



SUICIDE PREVENTION INFORMATION CONFERENCE 2011

How do we talk about suicide?

*Ko te reo, he tapu. Ko te reo, he rongoa.
Ko te reo, he mana motuhake.*

TelstraClear Pacific Event Centre | Wednesday, 7 September, 8am-5pm



Programme

8AM	VENUE OPENS FOR ATTENDEES
8:30AM	MIHI WHAKATAU <i>Rawiri Wharemate, Ngapuhi, Ngatiwai, Ngai Te Rangi, Tainui</i> <i>and Whitiora Cooper, Tainui</i>
9AM	INTRODUCTION <i>Judi Clements, Chief Executive, Mental Health Foundation</i>
9:05AM	OPENING ADDRESS <i>Hon. Peter Dunne, Associate Minister of Health</i>
9:15AM	<i>Karen Clarke, Conference Facilitator</i>
9:25AM - 9.45AM	KEYNOTE ADDRESS Honouring my Teachers from the North: sharing stories of hope and empowerment from a journey of learning and healing with families touched by suicide. Normand D'Aragon Co founder and Director of First Nations and Inuit Suicide Prevention Association of Quebec
9.50AM - 10.50AM	FIRST SESSION - PANEL DISCUSSION Hope and support after the loss of a loved one Embracing hope and moving forward after suicide, remembering and retaining the good memories, what support is available and how friends and whānau find ways to continue on and celebrate the lives their loved ones. FACILITATOR Monique Faleafa - National Manager, Le Va (Pasifika within Te Pou) PANEL MEMBERS Eliza Snelgar - Kaiarahi, Community Postvention Response Service, Clinical Advisory Services Aotearoa (CASA) Mark Wilson - Member of Solace & Producer, Drive Show, Radio Live Mike Pehi - Funeral Director, AAA Colenso-Pehi Ltd Funeral Services Tricia Hendry - Deputy Chief Executive, Skylight
MORNING TEA WILL BE AVAILABLE DURING SECOND SESSION PARALLEL A & B	
10.55AM	SECOND SESSION (PARALLEL A) - PANEL DISCUSSION Indigenous Wellbeing This session will include practical issues associated with supporting whānau through whakamomori. It will look at the tikanga of tangihanga, and how whānau talk about pouritanga, recognising the need to embrace whānau who have gone through whakamomori, to support them through the experience and come to terms with what has happened.



	<p>FACILITATOR Pahia Turia – Consultant, Te Rau Matatini</p> <p>PANEL MEMBERS Carolyn Hall – Te Runanga o Ngati Pikiao Keri Lawson-Te Aho – Health lecturer, Centre for Hauora Maori/Department of Public Health, University of Otago, Wellington Mapihi Raharuhi – Kia Piki Te Ora, Te Runanga o Ngati Pikiao Mike Pehi – Funeral Director, AAA Colenso-Pehi Ltd Funeral Services Normand D’Aragon, Co founder and Director of First Nations and Inuit Suicide Prevention Association of Quebec Rawiri Wharemate – Cultural Advisor, Mental Health Foundation Stephanie Bell – Director of Central Australian Aboriginal Congress</p>
10.55AM	<p>SECOND SESSION (PARALLEL B) - PANEL DISCUSSION Supporting people at risk</p> <p>How to support people at risk of suicide through family, work, community, cultural and other settings?</p> <p>FACILITATOR Simon Hatcher – Associate Professor, Psychological Medicine, School of Medicine, University of Auckland</p> <p>PANEL MEMBERS David Codrye – Clinical Director, Consultant Psychiatrist, ProCare Psychological Services Irene Walker – Coordinator, Kia Piki Te Ora, Western Bays Karlo Mila-Schaaf – Writer & Researcher Mark Benefield – Detective Inspector, Acting Area Commander, Western Area, Auckland City District, NZ Police Sarah Gordon – Consumer Advocate</p>
12.10PM	LUNCH
12.55PM	<p>WAIATA Kataraina Pipi</p>
1.05PM - 1.25PM	<p>KEYNOTE ADDRESS One life is too many: suicide is a preventable cause of premature death in aboriginal communities in the Northern Territory</p> <p>Stephanie Bell, Chief Executive, Central Australian Aboriginal Congress</p>



