

8 August 2007 Issue 95

Time to remember

Remember where the huge marquee tent was for the opening of the hospital, by the Blair Street exit? That whole area is being transformed into a beautiful memorial garden by gardener Russell Barrett, who came up with the idea, and is now turning it into reality.

Russell has been transplanting plants from the old hospital grounds to the new garden area. He's starting with a camellia hedge on three sides, with rhododendrons and azaleas along the back area leading onto a shaded grass area under the trees.

"Some plants are planted in memory of people who have died and others commemorate special events," says Russell. "Most of the roses were donated by the local Rose Society of Masterton - about 250 plants."

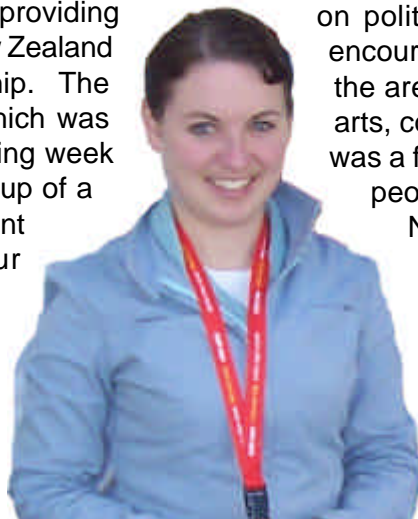
To compliment this garden, we would like to compile a history and record of these plants with names and photos. Do you remember any 'plantings' for special events or in memory of someone? Please let Russell know, or leave a message for him with Sharlene in the Mailroom.



Gardener Russell Barrett transplants a camellia from the Masterton Hospital grounds to the new memorial garden at Wairarapa Hospital.

Anna Stuart - health promoter - aspiring leader

I was very lucky to have attended the Aspiring Leaders Forum held in Wellington at the end of July, after being nominated and sponsored by Mayor Bob Francis and WDHBC CEO David Meates. The Aspiring Leaders Forum attempts to bridge the growing divide between our nation's young people and its leaders, providing the opportunity for young people of New Zealand to participate in and discuss leadership. The Forum was a four day programme which was held at the end of a Parliamentary sitting week in Wellington and the time was made up of a variety of activities. A day in Parliament house; keynote addresses from our nations leaders (political, business and community); seminar groups with MPs and community leaders discussing a variety of themes; small group discussion; a local community service project; and sports and recreation. Over the course of the four days,



keynote speakers talked about their path and journey to the leadership roles which they hold. As delegates we were placed in small groups which stuck together for the whole forum. While Members of Parliament were an integral part of the Forum, the focus was not purely on politics (thank goodness!!): but more about encouraging young people to be better leaders in the area of society in which they are engaged, - arts, community, business or sports. The Forum was a fantastic experience, with 150 other young people aged between 18 and 26 from around New Zealand, from all walks of life and differing view points on leadership and how it can be defined and put into action. I look forward to utilising the great networks I have made from attending this forum and further developing my role and skills around leadership within my community spheres.

Anna Stuart

Profiling: Adult Mental Health Services

New manager of Mental Health Services, Helma van der Lans, has a strong community focus. She fervently believes in the healing power of the family, community and the collaboration of community agencies in the recovery process. "It's all about working in and with the community to enable people with mental illness regain their lives," she says. "We have changed the model of practice, so there is now more emphasis on the consumer's needs and responding to them. That is a huge shift and our staff have a very strong commitment to and are skilled in offering a range of clinical interventions and support for people in their own community. They value the consumer's self determination and choices and they support them find their own solutions.

All services are free and cover the Wairarapa region from Cape Palliser to Mt Bruce."

"The focus is always on keeping the person in their community if at all possible," says Helma. "We offer a 24 hour, 7 day a week psychiatric emergency service; and Mon - Friday non urgent clinical treatment and support services. Most consumers are seen in the community - clinicians visit homes or other arranged meeting places and consumers may also meet with their MH clinician at the Adult MH service at the Wairarapa Hospital."

At times a small number of people require intensive treatment during a severe episode of their illness. To support this, our Crisis Respite and Recovery Centre is available for short term intervention with the involvement of very experienced respite, staff and mental health professionals. The Crisis Respite & Recovery Centre which has five beds and is not a locked facility - it's for people who need more intensive treatment and support, than can be offered in the community.

