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# Asian Mental Health Newsletter

Northern DHB Support Agency

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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.

See us at:  
[www.ndsa.co.nz](http://www.ndsa.co.nz)

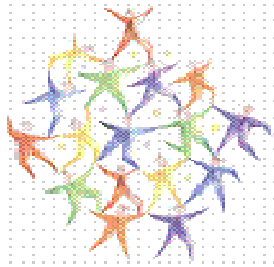
Reach us by:  
**POST**  
P.O. Box 112147  
Penrose  
Auckland

**PHONE**  
(09) 589 3939  
(09) 589 3900

**FAX**  
(09) 589 3901

**EMAIL**  
[Lucinda.li@ndsa.co.nz](mailto:Lucinda.li@ndsa.co.nz)

## Waitemata DHB is piloting a brand new service



### Asian Mental Health Client Support and Coordination Service

In Waitemata district, the Asian population is the fastest growing ethnic community, constituting 13.8% of the overall WDHB population; and the second largest as well as extremely diverse ethnic population.

In 2006-07, there were more than 6,000 non-English Asian speaking clients assessing WDHB services and 148 for mental health services. Due to the lack of responsive support services and the limited ability of clinical services to engage effectively, many Asian people with mental illness are unable to access appropriate services in the early stages of their illness. This results in people delaying accessing the system and entering in an acute stage of their illness.

This crisis driven access in turn results in an uncoordinated response to managing the situation, inability to focus on early intervention and undue stress and disruption of both service users and family's life.

In line with national, regional, and local strategies, WDHB has developed and started a pilot Asian mental health client support

and coordination service on 15 September 2007.

The service **aims** to provide culturally responsive services to Asian mental health clients with limited or no English language skills (up to 30 Asian dialects/ languages), who have high and ongoing coordination and support needs.

The **objectives** of this service are to broaden the range, quality and choice of mental health and addiction services for Asian clients who are culturally and linguistically diverse. The immediate emphases include:

- Providing services based on Asian framework/ models of health
- Addressing Asian peoples' needs holistically
- Providing early stage client engagement and non clinical cultural assessment
- Providing direct client support services for high/ complex cases
- Providing direct client support services for non-English speaking Asian clients from minority groups where no appropriate support services are available
- Increasing Asian workforce capacity and capability

The service **team** is made up of 5 Chinese client support coordinators and a pool of 14 Filipino, Korean, Japanese, Burmese, Indian, Iraqi, Afghan, Indonesian, Vietnamese bureau staff.

For more information, please contact **Kelly Feng**, Team Leader, Ph: 09-486 8920 extn 3042, email:

[Kelly.feng@waitematadhb.govt.nz](mailto:Kelly.feng@waitematadhb.govt.nz)  
or visit website: [www.amhcs.org.nz](http://www.amhcs.org.nz)

## Welcome to the new members of the Asian workforce at Auckland and Counties Manukau DHBs



The Asian Mental Health Team of Auckland DHB has grown with two new members recently: *David Lee* and *Joy Wei*. As community health workers, David and Joy will work across the mental health services at ADHB to support the Clinical Teams to plan and implement management and treatment plans. David and Joy will be based at Cornwall House Community Mental Health Centre at Greenlane Clinical Centre.



In the Counties Manukau DHB, a new Asian Service Development Coordinator has been appointed. *Kitty Ko*, having worked in the mental health sector for six years and previously as the Residential Rehabilitation Coordinator at the Counties, is now taking up this new role to assist CMDHB in enhancing service delivery to Asian service users. Kitty can be contacted via email: [kos@middlemore.co.nz](mailto:kos@middlemore.co.nz)

Warm welcome and congratulations to David, Joy, and Kitty on their appointments!

## A perspective on Asian Child and Adolescent Workforce in New Zealand

*"The workforce is at the heart of mental health and addiction services." – Embracing the Challenge (p.iii) (2005).*

The Werry Centre (for Child and Adolescent Mental Health Workforce Development) has recently completed a stocktake of child and adolescent mental health services in New Zealand.

In its report there is a chapter on Asian child

& adolescent mental health workforce, written by Patrick Au, Asian Mental Health Coordinator of ADHB.

The chapter examines the Asian population distribution in the country and compares Asian client access and Asian workforce on both the national and

regional levels. It also provides recommendations on future workforce development.

For the full report and the Asian Workforce chapter, please [click here](#)

## About this e-newsletter

This bi-monthly e-newsletter is published by the Northern Region Asian Mental Health & Addictions Advisory Group.

The advisory group was set up by the Northern DHB Support Agency since 2005 with representatives from DHBs, PHOs, NGOs, settlement-related agencies, national workforce development agency, practitioners, and Asian communities in the Auckland region to steer and support the development of responsive services for the Asian communities.

This newsletter intends to make available to the nation the latest news on the Asian mental health sector in Northern Region. It also provides a forum for like-minded people to share information and ideas. We welcome your feedback and suggestions.

As 2007 is drawing to a close, we wish you a prosperous year ahead. Our next issue will be due in February 2008.



*Wishing you a Merry Christmas and a wonderful New Year*