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Board Members:

P Lockett
N Volzke
A Brown
R Bruce
H Duynhoven
B Gibson – Deputy Chair
R Handley
T A Hohaia - Chair
D Lean
K Nielsen
A Tamati
P Bodger

Management:

Chief Executive
General Manager Finance / Commercial
General Manager Planning, Funding &
Population Health
Chief Operating Officer
Chief Advisor Maori Health
Chief Medical Advisor
Quality Risk Manager
Director of Nursing
PA to Board
Internal Auditor

Advisors:

C Gates-Thompson, Media Advisor
P Franklin, Legal Advisor
S Mason, Relationship Manager, MoH

Agenda available on Taranaki DHB website
(www.tdhb.org.nz)



AGENDA

**COMMUNITY & PUBLIC
HEALTH ADVISORY
COMMITTEE/DISABILITY
SUPPORT ADVISORY
COMMITTEE**

ORDINARY MEETING

**Wednesday 24 July 2019
1.00pm**

**Corporate Meeting Room 1
Taranaki Base Hospital
David Street
NEW PLYMOUTH**



COMMUNITY PUBLIC HEALTH ADVISORY COMMITTEE and DISABILITY SUPPORT ADVISORY COMMITTEE

Wednesday 24 July 2019
1.00pm

Corporate Meeting Room 1
Taranaki Base Hospital
David Street
NEW PLYMOUTH

		Action
1	<p>Meeting Opening – Karakia</p> <p>Kia Uruuru Mai</p> <p>Kia uru-uru mai a hau-ora, a hau-kaha, a hau-māia ki runga, ki raro, ki roto, ki waho rire-rire hau, pai marire</p>	
2	<p>Apologies <u>Resolution</u> <i>That the Community Public Health Advisory Committee and Disability Support Advisory Committee receive and note any apologies.</i></p>	
3	Public Comment	Verbal
4	<p>Interest Register</p> <ul style="list-style-type: none"> Members to verbally advise all changes to the interest register, and amend the register circulated; and Members to verbally advise the Chair of any conflict with any matter that is part of the agenda papers. 	<p>Verbally advise Chair</p> <p>Verbally advise Chair</p>
5	Chair's Report	Verbal
6	Attendance Schedule	Noting
7	<p>Presentation – Diabetes</p> <p><i>Presenters: Members of the Diabetes SLAT</i></p>	Noting
8	<p>Minutes – CPHAC/DSAC Meeting 8.1 Minutes of Meeting held on 29 May 2019.</p> <p><u>Resolution</u></p>	Resolution

	<p><i>That the Minutes of the Community Public Health Advisory Committee and Disability Support Advisory Committee meeting held on 29 May 2019 be received as a true and accurate record.</i></p> <p>8.2 Matters Arising</p>	
9	General Business	
10	Date of Next Meeting	
	Next meeting 25 September 2019 (Venue TBC)	Noting
	<p style="text-align: center;">Karakia</p> <p style="text-align: center;">Kia Uruuru Mai</p> <p style="text-align: center;">Kia uru-uru mai a hau-ora, a hau-kaha, a hau-māia ki runga, ki raro, ki roto, ki waho rire-rire hau, pai marire</p>	

Attendance Records 2018 - 2019
Taranaki DHB Community Public Health Advisory Committee Meetings

Date	25/07/2018	26/09/2018	28/11/2018	27/03/2019	29/05/2019	TOTAL
CPHAC						
Pauline Lockett	✓	✓	A	✓	✓	4 of 5
Alison Brown	✓	✓	✓	✓	✓	5 of 5
Rose Bruce	✓	✓	A	A	A	2 of 5
Harry Duynhoven	✓	✓	✓	✓	A	4 of 5
Bev Gibson	✓	A	✓	✓	✓	4 of 5
Richard Handley	✓	✓	✓	✓	A	4 of 5
Te Aroha Hohaia - Chair	A	✓	A	✓	✓	3 of 5
David Lean	✓	✓	✓	✓	✓	5 of 5
Kevin Nielsen	✓	✓	✓	✓	A	4 of 5
Aroaro Tamati	A	✓	✓	A	✓	3 of 5
Neil Volzke	✓	✓	✓	✓	✓	5 of 5
Co-Opted						
Pat Bodger -TWPK	✓	✓	✓	✓	✓	5 of 5

KEY	
✓	Attended
A	Apology
LOA	Leave of Absence
AB	Absent



COMMUNITY & PUBLIC HEALTH / DISABILITY SUPPORT ADVISORY COMMITTEES

MINUTES – PUBLIC (Unconfirmed)

Wednesday 29 May 2019

1.00pm

Corporate Meeting Room 1

Taranaki District Health Board

David Street

NEW PLYMOUTH

Present

Te Aroha Hohaia (Chair), Alison Brown, Bev Gibson, David Lean, Pauline Lockett, Aroaro Tamati and Neil Volzke.

