

TERMS OF REFERENCE

Deaf Mental health and addiction collaborative

Vision

There is a long-term and sustainable plan to improve the mental health and wellbeing of the Deaf community.

Purpose

To ensure Deaf leadership and mental health, addictions and wellbeing sector expertise is central to the delivery of this programme of work.

Background

a) Changes to how the health system was funded in the early 2000s meant each of the 20 DHBs were responsible for funding Deaf mental health services in their regions. Due to the small populations of Deaf in each region, this has not happened. Platform began collaborating with Deaf Aotearoa as the Disabled Persons Organisation in 2014 to raise this service gap with the Ministry of Health and submit proposals for change, initially with no success. The outcome of the mental health inquiry [He Ara Oranga](#) in 2018 had a strong emphasis on access and choice and talked directly to the gaps for the Deaf community. Leveraging off these recommendations, a successful bid was made in 2020. The MoH and Platform have recently agreed on deliverables for one year of funding.

b) *He Ara Oranga* is a key guiding document along with the [Psychosocial Plan](#) that was developed in response to the COVID-19 lockdown from April-May 2020.

c) This work needs to consider its relationship with the [initial mental health and wellbeing commission](#) and keep in mind the reforms outlined in the [Health and Disability System review](#) which was published in June 2020.

Objectives

- Identify the barriers that currently exist for Deaf people accessing quality mental health and/or addiction support and achieving wellbeing.
- Consider what changes can be made by June 2021 to improve access and choice.
- Advise and contribute to long-term recommendations

Membership

Membership will include those that have expertise or experiences in a number of areas:

- Deaf people who have a lived experience of mental distress and/or addiction
- Professionals who have experience working with Deaf people (support worker, social worker, counsellor etc.)
- People who have knowledge of the mental health and addiction sector
- A NZSL interpreter with experience interpreting within the mental health and addiction sector
- A person who can bring a Māori perspective to discussions

- A representative from the Deaf and Mental health DPOs (Deaf Aotearoa and Balance NZ)

Core principles & values

- A collaboration of views is essential to generate creative solutions to complex issues
- A rights-based approach will form the basis of all discussions
- Deaf culture, language and identity are central to the wellbeing of Deaf people

Expectations about engaging with the wider sector.

- Where appropriate, each member will be engaged in their community and will present all views to the group for consideration, including views they may disagree with.

Scope:

- Engagement with the Deaf community
- Engagement with the mental health, addiction and wellbeing sector
- Workforce development
- Health promotion and access to health information
- Service development

Reporting

The collaborative will provide an update to the community and the mental health and addictions sector via Platform's newsletter after each meeting.

Meetings

The group will meet face to face and via zoom every 4-6 weeks from August until Feb 2021, approximately 6 meeting will be held.

Review

The Terms of Reference is a working document and open to change at any time.

Payment of group members

Members who are not currently employed will be paid a meeting attendance fee and travel costs.

