



# Supporting Families in Mental Illness



## NEWSLETTER | APR/MAY 2023



### Kia ora

Welcome to the April/May newsletter, hope this finds you well. The weather is starting to

change, it feels like we missed out on summer this year.

I would like to welcome Crystal Taituha to our team. Crystal will be working in Levin supporting Family/whānau, she comes with a wealth of knowledge. She will be a great addition to our team.

We have a Carers Retreat at the end of April if anyone is interested please give me a call 06 355 8561 for more information.

I will be running the Go Kidz programme over the school holiday's, this will be on Wednesday 12th & 19th April. This programme is for children living in the presence of mental illness and/or addiction age group 7-12yrs. If anyone is interested please call.

These are challenging times for most people if you need to talk to someone please don't hesitate to pick up the phone we are there for you. It is always good to remember how to look after yourself sometimes it's the small things that make a difference. I enjoy reading a book in the sun (when we have some), spending time with my grandkids who always bring a smile and a hug and being with friends and family.

Easter is fast approaching enjoy the break and the chocolate.

Take care,  
**Christine**



**CALL 06 355 8561**

[www.manawatusf.org.nz](http://www.manawatusf.org.nz)

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in Mental Illness  
Manawatu**

or search for *ManawatuSF*



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If you no longer wish to receive this newsletter, please let Sharon know and she will take you off the mailing list – [admin@manawatusf.org.nz](mailto:admin@manawatusf.org.nz)

## Palmerston North Office

Whānau Coordinator: Kim McKelvey  
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### Kia ora from Palmerston North and Feilding

It has been a busy start to the year and already it is nearly the end of March. We are nearly halfway in our Connections with Hope for Anxiety program and there are good numbers that attend.

I had the opportunity to attend a day's workshop on mental health and addictions in Wellington recently. There were four speakers and all were passionate and talented in their chosen field. The first was a speaker from the Dunedin Multidisciplinary longitudinal study who spoke about mental health findings, they found that indicators in childhood of poor mental health unsurprisingly lead to mental issues for people in adulthood. Therefore, making a strong case for providing support and treatment in childhood which improves outcomes for people in adulthood.

One of the other speakers was from Know Your Stuff which is a volunteer service that checks substances that people intend to take at festivals and concerts. They found that as a result of drug checking that this lead to harm reduction. By ensuring people knew what substances they had and are about to take reduced the risk of people actually taking the substance. They found that it works as people are making informed choices and it changes the minds of people who have already decided to use drugs as it's not the drug that they thought they had purchased. The other speakers spoke about working with people who have difficulty managing emotions, which discussed working with people who had experienced trauma, high levels of distress and chronic self-harm and suicidal behaviours. And there was an interesting presentation on mental health medication which discussed how psychiatric medication might produce both clinical effects and side effects.

Other events coming up for us are our family retreat in April which is for family/whānau who are carers or primary support for members of their family/whānau with a mental illness or addiction. For more information please contact us on 06 355 8561. This is a good chance for family/whānau to have some respite for a weekend with support people on hand if needed and all meals are provided.

I also want to mihi to Crystal, who is our new family/whānau co-ordinator for the Horowhenua region. I look forward to working with you in the future.

Take care  
**Kim**

## Palmerston North Office

Whānau Coordinator: Kate Philips  
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### Kia ora koutou – Hi to you all

Autumn has certainly made its presence felt with the cooler mornings and shorter days. It's time to get those winter woollies out.

It's a delight to welcome Crystal into our team. She has taken up the whānau coordinator role at SF in the Levin rohe. She comes with lots of experience, networks and a big heart. I am very much looking forward to working alongside her.

It's been a busy few months in the Palmerston North Office with many new referrals coming in. Often they come via other services, from friends or through self-referral. People see our name and make contact often not knowing what our service can offer. I enjoy taking these calls as I'm really proud of the services and programmes we are running. I'm finding often that people are needing an introduction to another service which is also a big part of what we do. So if you know of someone in need of support mention us. We will certainly be of help to them!

The GO KIDZ programme is coming up in the school holidays. This is a great two day programme (run each Wednesday) for school age children who have a parent, guardian sibling etc with mental illness or addiction issues. It's interactive, fun and informative. I'm really looking forward to being part of this again these holidays.

