From the IIMHL and IIDL Update List
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Welcome to this bi-monthly edition of Update 15 August 2017.

IIMHL and IIDL aim to improve client outcomes through leadership development in the mental health, addiction and disability sectors.

Update allows the rapid transfer of new knowledge through sharing information about upcoming Leadership Exchanges, as well as key national documents, training and webinars.

Please feel free to share this e-bulletin with others and we would be delighted if you would join us on Facebook.

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IIMHL / IIDL Leadership Exchange 2018

Please join us for the next Leadership Exchange in Stockholm Sweden, May 28 – June 1, 2018. Details to come in the near future!

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IIMHL Feature - New Zealand

Improving Youth Mental Health: What has worked, what else could be done?
Summary of Findings from the Phase 2 Evaluation of the Prime Minister's Youth Mental Health Project
Social Policy Evaluation and Research Unit, May 2017

Adolescence can be a period of high vulnerability for young people. To support their resilience and wellbeing, the Prime Minister's Youth Mental Health Project (YMHP) was launched in 2012 as a package of initiatives to complement existing services. Focus was placed on youth aged 12 to 19 with, or at risk of developing, mild to moderate mental health issues. This research summary presents insights from the evaluation which reports on the progress, achievements and effectiveness of the YMHP to June 2016. It focuses on what we can learn from this assessment of the YMHP: What has worked to improve youth mental health and where could further efforts be directed?

Along with high-level findings, we flag potential ways to improve services and overcome barriers that were experienced by youth and providers involved in the YMHP. This overview will have implications for a wide range of stakeholders, including policymakers; education, health and social service providers; workforce and professional bodies as well as programme funders and developers.
https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/75f7d477-dba7-481d-a4b0-26e2bf2460b9/Improving_mental_health_A_research_summary_Improving_youth_mental_health.pdf

Other IIMHL Articles of Interest: New Zealand

Cybersafety for an Indigenous Population
Te Kīwai Rangahau, Te Rau Matatini
McClintock, K., McClintock, R., & Brown, T. (2016)

The introduction to this report states: "The main focus of this report is to explore the current research relevant to providing better information for Māori whānau (family and families) about social media and the encouragement to be involved with their tamariki (children) in their internet use. Ultimately this study will contribute to the discussion on the prevention of cyberbullying and the prevention in "dare to die" or "risk adverse type games" through employing cybersafety strategies.

An international and national search of applicable documents discussing social media, cyberbullying and cybersafety strategies provides the foundation of this report. A broader examination describes the relationship of cyberbullying and suicide and more importantly strategies to address this concern on the global stage and in the Aotearoa

(New Zealand) context. This report will also have a future focus in terms of tamariki and parents themselves contributing to the solutions".

To read this article in full:
http://teraumatatini.com/sites/default/files/Cybersafety%20for%20An%20Indigenous%20Youth%20Population.pdf

Defining Social Investment, Kiwi-style
New Zealand Institute for Economic Research, December, 2016

This working paper aims to answer three questions:

1. what is the social investment approach (and what is it not),
2. how should it be applied and
3. where would it be most productively applied?

http://nzier.org.nz/static/media/filer_public/e8/56/e8566475-e1c7-4a2c-9f0f-bf65710b039b/wp2016-5_defining_social_investment.pdf

Pasifika People in New Zealand: How are we doing?
Pasifika Futures, 2017

Pasifika Futures is committed to supporting families to change the narrative, to enable young Pacific people to have a bright future and to see all Pacific families contributing and participating fully in the community and New Zealand society.

As part of the establishment of the organisation in 2014, a widespread national consultation process was undertaken to understand the needs and priorities of Pacific families. Supporting this process the organisation gathered information from a variety of sources on the Pacific population in New Zealand, which was published in 2015. This report updates and develops further our profile of the Pacific population. We draw on data published by a range of organisations, including Statistics New Zealand, MBIE, New Zealand Parliament, Ministry of Education, the Ministry of Health, Ministry of Social Development, and the Salvation Army's Social and Policy Unit. Our diverse and vibrant Pacific communities are well established in New Zealand society, with many having made the transition from immigrant based, new settlers to third generation New Zealanders with Pacific heritage. We are making progress in establishing ourselves in business, sports, the arts, social service delivery and public sector roles. We are represented at the highest level of Government, in local bodies and lead many Pacific organisations and hold senior and leadership roles in mainstream businesses, nongovernmental and community based organisations.

To read this article in full:
https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/0756de31-3c41-48ad-b38e-965299c9c188/Pasifika_people_in_NZ_how_are_we_doing_PF_2017.pdf

Getting it right
Te Pou, 2017

The New Zealand Health Strategy's (Minister of Health 2016) vision is that "All New Zealanders live well, stay well, get well." Realising that goal will require mental health and addiction services and workforces that are well resourced to address population health needs now and into the future.

Te Pou has published three new guides as part of the Getting it right series of workforce planning and development resources to support organisations and groups at DHB-locally, regionally and nationally.

These guides are designed for mental health and addiction services, and the principles are also applicable to disability and other health services. They provide step by step processes with practical advice, checklists, templates and links to useful tools and resources.

- Workforce planning guide: Getting the right people and skills in the future workforce.
- Developing your workforce: An overview of a systems approach to workforce development.
- Training your workforce: Getting the most out of training and development.

https://www.tepou.co.nz/initiatives/workforce-planning/15

Values Informed Practice
Te Pou o te Whakaaro Nui, 2017

To work effectively with values, we need to understand:

1. Values informed practice and why it is important – this includes acknowledging diversity of values and how cultural competence is an important part of working in a values informed way
2. 'Shared values' – which refers to wider frameworks of values influencing us – this includes how the values articulated in the Let's get real framework can operate as collective values for people working in mental health and addiction, as well as disability services.
3. How to work with and embed values informed practice at both practice and service level – this is about 'bringing it all together'.

