

Service User-Led Police

Education Programme

Welcome to our second newsletter for 2018. In this newsletter we would like to introduce some of the **World of Difference** education team, responsible for delivering the new service-user led, contact-based healthcare education programme to New Zealand Police recruits. The primary aim of our programme is to counter discrimination and promote recovery, social inclusion and respect for human rights of people who experience mental distress.

Our Education Team



Scott Savidge

I do this work as part of my recovery and because I believe my experience has value. It's an opportunity to engage with people who will soon be in positions of power, and to remind them of their responsibility to our shared humanity.

A highlight of program for me is the positive feedback from participants and the collegiality of my fellow educators.

Treena Martin

Hi, my name is Treena Martin. I am very interested in sharing my experiences to facilitate learning around mental health distress. I have been a service user since I was a teenager, and have worked in Mental Health services for twenty years. I feel passionate about influencing attitudes in a positive way.

The highlight for me about training others, is when people are given the freedom to ask questions they would not usually have the opportunity to ask.

There are so many myths about living with mental health distress. If we can stand and present our story from a place of recovery, we can give a very powerful message that recovery is possible.





Suzy Stevens

I am a person who has experience of mental distress. I have been involved in educating the NZ Police recruits on helpful ways to respond to me and others if we need their help. It is very important to me that they can appreciate what I may be going through.

So far it has been great to find that the Police recruits are really receptive to us and keen to do their best and treat us with respect.

Campbell McRae

I was born in a small farming community in Southland and worked on farms and in shearing gangs after leaving school. From 1992 - 1996 I completed an apprenticeship in carpentry. I have worked as an apple picker in Central Otago, and love back country Aotearoa.



From 2012-2014 I completed a Degree in Creative Writing through Whitireia New Zealand. I am currently working on an untitled collection of poetry, which documents my mental health struggles and recovery.

I don't like the way the New Zealand media portrays mental health issues, and there is still many myths about mental health and recovery. There are many awesome people working in the mental health field, and hopefully together we can change people's perception of mental illness and recovery.

Debs Craig



I was pleased to take up the opportunity to be a police trainer on mental distress in order to better equip police to apply empathy and understanding towards people experiencing acute mental distress, and hope that the training provides useful guidance on effective communication when involved in a 1M or a 1X callout.

A highlight has been the interest by recruits in the trainer's personal stories of their interaction with the police (a mix of good and not so good experiences). The recruits and trainers really connect when these stories are told.

Our Research Team

We would also like to introduce the new *World of Difference* service user research team based in the Department of Psychological Medicine at the University of Otago Wellington, some of whom are also educators of medical students, psychiatric registrars and the police.



Dr Sarah Gordon (Project Lead / Senior Research Fellow)

Sarah's personal experience of mental illness shaped her university study with the areas of psychology, medical law, bioethics and psychological medicine being the focus through to PhD level. Combining this theoretical education and personal experience, Sarah has spent the last 20 years working and advocating for an improved mental health sector and societal perceptions of mental health from the perspective of a person who personally experiences mental illness. Her recent research has focused on two themes, reducing discrimination associated with mental illness among medical students and the Police and promoting recovery-focused services and resources, in line with the recent major reorientation of service delivery models in mental health in New Zealand and internationally. As a service user academic, she has done this through service user-led and co-produced research that involves meaningful service user involvement in all conceptual and developmental stages of the process, which has also been another research focus.

Sarah has promoted the growth of the service user academia discipline in various ways and now has the support of four others who make up New Zealand's only service user academia team at the University of Otago, Wellington.

Rachel Tester (Programme Manager / Research Fellow)

Rachel currently works in two departments at the University of Otago Wellington: Primary Health Care & General Practice where she is a member of the Applied Research on Communication in Healthcare (ARCH) group, and Psychological Medicine where she is a member of the new service user research group *World of Difference*. Rachel completed her BSc and GradDipSci qualifications in psychology (social discursive) and uses her personal lived experience to inform her work. She has an interest in Jungian analysis and recovery from psychological trauma, and has been involved in several research projects with a mental health and addictions focus. Rachel is passionate about the power of story and personal narratives to help raise awareness about the social, cultural and political drivers of mental distress.





Dasha Fedchuk (Assistant Programme Manager / Assistant Research Fellow)

Having completed her MSc (Psychology) in 2017, Dasha is now employed by the university where she is a member of the **World of Difference** service user research group, and by Kites as a service user educator of medical students. Dasha operates from a service user-led perspective, which underpins her research and informs her work. Her previous qualitative research focused on understanding the mechanisms of non-suicidal self-injury in members of LGBTQ communities. Passionate about changing damaging ideologies and stigmatising rhetoric, a common objective within her work is in improving approaches used by health professionals and other support services towards people experiencing mental distress. Her previous work experience involves working alongside vulnerable youth, peer support for individuals with lived experience of mental distress, and work with rainbow communities of Wellington. She is also interested in suicide prevention, and advocacy for service user employment in influential roles of both academia and the mental health sector.

Jeremy Tumoana (Service User Lead Responsiveness to, and inclusiveness of, Māori)

Jeremy (*Ngariki Kauputahi, Ngati Porou, Tuhoē*) works primarily for regional DHB Mental Health and Addiction management, and has a lived personal experience of recovery in which he applies in his work. Jeremy's personal and professional experience, including continuous research in the application of tikanga Māori models of health, is a key focus of interest to a wide range of research projects including anti-stigma and discrimination education programmes.



Contact **Rachel Tester** (Programme Manager)

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