



NZEIPS update from the Exec.

Tēnā koutou, tēnā koutou, tēnā koutou katoa.

Hello and welcome to our latest NZEIPS newsletter. We thought it would be apt to send out a communication in timing with Mental Health Awareness Week. The theme this year being “Community is what we create together”.

Since our last newsletter back in April, the NZEIPS AGM meeting was held. Voting took place for those wishing to be elected or re-elected onto the Executive Committee and an acknowledgment was given to the hard work of those that have stood down. We wish to extend a thank you in particular to Loretta Cremer for her work in the secretary role. A thank you also to Joanna Cowland for her valuable contribution in the chairperson role. Joanna will continue to stay on the Executive sitting in the past chair position.

As an Executive Committee we continue to meet quarterly and have discussions around our strategic direction, strategic partnerships, communication and connection with the membership as well as a variety of initiatives. If you have any matters you would like to raise with the Executive, please feel free to contact us at nzeips@gmail.com

Thank you to all those that contributed to this month's newsletter.

Noho ora mai – the NZEIPS Executive Committee



Ehara taku toa i te toa takitahi engari taku toa he toa takitini

My strength is not that of one, but of many.



NEWS & EVENTS

Mental Health Awareness Week | Mental Health Awareness Week. 23 - 29 SEPTEMBER 2024 (mhaw.nz)

SAVE THE DATE – 13-14th October 2025 NZEIPS National Training Forum – Christchurch

JOIN NZEIPS

The NZEIPS is free to join, and we are always welcoming new members, including practitioners, whānau members and those with lived experience of psychosis. Email us at nzeips@gmail.com to join and be added to our mailing list.

A WORD FROM OUR CHAIRPERSON – SIMON GAIER

Tēnā koutou katoa,

Ko Te Ao Wharepapa tōku maunga,

Ko Iim tōku awa,

Ko East Sea tōku moana,

Ko Tiamana tōku iwi,

Ko Simon tōku ingoa.

Nō reira, tēnā koutou, tēnā koutou, tēnā koutou katoa.



From Germany originally, I feel very fortunate to call Whakatū/ Nelson my home. I trained as a social worker in Germany with a specific focus on inclusion/exclusion of marginalised groups. I have held social worker roles in the areas of Supported Employment, Youth work and Inpatient/ Community Mental Health. I joined the Early Intervention Service in Whakatū/ Nelson in 2015 and thoroughly enjoy supporting our tāngata whaiora on their Hauora journey. Outside of work, my two kids make sure I never get bored. I am also a keen Ultimate Frisbee player and enjoy tramping, Pilates, and live music.

I feel very honoured to be nominated the new chair of the NZEIPS. It is very inspiring to be working alongside clinicians, whānau and consumer representatives from all around Aotearoa. Their ongoing compassion, dedication and creativity really stands out to me. One of our priorities has been to increase our public profile and raise awareness for the amazing māhi Early Intervention in Psychosis Services do. Also, the planning for our next conference/ training forum in Ōtautahi/ Christchurch next year is well underway. We are going to put Health Equity back on the agenda, so watch this space.

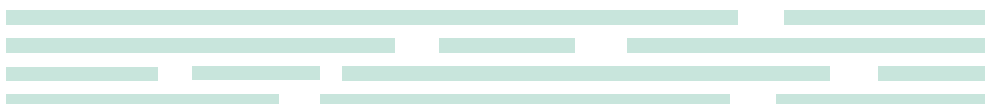
Please be in touch if you have any questions, comments or simply feel like to connect with others passionate about Early Intervention work. As a society, we depend on the active participation of our members so don't hesitate to reach out.

NZEIPS TRAINING FORUM – OCTOBER 2025

Save the dates for next year's EIP Training Forum in Christchurch 13th and 14th October and post conference workshop on the He Puna Whakaata programme on 15th October. The theme for this Training Forum is around Equity and Diversity. We believe that this is especially important in our work with young people experiencing psychosis. Particular ways we will focus on this theme will include speakers and workshops around:

- Working with Māori and addressing health inequities
- Physical health and 'equally well' approaches
- Working with families
- Responding to diverse needs e.g., neurodivergence, cognitive difficulties
- Trauma informed care

If you have any other ideas for what you would like to see included in the next Training Forum then please get in touch at nzeips@gmail.com or if you have a topic in line with the theme that you would like to present then we would love to hear from you.



INTRODUCING A COUPLE OF OUR NEW EXECUTIVE MEMBERS



Kia ora, my name is Suzanne, proud mum of a 21-year-old daughter who was diagnosed with bipolar type 1 last year. Her new short film, Taurewarewa, tells some of her story. I have joined the Exec Committee to bring a whānau/family voice to the collective EIP mahi. My background is in advisory work. For fun, I enjoy painting outdoors!

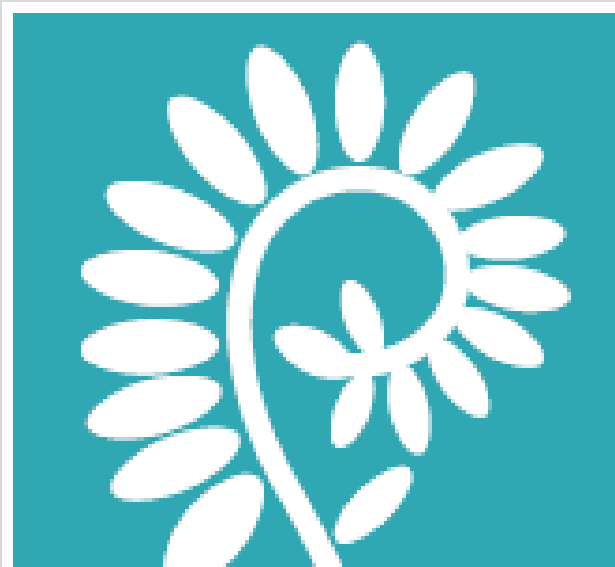


Kia Ora, I'm Annabelle. Originally from Germany, I've called Aotearoa home for the past 17 years. I currently live in windy Wellington, where I work as a Visual Communication Designer and Marketing Manager, while also pursuing my Master's thesis. Outside of work, I love to fill my time with dancing salsa, watching sunsets, picking flowers, and anything creative.