Joanne Witko

Deaf Mental Health, Addiction and Wellbeing Programme Manager

30th June 2020

Kellye Bensley	Kellye is an active member of the Wellington Deaf community and is an Advisor at the Office of Disability issues with the NZSL Board. Previously she worked at Deaf Aotearoa and was involved in managing the iSign service. Kellye lives in Wellington but grew up in Christchurch.
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Marion Blake	Marion has been CEO of Platform Atamira since it started in 2000. She is an advocate of community based organisations and leading collaboration within the sector. In 2017 she received a NZ Order of Merit for her services to people with mental health and addiction issues.
Alexander Carr	<p>Alexandra was born hearing then became deaf in school years. No Sign until her 20's when she connected to the Deaf world for the first time.</p> <p>BIG identity awakening! 8 years immersion in Deaf community then in January 2000 received a cochlear implant and went back into the hearing world. Work history: Trained as a registered nurse, then worked for National Foundation for the Deaf as Access 2000 National Coordinator.</p> <p>Moved to Auckland Deaf Association (now Deaf Aotearoa) for four years as Service Coordinator. In 2006 retrained as a counselor and got a degree in Social Sciences / counselling. Worked as an addictions practitioner in the mainstream at Rimutaka prison, Wairarapa Community Clinic and for the past five years at Wellington Salvation Army Bridge residential rehab. Soon to take up a part time position with Te Awakairangi Health Network as a Mental Health Professional and also grow her own counselling business. Looking for a mixture of mainstream and Deaf work opportunities and is passionate about advancing access for Deaf to mental health services.</p>
Rachel Coppage	<p>With experience in the forensic sector with National Deaf Services in the UK, Rachel has been involved in advocating for specialised Deaf Mental Health & Addictions services with the Coalition of Deaf Mental Health Professionals and has undertaken research into Deaf people with mental health & addictions needs and their experiences and into models of culturally appropriate services to meet the sociolinguistic needs of the Deaf community whose language is New Zealand Sign Language (NZSL), one of the country's two official languages.</p> <p>Rachel immigrated to New Zealand with her Deaf family. Rachel has a private practice, offering art psychotherapy to the Deaf community without the need of a NZSL-English interpreter. She currently lectures on Deaf Studies at AUT and serves on the Ko Taku Reo Deaf Education New Zealand as a parent representative.</p>
Barbara Disley	Barbara is the CEO of Emerge. She has extensive leadership and management experience leading large teams within education and health sectors. She has held a number of senior public position. Over the course of 2018 Barbara was a member of the Mental Health & Addiction Inquiry Panel. Barbara has a doctorate in education and in 2011 was made an officer of the New Zealand Order of Merit.
Jamie Dowdle	I am a proud Deaf Kiwi I was born in New Plymouth, Taranaki then moved to Invercargill when I was 10 years old. I have lived in so many places in NZ during my time of study. I currently teach NZSL in Invercargill. I have depression and anxiety and panic attacks- I

	<p>did not realise about mental health till mid 20s and found it hard to find right people or information. Now I am passionate about supporting other Deaf understand what mental health is. I have found many barriers with my own mental health journey - it is more confusing I feel to be Deaf and have mental health issues as I feel more isolated and misunderstood. I am proud to be part of this group to help and support change that could possibly change and save lives.</p>
Katherine Hickson	TBA
Lynx	<p>Lynx has been working as a NZSL interpreter since completing her training 2002. She carries a particular interest in the field of Mental Health and interpreting within mental health settings has been a major part of her interpreting work. Lynx also has training in professional supervision and is committed to the ongoing development of the sign language interpreting profession and the process of supervision as a form of reflection and learning.</p>
Kirsten Smiler	<p>Based at the Health Services Research Centre as Māori Research Fellow (since 2004) Kirsten is a Kaupapa Māori researcher who has contributed to a broad range of health services research projects undertaken within HSRC. Kirsten also lectures on Hauora Māori (Māori health and wellbeing) for the Faculty of Health in the papers Introduction to Health and Wellbeing (HWB101), Introduction to Health and Wellbeing (HWB102) and Introduction to Health Policy and Services (HWB101). Kirsten's MA (VUW – Applied Linguistics) completed in 2004 critically examines perceptions of cultural and linguistic identity for Māori members of the New Zealand Sign Language (NZSL) community. In 2014 Kirsten completed her PhD (VUW – Applied Linguistics), a study of the nature and impacts of early intervention for Māori Deaf/hearing-impaired children and their whānau. In 2014 Kirsten was awarded the Health Research Council's Erihapeti Rehu-Murchie Post-Doctoral Research Fellowship in Māori health, and in 2016 the Health Research Council's 2016 award for Excellence in research for an emerging researcher. Kirsten is an executive member of the Health Services Research Association of Australian & New Zealand (HSRAANZ), serves as Māori Advisor to the Universal Newborn hearing screening and Early intervention programme (Ministry of Health and Ministry of Education), acts as a New Zealand Sign Language Board member.</p>
Victoria Manning	<p>Victoria gained a Masters in Mental Health Counselling at Gallaudet University, in 1996. Upon returning home, Victoria provided New Zealand's first Deaf mental health services. She was also one of two individuals who took a human rights case against the largest telecommunications company and succeeding in establishing a telephone relay service for New Zealand. Victoria was employed at the Government's Office for Disability Issues when the Government directed the drafting of a Bill to give official recognition to New Zealand Sign Language (NZSL). Victoria was a key advisor on the NZSL Bill for four years (2003 – 2006) from its initial development and throughout its progress through Parliament.</p>

