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How to contact us:

This newsletter is the property of Northern DHB Support Agency (NDSA), a shared services agency jointly owned by Auckland, Counties Manukau and Waitemata DHBs.

View us at:
www.ndsa.co.nz

Reach us by:
POST
P O Box 112147
Penrose
Auckland

PHONE
(09) 589 3939
(09) 589 3900

FAX
(09) 589 3901

EMAIL
Lucinda.li@ndsa.co.nz

Northern Region Asian Mental Health & Addictions Advisory Group

When the Northern Network Coalition completed its *Northern Region Mental Health and Addictions Services Strategic Directions* in 2004, an Asian Advisory Group with expertise in the provision of mental health services was formed to provide strategic advice to the development of service responsiveness to Asian communities in the region.

The Regional Asian Advisory Group comprises representatives from DHBs, NGOs, PHOs and individual practitioners. The Group has been tasked with the following roles from an Asian perspective:

- The development and ongoing coordination of the Auckland Regional Asian Mental Health & Addictions Implementation Plan
- Provision of expert advice and strategic directions
- Fully represent their organisations within the context of the scope of the advisory group
- Accountable for all data validation on behalf of their organisations
- Keeping CEO/ GM and other key stakeholders fully advised of progress and issues
- Communicate or provide update to Network North Coalition Group

Current membership of the Regional Asian Advisory Group

- **Bram Kukler** (Chair), Programme Manager Mental Health, Waitemata DHB
- **Eileen Swan** (Deputy Chair), Service Manager, Acute Mental Health Inpatient & Liaison Psychiatry, Auckland DHB
- **Ashok Malur**, Psychiatrist & Head of Trans Cultural Mental Health Service, Auckland DHB
- **Hien Mack**, Interpreter
- **Iris Fontanilla**, Health Psychologist, Tamaki PHO
- **Janine Thomas**, Health Psychologist, Tamaki PHO
- **Kitty Ko**, Asian Service Development Coordinator, Counties Manukau DHB
- **Lorna Murray**, Chief Executive Officer, AMHS
- **Martin Molloy**, Project Development, Te Pou
- **N. Rasalingam**, GP and Refugee Council of New Zealand
- **Paula Nes**, Professional Leader Social Work, Mental Health Services, Counties Manukau DHB
- **Patrick Au**, Asian Mental Health Coordinator, Auckland DHB
- **Ratana Walker**, Senior Adviser, Waitemata DHB
- **Rebecca Zhang**, Asian Service Coordinator, CADS
- **Sai Wong**, Consultant Psychiatrist
- **Sue Lim**, Service Manager, Asian Health Support Services, Waitemata DHB
- **Surpreet Cheema**, Team Leader, Mobile Clinical Team, Refugee As Survivors New Zealand
- **Lucinda Li** (Secretary), Regional Asian Mental Health Coordinator, NDSA

To present a wider picture of mental health initiatives and outcomes in the region, a series of brief profiles will be provided in the upcoming issues to introduce the individual members and

their representing organisations/ units. It is hoped that these reports will provide a broader view of Asian mental health activities in the Northern Region.

Spirituality and Mental Health

A free mental health seminar was organised by the **Hindu Council of New Zealand Inc.** at the Hindu Heritage Centre, Auckland last month to share and look at the multiple perspectives of spirituality and mental health.

The seminar was organised in response to the changing demographic trends of New Zealand and the increasing ethnic diversity in Auckland region.

With the arrivals of new migrants, a wide range of new cultures and new ways of perceiving the world are also introduced to New Zealand. An integral part of these new perspectives is spirituality, the principles of which are believed to be universal to all religions and have a positive impact on mental health of the followers.



The lighting ceremony



Participants at the seminar

The purpose of the seminar was to explore the impact of spirituality on mental health from the perspectives of the major religious/ cultural groups in New Zealand.

The seminar included presentations from the Judeo-Christian, Maori, Buddhist, Islamic, and Hindu perspectives, and a general discussion to explore the similarities in spirituality that impact on mental health at the end.

The seminar was well attended with over 200 people. Anyone interested in the reports of the seminar or further activities of the Hindu Council should contact Sridhara Mysore, Public Relations & Media Coordinator, Hindu Council of NZ:
Srimysore@xtra.co.nz

What's on

A workshop is going to be held by **ADHB** in Auckland on how to work with **Chinese families in healthcare and social services settings**. The speaker is world renowned family specialist **Professor Joyce Ma** from Hong Kong.

Professor Ma is the Director of the Family and Group Practice Research Centre at the Chinese University of Hong Kong and the Chairperson of the Social Worker Registration Board in Hong Kong. She is also working at the American Association of Marriage and Family Therapy (AAMFT) as a registered social worker, a clinical member and the approval supervisor.

Her professional and research interests are on health and mental health, family health and family therapy research, and Professor Ma has published extensively on these areas.

The one-day workshop is co-hosted by the **Centre of Asian Health Research and Evaluation, University of Auckland** and will be opened by Dr. Rajen

Prasad, Chief Commissioner, Family Commission of New Zealand on 5 June at the School of Population Health, University of Auckland.

The workshop will be delivered in two sessions. The morning session will focus on the general skills in conducting Family Therapy with Chinese clients and specific skills in working with eating disorders and adolescents. In the afternoon session, the application of theories into practice will be critically examined with the use of case studies.

The charge for the workshop is \$80.00 per person. For information and registration, please contact: Mr. Sun Kim 09-3737 500 extn 89203 or visit:
<http://www.health.auckland.ac.nz/population-health/cahre>

