

Perinatal Mental Health New Zealand (PMHNZ) Trust

Newsletter

Vol1 No1 Autumn 2011

Welcome

from Rosie Smith Chair PMHNZ Trust

As Chairperson of the new Board, I am excited and honoured to welcome you to this new National body which aims to raise awareness, advocate for, and



direct people to, information about Perinatal Mental Health.

This first newsletter is going out to all those who have expressed an interest in being involved

with a National Perinatal Mental Health Group. It was so pleasing to see so many at the National PND Conference in Wellington last October, 2010. The Conference was buzzing with enthusiasm and passion. I am sending round an email questionnaire to get some more ideas for the next one. A huge thank you to all those who gave their time, resources and knowledge and to all of you who came and made it such a resounding success.

Much time and thought has gone into choosing a name. We believe that Perinatal Mental Health New Zealand Trust (PMHNZ) reflects the breadth of the childbirth experience. We wanted to keep it straightforward. A logo with a strapline will identify who we are and what we do.

We are urgently looking for ideas for a logo for the PMHNZ Trust. Do you have some ideas?

We have no funds yet. Do you know anyone who would gift us a design? pmhnztrust@gmail.com

As I write this I must acknowledge the Canterbury Earthquake and the huge impact this is having, and will continue to have on those living with and through the devastation and upheaval. It goes without saying that the repercussions on family life will be huge and ongoing. It will be especially important to watch out for those young families, and notice the signs of stress and anxiety and "lend an ear". It will affect NZ's around the country too.

To Harald and Donne in particular, our thoughts are with you, and to all those connected with "us" in any way. Keep in touch and we will endeavour to link you with info and support.

The Board of Trustees

Chairperson	Rosie Smith MNZAC Counsellor Wellington
Treasurer	Harald Breiding-Buss Father & Child Trust Christchurch
Secretary	Denise Garcia Midwife & CBE Wellington
Board Members	
Donne McKelvey	Plunket PNAP Christchurch
Susan Goldstiver NZAP	Reg Psychotherapist Auckland
Helen Ferguson	Midwife & Counsellor Dunedin

We are open to another couple of nominations and we will consider these against the skills and experience we need for the Board. We also have to maintain a balance of members across New Zealand.

Email pmhnztrust@gmail.com with your CV and reasons for joining the Board

Membership

We are developing a membership structure and criteria, but in essence we wish to welcome anyone with experience and an interest in Perinatal Mental Health and would see benefit from associating with us. We have set a reasonable fee of \$30 to encourage you to join as soon as possible. Initially this will enable us to set up a simple signposting website.

A Membership Form is attached. Send in asap and we will invoice you.

Conception, Pregnancy & Birth of PMHNZ Trust

There is no national umbrella organisation with a focus for perinatal mental health in New Zealand. An inaugural brainstorming day was held in Wellington in June 2009 to identify interest in, and aims and objectives for a national organisation to act as an umbrella and networking group initially for Perinatal Distress. This was attended by 30 representatives from around New Zealand, hailing from a range of agencies and organisations. Energy, enthusiasm and intercourse happened and a "working group" was conceived in the room. They took away ideas and a framework to nurture for the next few months. There was much activity and some antenatal distress as the pregnancy progressed. After a couple of false labours,

the Perinatal Mental Health New Zealand Trust was born on 3rd February 2011.

Aims and objectives from our Trust Deed

To improve outcomes for families and whanau affected by mental illness related to pregnancy, childbirth and early parenthood.