In Attendance

Rosemary Clements (Chief Executive), Becky Jenkins (General Manager Planning, Funding & Population Health), Ngawai Henare (Chief Advisor Māori Health), Patsy Bodger (TWPK representative) Cressida Gates-Thompson (Communications Advisor) and Tammy Taylor (Minute Taker)

Keith Allum, Gordon Hudson, Mukhlis Ismail

1065.0 Welcome

The meeting was opened by Ms Hohaia.

1066.0 Apologies

The apologies from Harry Duynhoven, Richard Handley, Rose Bruce and Kevin Neilsen (Committee Members) were received and noted.

*Tamati/Volzke
Carried*

1067.0 Public Comment

The Chair acknowledged the attendance of Keith Allum, Gordon Hudson and Mukhlis Ismail (Auditor) in the public section of the room. No public comment was made.

1068.0 Interest Register and Conflicts of Interest Register

Members were asked to verbally advise all changes to the Interest Register and amend the register circulated; and members to advise the Chair of any conflict with any matter that is part of the agenda papers.

No changes were advised.

1069.0 Chair's Report

Nil

1070.0 Attendance Schedule

The attendance schedule was noted.

1071.0 Presentation: Suicide Prevention and Postvention

Presenters: Jenny Feaver (Portfolio Manager, TDHB), Sue Martin (Tui Ora), Jamie Allen (Taranaki Retreat), Marcia Paurini (Taranaki Rural Support Trust), Alisa Stone (New Plymouth Injury Safe)

Apologies from Ross Ekdahl, Jim Dickinson (Provider Arm) and Shelley O'Sullivan (Ministry of Education).

A copy of the presentation is included at the end of the Minutes.

New Plymouth InjurySafe (NPiS) (no slides featured in the presentation) are working with the construction industry in regards to Mental Health (the top three industries for suicide are construction, forestry and farming). NPiS are also arranging "Working Well" workshops in New Plymouth and Stratford in conjunction with the Mental Health Foundation.

Discussion as a result of the presentation:

- Ms Feaver mentioned an on-line story entitled "Jessica's Tree" and encouraged Committee Members to read this. The link is below.
https://www.nzherald.co.nz/national-video/news/video.cfm?c_id=1503075&gal_cid=1503075&gallery_id=204361
- The role of trauma as a trigger point was discussed and the question was asked if there was any work being done around childhood trauma and suicide. Mr Allen was not aware of any research in a New Zealand context but has a PhD student current looking at this correlation. UK studies have shown that early childhood trauma resurfaces around the age of 18-24 years. A collaborative approach is essential to preventing suicide and organisations need to accept the impact early childhood trauma can have later in life. Government agencies are currently developing a Child & Wellbeing Strategy with the focus on 'the first 1000 days'.
- Ms Paurini acknowledged the presence of Gordon Hudson and his work in the Mental Health space. The Chair acknowledged all of the work being done by the organisations represented at the meeting and commended them on their inter-agency collaboration.
- Mrs Clements took the opportunity to advise the Committee that at midday the Government sent out a Press Release regarding recommendations made as a result of the Mental Health Inquiry. 38 of the 40 recommendations were accepted. A copy of the Media Release was circulated to Committee Members.

1072.0 Minutes of Previous Meeting

Resolution

That the Community and Public Health Advisory Committee and the Disability Support Advisory Committee resolve to accept the Minutes of the meeting held on 27 March 2019 as a true and accurate record.

The Minutes were approved as a true and accurate record.

Lean/Brown
Carried

Task List

The Task List was updated accordingly.

- The Hapu Wananga Report was received shortly before the meeting and will be loaded onto the Resource Centre in Board Books.
- Ms Lockett requested an update on the Child & Wellbeing Strategy (the first 1000 days initiative) at a future meeting.

