Peter concluding that "...the pain is muted now, with the help of sympathetic fellow adults. The hard days are over." *Blue Messiah* is a frank, clear-eyed account of a lifetime of mental health services. It provides more anecdotes than the night shift nursing office and more insight than a year on olanzapine.

You can purchase *Blue Messiah* online at <http://www.magmag.co.nz/toiora>



## The Role of the College



### Our objectives:

**Represent** the professional interests of psychiatric and/or mental health nurses in Aotearoa New Zealand and those enrolled nurses who work in mental health setting in Aotearoa New Zealand;

**Promote** and develop the identity of psychiatric/mental health nurses as specialists working in a clinical speciality field via representation and liaison; obtain recognition of the professional status of psychiatric/mental health nurses and to promote public awareness of mental health nursing;

**Advance** the educational and clinical expertise of members; promote and develop nursing codes of ethics, education and practice which are culturally safe and encompass the three articles of the Treaty of Waitangi and the principles of Kawa Whakaruruhau.

**Approve** national standards of practice taking into account the unique cultural, social and political conditions existing in Aotearoa New Zealand to guide members in their professional practice; develop and support research which may benefit the community and the profession;

**Promote** clinical career pathways within the clinical speciality field;

**Promote** awareness of the members about political decisions which may affect the clinical and professional role of those members;

**Form** links with other health professional bodies in Aotearoa New Zealand and internationally.

### Nurstoons

by Carl Elbing





## Music Promotion

From Jacqui Kidd



*Singer songwriter samRB was the recipient of a mental health foundation media grant in 2009 and has used this grant to create beautiful music . . . she has also had her music chosen to feature in the movie The Insatiable Moon (a fabulous book and a New Zealand film coming out soon).*

Seems I Might Be Human is the debut album from singer-songwriter samRB. The first single, Recommended Viewing, is released in support of NZ Music Month.

Go to <http://www.mentalhealth.org.nz/page/727-Media-Grants+2009-Recipients+samRB-creative-category> to listen and read more...

You can also listen and follow sam's progress on <http://www.facebook.com/pages/samRB/113925001972645?v=wall> as she completes her debut album, or email [samrb@vodafone.co.nz](mailto:samrb@vodafone.co.nz) to find out more about launch details and album sales.



*Seems I Might Be Human* was made possible by a New Zealand Mental Health Media Grant and is proudly supported by Like Minds, Like Mine and the Mental Health Foundation of New Zealand

## Lapel Badges for members

From Chris Hattan

There has been discussion regarding lapel Badges for members of the College.

Since last AGM the idea came up that we should have a Lapel badge for members. Chris Hattan is following this up and has asked two NZ companies to get back to him with approximate costs for set up and manufacture.

The thoughts at the moment are that these would be available for purchase by members.

The current plan is to have the design would be based on the College Logo.



Chris is keen to get your feedback regarding level of interest, any design suggestions, or any other ideas.

Please contact Chris directly at [psychrn@me.com](mailto:psychrn@me.com) citing your interest in having a college badge an offering any suggestions.



*row with a team  
or paddle alone*

2010

AUSTRALIAN COLLEGE OF MENTAL HEALTH NURSES

36th International Conference • 30 August – 02 September 2010 • Grand Chancellor Hobart

**Registration is now open for Pre-Conference workshops and for the all-day Research Symposium**

**[Pre-Conference Workshops: Monday 30th August 2010](#)**

Each 180 minute workshop costs **\$30.00** and includes morning or afternoon tea.

**Morning workshops: 0900-1200**

1. Ethics unplugged: successfully completing the (NEAF) National Ethics Application Form - *L Moxham\**, *M Broadbent\**
2. Male Sexual Dysfunction and the Mental Health Nurse (diagnosis, treatment and outcomes) - *S Carroll\**
3. 'All that Jazz: The beat and rhythm of nursing clinical supervision' - *C Boyle\**, *T Yegdich*, *B Bowler*
4. From little things big things grow - *G Nikakis\**, *Dr J Ciorciari\**

**Afternoon workshops: 1300-1600**

1. Rowing through the waters: A journey examining political, clinical, academic and executive perspectives in nursing leadership - *F Whitecross\**, *T Beaton*, *S Keppich-Arnold*
2. Suicidal Patients; Risky Business Requiring Prescience from Mental Health Nurses - *S Trueman\**
3. Integrating Recovery principles into practice: Exploring the opportunities and challenges - *C Hungerford\**, *D Hodgson\**
4. Practice Development: action learning sets for first time rowers and rowers who want to re-experience and strengthen their oar action - *C Handley\**, *C Schofield\**

**[Pre-Conference Research Symposium: Monday 30th August 2010](#)**

Promoting Rigour, Relevance and Appropriateness of Mental Health Nursing Research: Paving the way to better quality.

