

Nau mai. Haere mai. Ki te pānuī o RHĀNZ mō tēnei wiki (Te Reo for welcome to the RHĀNZ Newsletter for this week).

In this issue: Bringing our Framework to life, mental health & wellbeing updates from MoH and HPA, NRHC 2018 calling for abstracts plus a selection of relevant media and research articles...

Who are RHĀNZ?

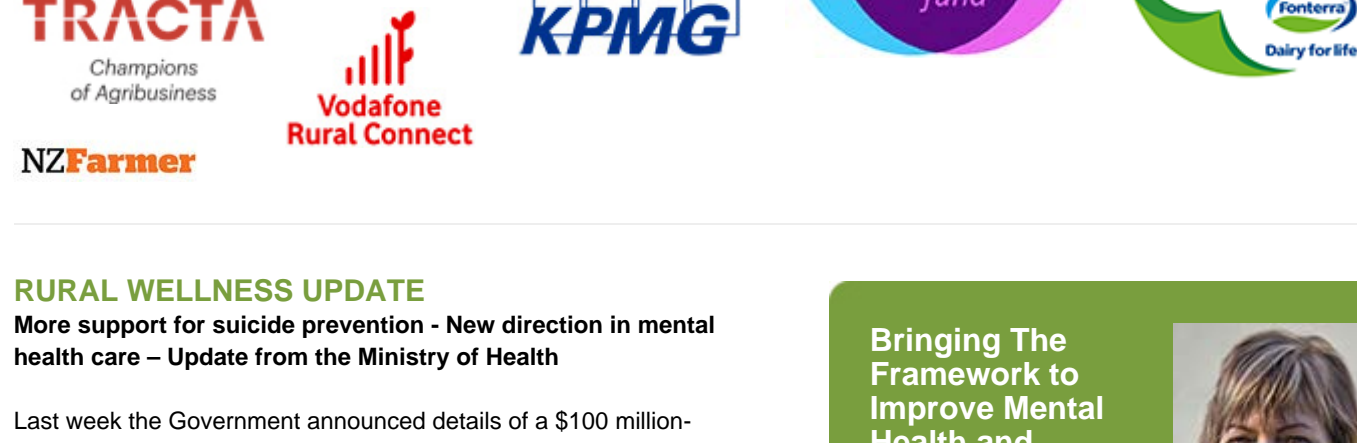
The Rural Health Alliance Aotearoa New Zealand represents a united voice from across multiple rural sector organisations. Our aim is to provide solutions and influence policy affecting the health and wellbeing of rural communities.

[Visit our website](#)



RHAANZ, MoH and MPI representatives working together on our Rural Mental Health Initiatives in Wellington 8 August 2017

We thank our partners.



RURAL WELLNESS UPDATE

More support for suicide prevention - New direction in mental health care – Update from the Ministry of Health

Last week the Government announced details of a \$100 million-package of 17 proposals to address demand in current systems responding to mental health needs, and enhance the capability of the existing mental health workforce. The money was earmarked in Budget 2017 for a Mental Health Social Investment Fund. These proposals will be developed over the coming months, and in many cases designed in partnership with those who will deliver them.

These proposals signal a new approach to preventing and responding to mental health needs in New Zealand. The new approach includes understanding mental health across the life-course by helping to build resilience in children and young people and by addressing known risk factors, including trauma, early in life. This approach is directly relevant to suicide prevention, and builds on discussions that we have had with stakeholders in that context, including the recent consultation on the draft suicide prevention strategy.

Many of the funding proposals match suggestions people made about what activities were needed to prevent suicide through consultation and engagement on suicide prevention in 2016 and aligns with early analysis of feedback from public consultation on the draft Suicide Prevention Strategy from 2017, in particular:

- support and follow-up for those who attempt suicide
- better access to support and mental health services, through distance and electronic therapy, including telehealth options
- expanding and enhancing primary and community mental health and addiction care, for example through workforce development
- support for whānau with children experiencing anxiety or moderate mental health or behavioural problems
- initiatives in schools including resilience building and wellbeing programmes, piloting multi-disciplinary teams and needs assessment
- increasing the evidence base about New Zealanders' mental health and interventions that work.

