



# SUPPORTING FAMILIES in Mental Illness

## Manawatu

At an SF member Hui, held on 8 August 2015, there was wide acknowledgment of a need for change to ensure the ongoing ability of SFMI groups to deliver services. It was agreed that a Steering Committee was to investigate options for SF.

It was clear from the National Hui that there were two options to investigate. The Steering Group was to investigate the two options further, including seeking legal advice on the implications of structural changes and identifying the risks and benefits of all key changes involved.

### Options:

1. Single national organisation with formal or informal regional representation. This was favoured by a majority of the steering committee
  2. An enhanced status quo. (Manawatu SF board are in favour of this option)
- The Steering group retained Sue Barker of Charities Law to provide advice regarding the two options including an examination the impact of proposed changes to the Incorporated Societies Act is likely to have.

On 7 May 2016, Sue Barker presented her draft opinion to the Steering Group providing clarity on some of the legal issues. Sue also described the impact of proposed changes to the Incorporated Societies Act. All charities will need to make changes to their constitution to comply with the new act (by 2022).



An AGM will be held in Wellington, at Atareira on 15<sup>th</sup> October 2016, anyone is welcome to attend. This will allow an opportunity to meet and discuss the memorandum of advice and this paper in the morning, followed by the AGM of SFNZ in the afternoon. This information is available to see at the Manawatu SF Office.

**Bruce McGarvey**  
Manawatu SF Board Chairperson

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## CONTACT US

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### PALMERSTON NORTH (MAIN OFFICE)

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PO Box 5010, Phone: (06) 355 8561 or (06) 355 8562

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**Peer Support Hours: Monday to Friday 9am – 4pm**

### DANNEVIRKE OFFICE

40 Denmark Street (ground floor)  
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Family/Whānau Coordinator: **Angela Ellis**

Email: [angela@manawatusf.org.nz](mailto:angela@manawatusf.org.nz)

**Office hours: Tuesday to Friday 9am – 3pm**

### LEVIN OFFICE

58 Bath Street, Levin (1st floor)  
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Family/Whānau Coordinator: **Luciana Maru-Hill**

Email: [luciana@manawatusf.org.nz](mailto:luciana@manawatusf.org.nz)

**Office hours: Tuesday to Friday 9am – 3pm**



**PALMERSTON NORTH OFFICE**  
 Whānau Coordinator: Kim McKelvey  
 Email: kim@manawatusf.org.nz

## Greetings from Palmerston North & Feilding

It has been a busy time this month with family work, training and planning. I attended the tackling poverty workshop in Feilding which was held to gather fresh ideas on how to tackle poverty in the Manawatu District. The workshop had great numbers of people in attendance and a variety of agencies with a different focus in their core services which they were able to bring to the workshop in sharing their point of view. I attended an advocacy workshop as well which looked at the key skills of advocacy and how we do advocacy and know when we are and when we might not be. This was a great opportunity to meet others in the advocacy sector and share skills in how to go about advocacy.

In my family work it seems to be the same type of frustrations been felt by families which have an overwhelming theme of not been heard by public sector mental health services.

September is a busy month with World Suicide Prevention Day on the 10<sup>th</sup> September. World Suicide Prevention Day has connect, communicate and care at the heart of suicide prevention this year. They have also launched ribbons which you may see some people wearing, they are orange and yellow and indicative of a candle flame tying in with the World Suicide Prevention Day activity of lighting a candle at 8 pm on the 10<sup>th</sup> September. The ribbons are a tribute and remembrance for people and work with the out of the darkness into the light activities which hopes to increase awareness of suicide prevention further. On September 14<sup>th</sup> 2016 Mental Health Awareness and Suicide Prevention Day is on Massey concourse. MUSA are planning to have a vibrant atmosphere with all sorts of activities that will engage and connect students to the theme and raise awareness.

Remember, if you interested in attending the support group for families, we hold this once a month. Details are in this newsletter, please just come along, as it is a great time to meet with others who are experiencing the same things that you are going through. This group can offer support and some wise advice.

I now visit the inpatient social worker Matthew Keen every Friday at Ward 21 which is a new development. You can still find me there between 2pm and 3.30 pm in the Occupational Therapy Room, if you are visiting a family member in the ward and think you could do with some support then look for me there.

Last but not least, it is awesome having our social work student Fiona, she bubbles with enthusiasm and is passionate for mental health work and the people each day in our centre.

Take care and come in for a chat with me either in the office at 160 Cuba St or in Ward 21. Have a great month and enjoy the last chills of winter.

**Take care and stay warm, Kim**



**LEVIN OFFICE**  
 Whānau Coordinator: Luciana Maru-Hill  
 Email: luciana@manawatusf.org.nz

## Tēnā tātou e te whānau o Horowhenua

We are about to start our Anxiety Group. I am always keen to have names on our waiting list for both groups - Depression and Anxiety.