1073.0 General Business

Nil

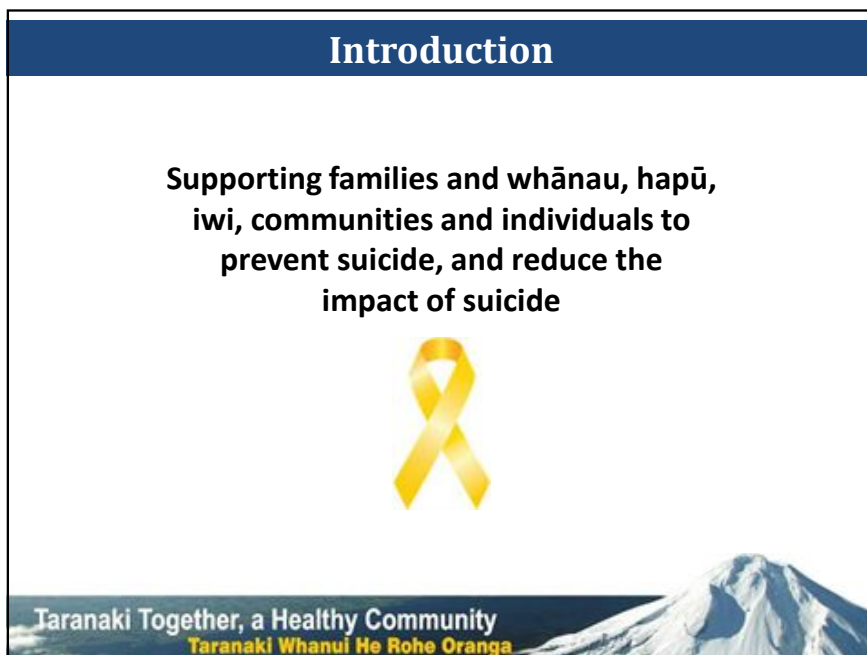
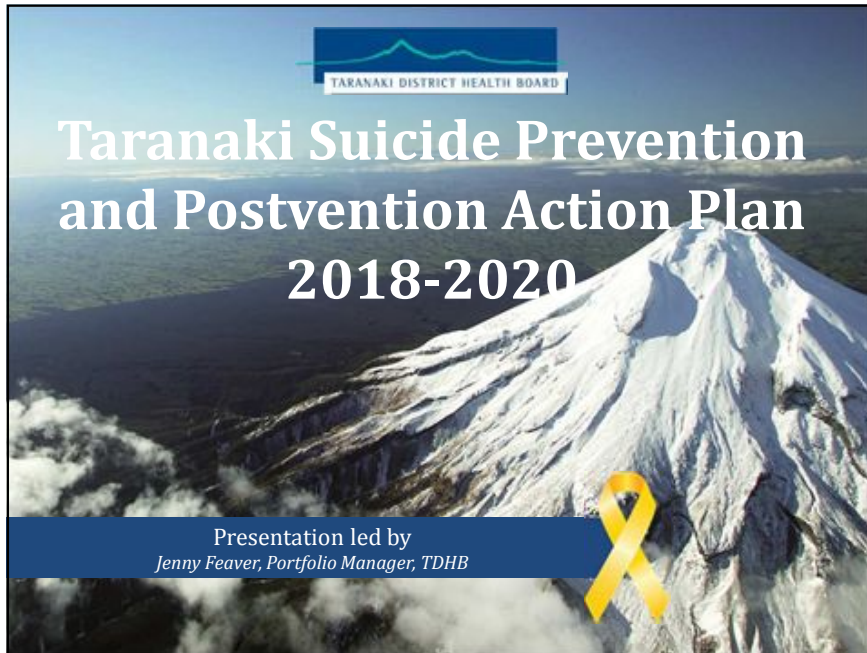
1074.0 Next Meeting

The date of the next meeting is Wednesday 24 July 2019. The venue will be Corporate Meeting Room 1, Taranaki DHB, unless advised otherwise.

1075.0 Presentation: Suicide Prevention




As referred to in item 1071.0 – a copy of the presentation follows.

