

6 October 2018

P O Box 3186  
Tauranga 3142  
Ph: 07 578 4480  
admin@griefsupport.org.nz  
www.griefsupport.org.nz

Once again it is my pleasure to report to you, in my role as Team Leader, about the 2017/2018 year. This has been another full and busy year supporting clients with individual /family counselling and with group sessions.

A new initiative this year has been the ability to refer clients to the Hospice **'Riding the grief wave, bereavement support group'**. This eight-week group is run 4 – 5 times per year. We have entered into an agreement with the hospice where we provide a co-facilitator once per year and we can refer to any group throughout the year.

#### **After suicide group support group**

We have moved away from the open, monthly group to running the 8 weeks closed WAVES group, as directed by our DHB contract. The feedback is good and people really appreciate the opportunity to connect with one another. Skylight, who contract to the Ministry of Health with training WAVES facilitators, ran a two-day hui which brought facilitators from around the country together to share and offer ideas to one-another.

#### **Professional Development**

We have had a range of professional development during the year with various team members attending the training listed below. The Waipuna Hospice has generously shared some professional development opportunities with us and some of the team have attended some useful webinars there.

'Family Therapy for the Bereaved' (webinar)

'Understanding anxiety in bereavement' (webinar)

'Expanding the toolkit – 10 interventions for the bereaved" (webinar)

'Identifying and responding to vulnerability and child abuse'

'Single session family consultation training

Working with groups

Team attendance of 'Solution Focused Suicide Prevention'

DHB presentation reviewing their Supporting Parents Healthy Children guidelines

'Cultural Training for counsellors/social workers working with Maori in the community'

'Brain based interventions'

'Non-profit governance' –The board and team leader attended.

'Developing an evaluative approach for your organisation'. This was a series of three workshops which led to a review of our client satisfaction form and the development of the 'client position' form. This also led to the team leader undertaking some study regarding the gathering of information to inform the agency and counsellors of client progress and how to best share our stories with stakeholders. This is work in progress.

**Networking** is important to keep our profile alive in the community and to hear some feedback about our service. There have been various opportunities for networking with other services and members of our community through specific individual meetings and by attending such occasions as: the quarterly PHO meetings, Strengthening Families forums, the DHB alcohol and other drugs networking forum, DHB Health Emergency Stakeholders meeting, ACORN launch of their report 'Vital Signs, TECT grant recipients meeting, ACORN accountability meeting, BTI PLP/Supervisor meetings, SocialLink forum: 'For the greater good' and the Greerton BA5.

Individual meetings have been with FamilyLink, Virginia Brooks from the Mental Health Foundation, SocialLink, Hawkes Bay After Suicide Support group facilitator, Salvation Army Community Ministries, DHB Drug and Alcohol counsellor, Victim Support, FamilyWorks, Legacy Funerals and Jan Tinetti Labour MP.

### **Presentations**

A number of presentations have been given. Sometimes the purpose of the presentation is to provide information about our service, other times it is to give staff information to help them when working with their clients and other times is it for the benefit of clients of other organisations.

To give information about our Service:

- Public Trust Office
- Te Whare Maiangi ( on a 6 weekly cycle)

Information for Staff

- Hanmer Clinic - working with clients who are grieving
- Tauranga Moana Abuse Prevention Strategy (TMAPS) information about our service

Information for clients of other services

- Alzheimers Support group – specific to the grief of having a loved one with Alzheimers.
- Stroke Foundation – specific to the changes that come when a loved one has a stroke.

Expo

- 'Into the Light – A.S.A.P (Aroha suicide awareness and prevention) organised aby Te ahou Charitable Trust.

BTI

- An insight into working in an agency

We also wrote a submission for the Mental Health Inquiry which was read to the panel when they were in Tauranga.

### **Staff**

We are richly staffed by capable and dedicated people. We have a mix of paid and volunteer staff working in both counselling and administrative roles. Thank you to Denise C, Denise P, Te Aomarama, Ruth, Dave, Karen, Frank, Elizabeth and Jacqui for the huge part you each play in the delivery of this service. Our student counsellor, Kathryn, has also been a wonderful team member. While Michelle has finished in her role as a counsellor she remains as co-facilitator of the WAVES group, replacing Megan who has moved towns. Megan had held this role for many years and had also organised the Memorial Service a number of times, she too has been a vital part of the team.

Last year we were able to increase the paid counselling hours and this year we have added a further 16 paid hours.

### **Hopewalk**

In this year we trialled attending the Hopewalk instead of holding the Memorial Service. While it was well attended, not many people from GSS attended and the consensus is to have the Memorial Service next year.

### **Other**

- From 1 July 2017 we started using Consult One as our software package for entry of client and session data which enables us to extract statistical information for any selected period.
- A DHB audit verified that “claims for payment have been made pursuant to the claiming contract”.

I have mentioned our valued staff and would also like to acknowledge the huge amount of thought, time and action our dedicated board put into GSS. This includes our past chairperson, Peter Gibbs who has given to GSS in other roles as well as that of chairperson. Bronwyn has seamlessly stepped into the chair role and leads a motivated team.

Janet Baird

Senior Counsellor / Team Leader.