

**Friday 14<sup>th</sup> September**  
**Stream D**  
**11.30am – 12.50pm**

## **Brotherly love connection**

Paul Schreuder, Senior Lecturer in addiction studies, WelTec

The link between junk food addiction, obesity and type 2 diabetes is well established and for many kiwi killer kai has become a major obstacle to wellness. A worldwide supportive connection initiative called iThrive has become a catalyst for lifestyle change promoting a whole food raw plant-based diet that has reversed many of the symptoms of type two diabetes and other metabolic conditions linked to addictive patterns of consuming of high calorie low nutritious 'food'. A key component of reclaiming one's health has been connecting with others who have struggled with food addiction and supporting the common goals and struggles along the way. A case study involving my brother and, I demonstrate the power of a common goal connection and how the outer connection can also strengthen the inner connection with one's better self.

### Presenter biography

Paul has been an educator in the addictions field for two decades and prior to that he was employed as a practitioner at NSAD as well as the coordinator for Men for non-violence at the Kapiti coast. Paul was on the first dapaanz board and has been voted onto the current board. He has research interests in gambling and other process addictions as well as integrating techniques from various evidence-based paradigms. He has studied at Massey (Psychology), the Waikato University (Education), WelTec (Addiction studies, supervision), and at the Ellis institute in New York (CBT). He is a prolific songwriter and winner of the APRA silver scroll.

## **BIG DATA - connections and correlations - what makes a difference in client outcomes?**

Mark Wallace-Bell, PhD, Clinical Director, Care NZ

For more than 15 years Care NZ has delivered services to those with AOD problems in a variety of settings and formats. In that time we have amassed a wealth of data on our clients and their outcomes. With this BIG DATA we can analyse the connections between variables that contribute to outcomes and ask the big question 'what makes the difference?' This paper will present key findings from this correlational and inferential analysis and discuss the impact of client and therapist level variables on client outcomes. The implications for how we provide services now and in the future will be explored.

### Presenter biography

Mark has worked as a nurse, a Health Psychologist in the UK and more recently NZ. He has held several lecturer positions in the UK and New Zealand. He has worked at St George's Hospital as a lecturer in Addictions and at the National Addiction Centre, Otago University, NZ. He is currently a Lecturer in Health Science at the University of Canterbury where he specialises in postgraduate research and Motivational interviewing training. He is currently the Clinical Director for CareNZ.

## **E-M-B-R-A-C-E**

Rolf Remin, Wellness Recovery Coach, AoD Practitioner, LINC (Living Independent Navigating Communities)

A broad base framework that can connect the individual needs of each client that is presented to any service. The aim of this framework is not to reach a cure but of stabilization, understanding, and for the client to develop, wherever possible, for their own wellbeing with support.

E: Employment, eg: Self, Community, Home, Volunteer

M: Medication, eg: Medical, Physical, Meditation

B: Budget, eg: Financial, Time, Family

R: Responsibility, eg: Self, Decisions, Capabilities

A: Activities, eg: Cleaning, Interest, Groups

C: Cultural, eg: Music, Sport, Religious, Spiritual,

E: Energy, eg: Rest, Exercise, Nutrition

Connecting all the above provides a basic thought pattern of every individual human being, to recover from both addictions and Co-existing mental health issues to become a productive member in our communities.

Example: Mr J, 35-year-old male, referred from Community Mental Health, diagnosed with Borderline Personality Disorder with alcohol and drug use.

After completing a comprehensive assessment, use this framework to assist with a management plan.

Mr J, engages (responsibility) in a program for literacy (employment) plus nutrition (energy), agrees to see his G.P. (medication) on a regular schedule (budgeting). Attends a self-help group (activities) on which he found another person who enjoys music (cultural). He attends regularly and is improving social contact with others.

### Presenter biography

Born in Australia, youngest of Six, three brothers and two sisters. Parents immigrated to Australia 1956 from Germany. Moved to New Zealand 11 years ago. Started my recovery on 23<sup>rd</sup> May 2010. Diagnosed with Alcohol Use Disorder, Gambling, plus PTSD.

Graduated 2017, Te Taketake Diploma in Applied Addictions Counselling (Level 7). Worked with people with disabilities, and currently working with dual roles as a Wellness Recovery Coach and Drug and Alcohol Assessor with LINC support Services.

Married twice, two children, one is in recovery from drug addiction, and currently engaged in a long distant relationship in Argentina.

## **Pregnancy and Parenting Support Service: From conception to leaving home - rolling out a successful service in other regions**

Peter Kennerley, Principal Advisor, Addiction, Ministry of Health

Marijke Cederrman, Clinical Team Leader, Pregnancy & Parental Service CADS Waitemata DHB

Over the past fifteen years Waitematā DHB developed an intensive assertive outreach case coordination service connecting pregnant woman and parents (of children under three-years-old) experiencing AOD problems to health and social services.

The delivery of the programme has developed and evolved over time as it aims to connect with the women and their children in a way that is relevant to their lives.

Waitematā District Health Board (DHB) together with the Ministry of Health has now taken this successful DHB service and supported its implementation in three other DHB regions, in Northland, Tairāwhiti, and Hawke's Bay.

We will outline the challenges to translate the concepts to other regions and describe the innovative concepts used in rolling out this programme. We will demonstrate the benefit of shared learning and support between regions.

What lessons can be learned before rolling out services elsewhere?

At these new sites, a project manager was assigned before development and implementation of the services began. One year on, each of the services is up and running, equally supporting each other through internships, site visits, and regular workshops.

Topics that will be addressed include:

- Programme roll out design
- Connection and support between the services; Workshops, internships and concurrent evaluation
- Success to date
- Where to next?

Separate presentations outline how the concept has been implemented in the pilot sites and their own unique approaches to set up and establishment.

Presenter biography

Peter is a Principal Advisor, Addiction Treatment at the Ministry of Health, Wellington. He has been involved with the addiction treatment sector for over 10 years. Peter has presented numerous times at Addiction Leadership Days, but this is his first time presenting at a Cutting Edge Conference.

Marijke is the Team Leader of the Waitemata Pregnancy and Parental service. She (and others) have been developing this service for 15 years.