

LOAD

TIMARU Minutes Wednesday 9th August 2006

Apologies: Geoff Lumb (PGF), Jenny McMillan (Youth and Community Worker)

Karakia: Bruce Wikitōa.

Welcome: Cate Kearney, ADANZ

Introductions & Updates

Anne Sheeley A & D service.
Mary Ann Wilson Clinic Leader A & D service. About to survey / review service. Currently advertising for key worker to work in adult service.
Amanda Boons Apologies for Gurbux – down staff. Advertising for new position. Steady referrals. Opening at Victoria House, 15 September.
Kath Cummings Adventure Development Counselling. New to position. Funding for 18 clients / Timaru based. Will see young people in homes. 3 months individual work; group work; journey and family work. Criteria: AOD and mental health. Based in Timaru cover Geraldine and Temuka. Self-referral.
Diana Walsh Caroline House. Outreach programme going well. Supported people in their homes; detox at Caroline House, then back to Community House.
Kate Balfour Public Health Nurse. Department under review. DHB funding for child wellness. Going on maternity leave for 1 year –new face at LOAD.
Merv Layt CYFS. Merger with MSD one month on. Small changes. South Canterbury; 2nd most efficient branch in the country. Partly due to new system. Every one takes turns at taking new people other than sitting with intake team. New trend – run away teenagers, these teens meeting with older teens introduced to alcohol and other drugs. Last month two cases, generally one case a month.
Bruce Wikitōa Kaumatua for SCDHB. Work across services. Team Leader for Maori Health Unit.
Julie FosFosbendo Student on placement with SC Violence Social Work.
Miriana Anglem Student for Community Probation Family Worker at Family Support. Completing social work training.
Jan Thomas Timaru Needle Exchange. Increase in numbers - first time in 8 years. Consistent increase for some months. Some are new clients and a lot are rural. Noticing some new drug trends – looks like alternatives to BZP: C2I C2B hallucinogenic– Ecstasy Powder form. Young people reporting some use. Classified as Class A in UK. No classification here. TED (electronic dispenser (still in place – trying to access new dispenser).
Al Walker SC Violence Prevention Services. 3rd programme for the year. Up on numbers. Last programme for year starts mid September. New facilitator and trainee facilitator. Expanding team to help increase capacity, so that youth programme is resourced. Highway programme experiencing problems with mailing list. 10 1 – 1 programmes. Working with youth in Twizel - under 12. Weather disruptions have upset programme, will plan to deliver programmes in Summer next time around.
Te Rito collaborative Group Waimate, McKenzie, Twizel, Timaru family / whanau worker. Completed pilot hoping for ongoing funding. Questions arise out of early work, which will form platform for further development. Brochures re upcoming meeting.
Jull Proudfoot Alternative Education. Full at the moment. 19 youth (funded for 17). Recent referrals on waiting list. Some of the runaways were attending – now some have been moved out of district by CYFS. A lot of year 9 referrals (13 years) also group of 11 year olds that are rising concerns – alcohol use.
Gail Rowland SC Women's Refuge. Case worker. Outreach Rakaia to Palmerston. 1/7 – Ashburton, 1 / 7 Oamaru. Running domestic violence programme in the 3 areas. About to target tamariki (5-8 year olds). Family violence across the board, more middle to upper class recently. Self medicating with alcohol and drugs. One safe house for district. Discussion re Tamariki programme. Pilot here may be rolled out nationally.
Avis Page YMCA South Canterbury. 50 – 60 currently attending programmes. Dealing with multiple issues. Refer out.
Jackie Robertson Timaru District Safer Community Council. Judge Beecroft in town last week – organised by YOT (Youth Offending Team-health, education; community, CYFS, SC), YOT team going for 2 years. While government directive, some difficulties getting buy-in from all services. Last week has helped establishment. Trying to get a Youth Reference group together. One meeting so far. Hope to meet 3 times a year (If anyone interested in joining contact Jacqui). Family an issue. Brainwave Trust will be here 24 August. Presentation about adolescent brain development with local services

available to talk with parents after presentation. Project approved for alcohol sport and young persons. YATA project next year. Targeting year 10.

Discussion about Youth and Sports Project

Public Health 2 new workers. Alcohol and Smoking focusing on youth. Workers Hamish Milne and Janine Waller.

