

Kidz First Child & Youth Health Resource & Information Service provides information and support for anyone interested in the healthy development and wellbeing of children and youth. The service is provided by Counties Manukau District Health Board.

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Collaboration Key to Youth Health

A big part of the Centre for Youth Health's role is working collaboratively with other services and organisations. These relationships support patients in many different contexts and settings, promoting patient health and positive youth development.

Earlier this year Youth Health Worker Chaze Tulafono was acknowledged by the Kidney Kidz NZ charity for his help supporting their YAK camp for young adults at or near end-stage renal failure. Chaze attended the camp in January this year, where he supported Centre for Youth Health clients and other young people to participate in camp activities and network with each other, particularly around their resiliencies as young adults with a chronic health conditions. Chaze also attended the launch of the Bronchiectasis Foundation alongside the Starship Respiratory team where one of their shared patients delivered a speech on his experiences living with his condition. This was a clear indication of some of the development this young person had gone through.

Using opportunities such as these, Chaze has worked collaboratively with other key providers in nonclinical settings to make significant contributions to the overall health and wellbeing of young people.



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Supporting Autistic Children in Pacific Families



Pacific Autism Support Group provides advice and support for Pacific families with autistic children.

When Betty and Brian Pulefolau's son Roman was diagnosed with autism they had nowhere or no one they could rely on to find information on how to raise him. Driven by the lack of immediate support, the Papakura parents set up the first Pacific Autism Support Group to help families just like theirs. Now this grass roots, parent initiated support group have a strong following, supporting families from all over the country and overseas.

Pacific Autism Support Group also aims to raise awareness of autism in the Pacific community and to encourage acceptance and understanding in those who don't have family members with autism. Betty says the group has become a place where families living with autism can not only receive helpful information and support but also feel normal. "They come in and can feel relaxed and not feel their children are being judged," she says.

For more information go to asdpassifika.org.nz. The group meets every second month.

Government Launches Patient Portal Promotion

Using Patient Portals New Zealand patients have secure access to their health information, 24 hours a day.

Patient Portals are a secure website where New Zealanders can access to their health information. Using Patient Portals, patients can manage aspects of their own healthcare, including booking appointments, accessing medical history, even requesting prescription repeats.

To sign up for a Patient Portal patients need to talk to their GP to see if their practice is offering the programme. If the portal is available, patients can request a secure username and password and access their information online.

Health Minister Jonathan Coleman recently launched a campaign to raise awareness of the benefits of Patient Portals. According to Dr Coleman more than 40,000 people from 132 general practices already have access to a Patient Portal, and the numbers are likely to increase. "In addition to giving patients more control over their own healthcare, Patient Portals reduce the time general practice staff spend on administrative tasks" he said.

However [a recent review of the New Zealand Patient Portal market](#) by Patients First found that there are still some barriers to overcome, including what a consumer representative characterised as "fear and loathing" from healthcare practitioners.

Further information about Patient Portals can be found at patientportals.co.nz.

Are Kiwis Drinking Less?

While Kiwis are drinking less and alcohol is causing less harm, Kiwis are still regularly getting drunk and start drinking too young.

The [Alcohol Use 2012-13](#) report showed that 82 per cent of adults aged 16-64 had a drink in the last 12 months, down from 85 per cent in 2007-8. The survey also found that a number of examples of drink related harm had declined, such as drink related accidents and damage to relationships.

The survey also indicated a number of concerning findings about the alcohol use of young people. Half of all 15-17-year-olds drank alcohol in the past year and four out of ten 15-17 year olds reported first drinking alcohol before age 15. Also fewer adult drinkers reported moderating the number of drinks consumed during a session, meaning that while some New Zealanders have cut down, binge drinking may also be on the increase.

Professor Doug Sellman from the National Addiction Centre at the University of Otago said that while the declines in drinking were important, New Zealand's drinking culture still has a long way to go. "The declines are very small and nowhere near the 'halving of harm from alcohol' that Alcohol Action NZ is calling for," he said.

The full report from the New Zealand Health Survey be found at health.govt.nz/publication/alcohol-use-2012-13-new-zealand-health-survey



Implications of the Treaty of Waitangi on Professional Practice

with Professor Sir Mason Durie
Thursday 4th June 2015

For details on all Professional Development Seminars or to enrol online go to: www.pdseminars.co.nz



Sponsored by Ko Awatea and Counties Manukau Health

Centre for Youth Health Education & Training 2015

The Youth Health Workshops provide practical programmes to enhance professional skills when working with young people in clinical and community settings.

The HEEADSSS Assessment 29 Jun 04 Aug

A one day introduction to clinical practice in youth health including: communication and engagement in youth health and using the HEEADSSS assessment model.

Fee: \$75 (Free for CMDHB and ADHB Staff).

Who should attend? Anyone working with young people.

What Comes After HEEADSSS? 26 May 24 Sep

This one day course gives an introduction to intervention skills when working with young people such as problem solving, motivational interviewing and discussing principles of behaviour change in young people.

Fee: \$75 (Free for CMDHB and ADHB Staff).

Who should attend? Those who have completed the HEEADSSS Assessment training.

