

## Changes to Education Amendment Act 2014

*"Recent changes to the [Education Amendment Act 2014](#) and the recent Judicial Review that YouthLaw was involved with, mean it is important for people working with young people and children to understand the changes to how schools can operate 'search and seizure' procedures, disciplinary procedures and special education."*

This new legislation applied from 1 January 2014. Ministry of Education have written Guidelines for the surrender and retention of property and searches to help teachers deal with situations where the safety of students, staff or the school is compromised and when considering searching or the confiscating student property.

The guidelines are issued under section 139AAI of the Education Act 1989. They provide advice and explain the new legislation (Sections 139AAA – 139AAI of the Education Act 1989) and the associated Rules. The legislation requires you to have regard to these Guidelines.

**For more information, check out the [Ministry of Education Website](#)**

## SPARX: A Free Online Tool for Young People

**SPARX is a self-help e-therapy tool that teaches young people the key skills needed to help combat depression and anxiety. It was developed by a team of researchers from the University of Auckland, and has been made available for free online through the Prime Minister's Youth Mental Health Project.**

We know that young people don't always want to see a counsellor, therapist or other medical professional. SPARX does not replace counselling or therapy, but provides another tool for professionals that work with young people that are down.

Young people can access, register and start using SPARX independently, anonymously and in their own time, making help available to more people around New Zealand.

SPARX uses proven cognitive behavioural therapy techniques in a youth-friendly game format to teach young people how to cope with negative thoughts and feelings, and think in a more balanced way.

The tool is available on the [SPARX website](#). As well as the SPARX e-therapy programme, the website also offers a mood quiz to help young people identify depression and information on where to get help.

A partnership with Youthline and Lifeline has also been established to provide clinical back up support to SPARX users. The phone number: 0508 4 SPARX is staffed by professional counsellors 12 hours a day, seven days a week.

Kidz First Child & Youth Health Resource and Information Service is a service for children and youth and anyone with an interest in their healthy development and wellbeing.

The Service is provided by Kidz First Hospital & Community Health, Counties Manukau District Health Board.

### Contact Details

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**SYHPANZ Annual  
Conference 2014  
"Talking  
HEeADSSs"**

This year's conference is being held in  
**Auckland at the Vodafone Event Centre, 770 Great South Rd, Wiri, Manukau  
on Friday 10th & Saturday 11th October.**

We will be confirming programme details as soon as possible.  
More updates will be available on [SYHPANZ](#) website

## Lifhack: a youth approach to wellbeing

*Lifhack has developed through the Social Media Innovations Fund, which is part of the Prime Minister's Youth Mental Health Project. The fund was established to support innovative use of social media technology to improve youth mental health and emotional wellbeing.*

The way young people interact and share information has changed dramatically over the last few years with the growth of social media such as Facebook, Twitter and YouTube. The rapid uptake of smartphone technology has meant that a wide range of online and offline applications are increasingly available anytime, anywhere.

Regular [Lifhack](#) events are held around New Zealand, bringing young people together to collaborate on social media projects that promote young people's wellbeing. [Lifhack](#) then supports participants from the weekends to develop their projects further. Some are invited into [Lifhack](#) Labs, where specialists work with the young people to prototype and test their ideas, and develop them into digital solutions.

**For more information about [Lifhack](#) website**

## Funding for One Stop Shops

**Budget 2014 provides \$8.6 million of new operating spending over the next four years for social support needs at Youth One-Stop Shops, Youth Affairs Minister Nikki Kaye says.**

"Currently Youth One-Stop Shops are funded to provide health care to young people, but the money hasn't been there to provide social support," she says. "I understand that social support work can take up about 30 per cent of the time of Youth One-Stop Shops.

"They will now be better able to meet the health and social support needs of about 40,000 young people. It is important that we continue to provide more accessible services to young New Zealanders. In many situations, helping young people with issues such as accommodation or counselling is crucial and necessary to ensure health issues can be resolved."

The \$8.6 million in funding over four years is being provided from Vote Health to address these issues. It will meet about 20 per cent of the Youth One-Stop Shops' operating costs in 2014/15 and 30 per cent of costs from 2015/16. It will also help cover the cost of core social support work and will provide an ongoing funding stream to assure sustainability of the Youth One-Stop Shops.

"Youth One-Stop Shops are one of a number of this Government's commitments to young people that contribute to our goals of increasing achievement of NCEA Level 2, reducing offending by reducing youth crime, and reducing long-term welfare dependence."