1.30PM	<p>THIRD SESSION - PANEL DISCUSSION Warning signs, social and new media</p> <p>How to use social media to spot people at risk through their online postings, and how to support and refer people for help. The discussion will also examine the communication preferences for young people (e.g. texting, helplines, forums, websites, web-based applications) and how they fit in with other help-seeking behaviours.</p> <p>FACILITATOR Peter Watson, Specialist Adolescent Health Physician and Clinical Head Youth, Whirinaki Child & Adolescent Mental Health Services, Counties-Manukau District Health Board</p> <p>PANEL MEMBERS Christopher Banks – BiPolar Bear Blogger, Mental Health Foundation Kayte Godward – Sector Relationship Manager, Lifeline Aotearoa Kingi Biddle – Media Consultant Taimi Allen – Like Minds, Like Mine Team Leader, Mind & Body Tammy Hohaia – Kia Piki Coordinator, Ruakura Hauora o Tainui, Manukau</p>
2.45PM	AFTERNOON TEA
3.15PM	<p>FOURTH SESSION - PANEL DISCUSSION Suicide in communities</p> <p>How to discuss and address suicide and related mental health issues safely in wider community settings such as: schools and small communities where there have been a series of deaths, media, work and extended families.</p> <p>FACILITATOR Materoa Mar – Board Chair, Mental Health Foundation</p> <p>PANEL MEMBERS Andre Konia – Kia Piki Te Ora, Te Waipounamu Gael Woods – Deputy Head of News, Radio New Zealand Gordon Matenga – Acting Chief Coroner, Coronial Services of New Zealand Michael Naera – Kia Piki Te Ora, Te Runanga o Ngati Pikiao Nikki Coleman – Clinical Advisor, Community Postvention Response Service, Clinical Advisory Services Aotearoa (CASA) Shelley Dean – Practice Advisor, Ministry of Education</p>
4.25PM	<p>CONCLUDING COMMENTS Trish Davis, Chief Executive, Te Rau Matatini & Judi Clements, Chief Executive, Mental Health Foundation</p>
4.40PM	POROPOROAKI/CLOSING
5:00PM	CONFERENCE ENDS

Keynote Speakers, Facilitators & Panel Members



Taimi Allan
Like Minds, Like Mine Team Leader, Mind and Body

Taimi oversees and carries out a variety of

projects, including workshops, grants and media work, for Mind and Body, one of four Auckland contracts to deliver the Like Minds, Like Mine Programme. The programme is the Ministry of Health's campaign to counter stigma and discrimination associated with mental distress.

Prior to joining Mind and Body, Taimi was the owner and director of a successful catering company and a music school. She has also been a professional actor, an international flight attendant, a butler, a restaurant and boutique hotel manager, adult educator, competition-standard barista trainer, wine sommelier, acting tutor and vocal coach. Taimi is a talented jazz singer and visual artist.

With a previous employer, she won Employee of the Year, out of over 40,000 staff, for saving someone's life at work. But she considers her greatest achievement by far was successfully managing her own mental illness to become completely drug free.

As a survivor of suicide and a social media junkie, Taimi is passionate about the power social media has in preventing impulsivity and offering immediate peer support.



Christopher Banks
Bipolar Bear Blogger, Senior Communications Officer, Mental Health Foundation of NZ

Christopher is an award-winning filmmaker, journalist and musician. In the past he has worked in public relations for the New Zealand AIDS Foundation and the Access to Medicines Coalition.

He is also the author of the daily blog *Bipolar Bear*, which details his personal experience of living with a diagnosis of bipolar disorder.

Christopher writes for the gay national newspaper *Express*, has written for *GayNZ.com*, London's *Gay Times* magazine and *Healthwise*, and reported for TV2's *Queer Nation*. He is a founding trustee of Number 8 Films, which produced the award-winning short films *Teddy*, *Communication* and *The Colonel's Outing*.

Stephanie Bell
Director, Central Australian Aboriginal Congress

Stephanie is an Australian Aboriginal, Kulilla/Wakka Wakka, woman. Her grandmother was a member of the stolen generations, having being removed from her family, who were Warramungu people, at Brunette Downs in the Northern Territory.

Stephanie has degrees in business management and Aboriginal health service management and is a Fellow of the Sir Gustav Nossal International Fellowship for Leadership in Health Reform.



Mark Benefield
Detective Inspector, Acting Area Commander, Western Area, Auckland City District, New Zealand Police

Mark (51) has a Bachelor of Business Studies and an NZDipPol. He has 22 years experience with the New Zealand Police working in the General Duties Branch and the Criminal Investigation Branch. He is also a district trainer in custodial suicide prevention.

