

NEWSLETTER

Early
Summer

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CEO'S REPORT

CHRIS ADAMSON



August of this year has proved to be one of our busiest months for 2004. What put the icing on the cake, above what we had already planned was the 'Request For Proposal' (RFP) sent out with due date 23rd of August. This date came in a week that was possibly the busiest in the year. The RFP was an opportunity for Arahura to gain further Ministry of Health contracts. We responded to a contract for 20 level 3 people. Although this would have been a substantial increase in Arahura's services it was calculated that we currently have the skills and abilities to sustain the growth far better than the last round of growth that was the merger with Blue Water Services Ltd. Unfortunately another service were successful in tendering for these services and whilst our tender was our best effort it wasn't as competitive as another's.

In August a 'Housing Forum' was held at Alexandra Park and attended by myself and Stephanie. If nothing comes from this, then the fact that we all got together to discuss Housing issues was well worth it. The attendee's read like a who's who of Mental Health and the meeting was an excellent opportunity to catch up with people from all over the Country. One avenue that I will follow up with is our connection with ComCare in Christchurch. I have spent time with ComCare previously and will continue to develop this liaison.

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I have met with Brian Emery who has extensive knowledge and experience in the Mental Health World and has agreed to support Arahura with the development of our Cultural Liaisons. Rachael and I have been working on developing the Cultural aspects of the Service for sometime now and it would now seem like we have made the right connections.

I attended a workshop with our National Mental Health Association – Platform. This workshop and the AGM held after proved again to be an opportunity to reconnect with people from around the Country and connect with some of the real work going on in Wellington. I would also like to continue to develop these networks, with an emphasis on the Consumer work being done in Wellington and training opportunities around 'Recovery'.

Friday the 27th of August saw the move from Onslow Ave to Cullen Ave. Although we had already had the experience of the Kakariki to Dominion Rd, this move had its own challenges. By the end of the day however we had completed a project that had its roots in November 2002. All involved should be congratulated on the level of effort and commitment. Thank you. By the end of the month we had finished cleaning the house and given the keys back to the Property Managers. A special letter of thanks was sent to the owners of Onslow Ave to express our gratitude. It is not often that we come across such supportive Private Landlords.

Clubhouse continues to move forward in its development as an independent, efficient service. One Member and Staff Member took part in the Employment Track Training in Brisbane at Stepping Stones Clubhouse. This training was targeted at the Transitional Employment system within Clubhouse and offered the opportunity of a visit by Ralph Bilby from the ICCD (New York). The staff and members of Crossroads Clubhouse have really come together this year and I personally have great confidence in their ability to continue on the very successful path they are on.

We are heading towards the Christmas and New Years holidays. The rosters have all been finalised and we have put together a great staff team for the holiday period. The Xmas lunch tradition will continue with most planning to attend an organised lunch at Valentines. I wish every one well for a safe and enjoyable Christmas...thank you to all who have contributed to the realisation of goals over 2004 such as the replacement of Kakariki and Onslow.

WRAP TRAINING – REPORT DAVID BREEN

Arahura Trust has recently received assistance from the following people and organisations.

All at Arahura should acknowledge those willing to support us in providing a quality service – much of what we do relies on our ability to fundraise for it!

Donations

Alister Whitelaw \$100
 Howick Club \$500
 Sisters of the Good
 Sheppard\$100.00

Grants

Richmond
 Foundation\$1500.00
 staffing clubhouse

Southern Trust
 \$2265.60
 Kuratau

Cogs
 \$6630.00

Lawn Mowing Unit

Auckland City Creative
 Communities
 \$1687.50
 Arts in Businesses

I recently attended a one day training on the Wellness Action Recovery Plan – a recovery oriented model as designed by Mary Ellen Copland. The workshop was presented by Mary-ellen herself and her partner Edward. The workshop was about –“ Using Wrap to transform your mental health system”.

Three qualities which were highlighted by Mary as important to Recovery were **Independence , Interdependence** and **Community Integration**

Recovery as also meeting life goals and people fulfilling their dreams.

Arahura have been using the **WRAP** plan along side the **Strengths Model** for about two years and find then complementary.

A major part of developing a plan is to develop the Wellness toolbox- this is a personal list of skills and things to do that manage symptoms and help keep the user well.

- The plan also covers
- Triggers
 - Early Warning Signs
 - When things are breaking
 - Crises plan
 - Post crises plan

Mary-ellen highlighted key attributes of Wrap as :-
 It is something that can be done by the user themselves
 Helps the user feel better and improves quality of life
 It makes sense

Mary-ellen also suggested that a major part of the programmes success is ongoing peer support meetings. Ownership for the user of the plan is paramount to its ongoing success.

It is their plan – they have control over it – only what they want is in it. There is ongoing research on this recovery programme overseas to validate its use.

CULLEN AVE IS OPENED!

Thanks to the Hard work of Harvey from Housing NZ we have fabulous houses to replace the boarding houses, this is one of them.

The furnishings are thanks to ASB Trusts for the most part. We have been pleased to meet Trustees from ASB at both openings and will continue to appreciate their kind donation for a long time yet.



