



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of Update 30 June 2018

IIMHL organises systems for leaders to share innovations, network and problem solve across countries and agencies. The overall aim is to promote mental health and well-being for everyone. This includes developing leaders who can create the best possible conditions for mental health in all sectors across the life-span. Equally, it includes developing leaders who can deliver the best possible outcomes for people who use mental health and addictions services and their families.

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.

IIMHL & IIDL Leadership Exchange 2018 Stockholm, Sweden, May 28 - June 1



**IIMHL & IIDL 2018
Building Bridges
Beyond Borders**

FEEDBACK AND EVALUATION SURVEY

What did you learn and bring home from the 2018 Leadership Exchange?

We welcome your feedback on this year's Leadership Exchange and kindly ask you to respond to the feedback and evaluation survey about IIMHL & IIDL 2018. You will find in the IIMHL & IIDL app at

<https://iimhl.se/the-iimhl-iidl-le-app/>

in the Network Meeting event (event code: iimhliidl2018) under Dialogue

COPIES OF PRESENTATIONS

Where these are made available, they can be viewed on the website soon

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IIMHL Feature - Scotland

IIMHL & IIDL Leadership Exchange - Match Report

Rob Warriner (CEO of Walsh Trust in New Zealand) was very impressed with what he learnt in Glasgow, Scotland about a new type of crisis mental health service. He participated in a match ("**Ask Once Get Help Fast**" **Building a Collaborative Culture: Working beyond front-line boundaries to build Connected; Compassionate; Support for People Presenting in Distress**) as part of this year's IIMHL & IIDL Leadership Exchange. Here is his article:

<http://www.iimhl.com/files/docs/20180630a.pdf>

Other IIMHL Articles of Interest - Scotland

Mental Health Strategy: 2017-2027

Scottish Government, 2017

Our vision for the Mental Health Strategy is of a Scotland where people can get the right help at the right time, expect recovery, and fully enjoy their rights, free from discrimination and stigma. This Strategy is part of a wide range of measures that the Scottish Government is taking to help create a Fairer Scotland. 5 The inequalities that drive differences in physical health outcomes are the same inequalities that detrimentally impact on mental health. Poverty and social exclusion can increase the likelihood of mental ill-health, and mental ill-health can lead to greater social exclusion and higher levels of poverty.

<http://www.gov.scot/Resource/0051/00516047.pdf>

Recovery Colleges: One Size Does Not Fit All

2018

To explore what models might be best for Scotland SRN convened a meeting to explore the concept of recovery colleges from a range of perspectives. First and foremost, what would underpin a recovery college would be core values that it should be:

- Designed and delivered by people with experience of distress
- Building on strengths
- A driver for connection in the community, not an exclusively for people with a diagnosis
- Embodying a range of learning styles: no everyone needs or wants a certificate, but some do
- A stepping stone to great things, not an end point
- Able to offer what people want, not what others believe they should learn
- Allow people to contribute and in so doing revive their value for the community
- Free of labels
- Designed to include families and their experiences
- A stepping stone to learning and qualifications

To read more:

<https://www.scottishrecovery.net/resource/recovery-colleges-one-size-does-not-fit-all/>

Evaluation of the Effectiveness of the 8 Pillars Model of Home-based Support: Final report

Blake Stevenson for the Scottish Government, September 2017

The Scottish Government is working in partnership with QuEST, JIT, COSLA, ADSW and Alzheimer Scotland to test the „8 Pillars“ Model developed by Alzheimer Scotland. The model recognises the importance of community support to provide an integrated approach to improving the resilience and independence of people with dementia and their carers, enabling them to live in the community for as long as possible.