Mark's current role (Acting Area Commander, while the incumbent is seconded to the Cup) sees him responsible for 193 policing staff covering a population of 197,700.

Prior to joining the police force, Mark spent 10 years in the motor industry in administration and marketing. He is married with four children.



Kingi Biddle
Media Consultant

Veteran Maori television and radio broadcaster Kingi Biddle believes

journalists should always think about the wairua; how their story will affect the spirit of their people.

Personal experience, from watching media footage on the death of a family member, made him seriously question the media's sensitivity regarding such news stories. To lose someone unexpectedly to suicide hits people in a completely different way from when a loved one is lost through illness or old age. The pain comes in waves, often made worse by the media.

Kingi says he's not an expert in suicide prevention himself, but he isn't sure if Maori suicide reporting should be any different from mainstream reporting, and that there are resources available for any media outlet wanting to look after bereaved family and whanau, while at the same time reporting the news. One such publication is the Ministry of Health's *Suicide in the Media Handbook*.



Dr David Codyre
Clinical Director, Consultant Psychiatrist, ProCare

With 25 years working in a wide

variety of service settings, David has worked with people with most kinds of mental health issues, including: adjustment issues, anxiety conditions, mood conditions such as depression and bipolar affective disorder, psychosis, drug and alcohol conditions, anorexia and bulimia, and conditions which combine physical and mental health issues such as chronic pain.

David also has wide experience in brief psychotherapies, including family psycho-education and problem solving, cognitive behaviour therapy, and couple/family therapy. He works primarily with adolescents (15+ years) and adults in Epsom and Manukau.

He also participates in the *The Nutters Club* in the role of 'Nut Cracker' to comedian Mike King's 'Head Nutter'. *The Nutters Club* is a Radio Live talk back show and a half-hour programme on Maori Television where guests talk about their experience of mental illness and the things they've learnt in their journey towards good mental health and wellbeing.

The Nutters Club is supported by the Mental Health Foundation using funds from Movember.



Karen Clarke
Change Agent,
Conference
Facilitator

Since entering private consultancy in

1996, and with a diverse background in education and organisation development practice, Karen has established a national reputation as a change agent and extreme facilitator.

Karen is trusted by organisations - large and small, corporate and industry focused, from public, private, Maori, education, NGO and volunteer sectors - to help them perform better. A diverse client portfolio takes her to many different settings in the New Zealand 'socialscape', and she works regularly at the Treaty interface.

Karen is insightful, open, lively and interactive. Clients say "she is really good with people stuff" and that "she gets to the heart of the matter". The values of manaakitanga and integrity guide her, with Ngati Kahungunu and Celtic roots holding strong.

Passionate about human development throughout life, healthy families and spiritual development, Karen also works as a songwriter and performing musician.



Judi Clements
Chief Executive,
Mental Health
Foundation of
New Zealand
LLB. MA. Doctor
of Social Science
Honorius Causa

Judi's background is in law, social policy, housing, local government and management practice.

After a successful career in local government service management, policy and practice development Judi moved into the NGO sector.

From 1991-2001, Judi was Chief Executive of Mind, the National Association for Mental Health in the UK. She led Mind through key developments, including promoting social inclusion through the multifaceted campaign, 'Respect'.

Judi sat on several government advisory groups covering mental health, social policy and NGO development and, in 1999, was awarded an Honorary Doctorate for services to mental health and local government.

After working independently in the public and not for profit sectors, and as a Board member for a range of tertiary institutions and national agencies, Judi relocated to New Zealand in 2005, to lead the Mental Health Foundation. From 2005 to 2010 she chaired the Mental Health Advocacy Coalition on a multidisciplinary policy and advocacy group.

Judi has a passion for the development of organisations to strengthen purpose, improve service delivery and promote social justice and the elimination of all forms of unfair discrimination.

Nikki Coleman

Clinical Advisor, Community Postvention Response Service, Clinical Advisory Services Aotearoa (CASA)

Nikki is a registered social worker with a Master's in Health Science specialising in Child and Adolescent Mental Health, and a Post Graduate Diploma in Cognitive Behaviour Therapy (CBT).

Nikki's mental health experience has focused on youth, self harm and suicide,

youth in CYFS care and CBT. She has provided training to Kia Piki Te Ora and corrections services on suicide risk identification and management.