When a more intensive response is required we have agreed access to beds at MidCentral, Capital Coast and Hutt Valley DHB Mental Health Inpatient Units. Decisions will be made by both the tangata whaiora/ consumer, their identified whanau/family, and clinical staff regarding the best options for this to happen.

Clinicians and family/whanau stay in contact with the consumer while they are in the Inpatient Unit.

As soon as possible consumers transfer back to the Crisis Respite and Recovery Centre or their home for support within their own community.

After-hours on-call psychiatric crisis services are provided by rostered MH clinicians, one of which must be a duly authorised officer - DAO - who has legal responsibility in relation to the



*From Left Sitting: Dr Garry Seifert-Jones, Psychiatrist; Helma Van Der Lans, Manager MHS;
From Left 3 Standing Behind Seat: Joan Rankin, Clinical Nurse Co-Ordinator; Irene Grossmith, Admin MH; Kiri Reeves, Receptionist Clerk;
From Left Next Row: Christine Smith, Clinical Psychologist; Julie Clark, MH Professional-Crisis Team; Margaret Weir & Beverley Featherstone, Community Psychiatric Nurses; Dr Punya Das, Psychiatrist;
From Left Back Row: Val Lear, MH Professional; Jessie Wilson, Community Psychiatric Nurse/Access Coordinator; Philip Brown, MH Professional; Helen Mitchell-Shand, Quality Co-ordinator; Brenda Laing, Admin Officer.
Absent: Alison Finnigan, Community Psychiatric Nurse; Danelle Keith, Team Leader-Adult MH; Pauline Hinds, Consumer Advisor; Sandra Reiri, Maori Community MH Worker; Zarko Kamenica, Psychiatrist.*

Mental Health Act when required.).

Mental Health staff have a heavy workload and it doesn't stop at 5pm. During the day all calls go through to primary clinicians/ care managers and to the Access Coordinator who organises access to Crisis Respite if necessary. After 4.30pm the Mental Health Line operates with mental health clinicians in Wellington who assess/triage the needs of the caller and respond by linking them to the appropriate mental health clinicians in the Wairarapa. The After Hours On Call Crisis team assess all crisis referrals and arrange immediate treatment and support when this is indicated.

All presentations are discussed at the crisis hand-over meeting the next morning and the consumer followed up and allocated to a primary clinician/case

manager through the weekly multi-disciplinary team meeting. The Mental Health Line has greatly improved access for Wairarapa people to mental health services 24/7.

The DHB Adult MHS does not stand alone as a clinical mental health provider. A range of community organisations and NGO's are available for liaison and support. For instance Richmond NZ provides both long term residential options for mental health consumers as well as some crisis respite and planned respite beds. Te Hauora Runanga o Wairarapa provides Kaupapa Maori mental health and addiction support and SF Wairarapa has field workers who also offer support and resources for families. Wairarapa Addiction Services now have 14 staff who focus specially on alcohol, drug or gambling addictions. King Street Art Works is a community art workshop which empowers people and often helps with recovery through art. Te Whare Atawhai has established itself as a drop-in centre where consumers can socialise. They have recently been awarded the local "Like Minds Like Mine"

Winning images

Winning photos from the 'Staying Abreast' photographic competition to mark World Breastfeeding Week on 1 - 7 August are on display in the Masterton Library this week. The photos will then be on display at the Maternity Unit from 13 August, before going around the libraries in South Wairarapa. Wairarapa Public Health and local photographer Pete Nikolaison sponsor the competition, which is designed to promote and support breastfeeding as a normal everyday activity.



World Breastfeeding Week aims to remind Kiwis that breastfeeding is the normal, natural way to feed their babies. This year's theme is in support of encouraging skin-to-skin contact between mother and baby at birth to facilitate breastfeeding throughout the world and save a million babies' lives annually.



Breastfeeding is part of laying the foundations for a healthy life from infancy and childhood and a really important tool to improve the health outcomes for New Zealanders. It is recommended by the Ministry of Health, that infants are fed exclusively on breast milk from birth to four to six months of age and preferably supplemented with appropriate solid food until at least 12 months.

'Staying Abreast' Winners 2007

First Prize: Emma Greenlees and Nevaeh (top)
Second Prize: Sarah Pike and Bryan (above)
Third Prize: Jo Van Vliet and Jackson (right)

Adult Mental Health Services continued.....

destigmatisation contract, while the Wellington Consumers Union employ community support workers in the Wairarapa to provide peer support. The PHO has established the early intervention "To Be Heard" programme, which consistently runs at maximum capacity and is an extremely welcome and successful addition to the continuum of mental health services. Collaboration and seeking flexible solutions to individual needs are the driver for providing mental health services in the Wairarapa region and a supportive community plays a significant role in achieving this.