Values informed practice aligns with and supports current and future directions in health – and more particularly – mental health and addiction services. This means services that are: » people-centred » co-produced » moving away from one size fits all » individualised » integrated across service and sector boundaries » based around the person and their own goals and vision of wellbeing.

In short, people having control and more influence over their own health and the services they access.
https://www.tepou.co.nz/uploads/files/resource-assets/160126-values-informed-practice.pdf

Recommended Reading on Family and Whānau Violence
New Zealand Family Violence Clearinghouse, May 2017

This 47-page list of reports, articles and resources is a selection by the New Zealand Family Violence Clearinghouse (NZFVC). Its purpose is to provide quick access to key research, reports, conceptual frameworks, tools and other resources that have been influential and useful in developing understandings of family violence, whānau violence, violence against women and gendered violence over time.

We use "family violence" as an umbrella term including intimate partner violence, child abuse and neglect, elder abuse and more. Items range from websites, tools and YouTube clips to reports and journal articles. Some are newer; some are classic or seminal pieces we come back to again and again. They are ones we frequently send out when people ask us for information on these topics. It is not intended to be a comprehensive list of the large amount of invaluable research that has been done and resources that have been created, but, we hope, a useful reference.
https://nzfvc.org.nz/sites/nzfvc.org.nz/files/Recommended-reading-NZFVC-2017_0.pdf

Child Poverty and Mental Health: A literature review
Child Poverty Action Group and The New Zealand Psychological Society Inc.
May, 2017

Large numbers of children in New Zealand suffer from mental health problems, and large numbers of children suffer from poverty and hardship. This literature review provides information on the relationship between poverty experienced during childhood and the impact that poverty may have on the mental health of a child or young person, or later in their adulthood.

The evidence strongly suggests that the incidence of mental health problems throughout the lifespan could be reduced through addressing the causes of child poverty and associated factors. Any mental health strategy for children should sit alongside a comprehensive programme to alleviate poverty. Strategies aimed at addressing child poverty in Māori and Pasifika communities are more likely to be effective if these are well-resourced at an early stage and developed in a genuine partnership with local communities.
http://www.cpag.org.nz/assets/170516%20CPAGChildPovertyandMentalHealthreport-CS6_WEB.pdf

Bridging the Gap: Young people and substance abuse
Matua Raki, 2017

Young people's bodies are different to adults. In particular, substance use while the brain is developing can cause much more, longer term problems than substance use when the brain is more developed.

The aim of this resource is to increase the knowledge and confidence of those working alongside young people in the primary care environment (including youth workers, school counsellors and others in youth focussed practice) to address issues related to alcohol and other substance use.
This resource may also be useful as a training tool for clinicians in specialist alcohol and other drug (AOD) services who provide training to youth workers in the primary care environment.
https://www.matuaraki.org.nz/resources/bridging-the-gap-young-people-and-substance-use/711

Insights - Informing policies and services for at-risk children and youth
The Treasury
Keith McLeod, Sarah Tumen, June 2017

This paper accompanies the release of an online interactive tool called Insights (see insights.apps.treasury.govt.nz). Insights uses anonymous data from Statistics NZ's

Integrated Data Infrastructure (IDI) and presents it in an accessible way, allowing users to visualise integrated government data at a detailed geographical level. This paper summarises the content of the different parts of the Insights tool, describes the approach taken, outlines high level findings, and illustrates how the tool can be used to develop insights at a local level.
http://www.treasury.govt.nz/publications/research-policy/ap/2017/17-02

Healthy Ageing Strategy
Video, Ministry of Health, 2017

Achieving the goals set out in the *Healthy Ageing Strategy* requires the commitment and participation of many people working across the health system.

This 5-minute video features some of these people talking about what the strategy means to them.
https://www.youtube.com/watch?v=_Yba2j78fJI&feature=youtu.be

IIDL Feature - New Zealand

Disability Information and Advisory Services and Needs Assessment and Service Coordination Review – A Proposed Design and Framework
Ministry of Health, March 2017

This report is the result of the Ministry of Health's independent review, undertaken by Sapere Research Group, of disability information advisory services (DIAS) and needs assessment service coordination (NASC) functions. The report will help inform the work the Ministry is doing over the next few years to transform the disability support system. It identifies how the interface between disabled people and support services can be improved to better support people to have a good life.

This is the final conclusion and recommendation paper in the independent review of the framework for DIAS and NASC for disability support services. This paper has Sapere's options and analysis of the potential impacts for a revision of the framework.

http://www.health.govt.nz/publication/disability-information-and-advisory-services-and-needs-assessment-and-service-coordination-review

Other IIDL Article of Interest: Australia

If I Had My Time Again
Rob Woolley, March 27, 2017

In this article Rob Woolley provides an analysis of what he has learned from his three years of experience in the trial sites of the Australian National Disability Insurance Scheme, and what he would do differently. The article provides some sound and succinct advice not only to providers involved in the roll out of this reform but to any organisation engaged in service transformation.

http://www.disabilityservicesconsulting.com.au/resources/if-i-had-my-time-again

Fran Silvestri
President & CEO, IIMHL & IIDL
fran@iimhl.com

General enquiries about this Update or for other IIMHL information please contact Erin Geaney at erin@iimhl.com.

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