

SERVICE PROFILE

GREYMOUTH ACTIVITY CENTRE

This year the Greymouth Activity Centre celebrates its fourth year open to people living in the wider Grey District community who have a psychiatric disability, history and or needs.

Operated by Coast Care Trust and tucked away on Richmond Quay and referred to as "a lighthouse by the sea" the centre is there for between thirty five to forty five different people each week.

With a focus on fun, respect and wellness, centre manager Glenda Prendergast says, "there are vocational, recreational and physical opportunities for everyone." A wide range of art and craft, woodwork and carving skills are offered at the centre by three full time and one part-time staff, volunteers and community education funded tutors.

Members and staff are gaining a reputation for their pre-arranged catering service and their kindling wood sales and light gardening jobs are also providing many people with purpose. This season vegetable seedlings are selling as quickly as they can be grown.

With a full five-day programme also offering games, sports, exercise groups, holidays away and evenings out, there is never a dull moment.

Contact us:
14-18 Richmond Quay
Phone: 03 768 7263
Email: greyactivity@extra.co.nz

WELLINGTON INSTITUTE OF TECHNOLOGY

Wellington Institute of Technology (Weltec) is the new education/training institute formed out of the amalgamation of CIT and Hutt Valley Polytechnic. Weltec runs a Bachelor of Alcohol and Drug Studies programme in Wellington, Auckland and Christchurch.

The Bachelors programme is designed to give the graduates a sound academic grounding in evidence-based knowledge and skills.

Stage I provides the theoretical underpinning, introducing students to key theories and models of alcohol and drug issues and provides a background regarding counselling approaches. Modules include Introduction to Counselling, Cultural Responsibility and Psychological Theory and Practice.

In Stage II specific training in several evidence-based counselling interventions, interventions for alcohol and drug problems, and basics of research and critical thinking are provided. Students are encouraged in their self-directed learning to analyse and critique presented models and literature and to reflect on their practice. Modules include Assessment and Treatment Planning, Motivational Interviewing, Cognitive Behavioural Therapy and Mental Health and Mental Disorders.

At Stage III students are integrating alcohol and drug theory and practice in an appropriate professional manner. Modules at this stage include Co-existing Disorders, Health Promotion and Systemic Counselling Approaches.

At each stage students complete up to 150 hours of Clinical Practice in Alcohol and Drug agencies

and undertake relevant supervision and professional development.

The degree is made up of 360 credits. Students who have enrolled on the degree programme but who do not complete Stage III may apply to exit the programme with either a Diploma in Alcohol and Drug Studies (160 credits) or the Advanced Certificate in Alcohol and Drug Studies (90 credits). The previous CIT Certificate in Alcohol and Drug Counselling can be used to cross-credit 30 credits although it may be possible to be credited with more for recognised prior learning.

In addition to the above qualifications Weltec is also offering places on selected modules for professionals interested in gaining alcohol and drug specific skills. Priority for places on the courses will be given to full-time students and appropriate prerequisites will need to be met. For example, to enrol for the Assessment and Treatment Planning module a prospective student must have completed Stage I Alcohol and Drug Counselling Approaches and Theories of Substance Use and Misuse I or equivalent.

Weltec in Christchurch has had a major change in staff this year. Marjorie Hunt took redundancy after 13 years working for CIT and Karen Howieson has transferred to the Wellington Campus. Raine Berry and Brent Tohiariki both took up full-time Lecturer positions in August.

If you are interested in Weltec courses and would like to discuss training options please ring Raine or Brent on 03 365 4848 or ring 0800 935832 for toll-free course information.

UPDATE

FROM THE CONSUMER DESK

Thank you to all those who responded to the satisfaction survey I sent some agencies recently. The results of this have been helpful as I work on my strategic plan for my role of South Island A&D Consumer Advisor.

Your comments and the opportunities they have given me for improvement in our service have been appreciated.

In summary, both consumers and services have asked for more networking and more resources. Work is underway in both these areas and I look forward to your further feedback as you start to see some changes.

Thank you also for the really supportive and kind compliments you made about the role in general. Only one comment was made (by someone who did not complete the survey) to the effect that A&D does not need to have a consumer advisor, but should be part of the mental health network. Overwhelmingly this view was not supported.