**For bookings or further information please contact the
Centre for Youth Health**

Phone: (09) 261 2272 **Fax:** (09) 261 2273

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Warm Up Counties Manukau

100% free home insulation

Living in a cold damp house is not only no fun, it leads to a large number of preventable hospitalisations in Manukau every year. To target this issue Counties Manukau Health and their partners set up Warm Up Counties Manukau. Since 2009 they have provided insulation to over 7500 homes, all free of charge. All homes are insulated with GreenStuf, which is made of 45 per cent recycled plastic and is eco-friendly, non-toxic, non-irritating and non-allergenic.

If you or someone you know owns or rents a home in Counties Manukau, Papakura and Franklin which was built prior to the 1st January 2000 (not Housing New Zealand) and have a Community Services Card, please apply.

For more information visit [countiesmanukau.health.nz/
community-health/warm-up-counties-manukau/](http://countiesmanukau.health.nz/community-health/warm-up-counties-manukau/)

Centre for Youth Health Doctor Wins Prestigious Award

Centre for Youth Health Paediatrician recognised for statistical rigor, innovation and excellence in research.

Associate Professor Simon Denny has been honoured with the Durant Award for Statistical Rigor at the Annual Conference of the Society for Adolescent Health and Medicine. The award was based research by Simon and Bridget Farrant on the impact of postgraduate education in youth health on the health outcomes of New Zealand secondary school students.

Simon is a Youth Health Physician working at the Centre for Youth Health, as well as Associate Professor at the University of Auckland. He was the Principal Investigator of the Youth'07 survey, which collected, analysed and disseminated information on the health and wellbeing of New Zealand secondary school students in 2007.

Educational Access for All?

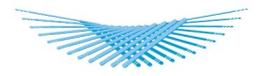
According to the [Human Rights Commission](#), some disabled children may not have equal access to education.

Disabled children have the same right to education at their local school as other children. However, according to the latest Education Review Office (ERO) report, while 50 per cent of schools surveyed were fully inclusive and 30 per cent were partially inclusive, and 20 per cent were not inclusive of disabled students.

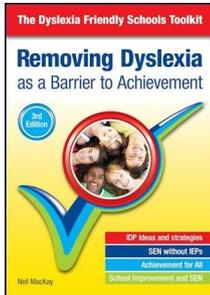
Disability Commissioner Paul Gibson says that while the ERO inclusion rates are going up, nearly a quarter of our schools are a long way off welcoming all children in their community. According to Paul "While there has been some progress in getting schools prepared and able to accept all children, part of this work is to change the culture of accepting that it is okay for disabled children to be schooled elsewhere, when it is absolutely not okay,"

Paul Gibson met last week with the National Director of Special Education Services, Dr David Wales and Strategic Policy Manager Bryan Coffey to discuss gaining more progress on improving inclusiveness in schools.

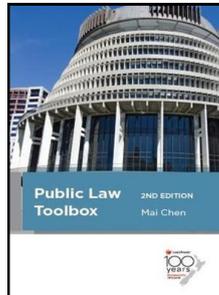
For more information visit the Human Rights Commission website - hrc.co.nz/news/turangawaewae-access-education/.



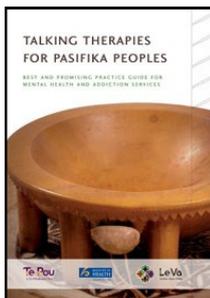
New Books



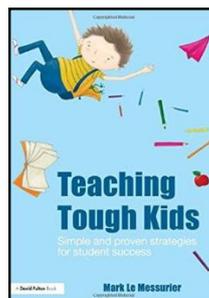
Removing dyslexia as a barrier to achievement (3rd ed.).
by Neil Mackay



Public law toolbox: Solving problems with government (2nd ed.).
by Mai Chen



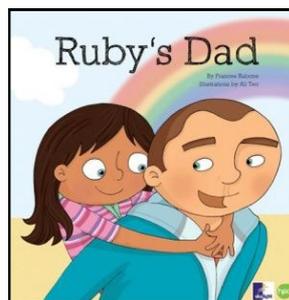
Talking therapies for Pasifika peoples
by Te Pou and others



Teaching tough kids: Simple and proven strategies for student success
by Mark Le Messurier



Kids missing out: It's time to make progress on children's rights
by UNICEF New Zealand and others



Ruby's Dad.
by Frances Rabone and others

For information on these and additional resources please contact
Healthinfo@middlemore.co.nz

Getting Help:

Talking to Teens About Sex

What is the primary reason teens give for not using birth control? They are afraid that their parents will find out!

According to [The National Campaign Public Opinion Survey](#) of teens and adults across the United States, 68% of teens expressed concern about parents discovering they were using birth control. However, 68% of adults said they hoped teens would talk to their parents about their birth control choices. As The National Campaign reports "In survey after survey, teens say parents most influence their decisions about sex."

Reports like these show the impact parents have on teens' sexual choices. Because of this it is important that parents and whanau communicate with young people about sexual health.

While talking to teens (or listening to parents) can be a challenge there are a number of resources out there designed to help parents with this process. The [Ministry of Health](#) recommends planning your talk in advance. Talk to your partner, friends or whanau and look up information you might need. This way you will be able to answer any questions your teenager might have.

Some topics you might like to discuss include:

- Contraception and pregnancy
- Sexually transmitted infections (STIs)
- Relationships
- Feelings
- Sexuality
- Consent

[Family Planning](#) have a number of brochures and resources specially written for young people which can help with this process.

Further information and advice can be found at health.govt.nz/ and familyplanning.org.nz/