## New Mental Service available for Gisborne Youth

*Gisborne youth aged 12-18 years with mild to moderate mental health issues and/or drug or alcohol addictions can now be referred by their medical centre, school-based clinic and other youth health services to Midlands Health Network's primary mental health service for free mental health support.*

The network recently held a forum to introduce the service, and Maree Munro, general manager for community services at Midlands Health Network said it was a great opportunity for youth-focused community groups and organisations in the area to meet the primary mental health service team.

"Gisborne had expressed a need for this service and we were excited by the engagement we received from health care providers and those that work with youth," said Maree.

These included school principals, counsellors, teachers, school-based GPs and nurses, public health nurses and youth-specific non-governmental organisations.

Maree said youth are more likely to access their school clinic for health care rather than general practice, so it was an opportunity to talk about potentially having a primary mental health coordinator work alongside the school nurse, GP or counsellor, providing a chance for students to get the support in an environment that suits their needs.

Beth Thomas, primary mental health lead at Midlands Health Network spoke to forum attendees about recent success stories in Waikato, where the service has been available since November 2013.

"One young girl suffering from low-moods was referred to secondary services by her medical centre, but was stopped by her parents. Two years later, the 17 year old girl went to her medical centre as she was very scared that something was mentally wrong with her. Her GP referred her to the youth mental health service, who arranged a psychology assessment which recommended she be re-referred to secondary services. Confidentiality was maintained throughout the process to ensure her parents were not involved and she continues to receive the treatment she needs," said Beth.

"A 16 year old Hamilton man was referred to the service for anger and anxiety problems following a visit with his mum to the GP. After three sessions with the primary mental health coordinator, he has shown a boost in confidence and is now taking part in a leadership training course."

Midlands Health Network has been contracted by Tairāwhiti DHB to provide this service as part of the Prime Minister's **youth mental health project**. The service is also available in Taranaki.

## Centre for Youth Health Education & Training 2014

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

### The HEeADSSS Assessment 12 June 22 July

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? 09 September

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.

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

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

**E-mail:** [cfyh@middlemore.co.nz](mailto:cfyh@middlemore.co.nz)

## Auckland Council tackle youth homelessness

*In May, a Youth Homelessness Forum was set up by Auckland Council to focus on challenges facing homeless young people and exploring possible solutions.*

The forum brought together agencies working with homeless youth, including LIFEWISE, Dingwall Trust and Affinity Services.

Auckland Council's Community Development and Safety Chair Councillor Cathy Casey, who opened the forum, says young people are the 'new homeless' in Auckland.

"Auckland Council, Government and volunteer agencies must work in a co-ordinated manner to ensure young people have alternative housing options and the support services they need," says Cr Casey.

"Supporting homeless young people today will lessen the cost to our health, police and justice sectors in the future. Youth homelessness is a common pre-cursor to homelessness in later life.

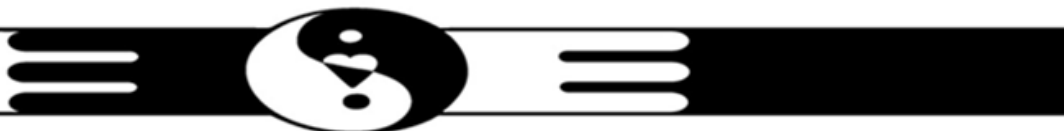
"Ratepayers contribute \$50,000 a year to the Auckland Homeless Action Plan, and my plea to Government is to continue work with Auckland Council and other agencies to address the issue."

The forum will reconvene later this year to present and discuss suggested solutions with young people.

*For more information, phone the council on 09 301 0101.*

## Youth Collaborative 6th Annual Hui & Pre-Hui Research Workshop

The Collaborative  
for Research and Training in  
Youth Health and Development



**Connections: Developing Youth Wellbeing across all Sectors**

**Thursday 10th & Friday 11th July 2014**

*Lincoln University Christchurch*



Invited speakers and interactive workshops will facilitate meaningful connections across all sectors working with NZ youth

**Who should attend:** Anyone one who's work affects young people

Please go online to find your registration form, Hui programme and more information [www.collaborative.org.nz](http://www.collaborative.org.nz)

### Consilience Pre Hui Research Workshop

Consilience: Create an integrated framework to further research on youth well being