Along with the new consumer advisor Lynn Iti, we have spent time brainstorming and then planning ways to share the physical area of the South Island and so spend more time in each DHBs district.

A strategic plan to visit both consumer groups and A&D services is being developed. To be completed by the 30th January 2001.

Resources for consumers - apart from ongoing training-include information to be placed in all alcohol and drug services in the South Island. These ring-binders will contain information about: (but not only)

- Standard nine (Mental Health Standards)
- How to be involved in the South Island A&D consumer network
- Contact details for local consumer group and advisors
- Health & Disability Advocates brochure
- Mental Health foundation brochure re discrimination
- A&D Consumer Network newsletters
- Information on the various roles and requirements of consumer positions

Each service to be asked to identify a person who will ensure all information from the A&D consumer advisors will be added to the folder as received, and to make sure it is easily accessible to all their services users.

These will be delivered to each service as they are visited according to our strategic plan.

Resources are also being developed to help services understand and develop partnerships with consumers and consumer advisors. These would include: (but not only)

- Examples of how standard nine can be implemented
- How to conduct consumer surveys
- Explanation of terms and roles within the consumer field
- How to contact the South Island Consumer Advisors
- Barriers to consumer participation
- Employing consumers
- Consumer groups How and Why?

The strategic plan currently being developed will include the above resources being either developed or collated into post-out packs for A&D services to request and/or print in the bi-monthly magazine (ADA Connections) that is sent to all A&D services, consumers, and interested people on the ADA (Alcohol Drug Association New Zealand) data base. **Completion date for the development of the resources: 30th March 2002.** Should you want any of these prior to that date please contact me - the one you need may be already available.

This has been a valuable project and I believe the South Island Consumer Network, the Alcohol and Drug Services, the current and future consumers will benefit from it.

So, once again, thank you for your help in this project and I wish you all a safe and happy summer holiday.

Heather Hapeta,
South Island
Alcohol and Drug
Consumer Advisor



The ADA CONNECTION is the official newsletter of the Alcohol Drug Association New Zealand. Contributions including letters are welcomed. Submission does not guarantee publication. Contributors enjoy all reasonable liberty in the expression of their views. Views so expressed do not necessarily represent those of the ADA. Articles from Connections can be reprinted as long as acknowledgment of the source is given. All correspondence, inquiries, address changes and ADA membership subscriptions should be made to:

Paul Traynor, ADA
PO Box 13-496, Christchurch.
Phone: 03-379 8626. Fax: 03-377 5600.
Email: paul@adanz.org.nz
Office: Morley House, 1st Floor,
25 Latimer Square, Christchurch.

www.adanz.org.nz

EDITORIAL:

Another year draws to a close. I keep hearing my own uttering along with co-workers and friends expressing similar voice, "Where has the year gone?"

Then, there is my two-year-old daughter and four-year-old son who seem to be growing up so fast - life is a speedy business! When I was a child I longed for Christmas to arrive nowadays it's here and gone before you take a breath. Shops lessen its magic by having decorations for sale as early as late October - anything for a buck! We have lost so much due to this age of instant gratification, communication and technology.

Currently, we are seeing the ravaged landscape of Afghanistan and a people who hopefully may recover their homeland, customs and way of life without internal or external interference. I did say hope! Our life is so often sterilised by the communications of terror and hostility. We are removed from it and after a time, life returns and we go about our business.

I received an email from a friend just yesterday with some sobering statistics from the "New Internationalist"

Number of people who die in the world per day of:

- Hunger 24,000
- Diarrhoea 6000
- Children of measles 2700
- Number of malnourished children in the world 149 million
- People without access to safe water 1,100 million

- Without adequate sanitation 2,400 million
- Living on less than a dollar a day 1,200 million
- Children in Africa with HIV 1.1 million
- Children without access to education 100 million
- Illiterate adults 875 million
- Women who die each year in pregnancy and childbirth 515,000
- People killed by drought and famine 1972 - 96 73,600
- Children killed in conflict 1990 - 2000 - 200,000
- Children made homeless by conflict 1.2 million

I thought how lucky I am along with my family and friends. I think about those afflicted with addictions and other disorders that lead to ill health, loss of vision, hope, a sense of purpose, care for others or their home or self. They fend on their own just to survive another day.