REPORT ON TE PUMAOMAO NATIONHOOD BUILDING SEMINAR
ATTENDED BY LEVEL 3 TEAM LEADER.
WRITTEN BY: KAREN LOCKIE, TEAM LEADER, LEVEL 3.

As a requirement of compliance to National Mental Standards it is now necessary for all Arahura staff to have taken part in Treaty of Waitangi training. Arahura administration have researched and sourced the above workshop as a means of addressing compliance. I attended the Pumaomao seminar over the course of 2 days as a participant rather than just an observer. This was so I could assess the workshop and my personal experience of it and better assess it's appropriateness for my colleagues.

As it was, I found Te Pumaomao was well presented, the workshop was interactive and informative and accessible to all participants. I found the presenters were energetic and good communicators. And the goals identified by presenters and participants were achieved.

The presentation of this workshop was, in my opinion, effective, varied, and designed to involve all participants. The use of a variety of visual aids, participant involvement, historical information, legislation and perspectives from the different peoples affected by The Treaty of Waitangi meant that we were constantly being informed and challenged to think outside of our own experiences.

Participants were encouraged to participate in this presentation regularly throughout the course of the workshop. This had the effect of everyone feeling part of the learning that was happening, and enabled us all to interact with each other and the presenters in a safe, fun way. It also kept people physically and mentally active and able to absorb the information being given much more ably than if we had been sitting down listening to a speaker for 2 days.

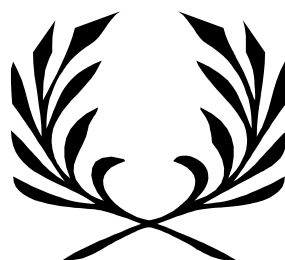
The information we were provided was accurate within it's historical context, and informative in terms of legislative measures introduced over time, as well as in terms of the perspective and effects of the treaty on Tangata Whenua.

I felt this workshop was accessible to all participants as there was a deliberate effort to create a safe, non threatening environment in which all of us felt we could listen and speak openly and in a non-judgmental way.

As a result of having attending this course my recommendation is that we have our staff attend this course in the process of meeting Mental Health Standards. I also feel we should recommend this course to other mental health providers who may be looking for a Treaty course to comply with Standards.

References

Te Pumaomao, Nationhood-Seminar, (Reflecting on the past, making provision for the future, an awakening – a discovery), **Takawai and Chris Murphy**. Sponsored by Waitemata District Health Board. Te Wai Awhina.



POETRY BY FRASER TEDESCO

And the Lawn Mower Hummed On

The Lawn Mower next door started
And the author felt uncared
It drove on through the evening
As he sat with his mind cart wheeling

Next started the hand vacuum
With nothing but scorn for dust and
broom

And the lawn-
mower went on
the afternoon

Varoommmm



into

Man Honoured

*I am a man
Honoured by many titles
Few and far between
I hope I never meet the Queen*

*The waterblaster next door
Was a noisy thing
It was stretched out and annoy-
ing
Like a vomit in the morning*

*I firstly hope and pray
That I don't forget the day
That I came to realise*

Home maintenance is hell to pay

**OPENING OF CULLEN AVE HOMES
23RD AUGUST 2004, COMMENTS FROM PEOPLE AT
THE OPENING**

*Lovely Clean and Smelling..... Wow..... At Last....
Excellent... Nice Colour.... Lovely..... Cool.... Wow!
....Fantastic.... Choice.... Nice.... Wonderful - so glad we could
help.....*

*Stunning house..... So nice.... Gorgeous..... Very Nice.... Ka
Pai.... Lovely.... Awesome.... Nice.... Excellent... Wow!....
Absolutely lovely well done.... Beautiful Homes*

THE PROMOTION OF MENTAL HEALTH AND PREVENTION OF MENTAL AND BEHAVIOURAL DISORDERS.

The 3rd World Conference: from Research to Effective Practice.

Hyatt Regency Hotel. Auckland, 15th to 17th September 2004

Attendees:- Chris Thomas / Chris Adamson

Written by:- Chris Adamson

The Conference was organised by:-

The World Federation for Mental Health

The Clifford Beers Foundation

The Mental Health Foundation of New Zealand

The Carter Center

Co sponsored by the World Mental Health Organisation

Promotion becomes Prevention and Vice Versa. *Clemens Hosman, Ph.D.*

The Conference was well attended with delegates from 30 different Countries. Great thought had been put into the organisation and content of the event. I've also never seen so many body guards, offering protection to the likes of Mrs Carter and our own officials. I also found that body guards have absolutely no sense of humour.

Themes from the Conference as I saw them were around the inclusion of Mental Illness not only as a disability but also as part of our Community. The Health Sector needs to be considered in line with the Social and Economic Sectors of our Society. This may not seem so dramatic but the reality is that the Mental Health Sector is very insular. As a group we stick together. We have our own language and interpretation of history. Our own culture.

