

GORE & DISTRICTS COMMUNITY COUNSELLING CENTRE



Gore Counselling Centre new Manager/Clinical Team Leader, Pamela Wilson, started in February. Pam comes from a social work background and mental health. She is currently completing her Masters in the field. Pam works therapeutically with individuals, families and specialises in group work.

The Gore Counselling Centre was established in 1975 and has continued to be an integral part of the counselling and psychotherapy services for Southland. The Centre has a skilled team of facilitators, counsellors and therapists, who deliver counselling and psychotherapy to the area of Eastern Southland and the region as a whole.

The Centre specialises in Alcohol and Drug Assessments, Land Transport Section 30A Assessments and Alcohol and Drug counselling for individuals and families affected by alcohol and drugs.

ALCOHOL & SUBSTANCE ABUSE COUNSELLOR/PSYCHOTHERAPIST

Applications are invited for the position of Alcohol and Substance Abuse Counsellor/Psychotherapist.

The position will commence as a .5 position. The preferred applicant will have:

- Proven ability to work in the area of substance abuse and addiction
- Experience working in a therapeutic manner with individuals, couples, families and groups
- An understanding of the needs, dynamics and unique nature of the district served by the Centre
- Current membership of a relevant professional organisation
- Commitment to Te Tiriti O Waitangi principles

Position descriptions and application details are available from:

Clinical Team Leader
Gore & Districts Community Counselling Centre
PO Box 157
Gore
Phone/Fax: (03) 208-5366
Email:gore.counselling.centre@xtra.co.nz

Applications close noon, Wednesday May 8, 2002

QUEENS MARY HANMER SPRINGS TRADING NAME CHANGE

John Beattie Chairman recently advised services about the trading name change stating,

Hanmer Springs residential facility with our existing Clinic names."

"The name change reflects what has been a continuing change of emphasis for the Group over the past four years. Much of the work in the treatment of alcohol and drug dependency is now carried out by our outpatient clinics in Auckland, Tauranga, Wellington and Christchurch. These clinics are already named Hanmer Clinics, so it makes sense to align the name of our

John also advised "that Hanmer Spring facility is technically no longer a hospital. We have recently applied as a facility under the Disabled Person's Community Welfare Act."

The name of the legal entity that owns the clinics will not change i.e. Queens Mary Hospital Limited.

Standards New Zealand announce Health and Disability Sector Standard Workshops (full day programme) Provisional Dates

Dunedin	Monday	May 6
Christchurch	Tuesday	May 7
Nelson	Wednesday	May 8
Wellington	Thursday	May 9
Palmerston North	Tuesday	May 21
Napier	Wednesday	May 22
Rotorua	Thursday	May 23
Auckland	Friday	May 24

Presenters:

Gillian Grew	Ministry of Health
David Waters	Standards New Zealand
Janice McEwen	Quality Plus Health
Joanna Harper	Independent Surveyor – Quality Health
Elizabeth Lee	Independent Surveyor – Quality Health

FROM THE CONSUMER ADVISORS

Over the past short time we have been really busy responding to the various DHBs strategic plans and the *South Island Mental Health Network Strategic Plan*.

The following mish-mash of comments is a selection of some of the submissions sent to the DHBs and to the funding and planning managers. Thank you to the various Alcohol and other Drug (AOD) consumers throughout the Island who gave us their specific views and experience. Without your input this valuable work would not happen and our consumer voice would be subsumed by other voices which are frequently different to ours.

- We are happy to offer our knowledge as Consumer Advisors, and past and current service users in general, in audits, reference groups, and any other way we can, to implement changes that support services improve the delivery of client-centred services.
- Consumers are pleased that there is to be a Regional AOD reference group and wish to be part of that - both as regional advisors and local consumers.
- We are pleased to note one of the guiding principles that will guide the development and implementation of the plan is "Focusing on and advocating for the needs of consumer and tangata whai ora"
- The Alcohol Drug Association Consumer Advisors (systems advocacy) undertake to co-ordinate the collaboration and consultation with consumers throughout the South Island. They work on a partnership model and advocate for consumers in many forums. These include LOAD meetings, the South Island Shared Service Agency Ltd (SISAL), Ministry of Health, and the Mental Health Commission. They also support individual A & D services with implementing Standard Nine (NMHSS), developing consumer groups, surveys and participate in the auditing of services as requested.