As part of the Community Postvention Service she provides consultation, training and support to communities nationwide when there has been evidence of a suicide cluster or contagion.

In her private practice, Nikki provides CBT to youth who have suicidal ideation and made suicide attempts, and training in youth mental health, suicide and CBT.

Nikki has worked for CASA since 2005, initially with the Towards Wellbeing Suicide Consultation and Monitoring Programme. She worked on a CASA Postvention Initiative with Victim Support providing training, monitoring and support to the Christchurch Victim Support Suicide Bereavement Team.

She has also worked for the Specialist Counselling Service, providing brief six-session counselling to family and friends bereaved by suicide.

Nikki lives on a Canterbury lifestyle block with her son, husband and animals.



Normand D'Arگون
Co-founder,
Director, First
Nations and Inuit
Suicide Prevention
Association
of Quebec
and Labrador
(FNISPAQL). M.Ps. (Psychology)

Normand has worked as a psychologist in different communities of Northern Quebec (eastern Canada) for over 20 years. As well as co-founding FNISPAQL, he acted as director to April 2011.

FNISPAQL aims to strengthen the voice of First Nations and Inuit community workers by supporting the recognition of their personal and professional challenges as helpers in their own community, and by acknowledging their own expertise, their elders' knowledge for a good and balanced life, and the traditional ways of healing of their people.

FNISPAQL has been holding an annual conference - Dialogue for Life - since

Keynote Speakers, Facilitators & Panel Members (cont)

2002. The conference has been adopted by many communities as an important ceremony where learning, healing and celebrating life together happens despite the differences in generations, language and culture.

As a clinician, Normand's main concern has always been to bridge healing and empowerment. He endorses an understanding of suicide as quite often being a multigenerational process. He has made a number of presentations at the national and international level in suicide prevention and family healing conferences.

From mixed ancestry, Normand has been blessed with five step-children and five grandchildren. He is a member of the First Nations, Inuit and Metis Advisory Committee of the Mental Health Commission of Canada and Board Member of the Native Mental Health Association of Canada.

Trish Davis

Chief Executive, Te Rau Matatini (incoming)

Trish comes to Te Rau Matatini with a wealth of experience in health management. Recently she was Senior Advisor Disability, Ministry of Health, NZ. Here she assisted with significant projects such as allocating funding for long-term support services for people with chronic health conditions. She has also worked as National Operations Manager, Health and Disability National Services Directorate.



Shelley Dean
*Practice Advisor,
Professional Practice Unit,
Special Education,
Ministry of Education, New Zealand*

Shelley is an educational psychologist supporting special education staff, developing resources and systems to support schools and early childhood services experiencing disasters and other traumatic incidents.



Hon Peter Dunne
*Minister of Revenue
Associate Minister of Health
MP for Ohariu:
Leader United Future New Zealand*

Hon Peter Dunne, born in Christchurch in 1954, graduated from the University of Canterbury in 1977 with a Master of Arts degree with Honours in Political Science, and has also studied business administration at Massey University.

He worked for the Department of Trade and Industry in Wellington during 1977-78, prior to joining the Alcoholic Liquor Advisory Council holding various posts up to 1984.

He has been an MP since 1984, holding the north-west Wellington seats of Ohariu; Onslow; Ohariu-Belmont and Ohariu.

He was a Labour MP from 1984 to 1994, resigning from the Labour Party in October 1994 to become a founding member of United New Zealand (now known as United Future) a few months later. He has been Party Leader since October 1996.

He has been Minister of Revenue and Associate Minister of Health since October 2005.

He has also been a Minister on two earlier occasions serving as Minister of Regional Development; Associate Minister for the Environment and Associate Minister of Justice in the Palmer and Moore Labour Governments; and Minister of Revenue and Minister of Internal Affairs in the National/United Coalition Government.

Minister Dunne's other Health portfolio areas are: Drug Policy including alcohol, problem gambling, medicines strategy and oral health.

Earlier he was a Parliamentary Under-Secretary in the fields of Health (1987-89); Trade and Industry (1987-89); Energy (1988-89); Regional Development (1988-90); Commerce (1988-90); Justice (1989); Environment (1989-90); Internal Affairs (1989-90); and Local Government (1989-90).

He has written two books: "Home is Where My Heart Is", published in 2002, and "In the Centre of Things", published in 2005.

He married Jennifer Mackrell in 1976 and they have two sons.



