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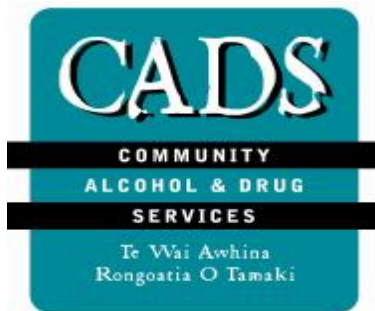
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CADS Provides Free Asian Counselling Service



Based on 2006 Census, most Asians in New Zealand are new migrants. They face a range of issues due to their migrancy, which can cause significant stress to their daily life. It is not uncommon that they turn to alcohol and drugs as one of their post migrancy stress coping strategies. For example, it is noted that sleeping pills (e.g. benzodiazepam) abuse related problems are frequent amongst new Asian migrants.

A recent General Practitioners Survey has also noted reports of alcohol-related problems amongst Asian clients including students. For many students, the problems are not only health related issues but also legal offences, such as drink driving charges.

Asian migrants rarely seek help from public services due to the stigma attached to alcohol and drug problems, lack of understanding on alcohol, drugs and prescribed medicine-related issues, and language difficulties. Furthermore, counselling is still a fairly foreign concept for Asians.

Therefore, when dealing with alcohol and drug related problems, Asians tend to seek help from their natural support systems (e.g., friends, family), traditional healing methods (e.g., Chinese medicine, herbal therapy, acupuncture), or western medical professionals (e.g., GPs or medical specialists) rather than insight-orientated therapies or interventions

based on the individual (for example, counselling, psychotherapy).

To help these clients CADS, the regional drug and alcohol service, has set up an Asian service and provides counselling in Asian languages (i.e. Mandarin, Taiwanese, and Korean).

CADS Asian Service aims to remove language barriers and provide more culturally appropriate service for the Asian communities. It also seeks to raise awareness of alcohol and other drug issues among migrants. Mechanisms used include face to face counselling, on-line counselling (via a home computer), alcohol and drug education, health promotion, as well as home visits to minimise barriers to service access. To strengthen intervention, support is also given to family and friends of clients to assist clients to manage problems.

The service is **FREE** and available to anyone in the wider Auckland region.

For information or service, please contact any of the five CADS units in Auckland, which are situated in: Panmure, Manukau City, Henderson, Takapuna, and Kingsland, or contact **Rebecca Zhang**, CADS Asian Counselling Service Coordinator.



Rebecca will be pleased to answer any question related to the Asian Service. She can be contacted via

phone 09-570 3754 or email Rebecca.Zhang@waitemataDHB.govt.nz

Activities Update

Hindu Council of New Zealand

The Hindu Council has held its second conference on 16 May 2008. The theme of the conference was ***Sustaining New Zealand communities through Health Benefits of Yoga, Meditation, and Ayurveda.*** The conference was inaugurated by **His Highness Te Arikinui King Tuheitia**, the Maori King.



King Tuheitia (centre) began the conference by lighting the lamp in the traditional Hindu way

Various speakers from overseas spoke on the health benefits of Yoga, Meditation, and Ayurveda. The prospect of setting up a research institute on yoga and ayurveda in NZ was actively discussed.

For reports of the conference, please contact Srihara Mysore, Public Relations and Media Coordinator of Hindu Council, via srimysore@xtra.co.nz

Structural Family Therapy for Asians

A series of seminars and workshops on structural family therapy for Asians had been held on the 3-6 June 2008 in Auckland with **Professor Joyce Ma** as the speaker. Professor Ma is a world renowned family therapist, and her main interest is in family therapy for Asians especially adolescents and those with eating disorders.

Both the Cross-Cultural evening on 3 June and the training workshop at the University of Auckland on 5 June were each attended by more than 80 people. Participants included psychiatrists, psychologists, nurses, social workers, interpreters, and community support workers. The Trans-DHB Grand Round was telecasted from 8 sites, from One Tree Hill to Mount Cook, via the Telepaed videoconferencing facilities on 6 June and 6 DHBs took part in the discussion.

In addition, Prof. Ma visited 5 clinical sites in Auckland and met with clinicians to share her experience. Her consultation with clients was a live demonstration of her professional skills.

Prof. Ma's visit has been positively received. In the words of **Gina Geisreiter**, Acting Clinical Coordinator, Eating Disorders Service ADHB, Prof. Ma's "ways of thinking about cases from a family therapy perspective (are) extremely valuable and informing, and the cultural/political understandings that she contributed have left us with plenty to think on." Such comment has been widely shared by many other participants of the meetings.

What's on

UNHCR, the UN Refugee Agency, has designated 20 June as **World Refugee Day (WRD)** to highlight the plight of refugees worldwide and recognise their courage and resilience. The global theme for this year is refugee protection which refers to not only the provision of a safe haven for these people who flee their homes because of persecution and conflict, but also that they receive shelter, food, medical care, and have their rights respected. This focus on refugee rights will be raised again in the pending 60th anniversary of the Universal Declaration of Human Rights in December 2008. Please watch out for activities in NZ and AUS on www.unhcr.org.nz

A national Culturally and Linguistically Diverse training course is about to be rolled out. This course jointly developed by Refugees As Survivors and Waitemata DHB helps develop and enhance the skills of health practitioners in working with refugees and migrants. The training will include the aspects of cultural responsiveness, working with refugee and Asian migrant clients, working with interpreters, and key aspects of mental health models for different cultures. The project has received \$100,000 from Te Pou Wings Innovation Fund for a national pilot scheme trial-running in Auckland, Hamilton, Palmerston North, Nelson, and Christchurch.