"You get addicted to working in Mental Health," Helma says. "It is such a diverse service and you work with a broad range of health professionals all interested in a holistic way in what makes a person tick. They work on the basis of hope, of making a difference, and a strong belief that people have choice and achieve a life worth living. It can be a long struggle; however small steps are an important, rewarding and valued part of the recovery process for everybody involved - consumers, family, whanau, friends and mental health

professionals alike. It is exciting to be given the opportunity to work with someone on rebuilding trust and confidence, exploring new opportunities and growing stronger in facing challenges. All of this involves effective integration between the medical and clinical team and community agencies.

Nowadays we are much smarter at treating and supporting people in the community with appropriate clinical and community support. The opportunity to build a team culture which values Recovery, professionalism, community integration and choice for consumers should not be underestimated and will no doubt put the Wairarapa firmly on the national map as a provider of mental health services we can all be proud of.

The Adult Mental Health Services together with CAMHS (child, adolescent and youth mental health service), the PHO and the many Community Agencies are making a real and positive difference."

Going - but not far away

Acute Services Manager Carl Gihon is giving up his position and moving on - but he's not moving very far away. Carl will soon be the new manager of Wairarapa Community Primary Health Organisation - or 'the PHO' as we know it, based in Lincoln Road in Masterton.

'I'm really looking forward to the new challenges,' says Carl. 'Initially I expect it will be a steep learning curve, but many of the people I will already know from my days in ED. Interestingly, one of the projects I hope to tackle is the issue of primary care presentations in the Emergency Department - the ones who could easily have seen their GP instead.' Carl will continue to work with many of the DHB staff, from those in Planning and Funding, to our Director of Nursing Helen Pocknall, who works around 1 day a week for the PHO fostering the development of primary nursing care practice, and the implementation of the Primary Care Strategy.



Carl is obviously appreciative of the help he had in 'clearing out' his office - Team Leader Kathy Lee appears to be the ringleader!

Stop Press: We now have 8 teams registered for 'Wairarapa Idle' - and you should SEE what the CEO is doing.....

Walk Wairarapa.

Get your team of 10 together- record your walking times over 12 weeks. You just need to aim for 30 minutes a day. Its time to dust off your walking shoes, get out and about and lose those extra kilos!! With your involvement Walk Wairarapa can be bigger and better than ever!

Starts Monday 3 September. Grab your workmates, family and friends and challenge them to a walking duel! Walking does not need to be done together and can be recorded individually but it is fun to walk in a group, at lunch time, in the weekends – whenever!

To register your team, contact Anna Stuart on 3705020 or anna.stuart@wairarapa.dhb.org.nz



Action shot!

Helma van der Lans, Mental Health Services manager and Marie McKay, Mental Health portfolio manager for Planning and Funding did the Levene's ½ marathon in Taupo last weekend. Which programme are they supporting? 'Move your Mood', 'Move Me', or just Mental Health managers talking the walk!?

WDHB SOCIAL CLUB

EXPLORE SOMEWHERE DIFFERENT

A walk to Rewanui

An easy family walk of about 2 - 3 hours

Take camera - good views from trig point

Rewanui is a 334ha property 23km east of Masterton on the Castlepoint road. It has areas of native bush, open grassland and sites suitable for growing both native and exotic trees. The Trimble Foundation intends to develop the property as a forest park and a trial site for native and exotic timber trees.

When: Sunday 19 August 2007

Meet: At hospital car park, car pool if you wish

Time: 9.45am to leave at 10am

Return home around 2 pm, or pause back at the Rewanui car park, free Devonshire tea will be provided.

To register, please contact Irene, Laboratory Ext 4550 or Gilbert 377 4056

Please register by Friday 17 August

Quizz Night 22 August

7pm on Wednesday 22 August

Turley Lounge, Masterton Cosmopolitan Club.

Entrances : Queen and Chapel Street



SOCIAL CLUB MEMBERS - Free .

NON SOCIAL CLUB MEMBERS- \$2.00

SPOT PRIZES include something for the team with the catchiest name.

Will your team take the trophy home this year ?

Register your team with Gail Edwards, Pharmacy, by Wednesday 15th August