In particular we will:

- Develop, collate and make accessible, resources that help organisations in the field who provide assistance to families and whanau affected by perinatal mental illness.
- Advocate for appropriate and accessible services for perinatal mental health in close consultations with organisations in the field as well as with affected individuals.
- Educate health and social service providers about prevention, treatment and recovery of perinatal mental illness.
- Raise awareness nationally.
- Support research into families' experience of pregnancy, childbirth and early parenthood, and factors that may lead to mental illness.
- Raise awareness and advocate for services supporting children impacted by perinatal mental illness and distress.
- Help to create a positive social culture of encouragement and support for new parents.
- Provide other support and assistance consistent with this charitable purpose.
- We include: mums, dads, caregivers, whanau, professionals, researchers, educators, support groups, community supporters and employers,
- Who work with: depression, distress, anxiety, adjustment to parenting, fertility & birth trauma

Recommendations from the PND

Conference 2010 Wellington

- The new National group to be a focus for lobbying, advocacy, sending out press releases, a hub to signpost information providers, experts, knowledge bases, facilitate sharing and connection
- Develop closer links with Universities and researchers. Proactively suggest topics for both qualitative and quantitative research papers and studies
- Develop a mechanism for Storytelling which is a powerful medium for getting the messages across – talks, website, blogs articles, pop drama, a book, oral history, inter generational experiences v today

- Develop specific links with the DHB's for more effective collection of data, services available, standards of care, quality issues, demographics and cultural differences
- National audit on perinatal mental health in NZ – prevalence data important
- Evaluation of all PMH support services
- Develop a strategy for a stronger and more visible media presence/campaign – target “knowledgable “journalists
- Liaise with Statistics NZ and their data
- Audit of Ante natal education and where necessary revamp training in perinatal mental health. Aim to remove the stigma of mental illness and promote realistic information v “this won't happen to me”
- Dialogue with Ministry of Health around screening programmes, Identifying those at risk more effectively
- Continue to develop networking between different agencies to open up the wider issues of breastfeeding, termination, fertility, culture, domestic violence, relationship dynamics and the effects on perinatal family mental health
- An audit of current education about PMH for professionals, community workers and the public – how is it structured locally and nationally.
- A study to Investigate how the changes and eroding of services in maternity, Plunket and community care have impacted on New Zealand families today – how do we honour, support and value families today
- Sometimes it feels like a McDonalds service – one size fits all – Develop a mechanism for fostering effective services to meet the differing needs of communities
- Identify those who “fall through the gaps” – those who are “difficult clients” who actually have the highest risks

Your Contributions are vital for this network to work!!!



Send me articles (with source details), training, workshops, innovative projects and services – anything which you want to promote within the

parameters of our network

pmhnztrust@gmail.com

Perinatal Mental Health New Zealand Trust

MEMBERSHIP APPLICATION FORM

We invite you to be a Member of **Perinatal Mental Health New Zealand Trust (PMHNZ Trust)**.

This membership form is for both Active and Non-Active Members and for Organization membership.

Please leave blank any fields that do not apply to you.

Name Mr Mrs Ms Dr Other

Mailing Address

Phone (Day): (Eve) Mobile.....
(At least one phone number is required)

Your e-mail address:

Organisation Name.....Email.....

Organisation Web Site:

What is your interest and experience in Perinatal mental health issues?

Type of Membership -

Financial Year: runs from 1st April - 31st March, fees payable annually

- Professional** \$30 Full voting rights Professional qualification
- Individual** \$30 Full voting rights
- Student** \$20 No voting rights Student ID attached

Payment:

We can invoice you. Please give address here if different from above

Alternatively you may Direct Credit - Westpac 03-0814-0484075-00 :Ref PMHNZ Membership

Declaration:

I (full name) declare that to the best of my knowledge the answers to the questions in this application are correct and I understand if any false information is given or any material fact suppressed I may not be accepted as a Member.

Date:

Signature:

Thank you for your interest in becoming a Member of Perinatal Mental Health Trust.

Please send this form to:

PMHNZ Trust PO Box 57223 Mana Porirua 5247 or email pmhnztrust@gmail.com www.pmhnz.org.nz

We will get back to you as soon as possible.

Under the Privacy Act 1993, you have the right of access to personal information about you held by our Organization and you are also entitled to request information about you to be corrected.

Action	Received	Cheque / DC	Invoiced	Receipt	Database
Date					