More information on the new approach to mental health and summaries of the 17 new initiatives can be found on the [Ministry of Health's website](#)

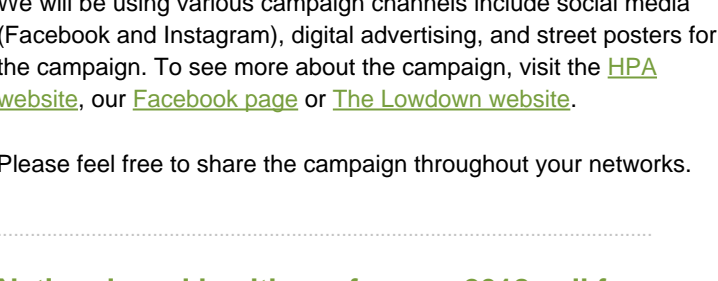
The LowDown – Update from the Health Promotion Agency

We wanted to let RHAANZ members know about a new campaign The Health Promotion Agency launched last week for the Lowdown website to support teenagers with their mental health.

The campaign aims to encourage teenagers (12-19 years old) to start conversations with their family and friends about issues they are facing, to help reduce the impact of depression and anxiety and to raise awareness of [thelowdown.co.nz](#) as a place for teens to go for help.

The featured animated characters focus on five common life issues that young people face, including study stress, Who am I? (sexual identity, isolation), Being picked on (bullying), Breakups (romantic and friendship) and Life-being-sucks. (the characters are featured below). These issues were drawn from the most common search terms for people visiting The Lowdown.

Five animated characters focusing on five teen life issues



Shareable content on social media, digital advertising, social influencers, street posters

We will be using various campaign channels include social media (Facebook and Instagram), digital advertising, and street posters for the campaign. To see more about the campaign, visit the [HPA website](#), our [Facebook page](#) or [The Lowdown website](#).

Please feel free to share the campaign throughout your networks.

National rural health conference 2018 call for abstracts

The call for abstracts is now open for the Network's 2018 national rural health conference. Auckland will host the 2018 event, the venue is the Pullman Hotel and the dates are April 5 to 8. Abstract submissions close on August 31, 2017 and author acceptance notification is on September 15, 2017. Abstracts can be submitted by clicking [HERE](#).

The 2018 conference programme planning committee is made up of rural hospital doctor James Reid, GP Erin Turner, rural hospital nurse Deb Lawry, Network Board member Kim Gosman, medical student Mischa Tossiwil, Michelle Mako (HPA) and Michelle Thompson (RHAANZ). The group convened last week to begin planning the 2018 programme.

Conference 2017 presentations online: Keynote and concurrent session conference presentations are now available online via the conference [website](#).

Search begins for leader of new national PRIME committee

The New Zealand Rural General Practice Network has begun its search for what it considers is going to be an important job in rural health. That is the role of the chair of the new national PRIME committee, developed after a year-long review of the rural medical emergency and accident service.

"It's a chance to make a big difference in rural health," network chief executive Dalton Kelly says. (NZ Doctor – subscriber only) More information is available from [NZRPN's website](#)

Entries now open for the Enterprising Rural Women Awards for 2017

Rural Women New Zealand is inviting entries from innovative and successful rural businesswomen, in horticulture, agricultural, dairy, tourism or any other rural sectors for this year's Enterprising Rural Women Awards.

Awards for 2017:

1. Emerging Enterprising Rural Woman Award
2. Innovative Enterprising Rural Woman Award
3. Entrepreneurial Enterprising Rural Woman Award
4. Supreme Award: Enterprising Rural Woman Achievement Award for standout business success in the rural sector.