I hope to one day have a depression group for the elderly and one for youth so watch this space.

Our coffee group has had some new members. All are welcome to join us a Focal Point Café on the 2nd and 16th of September at 10:30am. Nau mai haere mai!

On Friday September 30th, from 10:30am to 3pm there is an "Age on the Go Expo" held at the Horowhenua Event Centre.

My role is to support family/whānau in mental health and addiction. Next month I will be celebrating 20 years of total abstinence of alcohol and mind altering drugs so I am here for you all whānau.

Each fortnight our Manawatu SF staff meet and set aside time to learn te reo Māori. We have been learning our own mihimihi pepeha (formal greeting when you are new to a group of people) It is a way to connect with those you are meeting, who you are, where you are from, what iwi (tribe) you have descended from etc etc. We have been also learning with ngā rākau (coloured rods) that help us structure sentences. It has helped build confidence for those that are not familiar with te reo and give's us an opportunity to learn together.

Take care and my favourite saying "Take it easy"

**Luciana Maru-Hill**  
 58 Bath Street, Levin (1st floor)  
 Phone: (06) 368 6116



**IT'S COOL TO  
 KORERO  
 MĀORI!!!**

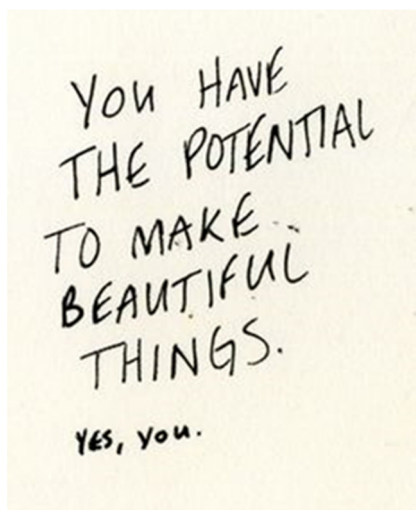


#### DANNEVIRKE OFFICE

Whānau Coordinator: Angela Ellis  
Email: [angela@manawatusf.org.nz](mailto:angela@manawatusf.org.nz)

Tena koutou katoa from the Tararua

I hope you have enjoyed the sunny days we have had on and off through August, let's hope it is a sign of things to come, out of the shadows, into the sun.



Final reminder -

In September we are running a 10 week (2hours per week) course in the Tararua region, for people affected by mild to moderate depression. It is called Connections with Hope – how to deal with depression. This course is available for people who are not currently under Mental Health Services but may want to learn new ways of dealing with their depression in a supportive and friendly environment. If you are interested there are limited places available and we are underway soon so please text or ring me to discuss.

Eketahuna Health Centre -

I travel to Eketahuna every week visiting families. If you would like to connect with me, then please text or ring my cell number below and I can make a time to meet with you at the Eketahuna Health Centre.

Coffee break -

If anyone is interested in catching up with others for a coffee break give me a text or call and we can arrange something in September.

My contact numbers:

Office: 374 8797

Cellphone: 027 355 8563

Kind regards

Angela



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



## Support Groups

These groups are open to anyone who is caring for someone with mental health issues and addiction.

### PALMERSTON

**NORTH** with Christine

23 September at 1pm

Café Sosky's

116 Napier Road Palmerston North

**LEVIN** with Luciana

2nd & 16th Sept at 10:30am

Focal Point Café

Levin

**PAHIATUA** with Angela

Call or text for a time

Bush Community Centre

Main St

Pahiatua



## FIND US ON FACEBOOK



We are now on Facebook! In order to view, you will need to have an account. Our page will contain upcoming events and photo's of any past ones. We will also have a copy of our newsletter for people that have not yet subscribed.

For those with an email version of this newsletter, please copy and paste this link into your web browser or do a search:

<https://www.facebook.com/Manawatu-Supporting-Families-in-Mental-Illness-1268175913197966/>

Please like our page to receive updates



Like



## Study suggests bipolar disorder has genetic links to autism

Findings add to evidence of shared genetic susceptibility

By Dr Jennifer Brown

### **A new study suggests there may be an overlap between rare genetic variations linked to bipolar disorder (BD) and those implicated in schizophrenia and autism**

The study\*, by researchers at the University of Iowa Carver College of Medicine, Johns Hopkins School of Medicine, and Cold Spring Harbor Laboratory and published recently in *JAMA Psychiatry*, adds to the growing understanding that many psychiatric diseases share genetic roots, but is among the first to suggest a genetic overlap between bipolar disorder and autism.

Bipolar disorder is one of the most important psychiatric illnesses because it is fairly common - affecting between 1 and 3 percent of the population - and quite debilitating. Although many patients are helped by treatments, such as lithium, about one third of people affected by BD do not do well with current therapies. Although it's long been known that bipolar disorder is highly heritable, identifying specific genetic variants that contribute to the illness has proven difficult.

