

## Two+ Rethink Programme (Social Housing)

*Rethink assumptions and make Aotearoa an even better place to live!*

**What:** A free Like Minds, Like Mine programme for the staff of Social Housing Providers.

The Two+ Rethink Programme Package consists of:

1. Workshops (2-part set, 120 minutes each) with refreshment provided (additional 30 min)
  - Workshop Tahī: Attitudes and Assumptions
  - Workshop Rua: (follow-up) Celebrating and “doing” inclusion
2. Brief e-learning & online resources, including moderated Facebook group
3. Consultation hours (up to eight) with Mind and Body staff to use as your organisation wishes in the area of mental health
4. Free posters reiterating workshop messages for your organisation

**Where:** Social housing organisations in Wellington, Auckland, Tauranga and Hamilton.

**Who:** The programme is provided by Mind and Body Consultants under their Rethink brand, with support from Vaka Tautua and Mahitahi Trust. It is funded by the Health Promotion Agency under the Like Minds, Like Mine national plan.

**These workshops are designed to cater to all staff, voluntary, paid or even board members**, not just those who deal with housing clients directly. Organisations with small numbers of staff should contact us as we are able to combine workshops with other organisations if appropriate.

**Why:** Stigma and discrimination and lack of understanding toward mental health issues can get in the way of people being able to open and get support for what they are facing. This programme leads to an increased understanding and tolerance of mental health challenges and our attitudes towards them. This understanding and decrease in stigma and discrimination will be beneficial not only for staff work with people needing housing, but has applications in how staff relate to each other, the culture of your workplace and applications in home and community.

### Tell me more...

Like Minds, Like Mine is a national programme to end stigma and discrimination related to mental distress and increase social inclusion. This programme is run under its anti-stigma and discrimination education fund and is managed by the Health Promotion Agency. The Two+ Rethink programme will be run by Mind and Body under its Rethink brand during 2018-2020. The work is guided by an advisory group which includes members from Vaka Tautua, Mahitahi Trust and the housing sector.

**Availability:** Workshops are first-in-first served and usually held in your organisation. Workshops are being booked from June 2018 onwards.

### For more information contact:

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