Welcome to the Addiction Research Bulletin
February 2016

Welcome to the February 2016 Addiction Research Bulletin (ARB). Matua Raki brings you this resource, in conjunction with dapaanz, to help offer some insights into recent addiction research activities that have relevance to New Zealand.

This edition we have sought a number of resources and publications that highlight Kaupapa research and the process of engaging with Māori. We hope the ARB will help you be aware of, understand, appreciate, implement, utilise and critique addiction research. Please feel free to share it with others.

If you would like to publicise an event, piece of research, award or activity, or contribute to this publication in any way, contact: klare.braye@matuaraki.org.nz.

Call for abstracts

Are you actively engaged in addiction research?

The 7th Addiction Research Symposium will be held in Wellington at Victoria University in collaboration with the Universities of Auckland, Otago/Christchurch, Massey and Matua Raki on 29 April 2016. Abstracts for presentations on topics in the addiction field are welcome from all perspectives. The objectives of the Addiction Research Symposium are to:

- provide a forum for New Zealand addiction researchers from all disciplines to meet and share their work
- provide an opportunity for research students (PhD, Masters) to present and be supported by more experienced colleagues
- allow for focused discussions on issues of common interest to addiction researchers, including potential collaborations.

Researchers working in the areas of alcohol and other substances and behavioural addictions are invited to submit an abstract for presentation. Abstracts of no more than 300 words can be submitted to Bronwyn Kivell at Victoria University (bronwyn.kivell@vuw.ac.nz) or Klare Braye (klare.braye@matuaraki.org.nz) by 6 March 2015. Presentations will be approximately 20 minutes in length, with opportunity for discussion and feedback.

If you have any questions about submitting an abstract or about the symposium itself please email bronwyn.kivell@vuw.ac.nz or klare.braye@matuaraki.org.nz.
A Kaupapa Māori research process

An indigenous process in mental health research

Within a health research context, indigenous people globally continue to demonstrate a commitment to provide their own solutions aligned to their specific world views. Māori, the indigenous people of Aotearoa New Zealand are no exception. They value relationships premised on the notion of respect and reciprocity, of giving and receiving. The practices and protocols within the pōwhiri process endorse these important approaches which operate between the tangata whenua (host) and manuwhiri (guest) to ensure successful encounters.

The pōwhiri process of engagement and participation is applicable to mental health research in that the employment of reciprocal relationships between the research participants (host) and researchers (guests) ensure positive engagement. Significant to this is that the research outcomes must directly benefit those being researched. The components of the pōwhiri process identified as most useful to research include karanga: the invitation to participate and the response; mihimihī: identifying the researchers, their intent and value of the research to participants; whaikōrero: the research proper; and koha: the reciprocal process of giving and receiving. The pōwhiri process provides a model of support to conduct research with Māori which may also be applicable to research with other indigenous cultures.


Guidelines for researchers on health research involving Māori (2010)

Health Research Council, 2010

The Māori Health Committee of the Health Research Council of New Zealand (HRC) has produced guidelines to assist researchers who intend undertaking biomedical, public health or clinical research involving Māori participants or research on issues relevant to Māori health. This includes projects focusing on Māori as a cohort and as part of the wider population being studied. The guidelines inform researchers about consultation and the processes involved in initiating consultation with Māori.

The purpose of any consultation is to ensure that
research contributes to Māori health development whenever possible. This consultation is also the foundation for co-operative and collaborative working relationships between researchers and Māori organisations and groups.

These guidelines provide concise rationale about ‘why Māori are to be involved in health research’ and encourage us to think about some of the questions pertaining to involving Māori and the role of the researcher at a number of levels, both prior to and during the research process. They explain ‘why’, ‘when’ and ‘who’ to consult and provide a consultation checklist.

