

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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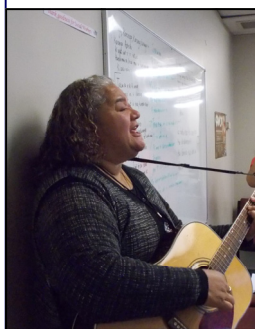
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Whirinaki - Sharing our Kaupapa



Members of the Whirinaki Child, Family & Youth Mental Health Kapa Haka group will open the [APAC Forum](#); Asia Pacific's leading healthcare conference.



Every morning the staff at Whirinaki gather together to form a Kapa Haka group. They sing songs (ngaa waiata) and perform action dances. This gives staff a chance to gather together, celebrate Maaori culture and share their wishes for the day.

This year Whirinaki staff will be leading the welcome for the APAC Forum. They will sing a range of songs, including celebrations of te reo (Maaori language), tikanga (culture), wairua (spirituality) and whaanau (family). These staff, who come from a variety of cultures and backgrounds, are joined together in this activity.

The APAC Forum, the third largest healthcare improvement conference in the world, will be taking place from 23 to 25 September at Auckland's SKYCity. This year's conference will include 130 speakers (a combination of the best New Zealand has to offer as well as world-renowned experts). Conference themes include value-based healthcare, leadership, transformational change, co-design, high performing organisations and knowledge management. The APAC Forum is managed by Ko Awatea, the centre for health system innovation and improvement at Counties Manukau Health.



23-25 September 2015

**SkyCity Convention
Centre, Auckland,
New Zealand**

Sponsored by Ko Awatea and Counties Manukau Health

Monitoring Human Rights Online

In June this year the [Human Rights Commission](#) launched an [online tool](#) to monitor the New Zealand Government's progress on Human Rights.

The [New Zealand Human Rights National Plan of Action](#) collects together recommendations and government responses to the 2014 Universal Periodic Review (UPR) before the United Nations Human Rights Council. The website can be navigated by issue, population, government agency or treaty body. Recommendations and government initiatives of topics as diverse as health, poverty, education, indigenous rights, women and children are all collated in one location, along with additional information and demographics from the Human Rights Commission.

As the first website of its kind in the world, Human Rights Commissioner Dr Jackie Blue believes it is a powerful way to highlight human rights in our country by making information accessible and visible for every New Zealander. "We are keeping our Government to account by monitoring its human rights actions and making everything publicly available."

According to Dr Blue, this website offers a unique opportunity for New Zealanders to analyse and critique our progress towards human rights for all New Zealanders, and encourages participation in democratic process. "From today anyone will be able to go online, see what the UN recommended we do and monitor what our Government agreed to do. We are expanding and highlighting the conversation about the human rights of everyday New Zealanders."

For further information visit <http://npa.hrc.co.nz/>

Kiwis Craving Advice to Support Young People

[Common Ground](#) aims to ensure parents, families, whaanau and friends of young people have easy access to information that will help them support young people to manage hard times, and enjoy positive mental health and wellbeing.

According to [Common Ground research](#) conducted independently with 1,000 adults from around the country, 70% of New Zealanders have helped a young person who was going through a tough time. Yet only 23% said they felt they could help out a lot, and 15% said

they would like to help but don't know how or don't feel equipped to help.

Common Ground is a dedicated website for those helping troubled young people. As well as professional research and advice, Common Ground allows people to share their own experiences and suggestions about supporting young people. A special phone and text service and information pack service are also available at no cost.

For more information visit commonground.org.nz

Next Generation Scientists in South Auckland

New project supports South Auckland young people to careers in science.

The 'Science and Society' project, managed by [COMET Auckland](#), will bring

together students and science professionals to collaborate on scientific projects. 'Science and Society' aims to inspire South Auckland young people and communities to engage with science, technology, engineering and mathematics. By assisting young people with practical experience on real-world research projects, COMET hopes to support growth in this industry, as well as introducing young people to new career paths. This will lead to multiple benefits to the South Auckland community.

Shirley Johnson, Skills Manager for COMET Auckland says there is not enough being done to engage, inspire and support South Auckland's young people into science careers. In particular young Maaori and Pacific don't see science as being for them. "This sort of opportunity creates real science working with real kids and working with real scientists on problems and issues that are real to the community so it's not all just made up. The young people can actually have those conversations with scientists and really see how relevant it is in their everyday lives."

COMET Auckland is looking for practical science projects that will engage young people in South Auckland and lead to positive outcomes for their communities.

For more information on this initiative, please contact Shirley Johnson, shirley.johnson@cometauckland.org.nz, or COMET Auckland Project Manager Dr Sarah Morgan, at sarah.morgan@cometauckland.co.nz.