	<p>While working at the Human Rights Commission Victoria led the Commission’s Inquiry into NZSL. The resulting report <u>“A New Era in the Right to Sign”</u> (2013) included recommendations for government funding to support early acquisition of NZSL and a governing body to oversee the promotion and maintenance of NZSL, both of which have now been implemented.</p> <p>Having worked in disability policy for many years, Victoria authored the Disabled Persons Organisations’ (DPOs) civil society report on New Zealand’s progress on the implementing the Convention on the Rights of Persons with Disabilities (CRPD). A highlight of her career was being chosen by the DPOs to represent disabled New Zealanders at the United Nations in Geneva, in September 2014, for New Zealand’s first examination of its progress under the CRPD.</p> <p>Victoria was awarded a Queen’s medal in 2015 for services to the Deaf and disabled communities.</p> <p>Victoria is now the General Manager–Strategy at Deaf Aotearoa. She is also the inaugural chairperson of the NZSL Board which advises government on the promotion and maintenance of NZSL.</p>
Alison Masters	<p>Alison is a psychiatrist and the Medical Director of the mental health, addictions and intellectual disability service within the Wellington DHBs. Alison has a particular interest in the access for the Deaf community to Mh&A services as she has deaf family members.</p>
Shannon Morris	<p>Hi! I’m Shannon, a proud Deaf Wellingtonian is well known to the Deaf community by her involvement in several voluntary involvements; a qualified NZSL tutor; the face of NZSL Week 2019 and previously with Deaf Aotearoa, has been appointed as the NZSL Project Lead at Capital & Coast District Health Board, also representing the 3DHBs (greater Wellington, Wairarapa & Hutt Valley). My role purpose is to actively facilitate and manage a New Zealand Sign Language project within the Disability Strategy and Performance team in partnership with Deaf communities, the Sub Regional Disability Advisory Group, clinical and operational leadership and other Strategy, Innovation and Performance teams. The task is to ensure effective change management in delivery of services to New Zealand Sign Language users often across complex health services on multiple sites in a way that meets the goals of the project and strategic direction set by the DHB.</p>
Catriona Sainsbury	<p>Catriona (Cat) Sainsbury, is the Coordinator of Auckland Parents of Deaf Children (APODC), Originally from the UK, Cat obtained a</p>

	<p>BA degree in Deaf Studies and after enrolling in the Master of Social Work Applied program at Massey University, Cat and her Kiwi husband moved to NZ in 2007. Whilst studying, she worked at the Deaf Mental Health Service in Lower Hutt before its closure. Cat was the Coordinator for the Coalition of Deaf Mental Health Professionals (CDMHP) until embarking on the Deaf Mental Health research project in 2017.</p> <p>As a mum with intimate personal experience of the mental health system, Cat is strongly concerned with the development of early intervention pathways for families, whanau, and young people to ensure that their capacity for awareness, self-care, resilience and recovery are nurtured from the earliest possible opportunity.</p>
Jo Witko	<p>Jo is the Deaf Mental Health and Addictions Programme Manager, a CODA (child of Deaf adults) and comes from a family of Deaf community leaders. Since training at a Deaf university in the USA, she has spent most of her career working as a psychotherapist within specialist Mental health and Addictions services, and later funding and planning within DHBs. Here she completed research and worked on improving access for Deaf people to health services.</p>

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