Next Year's Programme

Drug Education – BZP. Side effects symptoms and signs. Motivational interviewing. Family Dynamics and different roles.

Presentation

The Brooklyn Programme. Peter McHugh, School Counsellor, Waitaki Boys High School.

- Developed as a substance abuse programme by Dr Richard Gray (won a world community award for this work).
- Clients initially come from criminal justice system.
- Programme has now been used in a wide variety of situations.
- Programme – focus on positive future (does not focus on alcohol and drug problem).

Background

- terms drug abuse seldom used
- Uses CBT e.g. naturally occurring physiological events as an “anchor”.
- Spiritual component – finding a place of choice within.

Programme Broken into two parts.

- Exercises 1 – 7: cognitive base of experiences: nature of memory and Pavlovian conditioning – these states can be controlled.
- Use of multi-sensory strategy to enhance effect of chosen memories – intensification example given: Anchoring process – key.
Exercises 8 – 12
Goal setting: concrete, detailed and positive, receiving and evaluating use of anchors daily.
Depth psychology to awaken deeper sense of self; competence and self-esteem: anchor memories.
Realise that good experience possible without drugs.
- The programme has a 70% success rate.
- Based on NLP

Assumptions

- Never go back to past – reinforcing bad experiences.
- Change is motivated through identification of a positive future.
- Empowerment: people are doing the best with the resources they have.
- Mind and body one system.

Next Meeting: 8th November 2006

Karakia: Bruce Wikitoa.

Meeting closed at 12.10 p.m.

Attendance: 21

Further information and agendas available on www.adanz.org.nz.

Please note: These minutes are a summary of opinions expressed by meeting attendees. If anyone would like further information please contact Cate Kearney at cate.kearney@adanz.org.nz

Attendance List

Name	Organisation Name	Address/Phone No	Email
Al Walker	South Canterbury Violence Intervention	P O Box 785, Timaru	scvip@xtra.co.nz
Al Walker	South Cant. Violence Intervention	PO Box 785, Timaru	scvip@xtra.co.nz
Amanda Boons	Timaru Mental Health Support Trust	P O Box 612, Timaru	tmhst@xtra.co.nz
Ann Sheely	Timaru Alcohol & Other Drug	PO Box 911, Timaru	
Bruce Wikitua	Kaumatuā, Cultural Advisor	SCHDB, Private Bag 911, Timaru	
Cate Kearney	ADANZ	P O Box 13-496, Christchurch	cate.kearney@adanz.org.nz
Diane Welsh	Caroline House	PO Box 679, Timaru	caroline.house@xtra.co.nz
Gail Rowland	YNCA South Canterbury	P O Box 777, Timaru	edadmin@ymcasc.org.nz
Hamish Milne	Community & Public Health	P O Box 510, Timaru	hamish.milne@cph.co.nz
Jacqui Robinson	Safer Communities	P O Box 525, Timaru	jacquir@timdc.govt.nz
Jan Thomas	NEXT Needle Exchange Timaru	PO Box 944, Timaru	nextimaru@xtra.co.nz
Janelle Wallis	Community & Public Health	P O Box 510, Timaru	janelle.wallis@cph.co.nz
Jill Proudfoot	Alternative Education	P O Box 59, Timaru	aaec@ihug.co.nz
Julie Fosbendo	SCVIP	CCS P O Box 585 Timaru	jfosbender@aoraki.ccs.org.nz
Kat Wolsinki	Adventure Development Counselling	P O Box 872	kat@adventuredevelopment.co.nz
Kate Balfour	PHN Timaru Hospital	SCDHB	pubhealth@timhospital.co.nz
Kylie Robinson	Public Health Nursing Student		caroline.house@xtra.co.nz
Leola Ryder	Community & Public Health	P O Box 510, Timaru	janelle.wallis@cph.co.nz
Maryann Wilson	SCDHB – AOD Maori Team	Private Bag 911, Timaru	mwilson@timhosp.co.nz
Merv Layt	CYFS	Private Bag 901, Timaru	merryn.layt001@cyf.govt.nz
Miriana Anglem	Community Probation	North Street, Timaru	
Terry Cummings	Victoria House	27 Rose St, Parkside, Timaru	tmhst@xtra.co.nz