Within the last decade, advances in human genome studies have helped uncover several so-called common variations, but none of these variations alone have a large effect. Even more recently, the advent of rapid and relatively cheap next-generation gene sequencing technology has provided an opportunity to find rare variations that might individually have a large effect.

"Common variations are thought to each individually have only a tiny impact - for example, increasing a person's likelihood of getting a disease by 10 to 20 percent," says James Potash, MD, UI professor and DEO of psychiatry, and senior author of the new study. "The hope with rare variations is that they individually have a much bigger impact, like doubling or quadrupling risk for disease."

Potash and his colleagues devised a two-pronged strategy, combining a case-control approach with family-based exome sequencing to maximize their chances of identifying rare variants that contribute to BD.

The idea behind the case-control approach is simple: if a genetic variant is found more often in the group of individuals who have the disease compared to a control group of people without the condition, then the gene variation might be associated with increasing susceptibility to the disease. Very large datasets are key to the success of this approach.

Exome sequencing of families affected by a disease is more sophisticated. Comparing exome sequences of related individuals, affected and unaffected by BD, can distinguish variants that "travel with" or segregate with the disease. This approach has long been used to identify gene variants or mutations that are passed from parents to children that cause disease.

Overall the family study identified 84 rare variants (in 82 genes) that segregated with BD and that were also predicted to be damaging to the proteins encoded by those genes. The team then tested the likelihood that these rare variations might be involved in causing BD by looking for them in three large case-control datasets that included genome sequences from a total of 3,541 individuals with BD and 4,774 control patients.

Despite the relatively large size of the combined datasets, the approach was not powerful enough to identify any of the individual rare variants as definitively associated with BD. However, 19 genes stood out as being over-represented in BD cases compared to controls.



Dr James Potash

\* The study is linked to the following website: <http://archpsyc.jamanetwork.com/article.aspx?articleid=2517516>





"The results were not strong enough for us to say 'we have pinpointed the genetic culprits.' But it was strong enough for us to remain interested in these genes as potential contributors to bipolar disorder," says Potash, who also is the Paul W. Penningroth Professor and Chair of Psychiatry and a member of the Pappajohn Biomedical Institute at the UI.

However, when the team considered the 19 genes as a group, they realized that several were also members of groups of genes that had been implicated in autism and schizophrenia.



"It turned out that the schizophrenia and the autism genes were all more represented among our 82 genes than you would expect by chance," Potash says. "And when we looked at our whittled down group of 19 genes, the autism genes continued to be unexpectedly prominent among them.

"With studies like this we are finally, after decades of effort, making real progress in nailing down groups of genes and variations in them that play a role in causing bipolar disorder," Potash adds. "The mechanistic insights we gain from identifying associated genes we hope will point us in the direction of developing new treatments to make a difference for the many people affected by this illness.

\*\*\*\*\*

In addition to Potash, the research group also included senior authors Peter Zandi at Johns Hopkins School of Medicine, and Richard McCombie at Cold Spring Harbor Laboratory, and lead study author Fernando Goes, at Johns Hopkins School of Medicine. Additional UI co-authors of the study were Virginia Willour and Eric Monson.

The research was funded by grants from The National Institute of Mental Health at the National Institutes of Health (NIH) and the National Alliance for Research in Schizophrenia and Affective Disorders (NARSAD).



## Upcoming Events

Manawatu Supporting Families invite you to join us at the following events:

### Go Kidz Programme

For children between the ages of 7-11 years who live in the presence of Mental Illness and/or Addictions. Date to be advised.

This will be held in partnership with The Highbury Family/Whānau Centre.

Please contact Christine for more information or to register.

### Napier Bus Trip to the National Aquarium of New Zealand

UPDATE: The bus is currently full but we usually have a number of cancellations on the day. If you want to chance your luck, be at the SF main office at 8am. There is no cost for the trip, just BYO lunch.

**Date: Saturday September 10<sup>th</sup> 2016**

**Departure Time: 8am**

**From: 160 Cuba St (Pitt St carpark)**

(stopping at Dannevirke and Woodville for possible pickups)

**Departure from Napier: 2:30pm**

**Arrive back by 5pm**



## Register for myMSD at my.msd.govt.nz



### First time to myMSD?

Get started with your client number.

- 1 Type in your browser my.msd.govt.nz (Tip: add this page to your favourites or 'save to homescreen' on your mobile.)
- 2 Click to register.
- 3 Enter your client number and date of birth.
- 4 If you're using a public or shared computer tick this box. Read and agree to the 'Terms of use and privacy policy', then click 'Next'.
- 5 If you've got a MyAccount, you can choose to login using your RealMe login (1) below or continue to step (6).
- 6 If you don't have a MyAccount, a verification code will be sent to the mobile phone number we have on record for you (you can choose to send it to your email).
- 7 Enter your verification code.
- 8 Choose to login with a PIN or RealMe login.

