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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.

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## About this e-newsletter

Welcome to the first bi-monthly e-newsletter 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.

The advisory group initiated a consultation process for the development of a regional Asian mental health strategy back in 2005, which has since been endorsed by the three Auckland DHBs. The group has continued to meet monthly to develop an implementation plan for the region.

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.

## Northern Region Asian Mental Health & Addictions Strategy: Launch & Workshops 2007

The Northern Region DHBs have operationalised their Asian mental health strategies into the form of an implementation plan which was formally launched on 16 August 2007 in Auckland.

Ms. Robyn Shearer, Acting Manager, Mental Health Group of the Ministry of Health gave a keynote speech on the national picture of the Asian mental health and addiction services while Mr. Bram Kukler, Programme Manager (Mental Health) of Waitemata DHB and Chair of the Regional Advisory Group provided a summary

on the regional strategies and initiatives. Dr. Sandy Simpson, Acting Director of Mental Health Services, NDSA formally launched the Plan. The event was attended by over 180 people, coming from government departments, district health boards and its provider arms, PHOs, NGOs, private companies, consumers, and interested individuals.

During the day-event, many constructive ideas were generated and fruitful exchange achieved during the workshop and plenary sessions. This launch

succeeded in bringing people across the sector together and seeding further initiatives, collaboration and partnerships in mental health on regional and national levels.

For a copy of the Auckland Regional Asian Mental Health & Addictions Implementation Plan 2006-2010, please email us on [Lucinda.li@ndsa.co.nz](mailto:Lucinda.li@ndsa.co.nz)





*"To improve access to quality health care for Asian people who come from culturally and linguistically diverse backgrounds."*

## Asian Mental Health Workforce Development projects

To improve access to quality health care for Asian people who come from culturally and linguistically diverse backgrounds, the Northern DHBs have developed a series of training modules to target the learning needs of interpreters as well as practitioners who work with Asian service users and their families.

A total of 3 training courses for interpreters and 5 for practitioners were delivered in 2006/07 with 71

interpreters and 114 practitioners successfully completing the training.

The overall feedback from the participants across the various course components was very positive and the majority of participants indicated that they were more confident in delivering services to Asian clients and their families following the training.

Other initiatives from the past year include a cross-cultural training resource CD Rom, guidelines for using interpreters for the

Auckland metropolitan DHBs, project evaluation, and a set of "Train the Trainers" manuals for the interpreter and practitioner training courses.

For the full report, please contact: Sue Lim on [sue.lim@waitematadhb.govt.nz](mailto:sue.lim@waitematadhb.govt.nz)

## Papers presented by members of the Regional Asian Advisory Group to the World Mental Health Congress: East Meets West, 19-23 August 2007, Hong Kong

A number of the Regional Advisory members had attended the above conference and presented the following papers:

Walker, R., Kukler, B., & Swan, E. (2007). Strategy and implementation plan, New Zealand.

Walker, R. & Lim, S. (2007). Asian interpreter and mental health workforce development project, the first in New Zealand.

Au, P. & Wong, S. W. (2007). Setting up an Asian mental health service – the New Zealand experience.

For copies of the above papers, please contact the authors:

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