Dr Monique Faleafa
*National Manager,
Le Va (Pasifika within Te Pou)*

Monique has 13 years experience working at grassroots level for Pacific communities with NGOs, district health boards, academic institutions and at the frontline as a clinical psychologist.

She has worked with Suicide Prevention Information New Zealand in the past, co-authoring Paolo – suicide prevention information for people working with Samoans.

Monique is currently the Deputy Chair of the New Zealand Psychologists Board, the Chair of Pasifikology (New Zealand's Pacific Psychology network), and sits on the Pacific Advisory Panel to the Auckland's super city.



Kayte Godward
Sector Relationship Manager, Lifeline Aotearoa.

Ngati Tamaoho, Ngati Reko

Kayte works across all sectors in the community with a particular interest in working with Māori and Pasifika people. In 2005 she was awarded the Australasian TheMHS Silver Medal for Innovation in the Community.

Kayte is also a professional actor, writer, film-maker, trainer and group work facilitator. Her experience in mental health is both personal and professional.



Dr Sarah Gordon
Consumer
Advocate
PhD Otago. MBHL.
LLB. BSc

Sarah identifies as a person

with experience of mental illness. This experience shaped her early university study with the areas of medical law and bioethics being the focus.

Combining this theoretical education and personal experience, Sarah has spent the last 13 years working and advocating for an improved mental health sector and societal perceptions of mental health from a consumer focused perspective.

Initially, she entered the workforce as a consumer advisor to district health board mental health services. From 2000-2009, Sarah was the co-founder and Managing Director of Case Consulting, a mental health consumer research, training and contract support company.

Sarah chaired the Board of Wellink, a community based mental health organisation, from 2003-2008. She has recently completed and been conferred her PhD in psychological medicine.

When she gets some down-time from her jobs of cleaner, taxi-driver and general dogs body to her two boys, actually three (including 'the old man'), she works as a Research Fellow in the Department of Psychological Medicine, University of Otago, Wellington.

She lives in Cambridge with husband, Phillip, and two sons, Jack and Harry.

Carolyn Hall

Te Runanga o Ngati Pikiao, Iwi Co-ordinator, Lilac (Life and Living in Advanced Age), Cohort Study, The University of Auckland

Te Arawa, Tuwharetoa, Nga Puhī

Carolyn has worked since 1992 in the funeral industry as funeral director, embalmer and celebrant. Her years in this industry have provided opportunities to witness and gain insights into the most intimate of human emotions, family dynamics, and social behaviours that occur before, during and after a death.

She says words are inadequate to describe the measure of trust, guidance and affection placed in the care of a funeral director and celebrant, and she strongly advocates that there should never be room for complacency at any level when dealing with the death of a loved one.

Carolyn (47) lives in Rotorua with her husband of 23 years and 13-year-old son.



Dr Simon Hatcher
Academic
Psychiatrist, The
University of
Auckland

Simon grew up in Devon in England,

trained in London and Yorkshire and has been working in New Zealand since 1994.

He works in the public service and, in his clinical role, leads a team that sees about 650 people a year who present with self harm to the Waitemata District Health Board.

In his academic role, Simon teaches and researches on suicide, self harm, psychotherapy and the problems of general hospital psychiatry.



Tricia Irving Hendry
Deputy Chief
Executive,
Skylight

Tricia was widowed by

suicide when her children were two, six and 11. She has had a special interest in seeing New Zealanders effectively supported when they are impacted by suicide.

Tricia's background in secondary teaching and youth and community work saw her writing and co-writing a wide range of well known Skylight publications to support children, young people and their families and whānau through difficult life issues. The books include *After the Suicide of Someone You Know*, for bereaved young people, *Death Without Warning*, *Something Has Happened*, *When Tough Stuff Happens* and *What Happens Next?!*

Tricia has also written the content for two government publications about suicide support, and developed a handout for families wanting to explain suicide to children and teens.

In her current role at Skylight, Tricia manages the support agency's National Resource and Information Centre and publishing arm.



Tammy Hohaia
Kia Piki
Coordinator,
Ruakura Hauora o
Tainui, Manukau

**Taupiri te Maunga
Waikato te Awa**

**Waikato te Iwi
Tainui te Waka
Ko Tammy Hohaia tooku ingoa**

Tammy has a background in health promotion. She is an avid user and follower of social and new media trends, with a keen interest in possible connections between social media and suicide, and how these mediums can be used to positively impact on our communities.

