

NZEIPS UPDATE FROM THE EXEC

Tēnā koutou, tēnā koutou, tēnā koutou katoa.

Hello and welcome to the May 2021 NZEIPS newsletter. We can't believe it's already 6 months since our last update in November last year. It has continued to be a very busy time across Early Intervention Psychosis teams across the country, and in wider mental health services also.

We have been continuing to work on the re-development of the NZEIPS website, which has been slow progress, but will be ready to launch soon. We hope that you will come and check it out once we're live, and join us in the members' forum to share ideas and resources to help each other in our EIP mahi.

This newsletter provides more details on two important dates – **Friday 11th June and Friday 17th September**. The June date will be our Annual General Meeting (AGM) and opportunity to see the new website. We will have a session focusing on Whānau interventions, and hear from people across the country doing some great work with families in the EIP space and beyond. We hope you will join us in person or via zoom. The September date will be a meeting focusing on issues related to standards and guidance for EIP services in Aotearoa NZ, which again we invite you to be part of.

Noho ora mai – the NZEIPS Executive Committee

“Whangia ka tupu, ka puawai

That which is nurtured, blossoms and grows”



NEWS & EVENTS

NEW WEBSITE LAUNCH IN JUNE

The re-development of the website is well underway & should be ready to 'go live' in June. Join us at our AGM 11th June to have a first look!

JUNE 11TH 1-4PM AGM & MEMBERS MEETING

Join us for an exciting session focusing on working with whānau. It's open to all NZEIPS members, either in Auckland or via Zoom. Afterwards we will hold our Annual General Meeting (AGM) and give you a first look at the new website! Register now: nzeips@gmail.com

SEP 17TH (TIME TBC) MEMBERS MEETING

Save the date for our September members meeting. We will focus on national standards & guidelines for EIP. The session will be held in Wellington & via Zoom. Register your interest: nzeips@gmail.com

NZEIPS TRAINING FORUM 10-12 APR '22 WELLINGTON

Mark your calendars!

WHO ARE NZEIPS?

We are the New Zealand Early Intervention in Psychosis Society (NZEIPS). Our interest focuses on the wellbeing of young people who have experienced symptoms of psychosis, and the best support available for them and their families.

We are an organisation made up of members from all over New Zealand, including people with lived experience of psychosis, family members, clinicians and other workers who support young people with experiences of psychosis.

Contact us: nzeips@gmail.com

WHAT'S HAPPENING AT THE NZEIPS IN 2021?

EIP FIDELITY AUDIT & STANDARDS PROJECT

We are keen to develop a group of practitioners interested in steps towards developing Best Practice guidelines for EIP in NZ.

If you are interested in joining this working group please email us at nzeips@gmail.com

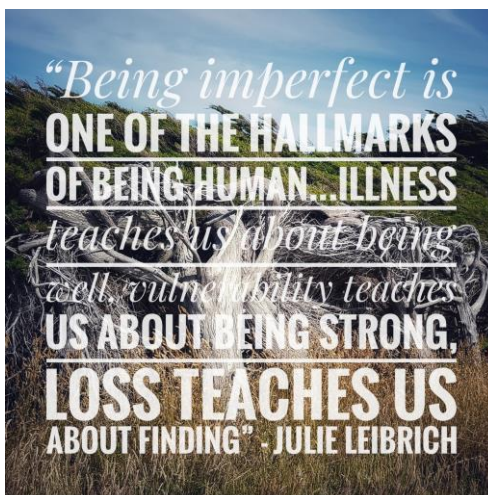
This will be the focus of our members meeting on September 17th. Contact us now to register your interest and get further details about the day.

WORKING WITH WHĀNAU SESSION

Fri 11th June 1-4pm. This session will focus on working with families & whānau in EIP. It will provide an opportunity to connect with EIP practitioners across the NZ and share ideas & resources for working with families & whānau. There will be presentations from some different teams to highlight whānau initiatives. If you have a project related to working with families then please contact us as we would love to hear from you on the day. We will also discuss resources needed for families specific to NZ EIP & plan ways to develop these. The session will be free for NZEIPS members, either in Auckland or via Zoom. Email us a nzeips@gmail.com to register.

