

## World of Difference Newsletter: March 2019

It's already gearing up to be a huge year for the World of Difference team, with the continuation of our service user-led education and research programme, as well as some exciting new developments in the works.

In our first newsletter of 2019, we would like to introduce just one of the many service user organisations with which we collaborate, and to let you know about some of the upcoming events for the year.

### Spotlight on: MIX

MIX is a not-for-profit organisation based in the Hutt Valley, who provide a variety of creative and life skill development opportunities in support of those who experience mental distress. The team at MIX have collaborated with the Department of Psychological Medicine, University of Otago Wellington since 2015 by hosting Otago's 5<sup>th</sup> year medical students for placements. Through these placements the MIX advisors provide an invaluable service in helping us to end discrimination, promote recovery, inclusion and respect for human rights.

In February the MIX team hosted our programme lead Sarah Gordon, 5<sup>th</sup> year medical student convenor Francis Goodstadt, and research assistant Tracey Gardiner. Advisors welcomed the team to MIX, gave us a tour of the premises and presented an overview of how they host and engage with the students.

During the day placement, students are invited to join in on creative workshops and get to know the people that make up the MIX community

The student advisors really blew us away with the dedication and warmth they showed toward working with the students, mirroring the feedback we have heard from the students about the time they spend at MIX – that often being reported as one of the highlights, and most valuable learning activities, of their run.



**LIKE MINDS, LIKE MINE**  
Whakaitia te Whakawhiu i te Tangata



WELLINGTON

From programme lead Sarah Gordon: *"It was an absolute pleasure and privilege to visit MIX. What stood out for me is the leadership and empowerment of the student advisors in hosting the students; and the time and energy that they put into thinking about what it was most important for the students to experience and learn through their placement and how that is best facilitated. We were overwhelmed by the generosity when we were presented with a cube (see pictured on previous page) made up of tiles that the students complete during their time at MIX, and individual pieces from two of the student advisors. We have displayed these pieces throughout the Department for students, staff and visitors to appreciate both the art and the important work that sits behind this.*

*Thank-you MIX. Your contribution to the World of Difference is very much appreciated and valued"*



From left to right: Fiona McCourt, Georgina Howe, Jennie Wattie, Andrew Kennedy Good, Peter Hall, Elaine Winchester, Jacob Kava, Karen Collier, Dr. Sarah Gordon





## Stay Tuned: Police Communications Staff Training

Over the coming months we will be preparing for the delivery of training to 800 Police communications staff across the country. This is an exciting new project that furthers the work we already do with police recruits and staff in Wellington to promote recovery, inclusion, and respect for the human rights of people who experience mental distress. Stay tuned for future up-dates on this project over the coming months.



Over the **past year**,  
have you called **the police**  
because you, a family/whānau member  
or a friend has been experiencing  
**mental distress?**  
Are you based in Wellington?

If so, we would like to speak with you and possibly include your experience as part of a training we are developing for police communications staff.

We are looking to include people's experiences either in writing or through video.

We will acknowledge and provide a koha in recognition of the time and contribution of those people whose experiences are used in the training.

Please get in touch with Jeremy Tumoana if you have such experience and would like to discuss potentially sharing it as part of this training.

**[jeremy.tumoana@otago.ac.nz](mailto:jeremy.tumoana@otago.ac.nz)**

**027 809 7128**

END DISCRIMINATION

PROMOTE RECOVERY, INCLUSION AND RESPECT FOR HUMAN RIGHTS



**LIKE MINDS, LIKE MINE**  
Whakaitia te Whakawhiu i te Tangata



WELLINGTON

## Save the date: 9<sup>th</sup> Service User Academia Symposium



### SAVE THE DATE

THURS 21<sup>ST</sup> NOV – FRI 22<sup>ND</sup> NOVEMBER 2019

OTAGO UNIVERSITY, WELLINGTON

NEW ZEALAND

### 9<sup>th</sup> ANNUAL SERVICE USERS ACADEMIA SYMPOSIUM

Run annually since 2011, the symposium brings service users together with their counterparts and allies to explore service user leadership and co-production in mental health and addiction scholarship, research, education, programs and policy.

The Service User Academia Symposium welcomes anyone involved with, interested in, or aspiring to create co-produced and/or service user-led initiatives in mental health and addiction.

Please note a correction from our December newsletter where the Symposium dates were incorrectly listed as the 22<sup>nd</sup> – 23<sup>rd</sup> of November.

#### For further information about the Symposium:

Contact **Tracey Gardiner** (Research Assistant) [tracey.gardiner@otago.ac.nz](mailto:tracey.gardiner@otago.ac.nz) if you would like to be included on the mailing list to receive these newsletters directly or if you wish to unsubscribe from our mailing list.

Contact **Dr. Sarah Gordon** (Programme Lead) [sarah.gordon@otago.ac.nz](mailto:sarah.gordon@otago.ac.nz) if you would like further information about the programme.