- Both Consumers and the A & D field in general believe it is essential that Alcohol & Drug Consumer voices are heard separately and are not subsumed by other mental health voices.

In February Lynn and I met with a group of five Nelson / Marlborough service providers (NGO & DHB, 15 people attended) to discuss how best to implement Standard Nine (NMHSS) in their area. They were unanimous in deciding to use a combined group for an AOD perspective and participation. The AOD Consumer Advisors will be used to facilitate the process of eliciting consumer information from the local consumer group and also for running focus groups for a particular service or group of service users. (e.g. Maori, woman, methadone, youth.)

There was some discussion around the use of - and the difference to consumer groups per se - methadone monitoring group as another way of having consumer participation. They also said that A & D consumers need to be consulted on A & D service issues.

All Nelson/ Marlborough services have been given a copy of the **AOD South Island Consumer Network** folder. This is being given to all A & D services (as we visit them) for the benefit of all consumers.



Heather Hapeta
South Island A & D Consumer Advisor



Lynn Iti
A & D Consumer Advisor Alcohol Drug Association

Telephone 03 3794640

The ADA CONNECTION is the official newsletter of the Alcohol Drug Association New Zealand. Contributions including letters are welcomed. Submission does not guarantee publication. Contributors enjoy all reasonable liberty in the expression of their views. Views so expressed do not necessarily represent those of the ADA. Articles from Connections can be reprinted as long as acknowledgment of the source is given. All correspondence, inquiries, address changes and ADA membership subscriptions should be made to:

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EDITORIAL:

Treatment Works Week June 23 to June 28, 2002

Treatment Works 2002 is nearly upon us and with the DHB strategic plans submissions process completed we at ADA are now ready to focus on this important week for the Alcohol and other drug sector (A & OD). The National Treatment Forum has asked ADA (Alcohol Drug Association New Zealand) to co-ordinate this week nationally. However, funds to conduct this task are meagre and we are thinking of the best ways of making this work in 2002.

ADA is willing in its next two issues of the ADA Connection to profile this important week. The next issue is due out in mid-June therefore as ADA Director I am inviting services to nominate activities of what they are doing and we will list these and advertise your event(s). In the August Issue we will invite services and agencies to send photos of their events etc and place these either on our web-site or the ADA Connection.

The ADA web-site has the updated version of the Treatment Works Kit 2002 www.adanz.org.nz and you can access quality ideas and information from there. As in previous years people have been overwhelmed by the prospect of planning an event and let the week go without advocating within their community about what services are available and how treatment does work!

This year we are asking every alcohol and other drug agency to get involved. Take a low cost approach to your event so that there is no burden to your service or the community. But, plan and deliver at least one event or function inviting civic leaders, MPs, community people etc to come along and get informed about this important work

in the community. In this new health climate DHB's are interested in hearing of what people are doing and with a funding round in the next year they have an expectation that services will inform the community about how effective their work and services are.

ADA is committed to assist! Therefore will invite you via this publication and the A & D Netlink (aandd@netlink.co.nz) about how to access information/ideas and about what to do over the week. Start with one event and see that you manage that as well as possible. Inform ADA about what you are doing so we can inform others and build the energy and enthusiasm for the week. Some will say we are busy and that we are! However, don't we always use that excuse...let us work together and make this a happening event for 2002. The A & OD sector is an important area of health and the impact of this area on the whole population is immense as identified in the Ministry of Health Alcohol and Drug Toolkit. **The Associate Minister of Health Hon Tariana Turia MP has confirmed that she will launch this Treatment Works Week 2002 in Wellington on Monday June 24. The Venue is yet to be confirmed.**

So, take a breather and then after ANZAC Day let us raise the ante and commitment to form a vision and action plan for your area and for Aotearoa. We plan to continue to educate and advocate about the importance of this Alcohol and other Drug sector and its impact on our people and communities.

