

**Te Tau Ihu Mental Health Promotion Network  
28<sup>th</sup> April 2009, Rai Valley Emergency Centre  
10.30 a.m to 12.30 p.m.**

<b>Present</b>	Johnathon Luff, Jodie Black, Wendy Hughes, Alison Graham, Glenn Thomas, Tipene Taylor, Alison Lewin, Varie Parker, Lorraine Eade
<b>Karakia</b>	Tipene Taylor
<b>Apologies</b>	Dave Hough, Mary Ellis, Birte Flatt, Marion Clements
<b>Minutes</b>	Previous minutes postponed for approval due to only one member at today's meeting, present at the previous meeting.
<b>Mental Health Awareness Week</b>	<p>There are possibly two themes for Mental Health Awareness Week. The world theme is mental health in a primary care setting, and the draft national theme is being suggested at being 'paying it forward/koha/giving is its own reward'.</p> <p>Points discussed:</p> <ul style="list-style-type: none"> <li>▪ Divergence of themes may result in lack of national consistency.</li> <li>▪ Mental Health Foundation suggested theme is broad.</li> <li>▪ World theme is more aligned to current national developments and investment in primary mental health.</li> <li>▪ Some people do not seek help, or might not buy into the theme, as they are used to being the 'giver' as opposed to the receiver of service.</li> <li>▪ Primary mental health important as a first point of contact service.</li> <li>▪ Concerns around increased demand for primary mental health and is this sustainable with current resourcing.</li> <li>▪ General practice teams are but one component of primary health care. MHAW would have a wider scope to accommodate this. Access to community support services and self help tools etc.</li> <li>▪ Last years theme was 'make your mark for mental health' based on a carbon footprint approach. Required a lot of explanation to others. Unless you were in the health promotion field, it was a struggle to explain/understand.</li> <li>▪ Resources supplied by Mental Health Foundation are usually posters and/or fact sheets.</li> <li>▪ No reason why Te Tau Ihu has to comply with a national approach.</li> <li>▪ Requires a focus on earlier intervention.</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Focus on what will add value to our community.</li> <li>▪ Mental health or mental fitness approach as opposed to mental illness.</li> <li>▪ Need for healthy workplaces. Specifically so as the recession hits and job losses are forecasted.</li> </ul> <p><b>Agreed:</b> Network members agreed to support the World theme of primary mental health care.</p> <p><b>Action:</b> Tipene Taylor to contact the Mental Health Foundation to seek confirmation on the national theme.</p> <p><b>Action:</b> Each network member to consider what the key messages for Te Tau Ihu will be under the primary mental health care banner.</p>
<p><b>Mental Health Foundation</b></p>	<p>Subsequent to the previous meeting with the Mental Health Foundation, and informal clarification received from the Ministry of Health that there are no plans to extend Like Minds Like Mine for the Nelson Marlborough district, the following items will form the basis of discussions for the next meeting between Te Tau Ihu Mental Health Promotion Network members and the Mental Health Foundation on the 5<sup>th</sup> June 2009 in Blenheim. They are:</p> <ul style="list-style-type: none"> <li>(a) Development of a skills bank.</li> <li>(b) Availability of Mental Health Foundation to conduct workshops in Te Tau Ihu for tangata whaiora.</li> <li>(c) Focus groups (whether a district representative should facilitate these and feedback outcomes to the Mental Health Foundation).</li> <li>(d) West Coast consumer participation project.</li> <li>(e) Request for videoconferencing of workshops (<i>with accompanying transcripts</i>) as a training tool to assist develop local capacity.</li> </ul> <p>Discussion points:</p> <ul style="list-style-type: none"> <li>▪ Jodie has met with Murray Gordon the Mental Health Nurse Educator who is supportive of collaborating further around the findings from the West Coast project. The longer term view is to embed these into induction/training for mental health staff.</li> <li>▪ Mental Health Foundation noted previously that they are looking at moving away from a skills bank approach.</li> <li>▪ Informally a 'skills' bank does exist. Health Action Trust is approached four to five times a year for assistance. The District Health Board contracts in expertise. Te Roopu Tupu Tahi and Nelson Bays PHO pay their consumer representatives etc.</li> <li>▪ Unsure of demand/need for the skills bank at this point.</li> </ul>