OUR STORIES BOOK

We are collating written & artistic submissions for the 'Our Stories' book – a collection of peoples' experiences of human distress and finding ways through. See attached info sheet. **Submissions open until August 2021.**



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.

NZEIPS WEBSITE LAUNCH & AGM

Join us for the first look at our new website on 11th June at our AGM, following the whānau session. Register at nzeips@gmail.com for the Zoom link or to attend in person in Auckland.

'Phase 1' of the website focuses on info for referrers, young people and whānau looking for support.

'Phase 2' will be a members' area with resources for EIP practitioners & a discussion forum.

Join us to have a look around the new website and share any ideas and resources that you want the members' area to contain.

NATIONAL TRAINING FORUM 2022

The 2022 NZEIPS Early Intervention in Psychosis Training Forum will be held April 10 – 12 at the University of Otago Wellington. We invite you all to submit ideas for presentations and workshops to Saskia.stockum@mhaidz.health.nz



YOUR STORY IS OUR STORY...

We are particularly interested in highlighting the stories of young adults living in NZ who have had experiences commonly referred to as 'psychosis'. This may include periods of losing touch with the 'real world', hearing or seeing things that others do not perceive, believing in things differently to others, extreme ups or downs in mood with unusual experiences or beliefs, and feeling lost and confused. However, we welcome anyone who is willing to share their story with us, including the experiences of families and friends who have supported a loved one experiencing mental distress or 'psychosis'.



WHY THIS BOOK?

When people go through a first experience of mental distress or 'psychosis' it can be really challenging and difficult to know how to move through these experiences and find ways to continue living life in the way they want to.

Hearing the stories of people who have already been through it and are managing to move forward in their lives can be really helpful. It can help someone feel less alone in it, provide them with some useful ideas that they could use in their own life, and it could be helpful for friends and families to learn more about experiences of mental distress and 'psychosis', and finding ways through, so that they can support their loved ones.

HOW DO I GET INVOLVED?

Contact Eleanor at Totara House in Christchurch by telephone: 03 335 4525 or email the New Zealand Early Intervention in Psychosis Society (NZEIPS) at: nzeips@gmail.com



OUR STORIES

A COLLECTION OF WRITTEN
AND ARTISTIC ACCOUNTS
OF EXPERIENCING HUMAN
DISTRESS AND FINDING
OUR WAYS THROUGH...

This project is a collaboration between Totara House, part of the Canterbury District Health Board, and the New Zealand Early Intervention in Psychosis Society (NZEIPS)






QUESTIONS TO HELP YOU WRITE:

- What was life like before experiencing mental distress or 'psychosis'?
- How do you understand your journey to becoming distressed or experiencing 'psychosis'?
- What has helped you, or helps you, to live your life, following on from (or alongside) your experiences of distress/'psychosis'?
- What challenges have you faced in your journey and what has helped you to keep going?
- What is life like for you at the moment, and what do you hope for the future?
- What do you do now to maintain your recovery/wellbeing?
- What have you learnt from your experiences?
- Is there anything you would like to have known earlier? What advice would you give to someone who is going through it now?

QUESTIONS TO HELP YOU CREATE YOUR ART:

- What picture or pictures would represent your experiences of 'psychosis' or mental distress?
 - What picture represents how life is for you now?
 - How could you show the journey that you have been on in a visual way?
 - Are there any positive or inspiring images you can create that might help other people feel more hopeful about getting through their experiences of 'psychosis'/distress?
 - When you think about 'psychosis', human distress, recovery and wellbeing.....put a pen to paper.....just draw a mark.....and see what it turns into.....
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WHAT IS INVOLVED?


We want to include written text about your experiences of 'psychosis'/mental distress and ways you found through it, and/or art work that represents your experiences of distress and journey to wellbeing, with an explanation of what your art work means to you.

Writing can be anything from a few lines, such as giving some words of encouragement or advice, a poem or lyrics, or up to 1500 words of writing in more depth about your experiences.

Stories can be about just one aspect of your experience of 'psychosis' and journey towards wellbeing, e.g. symptoms, coping strategies, experiences of hospital, engaging in talking therapies, thoughts about medication, receiving social support etc. Or stories can be a summary of your experiences as a whole.

Art work can be anything in visual form, such as a simple drawing with a pen or pencil, paintings or photographs, or any other form of art you create. You can send us a digital image of your art, or if you send us the original, we will make a digital copy and return the original.