Meeting closed at 2.00pm




Introduction

Structure of the Plan

-  **Outcome One: Early Intervention and Suicide Prevention**
 - Community and inter-agency collaboration
-  **Outcome Two: Postvention**
 - Postvention pathway / Bereavement and other support groups.
-  **Outcome Three: Suicide Prevention and Postvention Infrastructure**
 - Education and Training

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Presentation Context

- National development
- Local plan
- Statistics
- Prevention activities

Link to Taranaki Suicide Prevention and Postvention Action Plan 2018-2020

https://www.tdhub.org.nz/misc/documents/Taranaki_Suicide-Prevention_and_Postvention_Action_Plan_2018-2020.pdf


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**National Strategy 2020 - 2030
Action Plan 2020 - 2025**

- Considered by Cabinet in July and to be released late 2019
- Deliberate change in approach
- Multi-agency/NGO/Maori/Lived Experience
- Building on Turamarama Ki Te Ora 2017-2022 (National Maori Health Strategy for addressing suicide)
- Enabling communities to respond – identifying a new workforce
- Trauma informed response

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Where are we at?

Vision: Taranaki will promote wellbeing to eliminate suicide

- Community and agency collaboration continues
- Postvention Pathway – embedded
- Education and training opportunities
- Resiliency and Wellbeing – prevention activities – particularly youth
- Focus on community initiatives / prevention
- Quarterly Reporting

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Where are we at?

Training and Education examples

- Mana Akiaki Lifekeepers training (working with Maori)
- Paul Wood, Psychologist (Senior school pupils and public)
- Safety on the Farm (Primary school children)
- Mental Health Foundation Working Well Programme (Work places, Health professionals etc)
- Mental Wellbeing in the construction industry
- WITT orientation
- Waitara Night Health Expo
- Taranaki Youth forum
- WAVES facilitation training (professionals)
- Resiliency and wellbeing at Downer Group
- Taiohi Tu – resiliency and wellbeing for Rangatahi Māori
- Te Ihu Waka (Corrections / Tui Ora)

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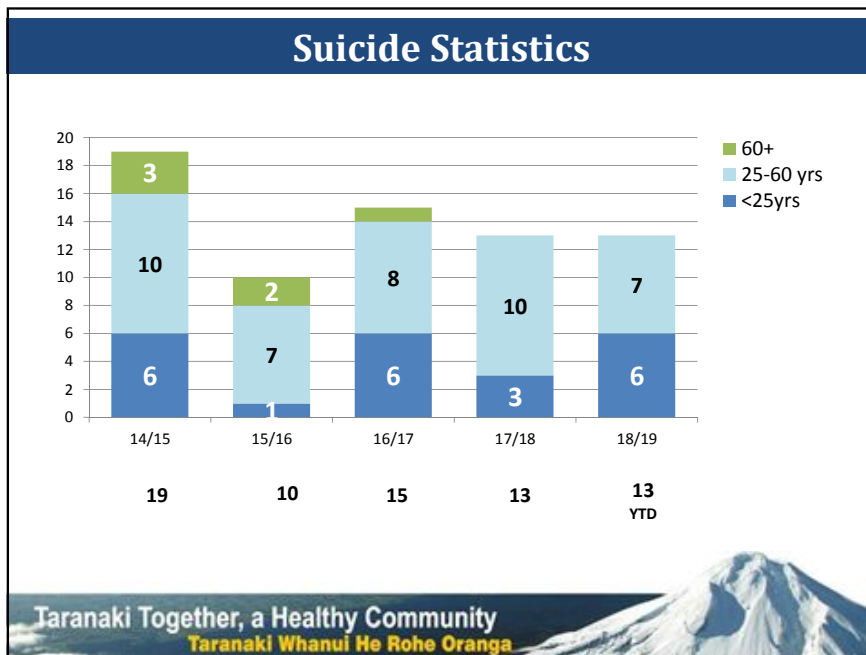
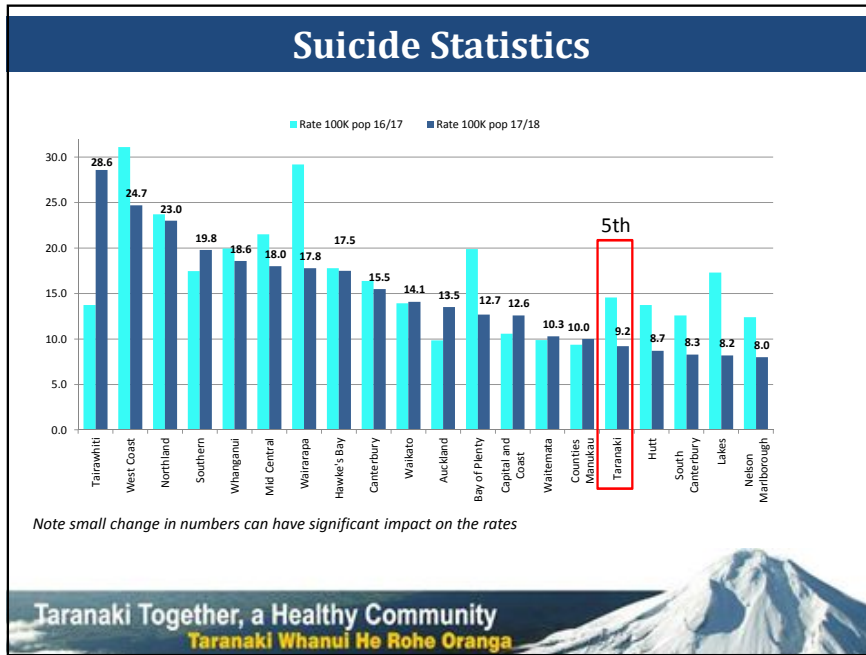