I guess the Christmas spirit can speak to all of us if we undergo some personal change. If we respect a little more, listen harder, speak well of others, laugh at ourselves, play fair, be considerate and look for the positives. To have trust and give it over, to embrace truth no matter what the forces are against you. To counsel with empathy, genuineness and solid repore. To give a little more and take less. To grow in kindness and lessen in criticism. As the song says and I believe, "It's a wonderful world." Merry Christmas everyone!

Paul Traynor

MERRY CHRISTMAS!

ADA Connection:

ADA Board, management, staff and volunteers wish to extend to all of our readers a Merry Christmas and hope that you are able to rest up a little, recharge your batteries and be ready for the challenges in 2002.

We wish to thank each of you for your support and the good work you have done over this past year. We hope that you and your families experience the gifts that this season brings. Fellowship, stories, reminiscences, peace and hope.

UPDATE

NELSON ALCOHOL AND DRUG SERVICE FIRE

At 2.30am on 14th November I received a phone call from the hospital telephonists asking me to come in to work quickly as our office building was on fire. When I arrived our hundred year old villa (which had recently been restored was ablaze). The firemen were wonderful and were able to contain the fire so it did not burn our filing room. This has been a God-Send as all our patients' personal files were saved.

My constant nagging to staff about clearing there office desks at night of all patient files had paid off, as we lost none. The police had arrived just before me and I was able to inform them of my immediate suspicion of who the arsonist was. The police arrested a 39 year old man twenty minutes later on a hill over looking the A&D Service, watching the fire with his car doors open. He smelt of petrol. This man appeared before court the next morning charged with Arson. He has pleaded not guilty but remanded in custody until February 2002, when he goes up for depositions.

It is not possible for me to say much more about this man except staff are now feeling relieved after several months of threats and abuse. We have had three weeks to find a suitable building to relocate to, this was really



difficult as Nelson Marlborough Health has just started stage II of their new hospital redevelopment and space is a premium.

We have now relocated to an industrial area about 5 km's from the hospital. On the positive side we have very spacious temporary offices and are now embarking on our big project to rebuild a purpose built Alcohol and Drug Service on our old site. This is going to be an exciting challenging project.

Staff have been through a lot but in times like this its amazing how everyone pulls together. We have all been quite traumatised but all the flowers, calls, emails and kind wishes have really helped. So to all you out there who did make contact a very special thanks.

We are now open business as usual at 31 Pascoe Street. Phone numbers and faxes are still the same, Ph 546 1994 and Fax 546 1993. Our mailing address is still Alcohol and Drug Service c/- NMHS, Private Bag, Nelson.

Report from Eileen Varley

ALCOHOL HELPLINE

Alcohol Helpline reaches another milestone!!!

As at November 30 the Helpline has received eleven thousand calls for this calendar year! This is over 1500 calls up on the previous year at the same time, and is another indication of the growth of this service and its being utilised by fellow New Zealanders.

ADA is grateful for the ongoing funding and support from ALAC and their staff particularly Ian MacEwan for his belief in the volunteers and the brief intervention counsellors who are the front line troops of this service. We are extremely proud of their efforts and thank them for their ongoing commitment and generosity. We also are grateful for the day to day management provided by Karen Gillie (Nicci Best who left to follow other pursuits) and the support from Marilyn Lindsay our office administrator.

There are many challenges ahead of us for 2002. We are still waiting to hear if we will be including other drugs on the Helpline in 2002. Our hope is to begin training for this initiative which will, I hope, be funding in the

2002/2003 financial year. We have had positive feedback from the Ministry of Health re this proposal and it seems that all that prevents its coming to fruition is funding...funny about that!!

We believe after three years of discussing and proposing this inclusion it is essential that it does happen. The New Zealand Health Strategy states categorically that minimising the harm re alcohol and drugs as the sixth health priority. We still have no central point for New Zealanders to access information and support re other drugs. In a climate where risks around other drugs are escalating it is paramount that this initiative is backed and supported by the Ministry of Health.