If you are finding you are struggling with the rise in food costs at the moment there is a great community initiative run by Bestcare Whakapai Hauora called Te Pataka Kai 4412 (for those living in Palmerston North). They are situated on Maxwells Line and they have a free pantry where you can go on Mondays and Fridays between 1-2pm. Take your own bag and park on the road. This service is for anyone needing a bit of extra help. You can like them on facebook. I noticed they are working with BHB Academy at the moment offering free haircuts in the barbershop on Friday afternoons between 1pm to 4pm.

That's all from me for now.  
Noho ora mai – Stay well, look after yourself.

**Kate**



## Levin Office

Whānau Coordinator: Crystal Taituha  
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Tena Koutou

Ko Tararua te Maunga  
Ko Waipunahau te Awa  
Ko Muaupoko te Iwi  
Ko Kurahaupo te Waka  
Ko Ngati Hine te Hapu  
Ko Kawiu te Marae  
Ko Hine Raukura te Whare Tupuna  
Ko Te Takeretanga te Whare Kai  
Ko Crystal Taituha ahau.

Kia Ora, my name is Crystal and I am in my first week of my role as a Family/Whānau worker for our Levin\Horowhenua rohe.

I am looking forward to settling into this mahi and to start engaging with whānau who would like the support of Supporting Families in Mental Illness and Addiction. I am also excited to be able to engage with other services to build my networks that can support whānau in need.

I look forward to meeting some beautiful faces along my journey.

Lets enjoy the last of these sunny evenings before daylight savings ends and the cold kicks in.

**WHAIA TE MATAURANGA,  
HEI ORANGA MO KOUTOU.**

*If we follow the path of learning,  
the world will be our oyster.*

Crystal



**CALL 06 355 8561**

**[www.manawatusf.org.nz](http://www.manawatusf.org.nz)**

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## Starlight Bringing Joy, Giving Hope

Our Aim is to bring joy and hope to mental health patients. We want them to know their community cares about them. We drop off welcome packs to Ward 21 and Crisis Respite in Feilding. During the Year we drop in Easter and Christmas gifts.

If you could help us with the following supplies throughout the year we would be most grateful.

- \* Toothpaste \* Shampoo \* Body Wash
- \* Tooth brushes \* Face cloths \* Combs
- \* Purse pack tissues \* Note books and pens

Items can be dropped into Supporting Families anytime and we will collect and distribute.



## Dannevirke Office

Whānau Coordinator: Lyn McNair  
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### Kia Ora from Tararua,

Last newsletter I mentioned that I was concerned this year was going to be another one of turmoil and unpredictability. It grieves me to say I was naively right. Many of us find ourselves feeling numb following Cyclone Gabrielle. My heart goes out to the people who have lost everything. We see the film clips of the destruction and cannot imagine the terror and grief it must have brought to so many.

One of the lovely families I support have a Mother/Grandmother who lives in Wairoa. The first the family knew of the situation was when they saw her house on the TV news. Her huge shipping container had even moved in the flood waters. Fortunately Grandma was down in Tararua visiting the family. She has lost everything she owned except what she had with her down here in Tararua. She is desperate to get back to Wairoa to find her cat.

Once again Kiwis have the opportunity to show their kindness and generosity and they are doing that in `spades' (no pun intended). You have to be proud to be part of this country and the people that also call it home, Aotearoa, or whatever you think of it as. I love the people of this whenua and how they come together in times of need because it is a natural instinct in most of us. Every little bit counts, digging out silt, cooking or contributing in any way you are able. A member of our family lost absolutely everything she owned.

We have a Connections with Hope, Anxiety Programme running in Dannevirke and I feel it is going exceedingly well. It is not too soon to start thinking about another Connections with Hope so if anyone is wanting to express interest please give us a call.

Kia kaha kiwis.