Cost to attend is **\$120.00** and includes full day of presentations, lunch, morning tea and afternoon tea

The Symposium will provide a multitude of opportunities:

- to share your research processes and experiences with fellow mental health nurses, researchers, students, and academics;
- to critically critique research work of yours and others in a collegial and supportive milieu; and together to explore ways to overcome key challenges many of us face in terms of balancing between scientific rigour, relevance to practice and policy and clinical appropriateness of mental health nursing research.

ACMHN Research Committee members will facilitate dynamic discussions throughout this one day symposium. The symposium will also provide opportunity for research higher degree students and novice researchers to develop a research support network. This symposium is important for clinicians, researchers, research higher degree students and academics who are interested in promoting evidence based practice, education and policy.

**To view the full Research Symposium and pre-conference workshop program [click here!](#)**

Kind Regards

Anna Boyes

**Conference Design Pty Ltd**

228 Liverpool St

Hobart 7000

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## WANT TO HAVE YOUR SAY?

EMAIL THE EDITORS AT

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This is a new section in the e newsletter and we invite you to use this space to 'HAVE A VOICE' or respond to others who were brave enough to do so. We welcome all comments relevant to mental health (within certain boundaries of course) - reflections on clinical experiences, humorous events, comments on things that just make you 'mad' or 'happy'. Please try to limit your letter to approximately 200 words.

Having said that I do welcome the first letters received here ( the first well over the word limit but the writers felt that what they had to say could not have been said in any less) . We look forward to your comments.

## Chief Nurse appointed

Congratulations to **Dr Jane O Malley** who has been appointed to the position of **Chief Nurse for the Ministry of Health**. Jane is known by many nurses in New Zealand for her various roles in medical, surgical and mental health nursing. Most recently she has been the Director of Nursing and Midwifery for the West Coast District Health Board . It is wonderful to see a New Zealand Nurse who understands how provider environments work, has a proven record in change in both the primary and secondary care settings in New Zealand and who is already very well respected among her peers .

You can read more about Jane at

<http://www.moh.govt.nz/moh.nsf/indexmh/chief-nurse-appointed-jul222010?Open>

## World Suicide Prevention Day

10 September 2010

World Suicide Prevention Day on 10 September promotes worldwide commitment and action to prevent suicides. On average, almost 3000 people commit suicide daily. For every person who completes a suicide, 20 or more may attempt to end their lives.

With the sponsoring International Association for Suicide Prevention, WHO and other partners advocate for the prevention of suicidal behaviour, provision of adequate treatment and follow-up care for people who attempted suicide, as well as responsible reporting of suicides in the media.

At the global level, awareness needs to be raised that suicide is a major preventable cause of premature death. Governments need to develop policy frameworks for national suicide prevention strategies. At the local level, policy statements and research outcomes need to be translated into prevention programmes and activities in communities. See more at [http://www.who.int/mediacentre/events/annual/world\\_suicide\\_prevention\\_day/en/index.html](http://www.who.int/mediacentre/events/annual/world_suicide_prevention_day/en/index.html)

National Information Service and Resource Centre Coordinator  
Mental Health Foundation NZ

[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz); [kim@mentalhealth.org.nz](mailto:kim@mentalhealth.org.nz)

Kim Higginson DD (09) 300 7038

The Resource and Information Centre is located at 81 New North Road, Eden Terrace, Auckland. Open to the public from 9.00am - 4.30pm, Monday to Friday. Resource Centre  
Phone (09) 300 7030.

*Working to improve the mental health of all people and communities in New Zealand*

Are you environmentally friendly?  
Are you reading this newsletter online?  
**GREAT**  
As a reward here is a list of useful links.



[Te Ao Maramatanga: New Zealand College of Mental Health Nurses Inc](#)



[Mental Health Commission](#)



[Mental Health Foundation](#)



[World Health Organisation](#)



[Nursing Council of New Zealand](#)



[International Council of Nurses](#)



[Te Pou](#)

Check the Mental Health Foundation at  
<http://www.mentalhealth.org.nz/calendar/view/index/8/2009/>  
for more detail on NZ conferences.



## The College Boards

The three Boards are Professional Practice, Research, and Education. The purpose of the Boards is to promote, support and develop the professional practice of psychiatric mental health nurses in the three key areas. In time this will allow the College to be responsive to professional issues.

