

NZEIPS UPDATE FROM THE EXEC

Kia ora members,

Welcome to the April 2024 NZEIPS newsletter.

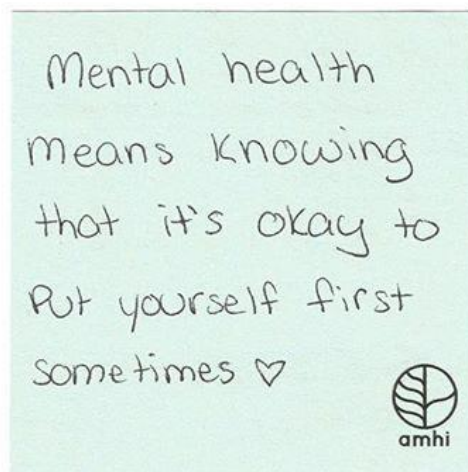
The NZEIPS Executive Committee held their first meeting for the year in early March. As a team we continue to meet quarterly and have the opportunity to hear updates from the early intervention services that are represented. We also review our strategic directions and partnerships, establish and review working groups and look in general at priorities and initiatives that as a committee we can be involved with.

Further details on the Executive Committee and its current membership can be found at [Executive Committee \(nzeips.co.nz\)](https://nzeips.co.nz).

We invite all members to attend the NZEIPS AGM meeting on 7th June (further communications to follow). A proposal has been tabled to discuss and vote on whether we'd like to see an increase to the number of co-opted/voted members that can join the committee. This will hopefully assist in ensuring there is a wide variety of representation across the group.

Please reach out to us if you have any questions or ideas you would like to put forward. We can be reached at nzeips@gmail.com

Noho ora mai – the NZEIPS Executive Committee



NEWS & EVENTS

7TH JUNE 2024 NZEIPS AGM MEETING

9-10am via Zoom. – further details on how to join will be sent closer to the time. All members welcome. If you are interested in becoming a member of the NZEIPS Executive Committee then please send a bio about yourself to Loretta.Cremer@northlanddhb.org.nz. These will need to be received at least seven days before the AGM. The Executive looks for diversity in representation and we are particularly looking for a whanau/family rep and a bicultural advisor.

**13th and 14th October
2025 – SAVE THE DATE
– NZEIPS National
Training Forum -
Christchurch**

WHO ARE NZEIPS?

We are the New Zealand Early Intervention in Psychosis Society (NZEIPS). Our interest focuses on the wellbeing of young people who have experienced symptoms of psychosis, and the best support available for them and their families.

We are an organisation made up of members from all over New Zealand, including people with lived experience of psychosis, family members, clinicians and other workers who support young people with experiences of psychosis.

Contact us: nzeips@gmail.com

WHAT'S HAPPENING AT THE NZEIPS IN 2024?

EI INTEREST/PEER GROUPS

There are some national peer/professional groups that are currently underway or looking to get underway. This is a great way to share resources and ideas.

Point of contacts

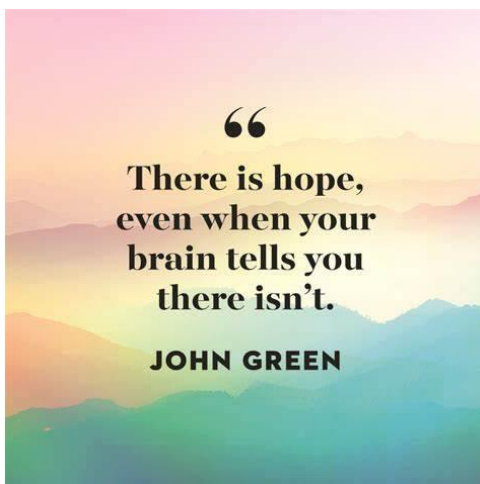
Occupational Therapy –
caroline.garbutt@mhaid.health.nz

Social Work -

joseph.wright@waitematadhb.govt.nz

karlie.willis@mhaid.health.nz

If you are interested in hearing more about peer groups or would have some interest in being part of or establishing one, then reach out at nzeips@gmail.com



NATIONAL TRAINING FORUM 2025

Preparation is underway for the Training Forum to be held in Christchurch on 13th and 14th October 2025. A post forum workshop is also being looked into for the 15th October.