We at ADA are extremely thankful for the ongoing support and encouragement from alcohol and drug providers and professionals along with our allied professional colleagues. We hope that when we return in 2002 the ADA Connection will be the bearer of positive results from this initiative. **Merry Christmas and best wishes for 2002.**

UPDATE

UPDATE FROM NCTD (National Centre For Treatment Development Alcohol, Drugs & Addiction)

Suzanne Pitama (Rakaipaka te hapu, Ngati Kahungunu te iwi) was recently welcomed to our staff team on a part-time basis. Suzanne also has a half time Lecturer position with the Department of Public Health at the Christchurch School of Medicine. Suzanne will be involved in the pilot evaluation study of treatment for Maori, co-ordinated by Paul Robertson. This initial work will provide the basis for further clinical research and involves an ongoing process of consultation with Maori service providers and communities, as well as funders and other stakeholders.

Other NCTD research projects in process include: the ongoing National Telephone Survey of alcohol and drug treatment workers; the Naturalistic Treatment Outcome Project (NTOP) of outpatient alcohol and drug services, which will provide detailed information on people who access outpatient services in New Zealand, including the outcomes from this treatment; a validity study of a brief drug use outcome measure (Degree of Drug Use Index) for use with clients within Methadone Treatment Programmes and; a study of behavioural addiction in a sample of people seeking assistance for pathological gambling.

We also have a number of PhD students undertaking a range of research projects including investigating the conflict between health providers and consumers, the ethical issues involved, and the relevant law on treatment (Philip Townshend); spirituality in relation to treatment outcome (Michael Baker); an economic evaluation of methadone treatment for Maori and non-Maori (Ian Sheerin); the effects of cannabis use on cognitive function in adolescents (Meg Harvey); a four-year follow-up of adolescents from whom nicotine use data was obtained (Karen de Zwart).

In terms of post-graduate papers and training, an evaluation of our clinical case-management paper will be undertaken early in 2002 and include input from students who have completed the course and service managers. This evaluation is being undertaken as part

of the contract with ALAC, with a view to ensuring a good match between course content and clinical practice development requirements, and gaining future course funding. The Assessment and Management Planning, Addiction and Addictive Behaviours and Pharmacotherapy of Addiction and Co-existing Disorders papers will be run in 2002, in addition to a number of clinically focussed short courses. In conjunction with these short courses, planning for an Autumn Training School, scheduled for May 2002, is underway. This first school will be held in Christchurch for about 60 participants and will feature a series of probably four clinical skills workshops, from which participants will be able to attend two.

A joint NCTD/ALAC project utilising the Clinical Process Self-Evaluation Guidelines was undertaken with the workers in the specifically funded youth alcohol and drug positions. This evaluation was designed to provide a "check in" process evaluation of these evolving positions and focussed on system linking and referral. A further planned project, which will be facilitated by Helen Mitchell-Shand, will offer agencies the opportunity to develop a specific client pathway for their agency, based on the key clinical processes identified in the Guidelines. This project will involve working with a small peer group and would provide each agency with their own Clinical Practice Manual. This Manual will include clearly defined alcohol and drug service standards and procedures, a comprehensive orientation tool for new and existing staff, alignment of alcohol and drug service standards, worker competencies and core training, and evaluation tools for monitoring and auditing of clinical practice. It will be designed to meet compliance with the National Mental Health Standards and Alcohol and Drug Accreditation requirements. If your agency is interested in this project please contact NCTD.

Finally from all NCTD staff, best wishes for Christmas and 2002.

DRUG INTERCEPTIONS

Extract from New Zealand Customs Service Annual Report, 2000-2001

During the year there has been a continuation in the trend of increasing seizures of amphetamine-type stimulants (for example, ecstasy, amphetamine and methamphetamine). The progressive upsurge in demand has meant that investigative resources have been focused on reacting to the interdictions made. This focus has impacted upon capacity to proactively respond to the increasing threat of a significant drug market in amphetamine type stimulants being established in New Zealand.

This year saw New Zealand's largest ever seizure of the class B drug ecstasy, when an express cargo consignment from Belgium was profiled at Auckland International Airport and 25,170 ecstasy tablets were intercepted.....Since February 2000, in excess of 9 kilograms of amphetamine in shipments from Europe have been seized. This level of ongoing seizure is indicative of the increasing demand for amphetamine-type stimulants in New Zealand, which is currently being met by domestic manufacture, supplemented by small importation's.