Te Ara Tika, Guidelines for Māori research ethics is also provided as a framework for addressing Māori ethical issues within the context of decision-making by ethics committee members. It draws on a foundation of tikanga Māori (Māori protocols and practices) and is useful for researchers, ethics committee members and those who engage in consultation or advice about Māori ethical issues from a local, regional, national or international perspective.

www.hrc.govt.nz/sites/default/files/Guidelines%20for%20HR%20on%20Maori-%20Jul10%20revised%20for%20Te%20Ara%20Tika%20v2%20FINAL%5B1%5D.pdf

Professor Linda Tuhiwai Smith – ‘Decolonising methodologies’

Maynard Gilgen provides his thoughts on the Keynote korero at Healing our Spirits Conference held in Kirikiriroa, November 2015.

I first met Linda and Graham in the mid to late 1980s as they were growing a kaupapa Māori education rōpū at the University of Auckland. I was interested to catch Linda’s pearls of wisdom since hearing her talk in the late 1980s at the New Zealand Psychological Society about eating kinas.

Since then Linda has gone on to become a professor, accomplished author and sought after speaker at indigenous and other conferences throughout the world. Her book Decolonizing methodologies has made her a rock star in the realm of indigenous research and issues worldwide.

Linda’s presentation and style hasn’t changed. Her korero was tika, pono and delivered in a supportive way to an audience of predominantly Māori and Pacific Island whānau and other indigenous whānau from the four corners of the globe.

Part of Linda’s opening korero was: “...the fraught concept of evidence in a world where stories matter”. She stated how it is wonderful for us to hui and to be able to share our successes and “enjoy just being” with each other, as we often don’t have such an opportunity.

She highlighted the ongoing challenges, and ‘toxicity,’ that occur for Māori and other indigenous whānau who exist in mainstream environments. This is reflected in the mainstream language we predominantly use today that has been forced upon us in times gone by (my mother’s generation).

She stated how often the mainstream focus is about putting us, as Māori, in with them, and how our ideas are often homogenised, reworked and then dished up to us with a different intent to their original. For those of us working in the addiction arena, Linda acknowledged the work we are all doing, especially for us as Māori and our allies, and encouraged us not to be whakamā and look at putting our ideas, models and the way we do things out there through korero, wero, presenting papers, and being actively involved in policies and contracts.

Linda’s korero, along with those of other speakers, promoted the idea that using indigenous solutions and innovations for indigenous problems and issues is the way forward for us.
Research review

A selection of recently published research relevant to New Zealand

Improving health outcomes for indigenous peoples: What are the challenges?


Internationally, the health of indigenous people continues to be inequitable. The international working group on indigenous affairs reports that indigenous people remain on the margins of society: they are poorer, less educated, die younger, are much more likely to commit suicide, and are generally in worse health than the rest of the population.

www.cochranelibrary.com/editorial/10.1002/14651858.ED000104

A literature review: Addressing indigenous parental substance use and child welfare in Aotearoa: A Whānau Ora framework


Parental substance use disorders (SUDs) for Māori, the indigenous people of Aotearoa New Zealand and an ethnic minority, are considered to be contributors to adverse effects on outcomes for their children.

This article offers a review of international and Aotearoa literature in regard to key considerations for Māori parents with SUDs who present to an alcohol and drug (AOD) specialist for assessment and treatment.

Factors to increase positive outcomes for Māori children of parents with SUDs are promoted. Effective adult AOD services provide support to parents with SUDs through comprehensive assessment and intervention plans that consider both individual and familial risk and protective factors. In this context, it is imperative that possible child welfare issues are identified early to ensure prevention or intervention.

An AOD workforce that is effective with Māori must not only have the knowledge and skills to facilitate access to other relevant sectors, such as education, employment, and housing, but also have at least some basic knowledge and skills in Whānau Ora philosophy and whānau-centred best practice.

www.tandfonline.com/doi/abs/10.1080/15332640.2014.947460

The Design and relevance of a computerised gamified depression therapy program for indigenous Māori adolescents


Depression is a major health issue among Māori indigenous adolescents, yet there has been little investigation into the relevance or effectiveness of psychological treatments for them, including for depression among indigenous communities.

This study explores the opinions of young people (taitamariki) and their families of a prototype computerised cognitive behavioural therapy (cCBT) programme called Smart, Positive, Active, Realistic, X-factor thoughts (SPARX).

