



**WORLD OF  
DIFFERENCE**  
He Ao Whakatoihara kore

## World of Difference Newsletter | July 2019

Welcome to our second newsletter of 2019. This month we'd like to give you a glimpse of our educators in action through their training and delivery of our workshops with the New Zealand Police.

Since 2014, our team has worked with the New Zealand Police to develop, deliver and evaluate service user-led education in the form of eLearning modules for staff generally, and face-to-face workshops for recruits. The focus of these workshops is to guide police recruits on how to recognise, respond, and engage with people experiencing mental distress.

Over the course of the day, a team of six educators deliver four workshops to around 80 police recruits. The educators share their own personal experiences, positive and negative, that they have encountered with NZ Police during times of distress.

As well as our monthly workshops with police recruits, we are currently training our educators as we prepare to roll out a new training programme for 800 police communications staff across the country.



*Just some of the members of our police education and research team – watch this space!*



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



WELLINGTON

Not only do our educators get a great deal out of teaching new generations of police, but feedback from the recruits about the workshops has been overwhelmingly positive, with recruits appreciating the importance of this training in their careers going forward.

"The unconscious bias was really good to think about. I know I do it and I have noticed a lot of other people doing it too. Everybody has unconscious bias - it is important to understand what it is and to make sure it is not having a negative impact on how you deal with situations"

*Kellie Crighton, recruit*



"All the trainers having experienced mental distress is a stand out of the training. Where they are coming from is a real place, not a book or a manual. We might see people all the time but we need to keep in mind that one time can make a difference and inspire change".

*From interview with Meg Rossi and Mary Smith, recruits*

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*"I had the pleasure of attending the Police recruit workshops last month. The recruits were most impressive in terms of their willingness to engage through the workshops; and their responsiveness to, and valuing of, the lived experience perspective as providing for their learning and development in this area. And what can you say about the World of Difference educators - amazing, just amazing. The University of Otago Wellington, Like Minds, Like Mine, and the recipients of the education being delivered, are so privileged to have you contributing to these programmes - thank you all".*

*Sarah Gordon (Programme Lead)*

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**And introducing our newest members of the World of Difference team...**

## Leah Kininmonth (*Assistant Research Fellow*)

Leah recently joined the World of Difference team and, along with her lived experience, brings a background in psychology, coaching, facilitation, management, and writing. Since completing her Master's degree in Psychology, Leah has raised three children, lived in different parts of New Zealand, and worked in a variety of roles. She has previously worked as part of the team educating police recruits on what they can do in their work to reduce stigma and

discrimination towards those who experience mental distress, and provided input to the training rolled out to all police staff. She is enjoying getting back into the academic world and contributing to making a difference in the lives of those who experience mental distress by evaluating the impact of educational interventions provided by the World of Difference team. Through her work preparing papers for publication, she hopes that the special work being done by the team reaches an international audience, and makes a material difference to the education of medical and psychiatric professionals such that service users are benefited.



## Tracey Gardiner (*Research Assistant*)



A bit of a late introduction – Tracey has worked for the World of Difference team now since October of last year. Having come from a varied background of communications, arts, and the health sciences, Tracey is enjoying being part of a service user-led team where her background of lived experience informs and supports her work with the team.

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.e.gordon@otago.ac.nz](mailto:sarah.e.gordon@otago.ac.nz) if you would like further information about the programme.