<http://ihub.scot/media/2395/evaluation-effectiveness-8-pillars.pdf>

Connecting People, Connecting Support: Transforming the allied health professionals' contribution to supporting people living with dementia in Scotland, 2017-2020

Connecting People, Connecting Support is about how allied health professionals (AHPs) in Scotland can improve their support for people with dementia, their families and carers (people living with dementia) to enable them to have positive, fulfilling and independent lives for as long as possible. As well as evidence developed through research, Connecting People, Connecting Support draws heavily on evidence collected by Alzheimer Scotland from people living with dementia, a scoping exercise on post-diagnostic support and research on AHP consultants. To read this article in full:

https://www.alzscot.org/assets/0002/9408/AHP_Report_2017_Web.pdf

Other IIMHL Articles of Interest - Ireland

Coping with the Pressures of Farming

Teagasc and Health Ireland, 2018

This publication 'Coping with the Pressures of Farming' has been researched and collated to address the many and varied issues that contribute to stress when not properly handled.

Aims are:

- To promote positive mental health among isolated people living in rural areas including farmers and farm families.
- To encourage help seeking behaviours in terms of emotional well-being among isolated rural dwellers by increasing awareness of rural support services.
- To reduce financial stress by encouraging more efficient ways of managing resources.
- To improve community understanding of what mental health truly is and challenge the fears and stigma often associated with mental illness which can be barriers to seeking necessary professional help.

- To promote and encourage the development of social farming for the benefit of vulnerable citizens persons and their families.

<http://www.mentalhealthireland.ie/wp-content/uploads/2017/09/Coping-with-the-pressures-of-farming-1.pdf>

Report Assessing Headline's Performance of its Media Monitoring, Media Response, and Media Education Functions

Institute for Future Media and Journalism School of Communications Dublin City University
Dr Roddy Flynn, 2017

Headline monitors mental health and suicide reporting in Irish media with a view to: identifying the extent to which coverage meets best practice reporting guidelines; contacting media organisations in the event of guideline breaches and; informing educational outreach activities with practicing journalists and those studying journalism at post-secondary and third level. To read this article in full:

<https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/publications/headline-report.pdf>

IIDL Features - New Zealand

Ministry of Health - 2018: Two documents -

Whāia Te Ao Mārama 2018 to 2022: The Māori Disability Action Plan

Whāia Te Ao Mārama is a culturally anchored approach to supporting Māori with disabilities (tāngata whaikaha) and their whānau because Māori are more likely to be disabled than the general population. Whāia Te Ao Mārama recognises that everyone must work together to achieve the vision – tāngata whaikaha pursue a good life with support. It outlines what the Ministry is committing to do from 2018 to 2022 and provides examples of actions tāngata whaikaha, whānau, health and disability providers, iwi and other organisations can take.

<https://www.health.govt.nz/publication/whaia-te-ao-marama-2018-2022-maori-disability-action-plan>

Where I Live; How I Live - Disability Support Services Community Residential Support Services Strategy 2018 to 2020

Where I Live; How I Live is about optimising the independence and self-determination of disabled people. It is in line with the Enabling Good Lives (EGL) principles that support people with a disability to make decisions about the kind of life they want.

<https://www.health.govt.nz/publication/where-i-live-how-i-live-disability-support-services-community-residential-support-services-strategy>

Social-model Mothers: Disability, advocacy, and activism

Gretchen A. Good, Awhina Hollis-English, Ally Attwell, Anna Dickson, Anita Gibbs, Janice Gordon, and Joanna M. T. Taylor

Counterfutures: Left thought and practice: 2017

This paper reflects on the experiences of mothers of disabled children, exploring the impact upon families who take on responsibilities for working for disabled children's rights. It is from these experiences that, as mothers, they join other activists and academics in the growing radical disability rights movement.

http://counterfutures.nz/4/Good_et_al.pdf

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Join IIMHL / IIDL

Leaders in any sector that can affect the conditions for Mental Health and Addictions and leaders in Disability services can join IIMHL or IIDL free by using this link:

<http://www1.iimhl.com/Join.asp>

Please note: We try to find articles, new policies, research that has been released or opinion pieces we think are interesting to reflect on. Sometimes those who receive these may feel is not accurate either for its use of data or not aligned with their views. IIMHL does not endorse any article it sends out as we try to rapidly share information.

