

Kites Trust Annual Report

July 2008 – June 2009

Trustees

Virginia MacEwan

Taone O'Regan

Gary Platz

Debbie Craig

Lyndsay Fortune

Te Aranga Hakiwai

Alex Cope

*Kites **purpose** is to ensure people who experience mental health and addiction problems have equal opportunities as all citizens to live, work and participate in the community.*

*Kites core **belief** is that consumer leadership is the key mechanism to achieving its ultimate goal of social inclusion for people who experience mental health problems.*

From the Board

On behalf of the Kites Trust Board, I would like to thank Marge and the Kites team for another great year's work. Kites continues to hold a valued and valuable place in the greater Wellington mental health community and, despite its small size, continues to make a significant contribution to the sector, in advocating for the involvement of people with experience of mental illness in the development and provision of services, and in the development of communities that both recognise and respond to the issues of mental illness and that uphold and support mental health and wellbeing. This will be even more important as we move to a future where there is greater accountability for the resources received and the need for better, sooner, more convenient health services.

I would also like to thank the other Trust Board members for their commitment to supporting Kites over the past year, and look forward to continuing to work together next year.

Lyndsay Fortune
Kites Trust Board Chair

Report from the Manager

It is with pleasure that I present Kites Trust annual report. The past year has been both an exciting and challenging one for the organisation. Much of our work relies on relationships and this annual report presents a number of examples where Kites is working in partnership with others.

A number of changes have occurred including government health priorities and local contracting personnel that potentially impact on Kites work. Whilst this creates some uncertainty it also creates new opportunities.

I would like to thank the Kites trustees for their support and guidance.

The following pages outline some of the work Kites Trust has undertaken over the past year, along with our financial position.

Marge Jackson
Manager

COLLABORATION

As part of the value that is placed on reciprocity in the NGO sector Kites staff are involved in a number of roles with other organisations. This includes board membership of Refugee as Survivors, Wellington Community Law Centre and Te Roopu Pookai Taaniwhaniwha. We also welcome the establishment of NGOs -a Wellington region NGO networking group of which Kites takes an active role.

Kites is located on the sixth floor of Education House and holds the lease on behalf of other individuals and organisations working in the mental health sector. During the last year Central Potential Te Rito Maia, one of our tenants ceased to operate and we welcomed Mary O'Hagan and Sarah McCook Weir as neighbours. Kites promotes collaboration, at times however it is not always successful as the impact of Central Potential closing has left Kites with a small unexpected income shortfall.

Kites staff have participated and provided advice to a number of advisory groups including Kapiti Housing Action Group, Mental Health Promotion Network and the research project *Families, Whanau mental illness and discrimination* being undertaken by the Mental Health Foundation.

ORGANISATIONAL PLANNING

The Kites Trust Board and staff undertook a strategic planning exercise with the assistance of Thought Partners¹. This one day workshop provided a useful opportunity to review the work of Kites and plan for the future. As a result Kites has developed a strategic plan to guide our work for the next two years.

Accreditation

Kites is progressing well with the Te Wana accreditation process. The full review will take place in August 2009.

¹ <http://www.thoughtpartners.co.nz/>

STAFFING

The work of Kites is only possible through the efforts of the staff and while Kites is a small team of 3.2 full time equivalents we continue to work hard to meet our obligations and seek innovative solutions to the problems people who experience mental illness face. I would like to acknowledge the passion and commitment staff bring to their work along with their ability to respond to changing demands as they arise.

We have benefited greatly from our close relationship with Temp Solutions in being able to draw upon a skilled and available workforce as demand requires. Roles have included minute taking for our Capital and Coast DHB Journey Forward Contract and organisational development work with Oasis Network. Kites staffing remains unchanged since October 2006.

Staff have undertaken a number of training and learning opportunities including accountancy, Not for Profit management papers and Social Sector Research and Evaluation.