**Wednesday 9th July 2014**

*Lincoln University Christchurch*

This pre hui research workshop is intended for researchers and those interested in research on youth wellbeing and will focus on creating a cross-sectorial strategy for youth wellbeing research in New Zealand

Please go online to find your registration form, Hui & Consilience programme and more information [www.collaborative.org.nz](http://www.collaborative.org.nz)



## National Youth Health Nursing Knowledge and Skills Framework



Society of Youth Health Professionals. Aotearoa New Zealand (SYHPANZ) will be launching "National Youth health. Nursing Knowledge and

Skills. Framework" on **17th June 2014**

More information is available on [SYHPANZ](http://syhpanz.org.nz) website

## Ara Taiohi Youth Sector Survey

**Ara Taiohi the national body for the youth sector in Aotearoa New Zealand is currently conducting a survey to ensure they have a good understanding of the sector and to inform their strategic direction.**

This survey asks questions about your role in the youth sector, as well as asking questions that reflect information gathered in a survey in 2004 that produced the 'Real Work' report in 2006. This is to enable us to draw some reflections on the progress of the sector

All completed surveys providing contact details will go in the draw to win either a) a tablet to the value of \$400 OR b) a smart phone to the value of \$400 OR c) a digital camera to the value of \$400 OR d) \$400 worth of vouchers of the winners choice.

**The link to the survey is <http://bit.ly/1mEj8l8>**

## Getting help: Psychoactive Synthetics Substances

### When to get immediate help?

Go to the nearest hospital emergency department (**call 111** if you can't get someone to hospital) if a person shows any of the following symptoms after using a psychoactive substance:

- difficulty breathing
- chest pain
- feeling cut off from the world
- racing heart rate
- difficult to arouse or wake
- lowered consciousness
- shaking and twitching
- rapid eyeball movement
- nonstop vomiting
- extreme anxiety and panic
- paranoia
- loss of contact with reality
- fainting or loss of speech
- seizures and eyesight

### Concerns about withdrawal symptoms

If you have concerns about withdrawal symptoms contact your doctor or local hospital.

**If you think a person experiencing withdrawal is having suicidal thoughts or they have a history of feeling suicidal or low mood, ring the [Mental Health Crisis Service](http://www.health.govt.nz/mental-health/crisis-service) at your local hospital.**

### Calling Healthline 0800 611 116

If you are experiencing withdrawal and feel worried, unsafe or vulnerable, or you have concerns about someone else experiencing withdrawal, call the free, 24-hour Healthline to speak to a registered nurse.

The Healthline nurse will recommend the best care and tell you where you can go to seek help.

### Managing your own withdrawal

Matua Raki have a variety of guidelines for withdrawal management. Some are listed here and you can find more information on the [Matua Raki](http://www.matuaraki.org.nz) website.

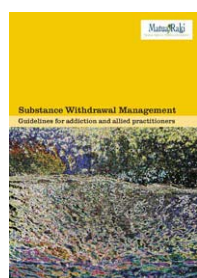
### Getting help to stop using

Contact the Alcohol and Drug Helpline: **0800 787 797**

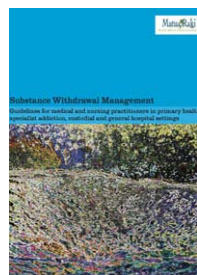
The Alcohol and Drug Association offers alcohol and drug information: [www.alcoholdrughelp.org.nz](http://www.alcoholdrughelp.org.nz)

To find the nearest alcohol and drug service in your region go to: [Addiction Treatments Directory](http://www.addictiontreatments.org.nz)

For more information about psychoactive substances and getting help go to Ministry of Health website: [www.health.govt.nz/pshealth](http://www.health.govt.nz/pshealth)



**Matua Raki (2012). Substance withdrawal management: guidelines for addiction and allied practitioners.** Matua Raki, Wellington. These guidelines provide an overview of the effects of substances, associated withdrawal symptoms and risk assessment and general withdrawal management strategies. Full report downloaded from [Matua Raki website](http://www.matuaraki.org.nz)



**Matua Raki (2012). Substance withdrawal management: guidelines for medical and nursing practitioner in primary health, specialist addiction, custodial and general hospital.** Matua Raki, Wellington. This guide provides guidance for the specialist medical assessment and treatment of acute substance withdrawal including the use of medication. Full report downloaded from [Matua Raki website](http://www.matuaraki.org.nz)