Andre Konia

*Kia Piki Te Ora Co-ordinator,
He Oranga Pounamu*

Tribal Affiliations: Ngati Porou, Te Whanau Apanui.

Hapu affiliations: Te Whanau o Pokai, Te whanau o Umuariki.

Marae affiliations: Pokai, Rakai Te Mania, Umuariki

Andre completed his tertiary studies in education and teaching from The University of Otago and Christchurch College of Education. He has a background in youth work, teaching, coaching and health promotion, and has recently returned from overseas to live in Christchurch.

Keynote Speakers, Facilitators & Panel Members (cont)



**Keri Lawson
-Te Aho**
*Health Lecturer,
Research Fellow
Centre for Hauora
Maori, Wellington
Medical School,
Otago University*

Ngati Kahungunu ki Wairoa, Ngai Tahu, Ngati Manawa, Samoan, Scottish, Danish

Keri has a 30 year background in Maori health policy development and health advocacy. She holds two psychology degrees and taught psychology at Waikato and Victoria Universities, and Hauora Maori at the Christchurch School of Medicine from 1990-2002.

Keri is in the final stages of her PhD, which examines historical trauma and the role of hapu in suicide prevention. Her work in suicide prevention has been ongoing since 1987 when she first began advocating for a Maori suicide prevention strategy based on the recognition of suicide as a rising health concern for Maori.

Keri maintains an ongoing commitment to Maori solutions to suicide and other trauma outcomes based on an analysis of historical trauma/soul wounds and the revitalisation of cultural practices and healing of whakapapa.

She has worked with other indigenous peoples in suicide prevention since 1995 when she was a Fulbright Scholar and Research Fellow at the East West Centre in Hawai'i. She is part of a movement of Maori and indigenous scholars working in the field of soul healing/healing. Keri has very personal experiences with suicide in her whanau.



Materoa Mar
*Director, Maori
Health, Compass
Health, Primary
Health covering
the Wellington,
Porirua, Kapiti,
Horowhenua,*

Manawatu and Wairarapa region, Chair of the Mental Health Foundation, Vice Chair of Te Rau Matatini

Ngā Puhī, Ngāti Whatua, Ngāti Porou

Materoa has been involved in mental health for more than 25 years in a variety of roles. She became aware of the Mental Health Foundation's work during a period when it had a high media profile as an advocate for issues around mental health services, specifically deinstitutionalisation and service development.

Because of her work in mental health service delivery, Materoa had a keen interest and strong belief in the issues for which the Foundation was advocating. Her opportunity to become involved with the board in 1999 arose through her professional association with Dr Peter McGeorge (the then Chair) with whom she worked at the Wellington Health Funding Authority – the predecessor of the Capital and Coast District Health Board.

Materoa was first elected as chair in 2004 and was re-elected for her third and final term ending in 2010.

Materoa is also involved in a number of national initiatives and groups. She is a current board member for Te Rau Matatini, a national Maori mental health workforce development organisation, and a board member for The Werry Centre, a national child and adolescent mental health organisation.

Materoa is particularly interested and committed to indigenous development within the context of mental health in its broadest definition.



Gordon Matenga
*Acting Chief
Coroner for New
Zealand*

Gordon completed an LLB at Auckland University in 1988.

He worked as a lawyer in Auckland for Simpson Grierson Butler White before moving to Hamilton in 1990 where he became a partner in a number of small general practice law firms.

Gordon's law practice included conveyancing, commercial, civil litigation and mental health law. He also developed expertise in Maori Land Court work, criminal jury trials and work in the Youth

Court as a Youth Advocate.

Gordon was first appointed Coroner for Hamilton in 1996. When the Coroners Act 2006 came into force on 1 July 2007, he was appointed to the full time coronial bench at Hamilton. He currently holds a warrant as Acting Chief Coroner for New Zealand (1 Sep 2011 to 31 Oct 2011).

Gordon has been happily married for 25 years to Paula. They have four children and one mokopuna. His spare time is spent as an active rugby referee, musician, singing and service within The Church of Jesus Christ of Latter Day Saints.



Kirsty Maxwell-Crawford
*Chief Executive,
Te Rau Matatini
(outgoing)*

Ngāi Tai, Tapuika

Kirsty was formerly the coordinator of Te Rau Puawai - a Māori Mental Health workforce development training support programme based at Massey University. She has a background in the development and implementation of social science research projects, and has a degree in industrial and organisational psychology.