Suzy Stevens, a contractor to Kites visited a number of housing services in London during her trip to the United Kingdom to present at the World Discrimination Conference.

Thanks to Kites and Temp Solutions staff during the past year, Pauline Wikohika, Eileen McAtee, Suzy Stevens, Leo McIntyre and Matt Hall.

SYSTEMIC ADVOCACY

In May 2009 Kites applied to the JR McKenzie Trust Innovations Fund to establish workable and sustainable systemic advocacy structures and processes for mental health and addiction consumers ²in the Wellington region. We received a grant of \$20,000 to be used over a 2 year period (July 2009-June 2011). Our aim with this project is to provide opportunities and training programmes for primarily consumer groups that will build capacity in the sector to undertake systemic advocacy activities and therefore improve outcomes for consumers.

Kites would like to acknowledge and thank JR McKenzie Trust for providing the funding to undertake this 2 year project.

² Kites definition of mental health and addiction consumers is 'people who do or have experienced mental health and/or addiction problems.'

KAPITI HOUSING ACTION GROUP

Kites continues to support Choices to run the Kapiti Housing Action Group (KHAG). In November, KHAG collaborated with the Kapiti Coast District Council to hold a Housing Forum. The forum was well attended by a range of key stakeholders and provided an opportunity for participants to hear about the local environment and housing issues in the Kapiti District. For KHAG this meant an opportunity to showcase mental health issues and solutions. Kites and KHAG hosted a guest speaker from the Friendly Landlord Scheme (Hawkes Bay DHB) and Taone O'Regan spoke about Easy Access Housing run by Atareira. The issues raised at the forum have continued to provide a platform for KHAG to pursue innovative solutions in Kapiti.

MENTAL HEALTH AWARENESS WEEK 2008

In September 2008 Kites provided funding to the Phoenix Group³ towards costs of some focused activities in Mental Health Awareness Week 6-12 October. Phoenix organised a march to raise awareness and protest against compulsory treatment. The group braved the rain and sleet to take the message to the lunchtime public in Wellington and stopped in at the Mental Health Commission and the Ministry of Health. Banners and postcards were handed out with key slogans and messages.

The second activity was a debate held at the Otago School of Medicine. Over 50 people attended to hear consumers debate against mental health professionals as to whether compulsory treatment is harmful or helpful. Kites funding provided the venue hire and refreshments at the debate.

SUBMISSIONS:

Kites made a number of submissions on a variety of issues that impact on mental health and well-being. These included:

- Building for the 21st century: Review of the Building Code
- Health and Disability Standards Review. Standards NZ and MOH
- NZGG Draft Depression Guidelines
- MOH mental health and addictions service specifications review
- Health and Disability Commission – review of health and disability code
- Submission to WCC Long Term Council Community Plan
- Hutt City Council Long Term Council Community Plan
- KCDC Long Term Plan
- Submission on the Draft Community Housing (CHA) Strategy

³ Phoenix Group is made up of consumers interested in effecting positive change for people who experience mental health problems.

CONSUMER LEADERSHIP

A paper on consumer leadership was developed by Kites and presented at the Joining the Dots conference in Melbourne. The paper was subsequently published in the New Paradigms magazine.

CONSUMER SUPERVISION AND MENTORING COURSE

In 2008, Kites Trust decided to explore the development of supervision and mentoring training specifically for workers in mental health who identify as consumers. This was in response to requests for supervision by consumers from consumers working in the mental health and addiction sectors. With the assistance of a reference group a course was designed that built on an existing course offered by UNITEC. The 5 day course was held during September 2008 with 11 participants. The evaluation of the course was undertaken and showed that those who participated felt they had gained a lot from it and 3 months after graduating just under 50% were actively providing supervision.

CONTRACTS WITH HUTT VALLEY AND CAPITAL AND COAST DISTRICT HEALTH BOARDS

Kites has held a research and development contract with Hutt Valley Health DHB and Capital and Coast DHB since 2004. In addition we also hold a contract with Capital and Coast for the Journey Forward programme and we undertook a fixed term contract to assist Oasis to develop organisational procedures and to meet audit requirements.