Lyn McNair

**News Flash** – the Wairoa cat came home as soon as her `mother' came back to the house.

## Dannevirke Office

Whānau Coordinator: Julie Fromont  
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### Greetings to you all,

Kia Kaha to everyone affected by Cyclone Gabrielle. In a blink of an eye, everything can change and turn our world upside down. Everyone affected by the cyclone is now left with the daunting task of cleaning up and trying to get some kind of normality back into their lives. New Zealanders are amazing and very generous when it comes to donations in times like this. We rally around and roll up our sleeves and help where needed. The loss and trauma people have gone through is going to affect their mental health. I have family and friends in Hawkes Bay who have lost everything. They have a long journey ahead of them to rebuild their lives. I feel helpless at times as there is no quick fix for their suffering. All we can do is be there for them, listen when they need to talk and reassure them they are not alone. When something like this happens it makes you feel very grateful for what you have because in a split second things can change.

Julie

### ANXIETY PROGRAMME

## Connections with Hope Anxiety

*A programme for people with mild to moderate anxiety*

- ✓ 10 week programme for 2 hours per week
- ✓ This is a **free** and confidential programme

**For more information or to make an appointment for an assessment please ring your SF office.**

**Palmerston North** 06 355 8561

**Levin** 06 368 6116

**Dannevirke** 06 374 8797





## ADHD in Adults

Source: <https://mentalhealth.org.nz/conditions/condition/adhd-in-adults>

### About ADHD in adults

Attention deficit hyperactivity disorder is not just something you see in children. If you were diagnosed with childhood ADHD (which used to be called attention deficit disorder or ADD), it's likely you've carried at least some of the symptoms into adulthood.

But even if you were never diagnosed with ADD/ADHD as a child, that doesn't mean you can't be affected by it. ADHD can go unrecognised through childhood. If your childhood symptoms were never

recognised, you may have been seen as a bad student, a dreamer or a troublemaker.

ADHD is more than simply not being able to pay attention. It makes it difficult to manage your daily life, especially tasks that require organisation, planning and focus. ADHD can also affect your relationships with others. Sometimes people with ADHD also experience difficulties with alcohol, substance and drug abuse and ongoing emotional and lifestyle difficulties.



The good news is the challenges of ADHD are manageable. With education and support, you can learn to manage adult ADHD – finding ways to turn challenges into strengths.

If you suspect you have ADHD, it's worth talking to your doctor. For many, just getting a diagnosis and understanding that there was a reason for many of their past difficulties can be an enormous relief.

### **What causes ADHD?**

Even though a lot of research into ADHD has gone on around the world, the exact cause is still unknown. What is known is that ADHD is not caused by poor parenting, too much sugar or vaccines.

Studies of brain scans show that children with ADHD seem to have brain circuits that are wired a little differently from other people's, so messages are harder to understand.

There is thought to be a genetic element to most ADHD, that is, it runs in families.

Studies have shown that brothers or sisters of children with ADHD have two to three times more likely to have it as well.



### **Symptoms**

Common issues faced by adults with ADHD can include:

#### **Poor concentration and focus**

People with ADHD experience problems with attention. You may be easily distracted by irrelevant sights and sounds, quickly bounce from one activity to another, or become bored quickly. This can make it hard to focus on work or study, making it difficult to meet targets and deadlines. As a result, you may find that your marks on assignments, or your achievement at work, do not reflect your true abilities.

#### **Too much concentration and focus**

On the other hand, people with ADHD also can become absorbed in tasks that are stimulating and rewarding to them, such as a new video game. When this happens, you may lose track of time or people around you and find it hard to shift your attention from the task you are fixated on. This can be a real strength when the thing you are fixated on is productive, but it can be challenging when it detracts from other work that you are required to do.

#### **Poor time keeping and prioritising**

There are many reasons for this. You may be easily distracted, for example, on the way to work or to a social event you may decide to clean the car or finish an important home task before you go out. People with ADHD also tend to underestimate how much time it takes to finish a task. They can also incorrectly prioritise work projects and miss deadlines while being distracted elsewhere.

#### **Difficulties with listening skills**

Problems with attention can result in poor listening skills in many adults with ADHD, leading to missed appointments and misunderstandings.