In my late teens and early 20s, I went through periods of mental distress, including psychosis. Having unusual experiences is really tough, but I wouldn't be the positive, resilient person I am today without the experiences of the past and the work I have put into turning those vicious cycles into victorious ones. I'm thankful to have had relatively early intervention on my journey, which has no doubt helped in my long-term well-being.

Unfortunately, over the last couple of years, a family member has been having some unusual experiences of their own. Supporting a loved one through psychosis has given me another perspective and shown me how individual everyone's experiences and subsequent needs are. I advocate for a holistic treatment approach that protects the autonomy of the person experiencing psychosis and includes whānau along the journey.

I'm excited to join the NZEIPS executive team in the lived experience role and hope my contribution will provide valuable insights.



TAUREWAREWA | PERSPECTIVES ON BIPOLAR DISORDER

"You can fit a lot of heart and story into 13 minutes. I made *Taurewarewa*, a short documentary about bipolar and psychosis, with this in mind. Featuring three wāhine toa telling their story of bipolar, the kōrero is open, honest, and informative, set against a calming backdrop of Aotearoa's oceans.

I was diagnosed in May 2023 and have had the support of so many amazing people since then to not only recover, but also make a successful film about the experience.

Taurewarewa is available to watch on Māori+, YouTube, RNZ's website, and

<https://youtu.be/9x60X9vxgc0?si=2KqUn2pvkCYRoGz>. Please check it out and consider sharing it with someone who you might think it will resonate with. Aroha nui!

– Libby Witheford-Smith, 21yo director and subject of *Taurewarewa*."

Congratulations Libby on this amazing achievement. To read and hear more about this awesome work go to:

<https://waateanews.com/2024/08/30/libby-witheford-smith-taurewarewa-short-film-director/>

<https://www.teaonews.co.nz/2024/09/14/rangatahi-directors-message-of-hope-for-young-women-with-bipolar/>

PSYCHOSIS PREVALENCE STUDY SCOPING REVIEW LED BY TE POU AND THE UNIVERSITY OF OTAGO, CHRISTCHURCH

Members of the NZEIPS executive committee have been invited to join an Expert Advisory rōpū panel which includes lived experience representation, to support a project initiated by Helen Lockett and Te Pou and being led by Dr Nathan Monk and other members of the University of Otago research team in Christchurch. The aim of the project is to conduct a scoping review into the methods used by international prevalence studies for psychosis and make recommendations for a psychosis prevalence study to be conducted here in Aotearoa. The project is still in the early stages but there will be several publications following the review next year. We will provide more information and links to the resulting publications in due course.

WEBSITE UPDATES

We are long overdue an update on the NZEIPS website. Please can you check your team's information here <https://www.nzeips.co.nz/getting-help/eip-teams-across-nz> and get in touch with us at nzeips@gmail.com to provide any updated information and pictures that you would like included on your team's page.

We also intend to turn the existing 'discussion forum' part of the website (in the members' area) into a resource library, so that it is easier to navigate and find useful resources. You will still be welcome to share any useful resources directly into the resource library, but we would also welcome any resources to be emailed to us at nzeips@gmail.com so we can upload them for other NZEIPS members to access and make use of.

If there is anything else that you would like to see on the website, then please do get in touch. We would love to get your feedback on how we can make this a useful space for EIP practitioners to access information and connect with other people doing our valuable mahi.

SUICIDE PREVENTION ACTION PLAN CONSULTATION

The government has released a draft Suicide Prevention Action Plan for 2025-2029 and there is a period of public consultation underway. We encourage you to have a look and give feedback on this document. You can also send any comments to us at nzeips@gmail.com and we will collate these into a submission from NZEIPS.

[Draft Suicide Prevention Action plan for 2025 – 2029 Public consultation document | Ministry of Health NZ](#)

THE OUR STORIES PROJECT

We are still accepting submissions for the Our Stories project. We have some wonderful written and artistic accounts already submitted. We are especially keen on hearing from family members about their experience of supporting loved ones through psychosis and recovery, and from young Māori tangata whaiora and their whānau. We would also love some more art work to include. If you know anyone who might be interested in sharing their story, we would love to hear from them. More information about the project and the most up-to-date consent form can be found here:

<https://www.nzeips.co.nz/2-uncategorised/69-our-stories-project> Submissions can be emailed to nzeips@gmail.com

ARTICLE

[The physical health and premature mortality of Indigenous Māori following first-episode psychosis diagnosis: A 15-year follow-up study \(waikato.ac.nz\)](#)

EI INTEREST/PEER GROUPS

There are some national peer/professional groups that are currently underway or looking to get underway. This is a great way to share resources and ideas.

Point of contacts

Occupational Therapy –

caroline.garbutt@mhaid.health.nz

Social Work –

joseph.wright@waitematadhb.govt.nz

karlie.willis@mhaid.health.nz

If you are interested in hearing more about peer groups or would have some interest in being part of or establishing one, then reach out at nzeips@gmail.com

FUTURE NEWSLETTER CONTRIBUTIONS

Please feel free to send through any contributions you may have over the coming months to nzeips@gmail.com

We aim to get a newsletter or other form of communication out at least quarterly.