Entries close **31 August 2017** and application forms are available on their web site <https://www.ruralwomen.org.nz>

Palliative Care Doctors welcome report on 'Assisted Dying'

The Australian and New Zealand Society of Palliative Medicine (ANZSPM) Aotearoa Branch has welcomed the report from the NZ Health Select Committee investigating the attitudes of New Zealanders to 'assisted dying' as well-written and balanced. ANZSPM is encouraged that inequities in Specialist Palliative Care service provision, resource and funding have been highlighted and looks forward to the Governments' response.

Dr Landers pointed out that a review of adult palliative care services was completed by the Ministry of Health just last year. She said "that earlier report revealed that the demand for this type of care will increase by 51% by 2038 which equates to thousands of New Zealanders. It also reported a shortage of palliative care specialists in some areas of New Zealand, particularly in rural regions, and an action plan was developed at a national level to help address this increase in demand."

[Read more](#)

Collaboration 'key to addressing rural health workforce challenges'

The call for a nationally focussed, multidisciplinary approach to training rural health professionals is a sensible way to address the longer term health needs of rural communities, says the New Zealand Rural General Practice Network.

The Network supports a call by Professor Max Abbott, Dean of the Faculty of Health and Environmental Sciences at Auckland University of Technology to train not only doctors but also nurses and allied health professionals specifically for rural communities, many of which struggle to recruit and retain health professionals, said Network Chief Executive Dalton Kelly. (Voxy)

[Read more](#)

Rural school principals doing it tough

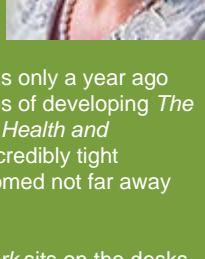
Waitotara School principal Jane Corcoran wears many hats.

On any school day, Mrs Corcoran may find herself teaching, answering the phones, driving the school van, looking after the swimming pool, planning school work, fixing the photocopier, answering emails, paying her staff...

"That's a typical day. I'm officially the principal but I spend 70 per cent of my time teaching and have to cram all my principal's duties into the other 30 per cent," Mrs Corcoran said. "So I have two jobs. I'm a principal and I'm a teacher. And because Waitotara School is small, I get paid less than principals at larger schools." (Wanganui Chronicle)

[Read more](#)

Bringing The Framework To Improve Mental Health and Addictions Outcomes in Rural NZ to life!



Where does the time go? It was only a year ago that we were in the early stages of developing *The Framework to Improve Mental Health and Addictions in Rural NZ*. The incredibly tight deadline of November 30th loomed not far away enough on the horizon.

Just a year later, the *Framework* sits on the desks of both Ministry of Health and Ministry for Primary Industries. You'd be right to ask: 'Where has the time gone?' and, 'What has happened to it?'

Government has told us the *Framework* is important yet there is no funding available to resource it; no formal commitment to implement all or any of it... yet! So it's up to all of us to bring the *Framework* to life and we've made some progress.

We've taken advantage of opportunities to ensure rural communities are familiar with the *Framework*:

- It was launched before a conference room full of passionate and committed rural health professionals at this year's *National Rural Health Conference* in Wellington in March.
- It was presented at the *World of Rural Health Conference* in Cairns in April.
- In August, we will be presenting the *Framework* at the *TheMHS Conference - an international learning network for improving mental health services in Australia and New Zealand*.
- Our contract for the third year of the *Rural Mental Health Initiative* with the Ministry of Health is structured around the five priorities identified in the *Framework*, and we'll report on that basis.

Some of our work with our partners and RHAANZ members has also specifically advanced the priorities of the *Framework*:

Caring Communities Looking after each other

- RSTs and Clinical Champions continue to work together to ensure rural communities have access to the health and social services they need.