#### **Trouble getting organised**

Difficulties with time management and attention can mean that organising the responsibilities of adulthood, such as bills, jobs, and appointments, is difficult. During childhood, organisation difficulties may be less noticeable, as parents often form the structure that helps children with ADHD to manage time and responsibilities. When the young person moves into adulthood, organisational difficulties can become more pronounced.

#### **Difficulty starting hard tasks**

People with adult ADHD often avoid starting tasks that require a lot of attention. This procrastination often adds to existing problems, including relationship disagreements, workplace issues and problems with friends. Again, difficulties starting tasks may become more noticeable in adulthood, as the structure and guidance of school and parents lessens.

#### **Restlessness, trouble relaxing**

Unlike childhood ADHD, where children are "hyperactive", adults with ADHD are more likely to be restless or find they can't relax. If you have adult ADHD, others might describe you as edgy, tense or always on the go. Adults with ADHD are often drawn to outdoor, active jobs rather than desk jobs.



### Difficulty controlling emotions

People with adult ADHD often find it hard to be patient. Others may notice that an adult with ADHD has a tendency to interrupt other people and finish others' sentences. They may be quick to explode over minor issues. Many times, their anger fades as quickly as it flared.

### Relationship issues

Having ADHD can make relationships with others difficult. The partners and friends of people with undiagnosed or unmanaged ADHD may understand poor listening skills and an inability to meet commitments as a sign that their partner doesn't care. If you're the person with ADHD, you may not understand why your partner is upset, and you may feel you're being nagged or blamed for something that's not your fault.

### ADHD in women and girls

With recent research, it is becoming more apparent that the symptoms of ADHD are often different in women, girls, and people assigned female at birth. Often, young women with ADHD may show more subtle symptoms, which often leads to ADHD being missed or not diagnosed until later in life. For example, while a young male who is hyperactive may be noticed as being loud, fidgety and disruptive, a hyperactive female may simply be perceived as very talkative and animated.

It is thought that females are more likely to present with more emphasis on the inattentive aspects of ADHD. Often, this means that a young woman with ADHD may be more likely to daydream or be forgetful. The female presentation of ADHD symptoms can be much less disruptive, and so it is not picked up as a formal disorder of attention. As a result, it is often not until later in life, when difficulties with organisation, time management and task completion become much more evident, that it is identified as a problem.



### How your doctor determines if you have ADHD (diagnosis)

There is no simple test to determine if you have ADHD. For both adults and children, it involves a comprehensive process.

The diagnosis needs to be made by a specialist with experience in assessing and treating ADHD. Your GP can refer you to a specialist who can complete an assessment. The assessment will involve the specialist talking to you about your symptoms and your life history. They will ask if they can speak with your family/whānau to help build a complete picture. They will also check to see if you have any additional conditions that need addressing. This is important when it comes to making an accurate diagnosis, as often other mental health conditions such as anxiety, OCD or mood difficulties can significantly affect attention and concentration.

A diagnosis is made based on whether you have some or all of the typical symptoms, and the length of time you have had them. Because ADHD is a developmental disorder, meaning that it is present throughout a person's life, it is important to gather information from earlier in life, for example, by looking at old school reports. This is particularly useful when trying to establish whether difficulties may be due to ADHD or whether they are better explained by a different diagnosis or by situational factors.

In order to understand how your symptoms are affecting you now, the specialist will interview you and any other important people who are available (e.g. family members) and you will be asked to complete questionnaires. Based on this information, the specialist may decide that a full cognitive assessment is needed to make sure the diagnosis is accurate.

Once the assessment is complete, the specialist will write the results up into a formal report and discuss them with you. The report is usually shared with your GP and any others who you feel it would be appropriate to share with.

### Treatment options

If you or a loved one is diagnosed with adult ADHD, you'll need to work together with your doctor or mental health professional to come up with the best treatment plan. It's a complicated condition, generally best managed by a mixed treatment programme, which may include the following components:



## Medication

Stimulants are the main kind of medication used in the treatment of ADHD. These are designed to help you concentrate better, be less impulsive, feel calmer and be able to function in the workplace and at home. A special authority is required to prescribe ADHD medication, so in order for a GP to prescribe stimulants, a formal diagnosis is needed.

