



Alcohol & Drug Family Advisor

Your Alcohol & Drug Family Advisor is **Sue Philipson**.

Sue works part time within the Alcohol & Drug Service facilitating family feedback through E-Group and surveys. In addition, she coordinates a weekly support group called FADS (Family Alcohol & Drug Support) where anyone who is coping with a loved ones addiction can come for information and support.

FADS group meets each Tuesday night (6pm-8.15pm). It provides a safe, non-judgemental and supportive environment to share with others whose experiences are similar to your own and gain new skills for better coping strategies.



Contact Us

If you would like to know any more about the Family & Whanau Advisor roles or to be involved in E-Groups, please contact:

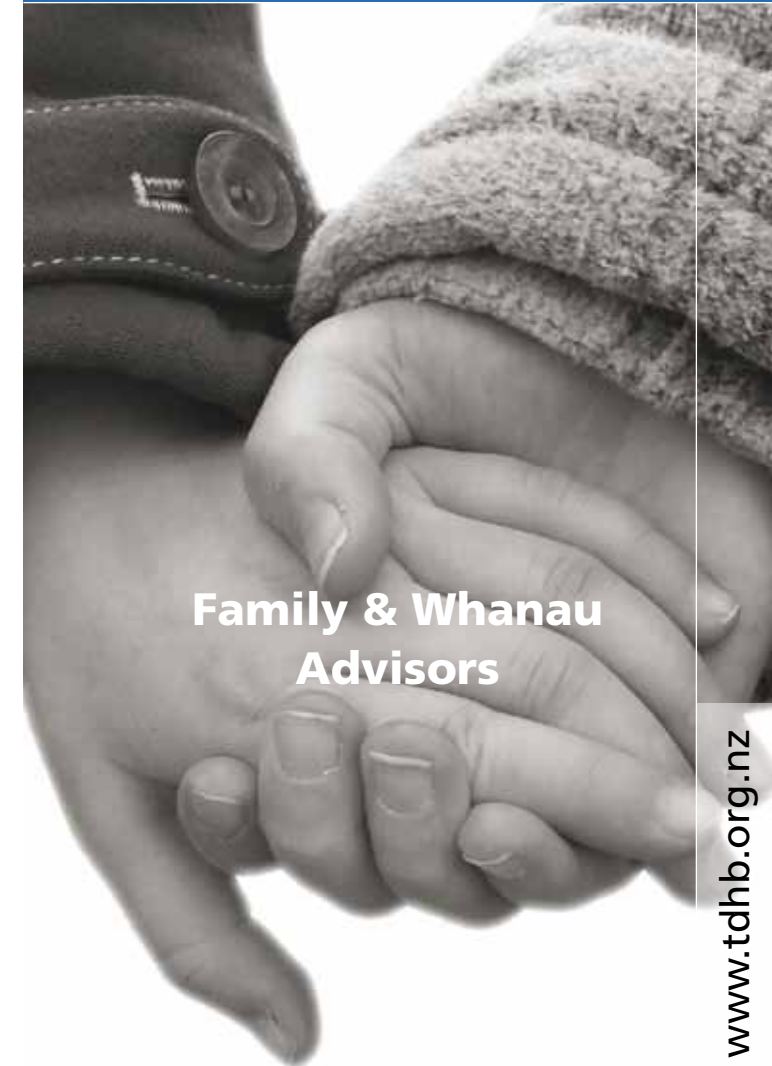
Jim Dickinson
Mental Health Family & Whanau Advisor
Taranaki DHB
Private Bag 2016
New Plymouth
jim.dickinson@tdhb.org.nz
Ph: 753 6139 Ext 8550

Sue Philipson
Alcohol & Drug Family & Whanau Advisor
Taranaki DHB
Private Bag 2016
New Plymouth
susan.philipson@tdhb.org.nz
Ph: 753 7838 Ext 7949

**"He aha te mea nui o te ao ?
He tangata, he tangata, he tangata."**

**"What is the greatest thing ?
It is people, it is people, it is people."**

Mental Health and Addiction Service Do You Have Family or Whanau with Mental Illness or Addiction?



**Family & Whanau
Advisors**

www.tdhub.org.nz





■ ■ What Do We Do For You?

If you have someone with mental illness or who struggles with alcohol and/or drug misuse, what can the Family Advisors do for you?

- We recognise and promote the unique value of Family & Whanau participation within the service
- We are here to pass on information from you to service managers about what works and what doesn't
- We strive towards maintaining what works and changing what doesn't
- We can point you in the right direction for support and information
- We encourage staff to include you in your loved one's treatment
- We attend Family Advisors' forums at a local, regional and national level where we represent your voice in mental health & addiction matters, e.g. changes to MH Act, A&D Act, Mental Health Commission publications, etc
- We work to give you the chance to have your say about Mental Health & Addiction Service changes via E-Groups, Family Advisory Groups and feedback surveys
- The information you give us is reported to management and is taken into account when changes are made to the service - this enables services to know they are meeting the needs of the people of Taranaki

PLEASE NOTE: Your personal details shall remain **confidential** - your name will not be attached to any shared information.

■ ■ Who Are Your Family Advisors?

Taranaki Base Hospital's Mental Health and Addiction Services employ two Family & Whanau Advisors – one for Mental Health, the other for Alcohol & Drug.

The Advisors job is to advise management on behalf of families and whanau who have a loved one with mental health or addiction issues.

As Advisors we must have personal lived experience that relates to the people we represent. This equips us to share with staff the impact of mental illness and/or addiction on people's lives.

"Research has shown that family, whanau involvement during the assessment and treatment of mental health and addiction difficulties significantly improves outcomes and reduces relapse." (*When someone you care about has mental health or addiction problems* - Mental Health Commission, Wellington, 2010)



■ ■ MH Family & Whanau Advisor

Your Mental Health Family & Whanau Advisor is **Jim Dickinson**.

Jim is employed part time in Mental Health Services covering the following services; Child & Adolescent, Older People's Health, Adult, Acute and South Taranaki.

He has an E-Group (email for those with a computer and postage for those without) to quickly give out news and information and to seek family and whanau opinion in a timely manner. This is important to ensure that he represents the family and whanau viewpoint accurately. The Family and Whanau Advisory Group meets regularly and represents regional opinion on matters of importance to families and whanau.