Contact: Paul Traynor
Phone: (03) 379-8626 or
e-mail: paul@adanz.org.nz

UPDATE

SIMON IRVING HAS A LOT TO THANK CAROLINE HOUSE FOR

The Timaru man spent time at Caroline House, South Canterbury's only residential rehabilitation service for people recovering from substance abuse, about three years ago. During his stay at Caroline House Simon found his talent for pottery, a talent he hopes may one day develop into a career. Sport had always been Simon's forte, but after losing a leg 15 years ago he needed to find something else to do. While constructing a day plan at Caroline House, Simon was encouraged to give pottery a go and the rest is history. "The minute I touched clay I knew that this was my thing," said Simon. From there, Simon went from strength to strength attending basic lessons for about six weeks, but mainly teaching himself as he went along.

His talent was obvious, and within a year of beginning his pottery lessons, Simon was approached by the staff at Victoria House and asked to teach pottery classes. Now, three years on from his first pottery lesson, Simon gains a great deal of joy from sharing his talent with others, and seeing other people enjoying pottery. His lessons have resulted in Simon finding a talent he may never have otherwise discovered.

Over the past few months Simon has started to sell his pottery, and hopes to carry on with this "I want to get a name for making good pieces of pottery and I hope one day I will make a living out of my work." Simon believes that without the help of the people at Workbridge, who gave him the funding to get set up, and without the support of the people at Caroline House, he wouldn't be where he is today.

Caroline House is trying to raise enough money to be able to help more people in the way they

have helped Simon. For the past two years it has been trying to raise money for its first stage of alterations. Getting disabled access, altering entranceways and doors both inside and out are to be the major focus of the renovations.

The renovations will also see the bathrooms and kitchens upgraded, as well as a second lounge being added for privacy during family and whanau relationship rebuilding sessions. This stage of renovations was expected to cost about \$116, 200, and they have raised \$80,000 so far. A second stage of renovations would include a fitness, hobbies, art and craft facility.

The manager of Caroline House, Christine Taylor, said she believed the agency has the method and imagination to meet the needs of those entering the service. "Evidence that our programme is working is that approximately 75 per cent of the people who have resided at Caroline House over the past two financial years have made and are maintaining constructive changes in their lifestyle."

Both Christine Taylor and Simon Irving can be reached at Caroline House on 684 6284.



NEED A GOOD BOOK TO READ?

"Who Moved My Cheese" by Dr Spencer Johnson

This is a simple parable that reveals profound truth. It is an amazing and enlightening story of four characters who live in a maze and look for cheese to nourish them and make them happy. Cheese is a metaphor for what you want to have in life – whether it is a good job, a loving relationship, money or a possession, health or spiritual peace of mind.

And the maze is where you look for what you want – the organisation you work in, the family or community you live in. It shows how to:

- Anticipate change
- Adapt to change quickly
- Enjoy change
- Be ready to change quickly again and again

A quick and enjoyable read – definitely recommended.

DHB UPDATE

SOUTH ISLAND DHB UPDATE

Just a word of thanks to all those who got involved via LOAD Forums to assist ADA and your region with a submission on your DHB Strategic Plan. This work and information also assisted in a CADMAG (Canterbury Alcohol Drug Managers Advisory Group) in their submission on the South Island Regional Strategic Plan as well as ADA's submission.

The Minister of Health Hon Annette King MP stated that this new environment was about collaboration and consultation and I believe we have as a sector ably demonstrated that spirit.

LOAD FORUMS AND DHB SUBMISSIONS

ADA wishes to thank members for the LOAD (Liaison On Alcohol Drugs) Forums over the past couple of months for their attendance and input into submissions to the six South Island DHB's as well as the South Island Draft Strategic Plan.

We were particularly thankful to the CADMAG (Canterbury Alcohol Drug Advisory Group) for their hard work along with Otago LOAD group for the commitment they made to present a submission. From ADA's point of view we furnished a submission to each of the DHB's and were pleased with the support and guidance we received from alcohol and other drug clinicians, managers and agencies in general, allied professionals and consumers. We believe this process delivered a positive example to DHB's of how A & OD service can and do work together. We provided support to the common goal of improved service provision and support for best practice in the area of alcohol and other drugs.

ADA also wishes to extend its thanks to the Planners and Funders of Canterbury, Timaru, Southland, West Coast and Nelson Marlborough who actually utilised the LOAD Forums and made themselves available to take submission input and who sincerely committed to the collaboration process. ADA also wishes to thank SISSAL for the information and support it gave to ADA and LOAD forums on the South Island Strategic

We were suitably impressed with the Waikato DHB and their priorities which was practical and focused on issues that continue to cause considerable harm in our community. They have not balked at mentioning alcohol and other drugs unlike many other DHB's who don't seem to want to recognise the impact this has on so many of the health priorities mentioned in the New Zealand Health Strategy. A point to the North Island DHB and well done! We shall look to you for leadership in this area.

