

FREE EVENT

\*limited places

# SERVICE USER ACADEMIA MINI-SYMPIOSIUM

*He Wānanga Iti o Ngā Tāngata Mātau ā-Wheako*

**BE INFORMED, BE PROVOKED, BE INSPIRED**

*Kia whaimōhio, kiawhakahorohoro, kia tu te whakaohooho*

**Wednesday 24th November 2021**

**VIRTUAL**

CO - HOSTS



# Wednesday 24th November 2021

The Service User Academic mini Symposium will be held at the following worldwide times:

**1PM - 6.30PM (NZT) • 8AM - 1.30PM (AWST)**

**11AM - 4.30PM (AEDT) • 10AM - 3.30PM (AEST)**

**12AM - 6.30AM (GMY)**

Check [timeanddate.com/worldclock/](http://timeanddate.com/worldclock/) for other time zones

Starting back in 2011, The **Service User Academia Symposium** brings service users together with their counterparts and allies in academia. The broad aim is to explore the challenges of – and opportunities for – creating and maintaining service user leadership and co-production in mental health and addiction scholarship, research, education, programs and policy. The Service User Academia mini Symposium welcomes anyone involved with, interested in, or aspiring to create co-produced and/or service user-led projects or programmes in mental health and addiction.

## Kaupapa

Kaupapa means the philosophy and knowledge that underpins and sits under and around protocols or tikanga. Our kaupapa is based in part on Māori tikanga and is shaped to be both responsive and respectful to indigenous views on knowledge and in understanding knowledge.

It is a place to build on top of the tumu or bedrock of indigenous custom and lore like striated layers of rock and earth on top of each other. The layers upon layers are the experiences and knowledge of the lived experience communities and it is from these that the process of tikanga will help us to build a kawa or something sacred that we place emphasis on, from which to sustain those to come in time.

**Ka tu te aroha**

**Stand in love**

**Ka tu te whaikaha**

**Stand in the act of strengthening**

**Me te whaimana o ngā tāngata katoa**

**And adding prestige to all people**

**Tiheī mauri ora**

**For that is the breath of life**

## REGISTRATION DETAILS

Please note that whilst the 2021 Service User Academia mini-symposium is a free event, you will need to register to 'attend'. Please register via [bit.ly/2021SUAS](https://bit.ly/2021SUAS) Places are limited.

# KEYNOTE SPEAKER

## Tane Rangihuna

Ngati Porou/Ngaitai ki Torere (Service User in Academia/cultural advisor/tutor, Te Kura Hauora o Whitireia/Whitireia School of Health)



Tena koutou my name is Tane Rangihuna. I was born and raised in a small town on the east coast of Aotearoa called Tikitiki. In accordance to Maaori protocol I was brought up by my Grandparents and was taught the old ways and language of our ancestors. I first learnt the English language when we moved to Wellington when I was around 7-8 years old, English was a very hard language to learn. I attended Victoria University in Wellington and it was during this time that I had been asked if I would like a job? The job was to go out to organisations and teach/facilitate a six week course around Te Ao Maaori (the Maaori world view) and Te Reo Maaori (the Maaori language). The first organisation I went to teach was Case Consulting who was owned by Dr Sarah Gordon. After the six weeks of teaching the Maaori course to Case Consulting I was lucky enough to be offered a position which started my journey within the mental health sector. I was mostly involved in the facilitation of workshops under the Like Minds, Like Mine banner helping to combat stigma and discrimination against tangata whaiora. A couple of years later Case Consulting merged with Kites Trust and during my time with Kites I was fortunate enough to be a part of the team that developed and started delivering education for the Royal NZ Police around how best to work with those who experience mental distress. In 2017 I was contracted from Kites Trust to Whitireia as a Service User in Academia in the school of health working predominantly on the NESP (new entrant specialty care) Mental Health Nurses course. In 2018 Kites Trust and Whitireia developed a level four NZQA approved Peer Support course which myself and my colleague Abbie Ranui have been running since 2019. In 2020 Whitireia offered me a fulltime contract which I accepted, so currently I am the Service User in Academia/cultural advisor/tutor for Te Kura Hauora o Whitireia (Whitireia School of Health).

