



**WORLD OF  
DIFFERENCE**  
He Ao Whakatoihara kore

## TAKING THE WORLD OF DIFFERENCE NATIONAL AND INTERNATIONAL

It's been some of the busiest few months the team have had at World of Difference, with the rollout of our police communications staff training, presentations at national and international conferences, and supporting and mentoring other organisations to implement the WoD program.

### Police Communications Staff Training

Over the months of August and September our team of facilitators rolled out a total of 46 anti-stigma and discrimination workshops to approximately 460 police communications staff across Wellington, Kāpiti, Christchurch and Auckland. This was a mammoth effort from our team and great learning experience both for our facilitators and for the communications staff who participated in the workshops. Police communications staff receive on average approximately **156** calls every day from people experiencing mental distress, or their friends and whanau. Our 'experts by experience' were able to pass on their knowledge to help police communications staff to better recognise, engage and respond to people experiencing mental distress. Ka pai to the team and to NZ Police!



Facilitator Debs Craig leads a workshop

*"Great workshop and worthy message that we all need to learn."*



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



WELLINGTON

## National and International Conferences

As the World of Difference programme grows, we have more opportunities to reach out to audiences across New Zealand and globally. August saw Programme Lead Dr Sarah Gordon presenting for World of Difference at the Mental Health Nurses Forum, hosted at Massey University in Wellington. The theme of this year's forum was "Into the Future" – fitting for the current trends in mental health services.

Members of our team also attended the Royal Australian and New Zealand College of Psychiatrists Conference in September, with Programme Manager Rachel Tester presenting on behalf of World of Difference. Hosted in beautiful Nelson, the RANZCP Conference embraced the theme "Broadening Horizons - Whakanuia Te Pae Tawhiti - Whakamaau ki a Tina". It seems the mental health sector in Aotearoa is exploring some exciting new avenues.

Associate Professor Giles Newton-Howes and Dr Sarah Gordon delivered a presentation about WoD as part of the education showcase at the Academic Psychiatry annual meeting in Boston, the theme being adaptive expertise: Preparing Learners for the Future. Giles was an absolute stalwart in promoting the program with our North American colleagues.

## World of Difference gets mention at opening ceremony of the International Together Against Stigma conference

Together with Laurianne Reinsborough, Sarah Gordon also recently attended and delivered multiple presentations about Like Minds, Like Mine and the WoD programmes at the International Together Against Stigma conference in Singapore, receiving a special mention from the Guest of Honour, Mdm Halimah Yacob, President of Singapore:

*"To emphasise the effect of peer empowerment, I would like to share a little more about Dr Sarah Gordon from New Zealand. Dr Gordon is her country's leading academic in the area of anti-stigma work. She has been involved in New Zealand's Like Minds Like Mine programme since it started 23 years ago. She and her team have established breakthrough education and research programmes focused on ending discrimination; and promoting recovery, inclusion, and respect for the human rights of people who experience mental distress. These programmes are fully led in development, delivery and evaluation by experts with lived experience. Dr Gordon herself is a peer and for more than 20 years, she has been using her experience to advocate for improved mental health services and societal perceptions."*



Many thanks to the Health Promotion Agency for supporting Sarah to attend and present.

## Auckland University of Technology adopts World of Difference programme for 2020

From Professor Brian McKenna of AUT:

### The World of Difference “reach’.

There is a well-established awareness that a full understanding of mental health and addiction related adversity, and how best to respond to it, can only be achieved with the input of “experts by experience”. These are people who have first-hand involvement of living through such adversity. They are people who have been, or continue to be, consumers of mental health and addiction support services. Yet their perspective and involvement has often been missing in the teaching and research of mental health and addictions in our universities.

There are though committed academics striving to rectify this situation by establishing partnerships with experts by experience. However, efforts in this regard can feel like running into a brick wall, as institutional barriers to change go up. Those instigating such change constantly look toward “borrowing” or “adapting” cutting edge innovation to get traction to break down such barriers. Such innovation is provided by the World of Difference service user research group established in the Department of Psychological Medicine at the University of Otago, Wellington.

In the School of Clinical Sciences at Auckland University of Technology, we have worked with the World of Difference research group to adapt experts by experience teaching modules for medical students into modules suitable for undergraduate nursing and paramedicine students. The School has agreed to a pilot and evaluate the modules for a year in 2020. The World of Difference Group has agreed to actively support this initiative.

So the World of Difference research group is casting its net wide. At the Auckland University of Technology, we are keen to learn as much as we can, to develop our vision toward that already realised by the World of Difference.

**Are you interested in adopting the World of Difference programme too?**

**We can support and mentor a couple more organisations. Let us know if you are interested.**

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.