Community Suicide Prevention Taranaki Forum

MSD	Taranaki Retreat	ACC
Vaimoana Taranaki	STOS	Occupational Nurses
Dairy NZ	MH NZ	NP Injury Safe
NPGHS	TDHB	RATS
Supporting Families	Working for Health	NO DUFF
Progress to Health	Rural Support Taranaki	Midlands PHO
Tui Ora	Victim Support	McKechnie
Taranaki Safe Community Trust		
Taranaki Young People's Trust		

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Suicide Statistics 2014-2019

Provisional Statistics

For the last four years:

- **41%** [n=21] Māori, (national **28%**)
Taranaki pop. 10 years + **17%**
- **29%** female (national **38%**)
- Avg age Maori **25.2**, Other **43.2** (-**17.9** years)
- **73%** NPL District, **22%** South Taranaki
- **76%** Hanging
- **48%** of Maori were under 25 years, compared to Other ethnicities at **20%**

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Taranaki Retreat : *Space to Breathe*



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Taranaki Retreat : *Space to Breathe* 

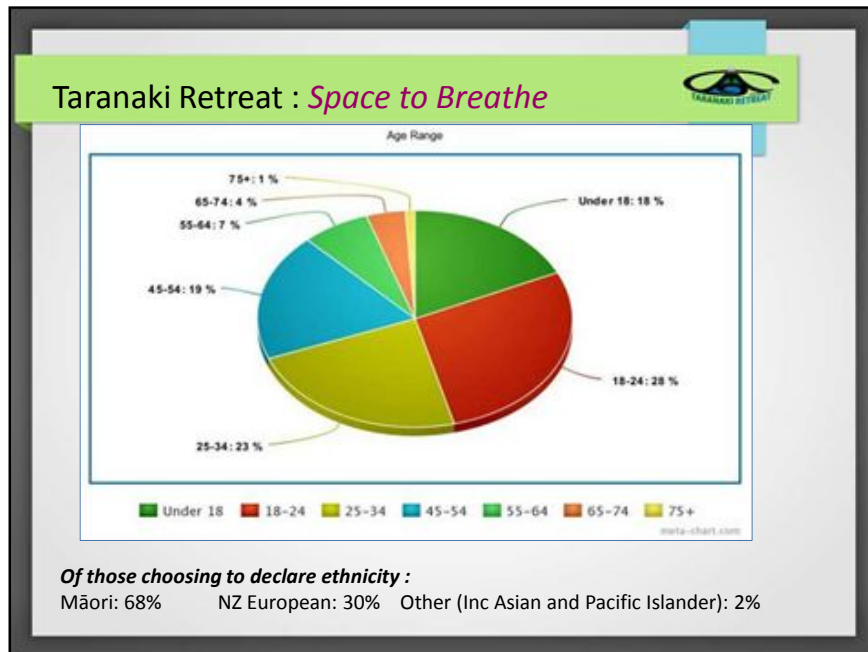
Taranaki Retreat is a community-based suicide prevention and postvention initiative, offering a peer-supported, community-funded trauma-informed approach to addressing suicidal ideation and providing non-clinical mental health solutions. Since 2017, we have worked with approximately 3500 people from all walks of life.

Daily, we share in a great deal of story and experience. We count this an exceptional privilege; and are intent on listening well to and learning from that narrative; exploring together how the gaps are addressed.