We also welcome families & friends to submit their words or art work about their experiences.




WHAT HAPPENS ONCE I SEND SOMETHING?

A group from Totara House and NZEIPS will read the submissions and consider how to order these in the book. Different sections of your story could be in different chapters, or left as a whole. Some editing may occur to help us put the book together, but we will keep submissions as close to their original as possible and will share draft versions with you before the book is finalised.

Once we have received a submission or intention to submit, we will send you a consent form to send in with your story/artwork. This will explain how your story/artwork will be used, and ensures that you are giving us permission to include your story. You will also be asked if you would like to include your name or a pseudonym to protect your anonymity.

The book will take some time to finish. We welcome submissions until early 2020. After this please just get in touch to see if submissions are still open.

Once the book is complete we will send the contributing authors/artists a copy. Some copies will be printed and distributed to Early Intervention Services across NZ. These will be available for people with experiences of 'psychosis', their families, and the mental health workers who are supporting them. The resource will also be available to download from the NZEIPS and Talking Minds websites.



CONSENT FOR USING WRITTEN AND ARTISTIC MATERIAL



PROJECT TITLE: Our Stories Project

PROJECT ORGANISERS: Tōtara House and NZEIPS

PROJECT DESCRIPTION: We are developing a written resource of people's personal experiences of first-episode psychosis and recovery. This resource will include written narratives and visual artwork created by people who have experienced a first episode of psychosis, and from family members or friends who have supported a loved one through a first episode of psychosis. The purpose of this is to help provide stories of hope and recovery for other people and their families affected by psychosis. Please see the Our Stories information sheet for more details.

The final book/resource will be available in printed form and distributed to Early Intervention Services across the country. These will be available for people who have experienced psychosis, and their families, and mental health workers who are supporting people who have experienced psychosis. The resource will also be available to download from the NZEIPS website www.earlypsychosis.org and the Talking Minds website www.talkingminds.co.nz. The resource may also be used at training sessions and presented at conferences relevant to first episode psychosis or mental health.

CONSENT: By completing and signing this consent form, you are agreeing to the terms that are listed below. Please tick the boxes below if you agree to the terms:

I (print name) _____ confirm that:

- I am over the age of 18 years
- The Our Stories project has been explained to me
- I agree for my written or artistic submission to be included in the project
- I understand that my submission cannot be withdrawn after the resource has been finalised and published, although I may amend or withdraw my submission until that point.
- I understand that I will retain the Intellectual Property Rights / Copyright for my submission, but I am happy for it to be published in this project. I understand that I am free to use my images and written words for any other purpose I wish
- I am happy for my submission or parts of my submission (e.g. a quote) to be used by the NZEIPS for the purpose of promoting the resource, e.g. being shared at the NZEIPS conference, being part of NZEIPS communications with their membership list
- I understand that there will be a reasonable level of support to me if my involvement in this project has a negative impact on me or my family. This could include conversations with members of the NZEIPS team regarding the project, or support from my mental health team as needed

- I confirm that I do not require and will not receive any money payment for taking part in this project
- I agree that NZEIPS may at any time, stop using my written words or artwork, for any reason
- I understand that my submission will be amended to remove any personal information that might be identifiable to me so that my submission will remain anonymous. I am happy for my submission to be provided with a pseudonym or wish to be credited as _____ (please write the name you wish to be credited with, which will be publicly available)

OPTIONAL

- I am happy for my submission to be used outside of the project as a standalone image or story on the NZEIPS website

I am happy for my submission to be used on the NZEIPS website for the following length of time:

- 2 years indefinitely

After this time I will be contacted to check if I am still happy for my submission to be used on the website through the contact details I have provided at the end of this page.

- I understand that I can withdraw my consent for my submission to be used on the NZEIPS website and NZEIPS will make reasonable efforts to remove written words and artwork from circulation, but cannot guarantee that all such materials will be removed from circulation

Your name (please print): _____

Your signature: _____ Date: _____

Address: _____

Email address: _____ Phone: _____

(Providing your details will enable us to contact you regarding the project and will not be passed onto anyone else for any other purposes)

If you have any questions about this consent form or the project please contact NZEIPS at the email address nzeips@gmail.com