It’s a free online computer game intended to help young persons with mild to moderate depression, who are feeling down, stressed or anxious. The results of this study were used to refine SPARX prior to it being delivered to taitamariki and non-Māori young people.

www.ncbi.nlm.nih.gov/pmc/articles/PMC4392467/

The burden of disease and injury attributable to alcohol in New Zealanders under 80 years of age: marked disparities by ethnicity and sex


This study reports on the estimates of morbidity and mortality due to alcohol consumption in New Zealand. An estimated 5.4 percent of all deaths under 80 years of age were attributable to alcohol in 2007 (802 deaths) and these represented 13,769 years of life lost (YLLs).

Injuries accounted for 43 percent; cancer for 30 percent; and other diseases for 27 percent of deaths. Sex and ethnic disparities were marked, with twice as many deaths in men as women for both Māori and non-Māori, and the age-standardised death rate for Māori two and a half times the rate for non-Māori.

The leading cause of alcohol related death in both Māori and non-Māori women was breast cancer. Alcohol consumption results in substantial loss of good health across the life course in New Zealand and contributes to Māori/non-Māori and male/female health disparities. High average consumption and
heavy drinking occasions confer the greatest risk of harm to the drinker and others.

Research report: Patterns and dynamics of alcohol consumption during pregnancy in a recent New Zealand cohort of expectant mothers

Social Policy Evaluation and Research Unit. August 2015

Foetal alcohol exposure continues to present as a public health challenge. This report sheds light on the scale of the issue and increases the knowledge base about the women who drink alcohol while pregnant, how much they drink, and how their drinking behaviours change as the pregnancy progresses. The Growing Up in New Zealand study interviewed 6822 expectant mothers to obtain their personal information and experience during pregnancy. It included questions on the level of alcohol drinking before the women became aware that they were pregnant, during the first trimester, and after the first trimester.

Māori Rangatahi and Addiction

KC Clintock, K., Huriwai, T. & McClintock, R.

This review highlights substance use, abuse and dependence and related issues in regard to Māori (the indigenous people of Aotearoa/ New Zealand) with a key focus on rangatahi (youth). It has been argued that the health status of every population group is influenced by a range of interacting factors, including the effects of colonisation, socioeconomic deprivation and age structure.

Confidence and connectedness: indigenous Māori women's views on personal safety in the context of intimate partner violence


Māori women, similar to women belonging to indigenous and minority groups globally, have high levels of lifetime abuse, assault and homicide, and are over-represented in events that compromise their safety. The authors sought insights into how Māori women view safety.

Twenty Māori women's narratives revealed safety as a holistic concept involving a number of different elements. The authors found women had developed an acute sense of the concept of safety.

They had firm views and clear strategies to maintain their own safety and that of their female family and friends. These women also provided insights into their experiences of feeling unsafe.
Resources

He kai i ngā Rangatira He korero o nga whānau whaiora

This report explains what people with lived experiences think of being under the Compulsory Assessment and Treatment Mental Health Act and receiving care from acute mental health units.

http://matatini.co.nz/he-kai-i-te-rangatira-o-ngā-whaiora-whānau

What Works project

What Works is part of a host of sites run by Community Research. The What Works website is designed to address the needs of and help groups in the sector to evidence their outcomes. It is the first step in a larger What Works project, involving training and capacity building associated with the site. Priority audiences for this website are frontline workers, managers and governance members of small to medium sized community and not for profit organisations that receive public funding.

www.whatworks.org.nz

Events

Evidence to Action Conference 2016

5 April, Wellington

Organised by Superu, this full day event aims to deliver rich insights from international and local thought leaders on evidence-based decision making.