	<ul style="list-style-type: none"> <li>▪ Case Consulting have been given the contract for Like Minds Like Mine training. Some concerns around the quality of training.</li> <li>▪ Payment for service users to attend training.</li> <li>▪ How can training be resourced.</li> </ul> <p><b>Action:</b> Jodie to confirm meeting date of 5<sup>th</sup> June 2009, and to identify agenda items to the Mental Health Foundation.</p>
<b>Consumer Participation</b>	<p>Jodie identified that agreement has been reached with Public Health Service Management to resource one consumer representative from Marlborough and one representative from Nelson/Tasman to attend these meetings (as suggested by Peter) . This will be in the form of a \$15 food voucher and is aligned to a koha basis.</p> <p>Discussion Points:</p> <ul style="list-style-type: none"> <li>▪ This will enable a level of consistency in attendance, and feedback to each district.</li> <li>▪ Noted that the Public Health Service is only 'one' provider of mental health promotion services and has taken a lead by supporting consumer representation aligned to the National Mental Health Sector Standards. However, there are other providers that as the role develops, might like to consider a contribution.</li> <li>▪ Consumers are paid differently across the sector. Some range from a koha basis to a consultancy rate.</li> <li>▪ Some are expected to contribute on a voluntary basis.</li> <li>▪ This approach was viewed by the network as a starting point and recognised that further work is required to resource consumer representation at a fair and equitable rate.</li> <li>▪ Further work is required in terms of defining the role, whether any training is required, whether the level of reimbursement is appropriate etc.</li> <li>▪ Does this apply only to those consumer representatives that are not currently in employment.</li> <li>▪ Does this align solely to the White House and Care Marlborough representatives.</li> <li>▪ Terms of Reference need to be revisited.</li> <li>▪ Process issues for selection of consumer representatives need to be established.</li> </ul> <p><b>Action:</b> Glenn and Jodie to draft consumer participation and reimbursement paper, Mary Ellis will be invited to participated; consider whether the Terms of Reference need to be amended; and report back to the next meeting.</p>
<b>Six monthly</b>	Thanks provided to the Public Health Service for chairing and providing

<b>review</b>	<p>secretariat services to the network. Members considered the network was still in its formation stage and should be reviewed again in another six months. Noted that the original intent was that each provider would 'host' a meeting; take turns in doing the minutes; and a rotating chair would apply. Good leadership is required to chair the meetings, which also requires strategic support within their own organisation.</p> <p><b>Action:</b> Overwhelming support for Public Health Service to continue in the existing role, which will be reviewed in October 2009.</p>
<b>Other</b>	<ul style="list-style-type: none"> <li>▪ Nelson/Tasman network members (<i>in association with wide sector participation</i>) are developing for Mental Health Awareness Week, a 'Celebration of Success/Achievements' for employers who have embedded policies/protocols for mentally healthy workplaces. Planning is continuing and key speakers confirmed.</li> <li>▪ Wairau PHU has readvertised for a Mental Health Promoter. As soon as this position is filled, there is no reason why the 'Celebration of Success/Achievements' cannot be considered for the Marlborough district.</li> <li>▪ Kimi Hauora Wairau reported that clients requested that their employer be rung to advise them about the current impact of their depression. One employer was positive and identified "how can we help him", the second employers view was negative, that they didn't want to hear about it.</li> <li>▪ Nelson Bays PHO connecting with ACC to look at mentally healthy workplaces in the wider sense.</li> </ul>
<b>Karakia</b>	Tipene Taylor