**Watch for updates!**

### Note from the Ed:

Lets make this your newsletter where you talk to your community rather than us doing all the talking.

Please send your comments, letters, regional reports to Chris *now* at [tauc@msn.com](mailto:tauc@msn.com) or [tauc@cpit.ac.nz](mailto:tauc@cpit.ac.nz)

**NOTE**

# Want to join the College? Membership information at

<http://www.nzcmhn.org.nz/53974/html/page.html>

## SPREAD THE WORD

**CALM Computer assisted learning for the mind**  
*from Tony Fernando: Auckland University*

Our group at the med school just produced a website initially just designed for med students. But it's now out in the web for the public. It includes different life skills like dealing with anger, learning mindfulness, relaxation, pros/cons, self cares etc. There is stuff on finding meaning in life- through religion or even without religion. Our famous Trish DV and Leah are featured in the managing stress portion. They have 3 segments on this website.

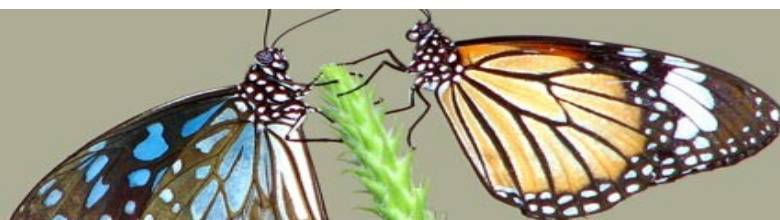
What's different in this website is that it has lots of audio files that you can listen to and download to mp3's / iPods. It's youth friendly. My favourite part is developing mind states like mindfulness, how to develop compassion etc.

There are guided meditations, relaxation techniques, self hypnosis which people can listen to (instead of reading about them).

There is basic stuff on depression, anxiety and alcohol. But probably too basic for our clients.

The website address is still a long one ( we will try to get a shorter one)- so bear with us.

[www.flexiblelearning.auckland.ac.nz/calm](http://www.flexiblelearning.auckland.ac.nz/calm) Spread the word!



## Share your knowledge with the College:

### Regional contacts

Auckland Branch – Colette Adrian  
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### Newsletter Group

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## PRESS RELEASE

### Mental Health funding - more than ever before

"The Government continues to invest strongly in mental health with an extra \$174 million over the next four years," Health Minister Tony Ryall says.

"We are spending more on mental health than the previous Government ever did."

"Savings in the 2010 Budget account for less than half of one percent of the \$1.2 billion the Government spends on mental health each year."

"We have made savings from contracts that finished, from contracts where there was not sufficient uptake and from uncommitted money that has gone back into the health pot."

"None of these savings pose any risk to frontline services."

"This is all in the context of Labour quietly cutting more than \$100 million from the Health budget in the weeks leading up to the 2008 election."

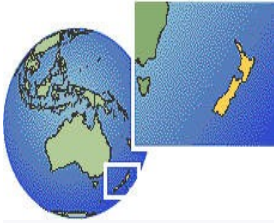
"Several new and exciting mental health initiatives will be announced shortly."

"These are in addition to new initiatives announced last year such as \$26 million for eating disorder services."

"The bottom line is that we are spending more on mental health services and providing more services to the public than ever before."

**Tony Ryall**

**14 JULY, 2010**



# Coming Events

National and International Conferences and workshops



## TheMHS (The Mental Health Services) 20<sup>th</sup> Annual Conference '20 years strong and now a renaissance'

Date: 14-17 September 2010

Location: Sydney Convention and Exhibition Centre Darling Harbour Sydney

More details: <http://www.themhs.org/2010-annual-conference>

Contact:

[info@themhs.org](mailto:info@themhs.org)

[media@themhs.org](mailto:media@themhs.org)

### **The 11th International Mental Health Conference**

being held at the Holiday Inn Surfers Paradise

Wednesday 18th August - Friday 20th August 2010. <http://www.anzmmh.asn.au/>

### **22 - 24 September 2010, Australasian Schizophrenia Conference (ASC2010), Sydney**

With the theme *Molecules to Mind*, the ASC2010 will see a coming together of the broad range of perspectives and scientific enquiry required to achieve a greater understanding of schizophrenia, that will make a tangible difference in the lives of people with this illness. <http://www.asc2010.com/>

### **26-27 August 2010, New Zealand Association of Clinical Research Clinical Research Conference, Auckland**

This is the annual 6th Clinical Research Conference with the theme "Collaboration: The Key To Success". <http://www.nzacres.org.nz/>

### **10 - 11 September 2010, National Conference on Autism Spectrum Conditions Celebrating Autism in New Zealand, Wellington**

Hosted by Autism New Zealand Inc the conference runs for two days, with the potential for post conference seminars on Sunday 12 September. The organisers would be pleased to receive papers, posters or other contributions relating to autism spectrum conditions – go to the website for paper and poster topics and more information. <http://www.autismnz.org.nz/Autism-New-Zealand/Conference-2010.php>

### [The Mental Health Education & Resource Centre](#)

provides a free mental health library for everyone in Christchurch and the South Island of New Zealand.