## ABSTRACT

### ***Te Whare Tapa Wha: The living house of health***

Te whare tapa whā is a model of the 4 dimensions of wellbeing developed by Sir Mason Durie in 1984 to provide a Māori perspective on health. This particular model enables a health professional to be more holistic and can help to ensure that the care that tangata whaiora are receiving is person centred rather than being clinical heavy. In 2016-2017 I was contracted from Kites trust to Whitireia Polytechnic as a Service User in Academia for Te Kura Hauora o Whitireia (Whitireia School of Health). One of the courses that Whitireia wanted me focus on as a Service User in Academia was the NESP(New Entry Specialty Care) Mental Health Nurses course which at the time had a very strong clinical focus happening throughout the deliverance of the teaching. During one particular team meeting among the tutors and myself in 2017 there was a discussion had about the course being too heavily clinical focused and how we might be able to change the curriculum to better balance the clinical and non-clinical education being delivered to our postgraduate Nurses. It was at this meeting that we decided to use Te Whare Tapa Wha as a guiding model to ensure that the curriculum which we were delivering gave our students as much exposure to Lived Experience as well as the clinical tools to be able to be the best Mental Health Nurse they could be. This presentation will explore how we did this as a team collaboratively which has contributed to the course now being considered as a centre of excellence in the deliverance of Mental Health education.



# PANEL MEMBERS

## Professor Peter Beresford

Service User Academic, OBE/Professor, University of East Anglia, Co-Chair Shaping Our Lives, UK



Peter Beresford OBE is Visiting Professor at the University of East Anglia and Chair of Shaping Our Lives the UK disabled people's and service users' organisation and network.

He is Emeritus Professor of Citizen Participation at the University of Essex and of Social Policy at Brunel University London. He is a long-term user of mental health services and has a longstanding background of involvement in participation and social care as a writer, researcher, activist and teacher. His latest book is Participatory Ideology (Policy Press 2021).

## Dr Priscilla Ennals

Aspiring Ally, Senior Manager – Research and Evaluations, Neami National, Australia



Priscilla has worked in an around the mental health system for a long time, looking for spaces that felt a good fit. As an occupational therapist she worked in clinical mental health services

and then spent time in academia teaching occupational therapists and learning how to do research.

Motivated by a passion for 'good care experiences' and 'good outcomes' (but the one's defined by, not for, people who use supports and services) she found a good-fit role in the For-Purpose sector with Neami National. In aspiring to be an ally she thinks about, and tries to act, in ways that centre service users in research and research agenda setting.

## Associate Professor Jo Taylor

Ally, Associate Professor, Massey University, NZ



Joanne E. Taylor is Associate Professor in Clinical Psychology and Director of Clinical Training at Massey University. She teaches on the masters and doctoral programmes in clinical psychology.

In recent years, her teaching and research has focused on service user-led and recovery-oriented teaching in clinical psychology, with a view to embedding these principles and practices in clinical psychology training at Massey University.

## Dr Liz Brosnan

Ex-Service User Academic, Area Lead Mental Health Engagement, Health Service Executive, Ireland



In a career spanning decades, initially on the 'outside' as a good, sedated service user: then discovering recovery and involvement work, trying to influence change from the edges of mental health systems, Liz is now working on the 'inside,' in the heart of services to see what change can be achieved with good allies. In this time, she has worked with many inspiring people to bring our

(Mad/service-user/survivor/persons with psychosocial disabilities/lived experience) voices out of the margins into the mainstream.

She has experience across many arenas: local community activism, peer advocacy, user-led/survivor research, academic writing and publishing, training and education, disability rights research, and most recently in a survivor research project with a global remit EURIKHA. Returning to mental health engagement (aka partnership, service-user involvement, co-production etc. etc.), this moment as a lived experience practitioner promises further learning opportunities, and armed with a critical sociological perspective and knowledge of exciting peer-led initiatives worldwide, she remains pragmatically optimistic the best is yet to come.

## Alberto Vásquez

Lived experience of psychosocial disability, legal researcher and advocate, Senior Advisor, Center for Inclusive Policy, Geneva Switzerland



Alberto Vásquez works as a Senior Advisor at the Center for Inclusive Policy (CIP) and as a consultant on disability rights and mental health law. He is a Peruvian lawyer and holds an LL.M in International and Comparative Disability Law and Policy from the National University of Ireland, Galway. He has served as a consultant to various UN agencies and worked as Research

Coordinator at the Office of the UN Special Rapporteur on the rights of persons with disabilities from 2015 to 2020. In Peru, he has been actively involved in the drafting, advocacy and monitoring of laws and policies relating to persons with disabilities. He is also president of Sociedad and Discapacidad - SODIS and a board member of the Disability Rights Fund/Disability Rights Advocacy Fund (DRF/DRAF), the Bank Information Center (BIC), and the Redesfera Latinoamericana de la Diversidad Psicosocial (Latin American Network of Psychosocial Diversity).