**Dr Karlo
Mila-Schaaf**
*HRC Postdoctoral
Fellow, Social
Psychiatry and
Population Mental
Health Research
Unit, University of
Otago, Wellington*

Karlo is a poet, writer, mother and researcher currently undertaking postdoctoral research on "What is healing or therapeutic in a Pacific mental health context?"

Of Tongan (Kolofou) and Palangi descent, Karlo was born in Aotearoa and her recently completed PhD focused on how NZ-born diasporic Pacific peoples in Aotearoa operate and identify culturally. Taking a strengths-based mixed methods approach, she explored

the relationship between culture and wellbeing. This included an analysis of variables associated with reduced suicide attempts.

Karlo is the author of two books of poetry, *Dream Fish Floating* and *A Well Written Body*, and was awarded a Montana literary award for best first book of poetry in 2004. Karlo has lived through her own journeys of illness and recovery and has often been asked to speak publicly and share these experiences.



Michael Naera
Kia Piki Te Ora
Coordinator,
Te Runanga o
Ngati Pikiao

Ngati
Uengukopako

In 2001 Michael started the Pull For Humanity Trust to look at strategies for reducing high suicide rates in the Lakes District. Since that time he has dedicated his career to suicide prevention and has been working on Te Runanga o Ngati Pikiao Kia Piki Te Ora contract since October 2009.

Mike Pehi

Lecturer. Funeral Director.
TTC. DipTch. Dip Mao Dev

Ngapuhi

Mike was educated at Waima Native School, Northland College, Christchurch Teachers Training College and Massey University. He served in the Army in 1968 and saw active service in Vietnam. He is a teacher of Te Reo Maori, Tikanga Maori, economics, physical education and workshop technology engineer.

Mike, currently studying for a Master's degree, is a lecturer at Massey University specialising in training teachers for kura kaupapa, total emersion Maori.

For the past few years Mike has also been a business man and a Maori consultant. He is currently owner director of AAA Colenso-Pehi Ltd and combines conventional funeral directing services with Maori tradition and ritual.



Mapihi Raharuhi
Maori Suicide
Prevention Project
Leader, *Kia Piki Te*
Ora, Te Arawa and
Tuwharetoa, Te
Runanga o Ngati
Pikiao Trust

Ko Matawhaura te maunga
Ko Rotoiti to moana
Ko Okere te awa tapu
Ko Houmaitawhiti te Whare tipuna
Ko Ngati Hinekura te hapu
Pikiao te iwi
Te Arawa te waka
Ko Mapihi o Te Rangi Raharuhi ahau

Mapihi has been in her current position since October 2009. She is a social worker and has worked in the social services, education, justice and health sectors.

A uri of Ngati Pikiao, she is heavily involved in the development and building the capacity of iwi in the specific area of raupatu and the return of land, and how this supports the development of whanau ora within the rohe o Te Arawa/ Tuwharetoa.

Mapihi is passionate about working with whanau, hapu and Iwi in regard to re-affirming those concepts which are based on tikanga and kawa that support a holistic approach to Maori wellbeing, in particular the phenomenon of whakamomori and suicide.



Eliza Snelgar
Kaiarahi,
Community
Postvention
Response Service,
Clinical Advisory
Services Aotearoa
(CASA)

Ngapuhi, Ngatihau

Eliza Snelgar has three children and seven mokopuna, and over 30 years' experience working in secondary and primary healthcare settings.

She was involved in developing and coordinating the CASA Specialist Counselling Service for whanau bereaved by suicide across seven district health board regions, and now works alongside

the specialist CASA Community Postvention Response Service team supporting communities experiencing suicidal clusters or contagions New Zealand wide.



Pahia Turia
Consultant, Te Rau
Matatini

Pahia was born and bred in Whanganui and has been

involved with Maori suicide prevention for 10 years. He was part of the first group of Kia Piki Te Ora O Te Taitamariki Coordinators based in Whanganui. Pahia has been part of the development and delivery of the Te Whakauruora Maori Suicide Prevention Training that has been delivered throughout the country with Te Rau Matatini.

Te Whakauruora is a level seven indigenous suicide prevention training that was piloted with the Kia Piki Te Ora co-ordinators from the eight sites that recently graduated in June this year.

Pahia has three tamariki and two mokopuna.