Accountability for Rural Outcomes

- As a result of this year's RuralFest NZ, we've met with Government and discussed:
 - The importance of developing a definition of 'rural' as it pertains to health.
 - The rationale and urgency for the 'rural proofing' of cross government policies. We demonstrated this in our submission on the Ministry of Health's *Draft Suicide Prevention Strategy*.

Our Circle of Care

- Our new advanced suicide prevention workshop *Safe Hands, Safe Plans* has been trialled and evaluated with great feedback. We will facilitate 20 workshops in rural areas as a part of this year's Rural Mental Health Initiative. If you are interested in having this workshop in your area please contact me.
- Our colleagues at the Ministry for Primary Industries are working with all 14 of the Rural Support Trusts to build their capacity as peer support and advice to rural people in need of help.

Understanding Rural New Zealanders

- We are gearing up to undertake a needs analysis of rural youth at risk. This research builds on our study of coronial records of farm related-suicides last year which identified that 46 young male farm workers aged under 25 years took their lives. This represents one quarter of all farm-related suicides between 2007 to 2016. Further research is required on this vulnerable group before we can recommend effective interventions.

RHAANZ is exploring other approaches and actions that our members can drive to progress the *Framework* independent of Government contracts.

So, we aren't there yet. The *Framework* is not formally recognised by the Ministry of Health, or the Ministry for Primary Industries. But, together, we can put much into action and make a great start to achieving the overarching goal of the *Framework*:

Mentally Healthy Rural Communities

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Subscribe

Anyone interested in rural health is welcome to subscribe to this newsletter. Keep up to date with us by [subscribing now](#).

Member Column

Would you like to contribute an article for our newsletter? Tell a story about yourself or one of your members or something you're passionate about. Email your item to Michelle ce@rhaanz.org.nz

Media Watch

NZ broadband speed ranking revealed

A new ranking of world broadband speeds puts New Zealand in 30th position. New Zealand's mean download speed was 16.6Mbps which means you can download a 7.5GB movie in just over one hour. This compares to 18 minutes for Singapore, the top ranked country which got 55Mbps. (Stuff)

[Read more](#)

Fear restriction on urgent care will spread to rural after-hours

RNZCCGP chair and rural GP Tim Malloy is warning rural colleagues of potential disruption, should urgent care accreditation become a requirement for all providers of after-hours services. (NZ Doc – subscriber only)

[Read more](#)

Research & Resources Watch

New Zealand Antimicrobial Resistance Action Plan

Antimicrobial resistance is a growing global public health threat which affects patients, communities and threatens to undermine the modern health system. Antimicrobial resistance can also have serious negative impacts on animal health, welfare and production. The New Zealand Antimicrobial Resistance Action Plan was jointly developed by the Ministry of Health, Ministry for Primary Industries and representatives from across the human health, animal health and agriculture sectors.

Young Carers New Zealand

Young Carers NZ is launching a monthly newsletter for young carers, with the aim of providing information and support to this group. Each month they will share stories from young carers in the NZ and abroad, and provide information on the services and support available. If you are any of our young people helping to care for a family member or friend, please forward this link below to them so they can join the group. [Read more](#)

Events Watch

Doug Avery Resilient Farmer book tour

August-September 2017 across rural NZ.

[Click here to find locations and dates](#)

HiNZ (Health Informatics NZ) Conference

1-3 November 2017, Rotorua (includes NZ Nursing Informatics Conference, 2 Nov)

[Click here for information](#)

Rural Women New Zealand, National Conference

18-20 November, The Ascot Park Hotel, Invercargill

[Click here for information](#)

Hold the date – Rural Health Conference, Pullman Hotel, Auckland, 5-8 April 2018.

The dates are Thursday, April 5 to Sunday, April 8, with the two main conference and exhibition days being Friday, April 6 and Saturday, April 7.

National Primary Care Symposium

Jointly hosted by the Primary Health Alliance, Heart Foundation and Health Promotion Agency will again be held at Te Papa in Wellington on Wednesday 15 November. Hold the date. Free entry.