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 Training will continue in 2016

What Comes After HEeADSSS? 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

E-mail: cfyh@middlemore.co.nz



LookUp

Look Up Youth Forum

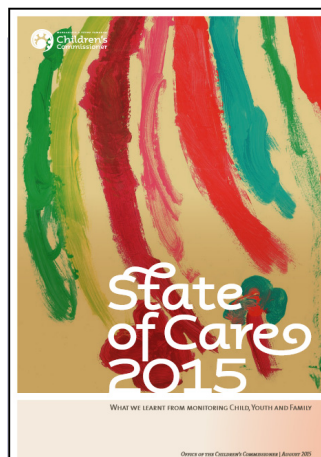
Friday October 16th 2015 10am to 2.30pm

Te Oro Music and Arts Centre, Glen Innes

<http://www.lookup.org.nz/>

*Showcasing inspiring ways to wellbeing through technology,
service innovation, and creative initiatives.*

State of Care Report on CYFs



The Office of the Children's Commissioner (OCC) has released [State of Care 2015](#), the first of a series of reviews of Child Youth and Family New Zealand (CYF). This report has implications for a variety of social services.

The State of Care 2015 report is the first annual summary of OCC's independent monitoring of CYF's policies, practices and services.

While the report found pockets of excellent practice within CYF, it also highlighted inconsistencies in the care and services provided to children. The results found that:

- CYF's practice is not consistent
- CYF does not put children at the centre of everything it does
- Because of lack of data, we don't know if children are better off as a result of state intervention

The report also found that the longer a child spends in CYF care, the more likely they are to have harmful consequences.

While CYF has some power to effect change, health and education services in particular need to need to support children in care to achieve better outcomes.

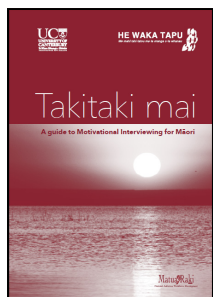
State of Care 2015 also includes detailed feedback from children and young people about their experiences in the system. The report found that children in CYF care "expect CYF to tell them what they are entitled to, provide them with high quality social workers and caregivers, help them maintain relationships with their birth family/whaanau, give them a voice in decisions about their care, and, crucially, listen to what they say."

State of Care 2015 concludes with a range of recommendations to improve the quality care provided by CYF.

This report also follows a government review of CYFs (led by Paula Rebstock) and a recently introduced Bill to make registration mandatory for social workers.

For more information visit occ.org.nz/state-of-care/. OCC will publish another State of Care report in 2016.

New Books

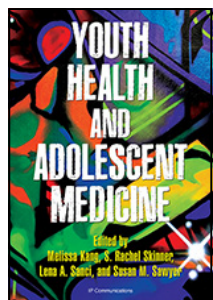


Takitaki mai: A guide to motivational interviewing for Maori.

by Eileen F. Britt and others



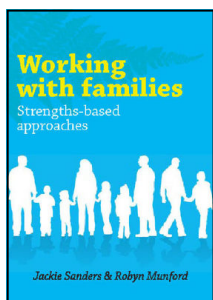
That sugar film.
by Damon Gameau and Nick Batzias



Youth health and adolescent medicine.
by Melissa Kang and others



Health literacy review: A guide, 2015.
by Ministry of Health



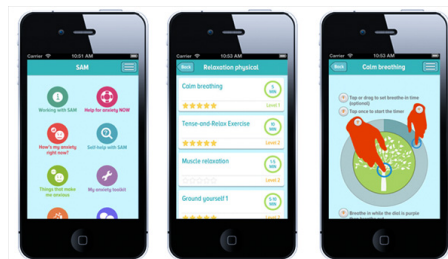
Working with families: Strengths-based approaches.
by Jackie Sanders and Robyn Munford



Wider economic and social costs of obesity
by Social Policy Evaluation and Research Unit and others

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

Getting Help: E-Therapy for Young People



Health professionals, families, whaanau and friends are looking to e-therapy tools to help support the mental health of young people in their lives.

According to Kieran Moorhead from [Changing Minds](#), “mental health services need to engage young people in environments where they interact – the internet and social media”. E-therapy tools such as mobile apps, websites, social networks, games and text-based applications are a great way to connect with young people and teach coping strategies and ways of dealing with stress.

The following are some tools that have either been developed for use by young people, or may be suitable for this audience. No tool will be effective for every young person, so it pays to try a few options until you find a solution that works for you.

SPARX (free web-based computer game)

SPARX is a NZ made, internationally recognised game aimed at young people. It used Cognitive Behaviour Therapy to help young people with depression, anxiety or stress.

Happier App (free app for iPhone or iOS device)

Lets you collect happy moments throughout your day, share them with friends and family, or simply use them as a reminder.

TheLowdown (free website)

Provides resources to support young New Zealanders recognise and understand depression or anxiety. Additional counselling can be reached through email, phone, webcam or text.

SAM – Self Help for Anxiety Management (free app for Andriod or iOS device)

An app designed to help people manage their anxiety, SAM offers tools for assistance in the immediate moment.

Code Blue (free app, unknown device, yet to be released)

Lets young people create a support group of contacts who can be alerted when they need immediate help.