2nd Floor - Securities House  
221 Gloucester Street  
Cnr Gloucester and Madras Sts  
Latimer Square  
P O Box 13 167  
Christchurch  
NEW ZEALAND  
03 365 5344  
0800 424 399  
Fax: 03 365 5345



**The following Conference list has been obtained from Psychiatry Conferences Worldwide  
Upcoming events in psychiatry, mental health and related fields  
<http://www.conferencealerts.com/psychiatry.htm>**

**You can subscribe to their list and get regular alerts.**

### **August 2010**

- 01 3rd Passionate about Practice 2010 Conference Brisbane Australia
- 04 STAR 2010: 31st World Conf on Stress & Anxiety Research Galway Ireland
- 05 6th Biennial International Meaning Conference: Creating a psychologically healthy work place Vancouver Canada  
Focuses on the positive psychology of meaning, spirituality & engagement in happy & productive organizations. Workshops cover existential & positive psychotherapy, character strengths, resilience, etc. Meet leading researchers & practitioners
- 06 International Conference on Positive Psychology : A New Approach to Mental Health Jaipur India
- 19 International Unity in Diversity Conference Townsville Australia  
The third annual IUID Conference has created a benchmark of excellence & leadership in the area of Diversity, Culture & Social Cohesion and an ideal community forum for the discussion and exchange of information, ideas, panel debates & networking.
- 30 15th World Congress of Psychophysiology - The Olympics of the Brain - IOP2010 Budapest Hungary

### **September 2010**

- 01 Mind and Heart: Psychogenic Cardiovascular Disease Prato Italy
- 08 Personalisation and peer support - the mental health education and training agenda London United Kingdom
- 08 2nd Annual Southwest Regional Integrated Behavioral Health Conference San Diego California
- 10 21st Century Heidegger Dublin Ireland
- 12 Epilepsy and Depressive Disorders Chicago Illinois
- 14 Forensic mental health and women London United Kingdom
- 14 3rd Global Conference - Madness: Probing the Boundaries Oxford United Kingdom  
This inter-disciplinary research conference seeks to explore issues of madness across historical periods and within cultural, political and social contexts.
- 16 5th Annual UC Davis Psychotic Disorder Conference - Advanced Strategies for the Management of Psychosis: State-of-the-Art for Experienced Clinicians Sacramento CA
- 19 Soaring to New Heights in Case Management Toronto Canada
- 20 Refocus on Recovery 2010 London United Kingdom
- 22 11th Biennial Australasian Schizophrenia Conference Sydney Australia
- 25 General Practice Symposium - mental health: are we on the right track? Dunedin New Zealand
- 27 The Moment of Change Palm Beach Florida
- 27 CCSMH 4th National Conference: Connecting Research & Education to Care in Seniors' Mental Health Halifax Canada
- 30 16th Annual Counseling Skills Conference Las Vegas Nevada

### **October 2010**

- 01 5th International CECD Conference Penticton Canada
- 01 5th International Dementia Conference Sponsored by CECD Conference Penticton Canada
- 03 XVIIIth World Congress on Psychiatric Genetics Athens Greece
- 04 BRIDGING THE GAP BETWEEN SCIENCE AND PRACTICE IN THE ADDICTION FIELD Milan Italy
- 05 Mental Health in a Socio-cultural Perspective Al-Khobar - Saudi Arabia Saudi Arabia
- 06 Building Healthier Workplaces Ottawa Canada
- 08 Medication-Induced Violence Chicago Illinois  
Exploring how prescription medication may increase the risk of domestic violence, physical abuse, drug-seeking behavior and psychopathology.
- 09 Psychoanalytic Psychotherapy NOW 2010 London Other
- 13 Mental Health Nursing Conference: Compassion, caring and partnership in support of recovery Warrington United Kingdom
- 14 OTAC 34th Annual Conference Pasadena California  
The largest occupational therapy professional development conference in the West featuring more than 30 high quality sessions offering PDUs.
- 15 Diversity Challenge Chestnut Hill Massachusetts