# PROGRAMME: TE HŌTAKA

1.00PM - 1.15PM	<b>WELCOME</b> <i>Tīmatanga</i> <b>Mihimihi</b> <b>Karakia</b> <i>Welcome in English explaining tikanga (as outlined) and the programme.</i>
1.15PM - 1.55PM	<b>KEYNOTE SPEAKER</b> Tane Rangihuna Chairpersons: Jason Haitana and Brian McKenna <b><i>Te Whare Tapa Wha: The living house of health</i></b>
2.00PM - 3.10PM	<b>PANEL - PRESENTATIONS AND Q&amp;A</b> <b>Prof Peter Beresford, Dr Liz Brosnan, Dr Priscilla Ennals, A/Prof Jo Taylor &amp; Alberto Vásquez</b> <b><i>How do we move from being involved in others' research and teaching to leading our own? What is the role of allies in supporting such?</i></b> Chairpersons: Brenda Happell and Lyn Mahboub
3.10PM - 3.25PM	<b>BREAK</b>
3.25PM - 4.00PM	<b>BREAKOUT GROUPS</b> <i>CHOOSE FROM:</i> <b><i>GROUP 1: What are the priorities for research from a service user perspective?</i></b> <b><i>GROUP 2: What are the priorities for teaching from a service user perspective?</i></b> <b><i>GROUP 3: First Nation Peoples' wānanga (forum)</i></b>
4.00PM - 4.30PM	<b>BREAKOUT GROUP FEEDBACK SESSION</b>
4.30PM - 4.45PM	<b>BREAK</b>
4.45PM - 6.00PM	<b>SERVICE USER POST-GRADUATE RESEARCHER PRESENTATIONS AND Q&amp;A</b> <b>Dave Burnside, Vrinda Edan, Dasha Fedchuk, Helena Roennfeldt &amp; Aimee Sinclair</b> Chairpersons: Brett Scholz and Cath Roper
6.00PM - 6.15PM	<b>FAREWELL – Poroporoaki</b> <b>Mihimihi</b> <i>Farewell in English</i> <b>Karakia</b>

# SERVICE USER POST-GRADUATE RESEARCHER PRESENTATION ABSTRACTS AND BIOGRAPHIES

## Dave Burnside

Masters in Law candidate, Auckland University of Technology, NZ



Dave Burnside has lived experience of mental health distress, addiction, homelessness and incarceration. Following a lengthy prison sentence for serious drug offending he gained employment as a Peer Support worker for Odyssey in the Alcohol and Other Drug Treatment Court. He then worked as the Consumer Advisor for Odyssey for two years and is now the Learning and Development Lead.

### ABSTRACT

#### ***The role of addiction in persistence and desistance of criminal offending.***

This thesis is an exploration of the role of addiction in persistence and desistance of offending. It sits within a wider research project, 'He Ture Kia Tika' (Let the Law be Right), involving academics, researchers and people with lived experience working to reimagine a solution-focused approach to criminal justice.

The design utilizes Kaupapa Māori and co-production methodologies. Kaupapa Māori informed co-production ensured rangahau kawa (research protocol and guidelines) were created that gave clear direction at all levels. Findings indicate a variety of key factors and turning points for participants. For some the existing structural and organizational services available were enough to desist from offending while with others it was relational factors involving 12 Step fellowships and exposure to peer support workers who used their lived experience of recovery to role model change.

I believe that existing approaches to criminal justice are largely ineffective and that rather than looking at the true drivers of offending of poverty, trauma, colonization and marginalization, our system continues to punish, re-colonise and further marginalize populations who don't have adequate resources or support.

## Vrinda Edan

PhD candidate, University of Melbourne, Australia



Vrinda is an experienced consumer leader with over 20 years work in the consumer field. She has a background as a health professional, and her work is shaped by expertise arising from her work in strategic leadership positions in health services, on ministerial committees, as Chair of VMIAC and in large research projects bringing consumer perspectives into practice. Vrinda recently co founded a partnership with Cath Roper and Indigo Daya - Athena Consumer Workforce Consulting - that develops and delivers training to support the growth and development of the consumer workforce. Vrinda also holds consumer academic roles researching consumer workforce roles, practice, and the experiences of consumers in mental health services.