UPDATE

CONFERENCES 2002

The 2002 Australian Indigenous Men's Issues Conference

20-22 February 2002 At Greenmount Beach Resort Coolangatta, Gold Coast Qld
For more information contact:
The Conference Secretariat : ICSA 16 Olden Court, Hydeaway Bay Qld 4800
Telephone 07 49457122
Fax 07 49457224
email icskooori@mackay.net.au

The 2002 Australian Indigenous Health Conference

18-19 March 2002 At Green Mount Beach Resort Coolangatta Qld
For more information contact:
The Conference Secretariat : ICSA 16 Olden Court, Hydeaway Bay Qld 4800
Telephone 07 49457122
Fax 07 49457224
email icskooori@mackay.net.au

The 2002 Australian Indigenous Children's Health Conference

21-22 March 2002 Greenmount Beach Resort Coolangatta, Gold Coast Qld
For more information contact :
The Conference Secretariat : ICSA 16 Olden Court, Hydeaway Bay Qld 4800
Telephone 07 49457122
Fax 07 49457224
email icskooori@mackay.net.au

Workforce Development Symposium

In Adelaide May 1st - 3rd, 2002
Contact NCETA nceta@flinders.edu.au or www.nceta.flinders.edu.au

Drugs And Young People Conference Sydney May 13 - 15, 2002

Contact: ADF events@adf.org.au or www.adf.org.au

2nd Youth In Local Government

Pa Maia Rangatahi - The Spirit of Youth Potorua 21st to 23rd May 2002.

People and Place - Public Health Association NZ National Conference

To Be Held In Dunedin June 26 - 28, 2002.

The conference will encompass five major themes: Human health and the environment, Rural public health, Social capital, Social change, Injury prevention. Proposals for papers on the above theme are invited to be sent to;

Pat Johnston, Conference Secretariat, Dunedin Conference Management Service, PO Box 1029 Dunedin. email pat@dcms.co.nz **website** www.pha.org.nz

Short Course Certificate in Health Promotion 2002

The Health Promotion Forum is offering this part-time study in two blocks of four days in three major centres in 2002. Dunedin 12th -15th February and 12th - 15th March; Nelson 30th April- 3rd May and 21st - 24th May; Christchurch 18th -21st June and 9th-12th July. Cost is \$326.

For more information contact:
The Programme Administrator at Manukau Institute of Technology
Telephone (09) 274 6009 Ext 7151

LOAD (Liaison on Alcohol Drugs) Forums Dates for January and February 2002

Please mark these dates in your diary. If you are not on our mailing list and wish to be, contact either Paul paul@adanz.org.nz or Gill gill@adanz.org.nz with your details.

| | |
|----------------------------------|--|
| Greymouth (West Coast) | Friday January 25 |
| Christchurch (Canterbury) | Thursday January 31 |
| Nelson / Marlborough | Friday February 1 |
| Ashburton | Wednesday February 13 (9am to 11am) |
| Timaru (South Canterbury) | Wednesday February 13 (12noon to 2.30pm) |
| Invercargill | Thursday February 14 |
| Dunedin | Friday February 15 |

Look forward to seeing you there! 2002 will bring lots of challenges as we enter an election year and already Health is again the hot topic.

TREATMENT WORKS Week June 24 to 28, 2002

2002 heralds the third annual Treatment Works Week June 24 to 28. This week highlights the value of prevention and treatment in reducing harm arising from the misuse of alcohol and other drugs.

We appreciate that there are far more urgent things on your agendas therefore we ask you to put these dates in your diary for attention in 2002. We are seeking to encourage local initiatives and the Treatment Works Kit will be updated and available on the ADA web site www.adanz.org.nz in early 2002. **We'll update in the next ADA Connection due in February 2002!**

Revamped The Alcohol: Facts and Effects booklet

This booklet is now available from your local ALAC office. ALAC has added 'Standard Drink Guidelines' in English and Te Reo to its website - check out "Info and Advice" on www.alcohol.org.nz

The Alcohol Helpline
0800 787 797