Irene Walker
Kia Piki Te Ora
Regional Co-
Ordinator (Bay of
Plenty)

Ngai Te Rangi,
Ngati Ranginui,
Ngati Rehua

Irene is from the Mataatua, Takitumu and Tainui waka with tribal connections to Tauranga Moana and Great Barrier Island (Aotea). She has been working in Maori health for the past 17 years, nine of which were in a national role in Maori Heart Health in Auckland.

Irene returned home to Tauranga in 2009 and started her new role in Maori suicide prevention. The position has a public health approach to Maori suicide prevention promoting wellbeing and preventing ill health before it happens. It is about keeping people healthy and improving the health of populations rather than treating disease, disorders and disabilities in individuals.

Keynote Speakers, Facilitators & Panel Members (cont)

Tangata whenua have a long history in maintaining the health of populations through concepts and practices such as tapu, noa and rāhui that protect waste supplies, food sources and safety of whānau.

For Māori, the concept of health and wellbeing go beyond physical wellbeing; good health is recognised as being dependent on a balance of factors that affect wellbeing.

There are two other perspectives that are seen as particularly important: Te Ao Turoa – the environment - and Te Reo Rangitira, which expresses the values and beliefs of people and is a focus of identity.

The root of all cultures is the language, and te reo is a vital expression of rangatiratanga. This is the passion that drives Irene in her work, the connection to the whanau, hapu, iwi, marae, whakapapa and whenua, that revitalise our life's gift left by our tupuna: *Our Cultural Identity!*

Dr Peter Watson

Specialist Adolescent Health Physician, Clinical Head Youth, Whirinaki Child & Adolescent Mental Health Services, Counties Manukau District Health Board

Peter is a Senior Research Fellow at the Department of Paediatrics at the University of Auckland and Co-investigator of Youth'07, the second national secondary school youth health and wellbeing survey. He is a member of many professional, government and youth health related committees and bodies.



Rawiri Wharemate
*Cultural Advisor,
Mental Health
Foundation of
New Zealand*

**Ngapuhi,
Ngatiwai, Ngai Te
Rangi, Tainui**

Rawiri has an in-depth knowledge and experience of mental health and wellbeing, which he has gained in various roles. As well as providing cultural advice and guidance to the Foundation in all areas of our work, Rawiri is kaumatua to The Werry Centre.

Rawiri is the leading kaumatua for his hapu Ngati Rehua. He is currently teaching cultural intervention to the Adolescent Health Department at The University of Auckland.



Mark Wilson
*Member of Solace.
Producer, Drive
Show, Radio Live*

Mark lost his wife, Zita, to suicide in March 2006. Zita

was a founding member of Solace, an Auckland-based bereavement support group, and Mark became involved with Solace two years before his wife's death.

As well as attending meetings and organising an annual candle lighting ceremony, Mark has shared his experience of loss by suicide at numerous conferences both in New Zealand and overseas, and is often the first contact for people wanting to attend Solace meetings.



Gael Woods
*Editorial Policy
Manager, Deputy
Head of News,
Radio New
Zealand*

Gael has worked as a journalist for 35 years, in Australia, the UK and New Zealand. For 12 years, she was Radio New Zealand's education correspondent. She has also worked for newspapers, news agencies, as a magazine columnist and is the author of two non-fiction books.

In her current role, Gael is in charge of Radio New Zealand's editorial policies, and is responsible for the public broadcaster's standards. She has been a member of the working group developing media reporting guidelines for the Ministerial Committee on Suicide Prevention.



SUPPORT ON THE DAY

We have kaiaawhina on-site for anyone who would like support today.

To speak with a counsellor at anytime during the day, ask one of the staff wearing a red lanyard to locate one of the people listed below:

Nikki Coleman

Peter Gillan

Jenny McIntosh

Eliza Snelgar

QUIET SPACE

We also have a quiet space at the venue if you would like some quiet time. Again, ask one of the staff wearing a red lanyard to direct you to this area.

SUPPORT AFTER THE EVENT

Please call the following helplines if you require support after the conference -

If you need to talk to someone else:

Lifeline 0800 543 354 or (09) 522 2999

Youthline 0800 376 633

Samaritans 0800 726 666

Samaritans 0800 number services Rotorua, Taupo, New Plymouth, Hawke's Bay and Lower North Island only.

IN CRISIS

If you feel you or someone else is at risk of harm - phone 111

OR

Go to your nearest Hospital Emergency Department

OR

Phone your local DHB Mental Health Crisis Team (CATT team).