### You can set up your login in two ways:

#### Use a PIN

- 1 Enter your PIN.
- 2 Confirm your PIN.
- 3 Welcome to myMSD

#### Use RealMe login

- 1 Enter your username and password.
- 2 Click 'Login'.
- 3 Welcome to myMSD

## Login to myMSD at my.msd.govt.nz



### Logging in for the first time?

Login straight away using your PIN or RealMe login.

#### PIN login

- 1 Enter your pin and click 'Login'.
- 2 Welcome to myMSD

#### RealMe login

- 1 Enter your username and password and click 'Login'.
- 2 Welcome to myMSD

### We'll also ask for your client number and date of birth to make sure it's you if:

- You haven't logged in with this device before.
- You logged in with this device last time and selected:
  - 'I'm using a public or shared computer' or
  - 'Forget my details on this device'.

If you login with a shared device and someone else's name appears on the login page, select 'Login with a different account'.



MINISTRY OF SOCIAL  
DEVELOPMENT  
TE HĀKATU WHAKAHIAO ORA



MINISTRY OF SOCIAL  
DEVELOPMENT  
TE HĀKATU WHAKAHIAO ORA

# Mental Wellbeing Workshops

## Date and Time

Every Thursday in  
September and October  
1pm till 2-30pm

## Venue

Supporting Families  
160 Cuba Street  
(Entrance on Pitt Street)

PH: 06 3558561



## Facilitators

Susan Forbes

&

Esther Mclean

(Contact Susan  
if you want to  
attend the  
workshops)

## Topics Covered

Personal development and planning - Finding balance in your  
everyday life

Dealing with distressful emotions

Make a sensory modulation kit - Try new relaxation techniques

Learn about the principles of recovery

And

Te whare tapa wha

All workshops are created using

Principles of Recovery

Hope—Personal Responsibility—Education—Self Determination—  
Support

Te Whare Tapa Wha Model







## Consumer Activity Programme

160 Cuba Street - Entrance on Pitt Street (Beside Chinatown)

Our centre & planned group activities are structured around the value of supporting each other. For one on one support, please phone Susan on 06 355 8561 to make an appointment, as this will ensure that you get the time and privacy that you need.



### Board Games and Puzzle's Anytime

Break out the brain cells, come and join us with the jigsaw puzzle, magazine puzzles or board games.



### Art Lessons

**Tuesdays 12:30-2:30pm**

Come and enjoy having a tutor to support your creativity.



### Kai Time

**Wednesday 14th September 12pm**



### Anxiety Support Group

**Wednesdays 1pm-2.30pm**

For all interested in sharing and learning from others who live with the experience of anxiety



### Mental Wellbeing Workshop with Esther & Susan

**Thursdays 1.00pm-2:30pm - Open to consumers and family**



## Donations and Acknowledgments

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.

We are still happy to receive donations by cheque made out to **Manawatu Supporting Families in Mental Illness**

Alternatively if you prefer internet payment, 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 Taranaki, Mainland Foundation, Community Services Council, Frozen Funds, Milverton Trust, Kingdom Foundation, Heartland Lion Foundation, donations from the general public and of course our members.



**PALMERSTON NORTH**  
**COMMUNITY SERVICES COUNCIL**  
*Sharing strengths - empowering community*



Phone: 06 355 8561

Email: [consumer@manawatusf.org.nz](mailto:consumer@manawatusf.org.nz)

# September 2016

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 Mental Wellbeing Workshop 1.00pm-2:30pm	2 Peer Support	3	4
5 Peer Support	6 Art Lessons 12:30-2:30pm	7 Anxiety Support Group 1pm-2:30pm	8 Mental Wellbeing Workshop 1.00pm-2:30pm	9 Peer Support	10 <b>Bus Trip</b> Depart from Manawatu Office at 8am	11
12 Peer Support	13 Art Lessons 12:30-2:30pm	14 <b>12:00pm Lunch</b> Anxiety Support Group 1pm-2:30pm	15 Mental Wellbeing Workshop 1.00pm-2:30pm	16 Peer Support	17	18
19 Peer Support	20 Art Lessons 12:30-2:30pm	21 Anxiety Support Group 1pm-2:30pm	22 Mental Wellbeing Workshop 1.00pm-2:30pm	23 Peer Support	24	25
26 Peer Support	27 Art Lessons 12:30-2:30pm	28 Anxiety Support Group 1pm-2:30pm	29 Mental Wellbeing Workshop 1.00pm-2:30pm	30 Peer Support		



*Sender:*



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Palmerston North 4441