### ABSTRACT

#### ***"... to set another goal or dream a new dream."***

In 2018, after 18 years working in consumer advocacy I commenced a PhD at Melbourne University. This PhD has given me many opportunities to explore my research question, as well as explore in person the reality of being a consumer in an academic space and maintaining consumer principles and expertise.

Using a process of self-reflection, this paper will describe and present my ups and downs in this unique experience of being a consumer in academia and how theories such as Feminist Standpoint theory can influence and support our own thinking and the further development of consumer academic work.

## Aimee Sinclair

PhD candidate, Curtin University, Australia



Aimee is a PhD candidate at Curtin University on the stolen lands of the Whadjuk Noongar people. Her research is informed by Mad, critical disability, and feminist studies, and survivor methodologies. She is also involved in peer supervision and training

### ABSTRACT

#### ***'The effects of inclusion on peer support'***

What does it mean for peer support to be subjected to inclusionary practices within mainstream mental health? Drawing on the work of Deleuze and Guattari and informed by discussions with Australian peer support workers, in this presentation I aim to outline some of the multiple and contradictory effects created by inclusionary practices within the mental health industrial complex.

# SERVICE USER POST-GRADUATE RESEARCHER PRESENTATION ABSTRACTS AND BIOGRAPHIES

## Helena Roennfeldt

PhD candidate, University of Melbourne, Australia



Helena is an academic & researcher who draws from her lived experiences within mental health systems in her professional capacity to redress injustices and support people to reclaim their lives. Helena's PhD spotlights subjective experiences of mental health crisis and crisis care. Her previous study includes master's degrees in Suicidology, Mental Health, Forensic Mental Health and Social Work. Her research spans diverse areas including the peer workforce, interventions to improve physical health outcomes of mental health service users and creative storytelling. Helena has over 20 years' experience working in the mental health sector and is experienced in peer support and supervision. Helena works in ways to create systemic change, build community capacity to respond to distress, and to support people to have a voice. Helena is also a certified personal medicine coach, Interplay and eCPR facilitator.

### ABSTRACT

#### **Crossing the Threshold: Lived Experiences of Mental Health Crisis and Crisis Care**

Increasing mental health presentations to emergency departments are viewed as a barometer of the state of our mental health system and a reflection of our collective response to mental health crises. This study engages with the vital conversation about the nature of mental health crisis and crisis care and seeks to understand the lived experiences and personal meanings of mental health crises and what kind of help is the most effective in resolving a crisis. Preliminary findings will be presented using evocative and rich descriptions to disclose the manner in which people constitute the meaning of crisis and insights into the experience of seeking crisis care. In exploring first person accounts of crisis and how people experience crisis services, the study aims to contribute to evidence to guide changes in practice and policy towards effective responses to mental health crises. This has importance and impact as the health system faces mounting pressures to fund and deliver crisis care responses that can address problems associated with increased rates of suicide, substance use, and mental health challenges. adequate resources or support.

## Dasha Fedchuk

Doctor of Clinical Psychology candidate, Massey University, NZ



Dasha Fedchuk is a service user academic and an intern psychologist living in Te Whanganui-a-Tara. She has extensive experience in community advocacy, peer support, and working with youth. Her doctoral research is focussed on evaluating a government mental health pilot, through interviews with underserved consumers addressing their experiences of accessing mental health support.

### ABSTRACT

#### ***Consumer/clinician duality***

Central to the service-user movement is the involvement of people with lived experience of mental distress and recovery across the planning, delivery and governance of existing mental health care services. Currently, consumer representatives work across all 20 Aotearoa District Health Boards, however these roles are often siloed. An additional avenue for providing consumer input may come from clinicians who are outspoken about their own dual identities.

However, disclosure of one's own lived experience of mental distress and recovery remains a controversial area for those working within mental health spaces. There are several contradictory ethics which arise for those who "wear both hats". This creates challenges for clinicians who wish to work in a lived-experience informed way. This presentation will focus on the implications of embodying both consumer/clinician identities, bringing in reflections from a year of clinical work. This presentation forms a part of an ongoing Doctoral thesis within DCLinPsych.