If you are prescribed medication, you are entitled to know:

- the names of the medicines
- what symptoms they are supposed to treat
- how long it will be before they take effect
- how long you will have to take them for and what their side effects are (short and long term).

## Talking therapies and counselling

These treatments are talk-based therapies that look at your thinking, behaviour, relationships and environment.

For ADHD, these treatments include behaviour management, teaching skills to help manage time and work towards goals, and teaching social skills to help support you socially, at work and at home.

Career counselling can also be a valuable tool in supporting those experiencing ADHD.

Family counselling can also play an important part in helping everyone in the family understand the condition and support you, provided the counsellor has good knowledge of ADHD. Check this with the counsellor before starting.

Any therapy/counselling should be provided in a manner that's respectful of you, and with which you feel comfortable and free to ask questions. It should be consistent with and incorporate your cultural beliefs and practices.

## Other strategies to support recovery

### Education

For many, just getting a diagnosis and understanding that there was a reason for many of their past difficulties can be enormously helpful. Finding out more information about ADHD, identifying what situations may present a challenge for you and identifying your strengths are important parts of managing ADHD.

### Join a support group

Some people find it is helpful to meet with others and share experiences and "what works".

### Manage other challenges

If you have grown up with undiagnosed ADHD, you may have experienced difficulties with anxiety, mood or substance use. Treatments addressing these co-existing difficulties can be helpful. Incorporating skills such as mindfulness, cognitive behavioural therapy strategies or acceptance-commitment therapy strategies can all be useful ways of managing anxiety and mood difficulties. A mental health professional can support you with learning and using these skills.

### Maintain general wellbeing

Everyday self-care is important for maintaining general wellbeing. Eating and exercising regularly, sleeping well, staying hydrated and spending time outside are all important factors that can make day-to-day management of ADHD easier. Yoga, exercise, relaxation, massage, mirimiri and aromatherapy have all been shown to have some effect in alleviating mental distress.

It is also important to look after your physical wellbeing. Make sure you get an annual check-up with your GP. Being in good physical health will also help your mental health.