Taranaki Retreat : *Space to Breathe* 

Our learnings are that, between us, we do have both the will AND the resources to address suicide. But we need to connect up better and work smarter, from the bottom up, guided by Lived Experience. We clearly need to continue to adopt a collaborative, inter-agency, inter-disciplinary approach. “We’re in this together”. There are untenable pressures on mental health provision, and we are acutely aware that people can be retraumatized and are slipping through many gaps. There is a critical need for community-based solutions that interconnect with our clinical services, and for recognition of the funding needs of those solutions.



Taranaki Retreat : *Space to Breathe*

We support people from throughout Aotearoa.
 After Taranaki, the foremost regions seeking help are: Manawatu, Canterbury, Wellington, Auckland.

Gender balance: 52% Female, 48% Male.

Outcomes: Guests are asked to complete a survey on departure, and as they enter our after-care programme, which includes freely selecting up to five factors (in the support structure and the environment) which they find they have found the most healing to their situation. Guest feedback indicates the importance of the provision of trauma-informed care, in a stress-free, non-judgmental environment; in which factors of routine can be practiced and incorporated into home life. It acknowledges the benefits of both staff and volunteer / peer involvement, and of elements such as Life Coaching and whānau Support.



Suicide Prevention Mahi

- Education sessions
- Training and development
- Wellbeing and Resiliency Programmes
- Youth Specific Programmes
- Information and Resources



Education Sessions

- Focus on Māori
- Focus on workplaces with high rates of male workers
- Te Ihu Waka
- Corrections
- Pāhake Roopuu








Prevention in the Rural space

- No rural suicides since 1/7/17 after reduction from 8 to 3 in 2015 and 2016 respectively. How?
 - JIT Process - Coordinator receives 0800 call → logs call → contacts volunteer Rural Facilitator nearby → confirms they will assist → connect the two → visits → identifies support required → connects to expertise → continues to support → debrief conducted with farmer and client → case closed.
- Our model - farmers 4 farmers; similar to SilverFern Farms 'mates 4 mates' and building sector "chippie to chippie"- knowledge relationship makes it a success
- Visibility increased - case success; speaking engagements; word of mouth; Rural Professionals, Billboards; gazebo; networking; events; 0800# fridge magnets;
- Rural Facilitator capability - 2x professional development per annum
- Community - supportive groups who care and want to help - put the call out and response is very high e.g. house/employment/food parcels/babysitting etc.





Rural Support Trust Initiative 

Down on the Farm - winner of Australian and NZ MH Services Print Media award, 12,000 copies distributed to rural homes and GP clinics 2012-14

Good Yarn Workshop - developed by WellSouth DHB - mental health awareness package over 2 ½ hours that looks at

- What does Mental Wellness and Mental Unwellness look like?
- What do I say?
- What do I do?
- Where are the sources and resources of support?

Delivered in Taranaki to 5 Rural Professional Organisations including Ravensdown, Worksafe and DairyNZ staff and 19 small communities



Contacts

1. Taranaki DHB MH&A	0508 292 467
2. Taranaki Retreat	06 2150993 or www.taranakiretreat.org.nz
3. 1737 Need to Talk?	Free call or text 1737 to trained counsellor
4. Lifeline	0800 543 354
5. Youthline	0800 376 633 / free text 234
6. Rural Support Trust	0800 787 254
7. Suicide Crisis Helpline	0508 828 865
8. Kidslines	0800 543 754 up to 18 years old 27/7
9. What's Up	0800 942 8787 for 5 – 18 year olds. Phone counselling available as well as online chat
10. Thelowdown.co.nz	Web/email chat or free text 5626
11. Anxiety NZ	0800 269 4389
12. Depression.org.nz	0800 111 757 or text 4202

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TDHB Community & Public Health Advisory /Disability Support Advisory Committee Task List						
Action No	Date Raised	Action Description	Status	Assigned	Due Date	Updates
86	29/05/2019	Child & Wellbeing Strategy with a focus on 'the first 1000 days'.	NEW	GMP&F		Provide an update to Committee members when the Strategy it becomes available
85	Transferred from 2 May (April) Board Meeting	Vaping (in context of Smokefree 2025)		GMP&F		For discussion/presentation at future CPHAC/DSAC meeting.
84	18/11/2018	Circulate Evaluation Report for Hapu Wananga	NEW	CAMH	When available	30/05/2019— Added to Resource Centre in Board Books