

People with mental health and addiction challenges experience inequity in the impacts of physical health issues. This online workshop resources the **AOD and mental health workforce** to support people who access Counties Manukau services to enhance their physical health.

The workshop provides an overview of *Equally Well*, with insights from lived experience, and introduces some recently developed resources which promote conversations about physical health between staff and people who access services. By the end of this workshop participants will have increased their:

- **Awareness of *Equally Well* and the health disparities it aims to address.**
- **Familiarity with the *My Health* form and related resources.**
- **Confidence to use the *My Health* form effectively.**

Workshop Presenters:

Edith Moore has lived experience of addiction and mental health challenges. She currently works for DRIVE Consumer Direction Counties Manukau as a Network Coordinator. Edith is part of the Equally Well Lived Experience Interim Strategic Leadership Group. She has a MSc in Health Psychology and has previously lectured at the University of Auckland in Pacific Health. Edith is profoundly grateful for all the experiences that have shaped her, as they have enriched her growth.



Catherine Kissel is a psychologist who has worked in addiction and mental health services providing clinical support, training and policy development. She currently works with medical specialists to support lifestyle change that enhances quality of life and reduces the impact of physical health issues. Catherine has been involved in the development of the *My Health: Self Assessment Form* and the *Guidelines for Use*.



ENHANCING PHYSICAL HEALTH *MY HEALTH: SELF ASSESSMENT FORM*

This online workshop includes two modules (2-3 hours total to view and participate)

- **Module 1: *Equally Well* and health disparities (1 hour)**
- **Module 2: The *My Health* form and how to use it (2 hours)**

View as an individual or in a group (a facilitator's guide is available).

Access the videos and resources here aodcollaborative.org.nz/equally-well-health-resources

Earn DAPAANZ CPD points (5pts for 1-2 hours; 10 pts for 3-4 hours).