## St John Health Shuttle

### Feilding, Palmerston North and surrounds

Booking essential at least 24 hours prior to appointment

Office hours weekdays 8:30am - 3.00pm

**Phone 0800 323 565**

**In an emergency call 111**

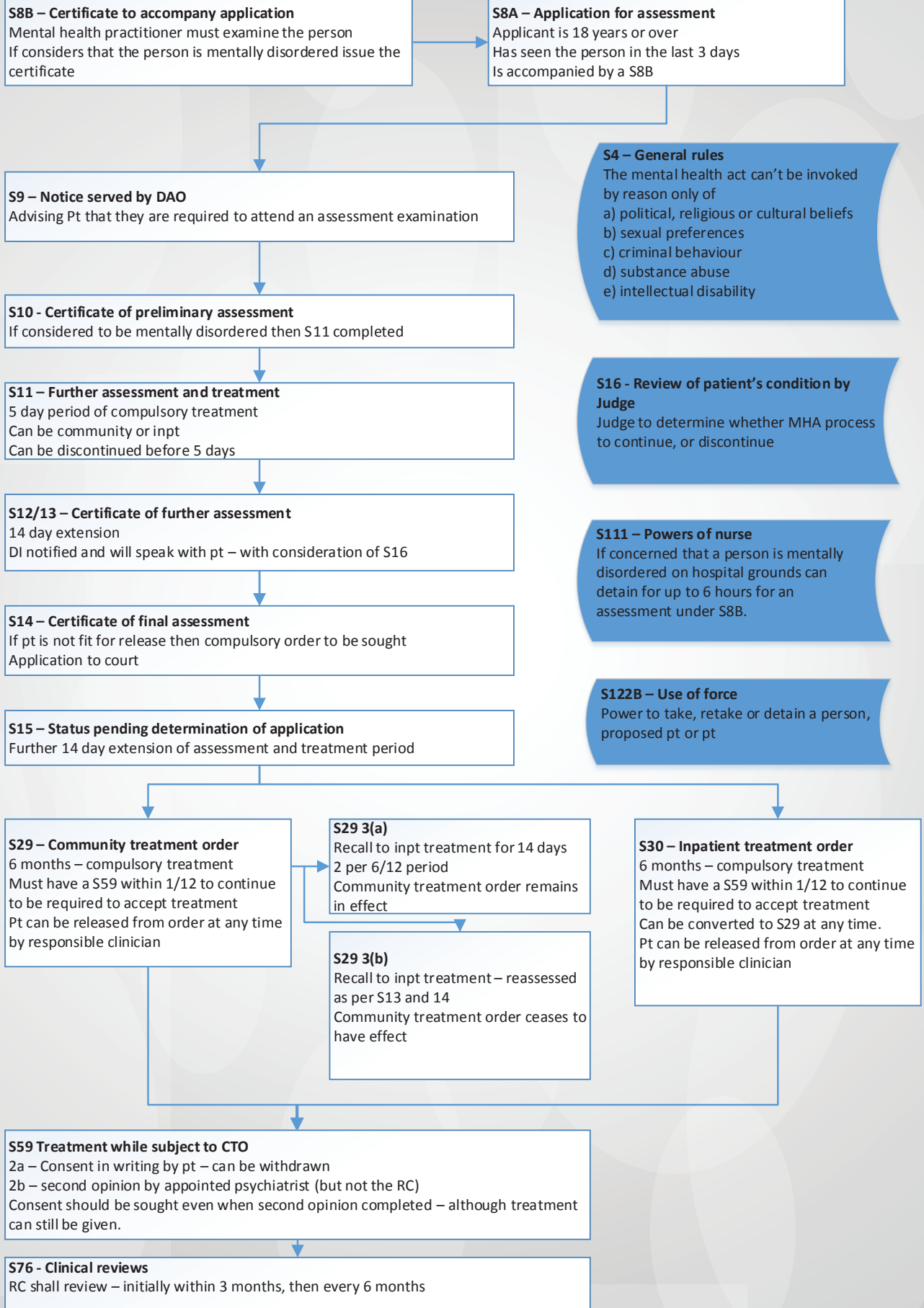


**St John**  
Here for Life





# Mental Health Act Flowchart



Mental Health (Compulsory Assessment and Treatment) 1992. <https://www.legislation.govt.nz/act/public/1992/0046/latest/whole.html>



## Donations and Acknowledgements

We are grateful to be in a position to provide support. However in order to continue to improve and develop our service we require the ongoing support of donors. The ongoing support of your small gift each month is the most effective way to assist our valuable work. All donations are tax deductible, and there are no longer any restrictions on the amount you can claim back. Payments can be made by internet banking, this can be set up with the following details:

Manawatu Supporting Families in Mental Illness  
Westpac 03 1522 0020097 00

*Please place your Name/s under Particulars and "Donation" under Reference.  
A receipt can be issued upon request for tax credit purposes.*

### We gratefully thank the following for the funding we receive:

MidCentral District Health Board, Lottery Grants Board, The Lion Foundation, Infinity Foundation Ltd, T G McCarthy Trust, Vavasour Trust, Eastern & Central Trust, COGS Manawatu, COGS Tararua, Mainland Foundation, Community Services Council, Frozen Funds, Milverton Trust, Kingdom Foundation, Heartland Lion Foundation, donations from the general public and of course our members.



## PROJECT CALM



### Skill based anxiety reduction programme for school aged children

- 8 week course. One hour per session. One session per week.
- Parents attend alongside child. Parents learn theory and reasoning behind the strategies children are learning.
- Practical strategies are taught by the child programme facilitator.
- Based on Acceptance Commitment Therapy, Cognitive Behavioural Therapy and Self Compassion models.
- Children learn skills in mindfulness, relaxation, self compassion and problem solving.
- Adults learn about identifying and managing sensory issues, thinking errors and social difficulties.

#### School Based Option

- School choose students to attend – up to 8 per group.
- Children and parents received Project CALM Programme on school site after school.
- Teaching staff offered a workshop and PD into anxiety reduction

For registration of interest in hosting a Project CALM course contact  
Supporting Families [christine@manawatusf.org.nz](mailto:christine@manawatusf.org.nz) 06 3558561



*Sender:*



**PO Box 5010  
Palmerston North 4441**