

Kidz First Child & Youth Health Resource and Information Service provides information and support for anyone interested in the healthy development and wellbeing of children and youth.

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

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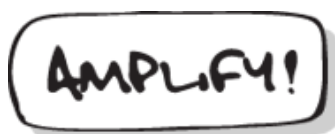
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Targeting Youth Substance Use



Stand Up! and Amplify! launch new programmes targeting drug and alcohol use in young people.

Thanks to the support of the Vodafone NZ Foundation [Stand Up!](#) and [Amplify!](#) have developed a new range of online and mobile tools to support and educate young people on drug and alcohol use, allowing them to make positive changes in their lives. Some of the tools that are currently being developed include:

- A **'Save Your Mates'** mobile application to support young people reflect on early warning signs while socializing, and give their friends feedback. This tool is the mobile version of the 'Traffic Light' activity currently used by practitioners in schools.
- An online **Octopus Intervention and Assessment Tool**. The tool is used to support the young people to reflect on the resiliencies, as well as the negative distractions in their lives, and identify areas that they would like to change or strengthen.
- A **Frequently Asked Questions** guide for boards of trustees around how schools can support students who might be using substances.
- An **Interactive Video Gallery** that will be filled with inspirational stories of change, advice and support. This will be an open resource that can be contributed to by anyone.



These tools will be launched this September and will be open for anyone to access. Stand Up! and Amplify! anticipate that these tools will allow more young people to access support from home, as well as providing tools for professionals, family members and friends of young people who may be using alcohol and drugs.

Stand Up! and Amplify! Services in Schools

Stand Up! and Amplify! are two school-based programmes developed by [Odyssey House Auckland](#) to empower young people whose lives are influenced by alcohol and other drugs. Most of the young people self-refer, with other referrals coming from school nurses, counsellors, social workers and teachers. Their approach is built on best evidence, and is delivered by DAPAANZ registered alcohol and drug practitioners working in partnership with school and organisational staff.



Join us in Auckland for the
[SYHPANZ Annual Conference 2014](#)

'Talking HEeADSSS'

10th & 11th October

Vodafone Events Centre, Manukau

Presenting current research, programmes and topics of interest relating to the holistic care of young.

Family and Whanau Supporting Transgender Youth

Working in partnership with transgender youth and their families, staff at Kidz First Centre for Youth Health (CFYH) have used an evidence-based design approach to provide additional support for transgender rangatahi.

This approach was developed as part of a partnership between CFYH staff, transgender youth and their families. Through this process the participants found a number of gaps between the experiences of youth/rangatahi and whanau/their families. Whanau needed more support and information from the clinicians, whereas rangatahi often wanted to get on with their transition. As a result of this project whanau asked for a pre-clinic visit to prepare for the appointment. They also asked for a revision of the pamphlets and online information on the transgender clinic currently available through the CFYH, to make it more visual and colourful. Parents also asked for help, advice and examples for setting up a whanau support group.

A literature review by project lead Janice Crone revealed a gap in our knowledge around supporting whanau who are accessing healthcare for their rangatahi. Previous research showed the critical role of family acceptance or rejection in supporting transgender youth, as well as the need for new models to support LGBT youth within the family context.

The results of this investigation have been developed into a poster, created by the research participants in consultation with CFYH staff. This poster was presented at the APAC Forum in Melbourne on the 1-3 September. Janice Crone will also be presenting the poster to the Nurses for Children and Young People of Aotearoa (NZNO) Conference on the 7 November 2014, where she will discuss the use of the co-design approach for improving transgender services.

Centre for Youth Health

The Centre for Youth Health is a multidisciplinary team in Counties Manukau whose mission is to promote the wellbeing and healthy development of young people in the context of their whanau and wider environment.



Supporting Queer and Trans Youth in South Auckland Schools

With the support of Te Ara Whiriwhiri and Counties Manukau Health, RainbowYOUTH will be delivering a new range of programmes supporting schools in South Auckland.

These programmes will be commencing in Term 4 and running through to the end of Term 2 in 2015.

With the large Māori and Pasifika populations living in South Auckland RainbowYOUTH will be forming an advisory panel of community elders and local youth. The advisory panel will assist with the development of culturally accessible and appropriate content and evaluate the development of the new programmes. Advisory panel workshops will start on the 6th September will be completed by the end of Term 3.

If you wish to nominate yourself or someone you know as an advisory group member, visit:

<http://www.rainbowyouth.org.nz/advisory-nominations/>



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Mental Health Foundation of New Zealand www.mentalhealth.org.nz/mhaw

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 **21 October**

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 Assessment training.

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

'No Child Left Behind'

The newly piloted National Child Health Information Programme aims to ensure no child is left behind.

By linking the databases of health providers and monitoring children's health from birth, the new National Child Health Information Programme (NCHIP) aims to ensure no child falls between the cracks of the health system.