The momentum created by the more vocal Consumers over the years not only in this country but around the world has given drive and forward movement to the Mental Illness questions, especially those around Human Rights. Mental Health is an essential part of what it is to be human. We now need to look at a bigger picture not just that of our neighbourhood. This has been coming through with the sense of a greater level of co operation between NGO providers. The momentum can also be seen in the number of organisations doing work outside the mainstream (refer links below). Another way to look at this is the continuation of the de institutionalisation of mental illness now 50 years down the track. So now we move forward. The next sentence sums up one of the paths forward. Kate Diesfeld (AUT) indicated that the use of International Human Rights Law can be used to support the Mental Illness questions / challenges and opportunities as it is 'Indivisible and universal'.

The timing of this conference with the National Mental Health Strategy in consultation has assisted in the development of Arahura's Vision planning. I received a great deal of benefit by getting a more global reflection of the position and influence of the Mental Health Community.

In three days you gather an enormous amount of information. From the Workshops as well as the Plenary sessions I have gained a great deal, developed my ideas further and met some extraordinary people. Certain events stand out. The international speakers were incredibly motivating and reinforced that New Zealand and Arahura are on the right path. That's not to say we're getting it completely right but certainly ahead of some other countries.

Highlights for the Conference include the Plenary Sessions, the Dinner and a Workshop by Tui Taurua. Tui gave me great inspiration. Tui's workshop was by far the most fun, informative and motivational. I have asked Tui to talk with David and I with a view to staff training opportunities.

KURATAU REPORT: SPRING 2004, BY CHRIS ADAMSON

Again I find myself reviewing the annual trip South to the Lake of Taupo and the surrounding area. As a service we have been taking this trip in one form or another for 9 years. In that time it has changed and grown significantly from the first trips.

The very first trip was with two residents and myself. We went to ski Ruapehu and stayed at a ski lodge just out of National Park Village. The residents had to save their own money for skiing as did I. We all jumped in my XD Falcon and left early one morning. Arahura at this stage was a Ltd Company and at the time could only really afford the accommodation costs.

We got up early the next day and on the slopes by 9am. The weather was fantastic and all three of us knew how to ski and headed up to the real fun bits straight away. At one stage I was on a chair lift and the man beside me stated that the neat little cloud that was coming up over the Mountain was in fact a steam cloud from the Crater and that a low level eruption warning was in place. You can imagine how secure I felt as I dangled in the chair awaiting the end of the ride. I was placed well outside my comfort zone. I conferred with the others and the sentiment was 'we're here, paid our money, we'll just keep a bit of an eye on the Crater ah'? So we stayed and lived to tell the tale. It wasn't long after our departure that they closed the Mountain and up she went.

You can imagine how I felt the next year as we tried the same thing with more people and the Mountain blew again. I started to become a bit paranoid and then remembered that Paranoia is the unreasonable fear of something and that I was in my rights to fear a Mountain such as Ruapehu.

Today my fears are about my skiing ability and my great respect lays with that mighty Mountain. I still find myself confronted with issues of the 'Comfort Zone'. Today however we use this as a tool for positive life experience. Pushing the boundaries of your fears with the support around you to make it safe. Sitting in a Jet Boat with a substantial V8 doing 360's and getting wet. Looking over the King Country from up high on the Mountain and realising how little and vulnerable we really are. Waiouru Museum and the reality of those that have gone before us – the lives they had, the lives they lost.

This report may seem a bit off the track as far as being a report about this year's trip but it's not. This activity is one that people still talk about 9 years later. It is now designed deliberately to push boundaries, to offer positive life experience. To have the sense of achievement when you sit at the table and eat Trout from the lake that you fished that day. To try new things, to be challenged and to do this in a safe environment. From the comments I received personally from participants of this trip as well as my own experience I can proudly say that Kuratau Spring 2004 was another highly successful adventure. Thank you to those people who made it a special week for me. I sincerely hope that we have many more. The next will be in another 3 weeks. Go and live.

KURATAU: PARTICIPANTS PERSPECTIVES...

"The trip to Taupo was very good. The fishing trip was interesting. I actually caught a trout. When we went on up the mountain we spent some time in the Bar and café. That was enjoyable. The whole trip was enjoyable." Anne, and "The trip was really good. I liked the swimming and the fishing. I would go again."

"I found the trip very fast and rugged." Gabe, and, "I found the trip different from first time last year I particularly preferred the evenings and coffee and being together as a family of friends and lovers."

"I enjoyed the trip to lake Taupo. Specially the Mt Ruapehu Trip and also enjoyed the fishing trip on the lake. I caught one trout. I also enjoyed the jet boat trip on Waikato river." Jack

"The photographs bought back lots of cherished memories, of happiness especially of the Huka Falls boat trip. I'm pushing my luck (to Chris) but I'd like to go on the next trip - Joke!!!" The fishing trip was a success we had a couple of trout and ate them that night. The War Memorial Museum bought back thankfulness for all the people who perished in the war for our safety". None of us are millionaires from the golfing onto the raft in the middle of Lake Taupo, maybe next time." Bruce.

"Enjoyed all aspects of the trip. Especially the huka jet, also great weather." Adam

"Well Awesome day fishing and the highest I've ever been, lots to do, thanks." Nathan

"I thoroughly enjoyed all aspects of the trip, especially the skiing." Steven