7th Addiction Research Symposium

29 April, Victoria University, Wellington

The 7th Addiction Research Symposium will be held in Wellington as a collaboration between the Universities of Victoria, Auckland, Otago/Christchurch, Massey and Matua Raki. Abstracts for presentations on topics in the addiction field are welcome from all perspectives.

www.matauraki.org.nz/events/7th-addiction-research-symposium/932

10th Annual Conference of the International Society for the Study of Drug Policy

New Zealand satellite conference, 11-12 May 2016, Auckland

The theme of the Auckland satellite conference, Regulating drug use: Beyond prohibition and
sharing skills and understanding in the treatment of all addictive disorders, including alcohol and other drugs, behavioural addictions, and the emerging field of online compulsive behaviour in both adults and children.

www.addictionaustralia.org.au/

TheMHS Conference 2016
23-26 August 2016, Auckland
Auckland will be the setting for an exciting and vibrant TheMHS Conference 2016 – People: authenticity starts in the heart. It is people who act with integrity, are authentic, and combine heartfelt action with evidence-based practice who establish leadership cultures that truly resonate with other people. People: authenticity starts in the heart aims to focus attention on all the people involved in the system – people who access services and their families and whānau; people delivering services; people who help guide and shape these services; and people in our communities. Abstract submissions are now open.


Cutting Edge Conference
7-10 September 2016, Energy Event Centre, Rotorua
The Cutting Edge addictions conference is New Zealand’s key addiction treatment gathering, providing an excellent opportunity for the addiction sector to get together, to network, and to learn about and embrace innovative thinking and practice.

We are very excited to announce that Dr David Best has been confirmed as a keynote speaker as has Dr Denise Blake. The theme of the conference, Celebrating transformation, lends itself to highlighting transformative practice for individuals and families, organisations and communities.

www.cmnzl.co.nz/cutting-edge-2016/

Have your say

We hope you find the Addiction Research Bulletin useful. We look forward to receiving your articles, feedback or suggestions for future editions. Is there something we’ve missed? Your views are important to us.

Email: klare.braye@matuaraki.org.nz or call 04 381 6473.
Useful research websites

Health and Disability Ethics Committees
HDEC’s function is to secure the benefits of health and disability research by checking that it meets or exceeds established ethical standards.
Find out more at http://ethics.health.govt.nz/

Centre for Addiction Research (CFAR)
CFAR (University of Auckland) is dedicated to providing timely, relevant and independent research to help inform policy and practice in relation to substance misuse and the treatment of addictive consumptions.
Research is available at www.fmhs.auckland.ac.nz/en/faculty/cfar/our-publications.html

National Addiction Centre (NAC)
NAC (University of Otago) is involved in a number of funded projects. Find out more at www.otago.ac.nz/nationaladdictioncentre/research.html

Social and Health Outcomes Research and Evaluation (SHORE) and Te Rōpū Whāriki (Whāriki)
SHORE and Whāriki (Massey University) are multi-disciplinary research groups undertaking policy and community research and evaluation on a variety of health and social topics.
Publications and current projects can be viewed online at www.shore.ac.nz

Gambling and Addictions Research Centre
The Gambling and Addictions Research Centre brings together research that improves New Zealanders’ understanding of how gambling and addictions affect society, and enhances policy and professional practice.
Find out more at www.niphmhr.aut.ac.nz/

University of Otago
The Mental Health and Addiction Research Centre (MHARC) brings together the research activities of the Mental Health Clinical Research Unit, the National Addiction Centre and the Gene Structure and Function Laboratory.
Find out more at http://spar.co.nz/research/centres/otago005628.html

Community Research
Community Research gathers research about New Zealand’s tangata whenua, community and voluntary sector, creates a hub to share ideas and advocates for good practice methods in community research.
Find research, information about researchers and toolkits at www.communityresearch.org.nz/

Health Promotion Agency
Find a number of recent research publications at the Health Promotion Agency website: www.hpa.org.nz/research-library/research-publications

National Register of Research and Implementation Projects
This Research Register is a comprehensive source of information on recent tertiary education research and implementation projects, currently conducted in New Zealand.
Find out more at http://akoaotearoa.ac.nz/research-register

Family Violence Clearing House
The New Zealand Family Violence Clearinghouse is a national centre for research and information on family and whānau violence in Aotearoa New Zealand. It is based at the School of Population Health, University of Auckland.
More can be viewed at: https://nzfvc.org.nz/