Using the new secure website, health providers across the Waikato will be able to see whether a child is receiving their health milestones, such as immunisations, hearing tests and oral health check-ups.

The programme is currently being piloted by Midlands Health Network, in partnership with the Ministry of Health, the National Health IT Board and the Lakes, Tairāwhiti, Taranaki and Waikato District Health Boards.

The programme was welcomed by Health Minister Tony Ryall, who stated that "There are 29 interactions a child should have with health services before their sixth birthday. Last year around 30 per cent of Waikato infants weren't registered with their family doctor till several weeks after they were born and hundreds of children missed out on their immunisations. This new programme will be a game changer in ensuring all these interactions happen."

The pilot programme will run in the Waikato region from August 2014 to March 2015. It will then be available for national roll out.

Growing Up in New Zealand

In July 2014, Growing Up in New Zealand in partnership with the University of Auckland and Families Commission released the first report in their new series:

[Vulnerability Report 1: Exploring the Definition of Vulnerability for Children in their First 1000 Days](#)

The report focuses on how to identify children who are most vulnerable in early life, ensuring that support is available to help them grow up to be successful and healthy adults. *Exploring the Definition of Vulnerability for Children in their First 1000 Days* evaluates twelve family and environmental risk factors previously shown to increase the chances children will have poor developmental outcomes.

The twelve risk factors have previously been considered for European populations, however this is the first time they have been evaluated for their applicability in the New Zealand context.

The study examined almost 7,000 New Zealand toddlers in their first two years of life.

ARE YOU READY FOR
SEPTEMBER 20?



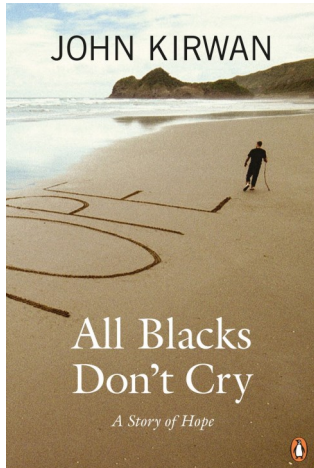
2014 New Zealand General Elections on 20th September

New Zealand General Elections will take place on the Saturday 20 September, however there is still time for people to enrol to vote. If you or someone you know is 17 but will turn 18 before the 20 September you are still entitled to vote, so make sure you fill in an enrolment pack or visit the website. You have until Friday 19th September to complete your enrolment.

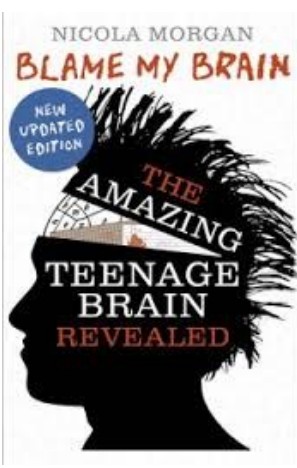
In 2011, only 69% of people entitled to vote actually cast a ballot, the lowest percentage in over a century. So make sure you have your say.

To enrol to vote or check your enrolment details visit
<http://www.elections.org.nz/>.

New Books



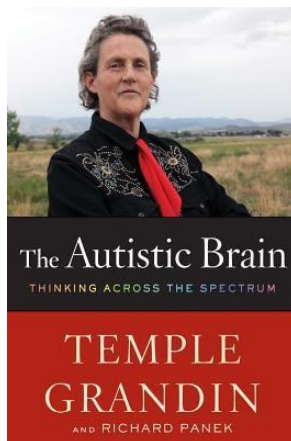
All Blacks Don't Cry: A Story of Hope
 by John Kirwan



Blame My Brain: The Amazing Teenage Brain Revealed
 by Nicola Morgan



A Public Health Approach to Bullying Prevention
 by Matthew G. Masiello & Diana Schroeder



The Autistic Brain: Thinking Across the Spectrum
 by Temple Grandin & Richard Panek

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

Getting Help: Supporting those Affected by Suicide

While it is something that very few people want to think about, bereavement or loss as the result of suicide is a reality for many people.

After you lose someone through suicide, whether it is a friend or loved one, or someone you work with professionally, it is normal to experience a number of difficult emotions. No matter what your relationship with the person was it is natural to feel grief or distress. Try to comfort and look after yourself as much as you can. You could:

- talk
- be with family, whanau or friends
- listen to music
- cry
- do physical exercise
- hug
- visit nature
- pray
- join a support group

Or anything that brings you comfort during this time.

If you or someone you know is bereaved by suicide you can contact the following organisations:

- Lifeline 0800 543 354
- Suicide Prevention Helpline 0508 828 865
- Victim Support 0800 842 846
- Skylight 0800 299 100

Or contact your GP or Employee Assistance Programme



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