We now encourage you to turn your thoughts to Treatment Works Week June 23 to June 28.

Plan. There is still much to be done and for our alcohol and other drug sector much to be advocated for. This process has allowed us to raise concerns and educate DHB's about the impact of alcohol and other drugs and the need to face the issues.

LOAD next meeting will be set down for late May and early June. Please remember to plan your event for Treatment Works Week.

**Paul Traynor
LOAD Facilitator**



ALCOHOL HELPLINE

Development of Other Drugs inclusion on the Alcohol Helpline ?

This ongoing saga continues and we remain hopeful that at some stage in the near future we will get some word from the Minister that this project may happen. As the good book says, "patience is a virtue".

0800 787 797

SERVICE PROFILES

The ADA Connection invites services to profile what they do or information you would like circulated or events coming up. Please send information to Paul Traynor with photos as it makes more interesting. paul@adanz.or.nz

UPDATE

Treatment Works Week June 23 – June 28 2002

It has been a busy year and the DHB Strategic Plans have led us to be a bit behind with encouraging services to get behind this important week. ADA has been invited by the National Treatment Forum to co-ordinate this week nationally. Please remember our budget is small and we are not in any situation to fund initiatives. Money we have will be used to develop the 2000 Treatment Works Kit which has been updated and is available on the ADA website www.adanz.org.nz and to provide cost cover for administration and the National launch.

The Treatment Works Week Kit is extremely helpful with ideas, quotes, which MPs are supporting the week and data you can use to promote the message that Treatment Works Week "Highlights the value of prevention and treatment in reducing the harm arising from alcohol and other drugs". The next year will see all DHB's seeking to implement their strategic and funding plans and we as a sector need to ensure that alcohol and other drugs is on their plans and agendas.

Therefore this year ADA is keen to encourage every alcohol and other drug service in New Zealand to profile what they do. We need to

support and value or sector and the great work that is carried out. We need to communicate the necessity that New Zealand sees the associated issues and concerns with alcohol and other drugs are costing our country in terms of health. ADA is willing to utilise this ADA Connection publication for this week and invite you to have your events or planned activities to me by May 31.

Paul Traynor ADA
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ADA will also utilise the A & D Netlink to communicate what is happening around New Zealand.

The National Treatment Works Week will be launched in Wellington on Monday 24 June by Hon Tariana Turia MP Associate Minister of Health. Invitations and more information will follow.

We need the assistance from the allied professional group and through your AOD forums you are encouraged to initiate and support events that communicate the value of the alcohol and other drug sector.

SUPPORT TREATMENT WORKS WEEK 2002

National Treatment Forum Chairperson, John Challis writes to urge us all to support Treatment Works Week 2002

The National Treatment Forum is very proud that Treatment Works Week has become an important part of the Alcohol and Drug sector. While we have great needs for national co-ordination and advocacy we also know that any campaign is only as good as the services it represents. Treatment Works Week allows the providers of services to become public advocates for the work they are doing and in the process have the opportunity to advocate on behalf of their client group.

When you read this message it will also be part of an information kit aimed at maximising the role of your service in the event. If every treatment agency carried out only one public relations event then the week would be a major success. Unlike a number of the large players in the Health sector the A&D field has spent very little time advocating

about the quality of the work being undertaken. Due to a combination of under-funding and heavy workloads the sector has been engrossed in undertaking the work, with very little time left to speak about the benefits being delivered to the community in general. This has had a detrimental effect on the field leading to the sector be overlooked in budget planning and an overall ignorance about the cost effectiveness and positive outcomes of the programmes that are currently attracting funding. The National Treatment Forum wishes to engage the general community and the key decision-makers in a vital discussion on a topic we know a great deal about, viz that TREATMENT Works. Furthermore we want the same decision-makers to consider the implications of not offering best practice. Your agency can make a vital contribution to this critical discussion by becoming an active participant in Treatment Works Week. The kit should reassure you that this task is possible for your agency.

John Challis