THE JOURNEY FORWARD

C&CDHB Mental Health and Addiction Service Development Programme 2005-2010

Kites continued to provide administration, communications and community and sector engagement for The Journey Forward programme this year. Personnel changes at C&C DHB saw The Journey Forward Programme Manager role amalgamated into the role of Senior Manager, Mental Health at Planning and Funding.

A highlight this year was organising the first Stakeholder Forum for the Journey Forward in February 2009. Kites role included invitations, event management, and evaluation. Approximately

230 people attended the forum, including people from NGO's, Capital and Coast staff, government agencies and interested members of the public.

An Update on Progress for The Journey Forward was distributed at the Stakeholder Forum and through the C&CDHB website. Drafted by Kites and printed and formatted by C&CDHB the Update on Progress provides a recap of developments through The Journey Forward since 2005 and sets priorities for 2009-2010

RESOURCE DEVELOPMENT

Opening Doors

Opening Doors - guidelines for community groups who want to include people with experience of mental illness developed by Kites Trust in partnership with Wellington City Council was released in February 2009. Thanks to Wellington City Council, who funded the printing costs, this resource was distributed free to community groups in the Wellington region. Distributed through word of mouth, a press release, radio interviews, conference presentations, and the Wellnet (Wellington Mental Health Promotion Network) the resource has been very favourably received.

The Opening Doors guidebook and content has been incorporated into the No Exceptions training run by Sport Wellington. The online version (PDF) is available on the Wellington City Council and Kites websites. The Mental Health Foundation and Like Minds, Like Mine Newsletter assisted with publicity.

Taking the First Step: A guidebook for jobseekers with mental health issues

Thanks to funding from Regional Public Health Kites was able to print further copies of this valuable resource which was out of print. The second print run with updated content and contact details has been distributed widely through Work and Income and supported employment providers. The Mental Health Foundation is distributing copies nationally through their nationwide library and information service.

TEMP SOLUTIONS

Temp Solutions provides employment opportunities for people who experience mental health problems. The service is designed to be self sustaining through revenue generated from placements. This year has been challenging with a reduction in funding and revenue. A contract was entered into with MSD Local Industry Partnerships enabled the work of Temp Solutions to be

recognised and enabled the organisation to continue. A total 81 placements occurred during the year with a number resulting in permanent employment for individuals.

The efforts of Temp Solutions staff are to be commended as they continue to provide a quality service through uncertain times.

FINANCIAL

This year saw Kites receive less income than the previous year. This was primarily due to a reduction in the amount of contract work and grant income received. The final result is a deficit of \$17,359 for the financial year. This is due to expenditure occurring within this financial year against income received in the previous year.

Temp Solutions has received funding from MSD Enterprising Communities over the past three years. The nature of this grant is that each year it reduces in the anticipation that the business becomes more financially sustainable. This created a number of challenges for Temp Solutions and additional funding for career planning services from MSD was necessary for the service to continue to run. Placement income did not increase as anticipated and the ongoing viability of Temp Solutions remains tenuous.

Kites Trust submits audited annual financial reports to the Charities Commission and copies can be viewed at <http://www.charities.govt.nz/> - insert Kites into search function.

THANKS

We are very grateful to Caffè L'affare⁴ for their ongoing support through the donation of freshly ground coffee.

We thank our treasurer, Alex Cope for his wisdom and enthusiasm. We were sorry to have to accept Alex's resignation from the Trust Board in July 2009 as he needed to return to England.

We appreciate the grants received from the Wellington City Council, Regional Public Health and JR McKenzie Trust.

We thank Capital and Coast DHB, Hutt Valley DHB and MSD for their ongoing confidence in our ability to deliver on contracts.

⁴ <http://www.laffare.co.nz/index.aspx?ID=2>