We invite you all to submit ideas for presentations to alison.ford@cdhb.health.nz or nzeips@gmail.com

TRAINING OPPORTUNITY

Expressions of interest are being sought from staff wanting to come to a two-day workshop on the Awe Mātau whānau group programme facilitated by Leigh Murray – Family Advisor, Auckland DHB. This is looking to be held in Christchurch in October this year. Please contact Eleanor.Baggott@cdhb.health.nz or nzeips@gmail.com so that Eleanor can gauge interest and send on more details in due course.

JOIN NZEIPS

The NZEIPS is free to join, and we are always welcoming new members, including practitioners, whānau members and those with lived experience of psychosis. You can find details on how to join at www.nzeips.co.nz

OUR STORIES BOOK

Story submissions are still being accepted for the Our Stories Project <https://www.nzeips.co.nz/our-stories>

We are asking for any written or artistic accounts of psychosis and recovery from young people and their families. We would be particularly interested in hearing from some young Māori tangata whai ora and whānau. Tōtara House is working with a young person with a design background to begin putting together a book of stories and artwork, so we invite any additional submissions as soon as possible.

You can read some examples of stories here:

<https://www.nzeips.co.nz/something-s-not-quite-right/personal-and-family-experiences>

People can submit a story or get in touch if they have questions by emailing nzeips@gmail.com

Flyer and consent form are here: https://www.nzeips.co.nz/images/Our_stories_flyer.pdf

AN OVERVIEW OF EARLY PSYCHOSIS CARE IN NEW ZEALAND

The survey of all NZ EIPS providers is now completed. Dr Rebecca Grattan from Victoria University has submitted the journal manuscript. We will look forward to seeing the final publication and hearing about the amazing work happening in the area of EIPS as well as recommendations for improvement.

The qualitative study of experiences in early psychosis care is ongoing. Data collection has happened from both Wellington and Dunedin and recruitment is currently happening in Waitemata. Ethics approval has recently been granted in Christchurch. Whilst Rebecca is on parental leave her research assistant Sophie London will be running the interviews.



RESOURCES

<https://anxiety.org.nz/empowered>

<https://jnzcpc.scholasticahq.com/article/94471-emdr-therapy-with-first-episode-psychosis-intervening-early>

[Lived Experience of Health and Wellbeing Among Young People with Early Psychosis in Aotearoa New Zealand | Community Mental Health Journal \(springer.com\)](#)

Future Newsletter Contributions

Please feel free to send through any contributions you may have over the coming months to

nzeips@gmail.com

We aim to get a newsletter or other form of communication out at least quarterly.

GROUPS

It's always interesting to hear about the different groups being held by EI services. A thank you to the Wellington Early Intervention Service for sharing with us all what groups they are currently running.

Te Haerenga: Whanau education sessions, four sessions run over four weeks in the evening. Usually try to offer in each of the areas within Greater Wellington, Hutt Valley, Porirua and Central Wellington.

Social Skills Group – aimed at young people who may be neuro-diverse, or experience anxiety. This is a small group with the aim to support young people to develop their social skills and have a chance to practice them within different environments, e.g., at a cafe.

Recovery Group – Open ended discussion group with a set topic for the week, with the aim of being a supportive space to reflect on psychosis and recovery experiences with peers.

Activity Group – Fortnightly group that offers a wide range of different activities such as: Sports activities, connecting with nature, swimming, roller skating and walking. The group accessed funding through Nuku Ora, which means a wide range of different activities and locations can be utilised.

One off Girls Group Session – an activity-based group, which is offered to young Wahine of EIS, supporting them to make connections with other young women in their local area and to have fun at the same time.