




ANNUAL REPORT

April 2020 to March 2021

A large, vertical photograph of a bouquet of flowers occupies the lower half of the cover. The bouquet is split vertically: the left side shows white flowers, and the right side shows purple flowers. The background is a light, textured surface, possibly a tablecloth.

Diversity Counselling New Zealand

Charitable Trust CC50126



A Safe Space

- Engage, Connect and Thrive -


*To Provide Culturally Responsive Counselling
and Promote Community Well-being*

Board of Trustees

Chairperson: Jennifer Field
Vice Chairperson: Steven Donald
Secretary: Melvan Earle Driscoll
Treasurer: Michelle Wang
Trustees: Jo de Lisle
Richard Lawrence
Jawaid Pardehi
Komala Pather
Kaoru Tsukigi

Organisational Information

Office
Vickery House, 1st Floor,
113 Alexandra Street,
Hamilton Central, Hamilton 3204
P 021 0262 5587
E contact@dcnz.net
H <https://dcnz.net>
Facebook @DiversityCounsellingNZ
Twitter @dcnz2013



Community Grants





**FORSYTH
BARR**

Chairperson's Report

The 2020-2021 has been one of growth for Diversity Counselling New Zealand. Two contributors to this growth have been the outstanding work from the DCNZ staff, both employees and contracted staff. The other factor that has accelerated our growth was the Covid-19 pandemic, which saw an immediate response from community grant funders which enabled DCNZ to offer free and safe counselling in an e -environment for the first time. To address gaps in our service, we now have counsellors from outside the Waikato offering service to clients throughout the country.

The board is very grateful to Director Vani Mills, Kaoru Tsukigi (Team Leader) and Inoka Abhayawardena (Accountant), who have skillfully managed operations in what has often been a challenging physical environment due to lockdowns and breakdowns with our office lift. Yet client numbers more than doubled in this period and grant funding almost doubled. A very small surplus was achieved.

Key features for the DCNZ board in 2020-2021:

Policies developed: Guidelines for the use of telepsychology provision were added to the existing Health and Safety policies. A Human Resources policy was assembled with assistance from Russell Drake. We have also started work on a Finances Policy.

Board composition:

After completing a board matrix, we identified gaps in the board make-up. Jawaid Pardehi, an experienced community manager joined the board. We also started to seek for a new treasurer to replace Michelle Wang, as well as a person with legal experience.

Support from Forsyth Barr:

The board and staff have continued meeting with three or four staff at Forsyth Barr in Hamilton. We refined our roles a little settling on a mentor / mentee relationship. We appreciate the support given by this group.



Jenny Field
Chairperson

Chairperson's Report

Need to change offices:

After having difficulties with mobility issues for clients and staff at our former offices, we decided to look for new premises in February, 2021. Forsyth Barr had generously donated office furniture for our new offices in November, which we placed in storage, awaiting the new office.

Strategic goals:

At midway point in our strategic goals we are well on the way to completion in many; increasing our organisation's visibility in Aotearoa NZ, increasing the number of counsellors, raised awareness of DCNZ in Waikato and beyond and the establishment of an Advisory group. However, identified gaps such as a marketing plan, and succession planning are on the agenda for next year.

In closing, the board joins me in thanking Vani and her team for implementing the visions and goals of DCNZ in an inclusive warm and bold manner exemplifying the proverb.

He aha te mea nui o te ao

He tangata, he tangata, he tangata

Kind regards

Jenny Field

Chairperson

Diversity Counselling New Zealand



The last 12 months have been incredibly unique and challenging. Covid 19 has put additional stress and pressure on our communities. Mental health is an increasingly high-profile issue. The Covid 19 pandemic changed the way we deliver our service during lockdown and post lockdown periods. In just a few days our team had to adapt face to face services to tele-health to continue providing culturally responsive mental health services.

One of the highlights of this year was our initiative of free counselling services in response to Covid 19 enabling people to access support without cost. We offered our services for migrants and former refugees primarily in the Waikato however, due to requests nationally, we expanded into new regions. Feedback of this free counselling initiative has been overwhelmingly positive and appreciated by ethnic communities and stakeholders across the country. This year has seen a significant increase in people who seek our counselling and psychological supports. It has been a real privilege to provide our service when people most needed support.

DCNZ's reach continues to grow in a variety of ways. We have continued to provide existing programmes such as "Tree of Life" workshops for a range of ethnic communities and helping professionals. We have also continued professional development workshops for health and social practitioners called "Bridging the Gap". "Rising Together" a six-week workshop series for ethnic people designed to promote and restore psychological safety and strengthen relationships among diverse ethnic communities was also conducted We organized a Mental Health & Addiction Awareness Workshop for youth and those supporting youth. We facilitated workshops on wellbeing to international students at St Peter's School, Cambridge.

We are delighted to welcome Ajay Kumar who is an alcohol and drug clinician, offering services in Punjabi, Hindi, and English, and NZAC registered counsellor Laura Hurtado-Roberts, offering services in French, Spanish and English.

Bhante Dunuvila Metteyya completed his counselling degree this year. DCNZ was his 2nd and 3rd year practicum placements. Bhante Met-



Vanisri Mills
Director / Counsellor

teyya is joining our team as a registered counsellor

We also launched our ethnic advisory board. This board was established to provide cultural consultation, identification of community issues, and feedback to ensure our service meet the needs of people we serve.

These achievements wouldn't be possible without dedication, commitment, and passion from the team of DCNZ. Thank you for your kindness and care for the community.

We would also like to appreciate our Chairperson Jenny Field and the Board of Trustees for guidance and ongoing support. We are grateful for our funders, mentors, supervisors, advisory committee members and supporters.

On behalf of DCNZ thank you to all who believe in us and support our mahi to build resilient families and strengthen psychological wellbeing for migrants and former refugees through providing culturally responsive counselling/psychology services and family support.

Vanisri Mills

Director / Counsellor

Diversity Counselling New Zealand



Our Team

Staff

Director: Vanisri Mills
Team Leader: Kaoru Tsukigi
Accountant: Inoka Abhayawardena

Psychologists

Dr. Adrienna Ember
Aditi Podder

Counsellors

Kou Kunishige
Sunjin Heo
Vanisri Mills
Kaoru Tsukigi
Dunuvila Metteyya
Catherine Chomba Simwinda
Ajay Kumar
Laura Hurtado-Roberts
Lynn Yue Yang
Susanna Wilford
Jarman Singh
Indu Singh



Ethnic Advisory Committee

Lushomo Thebe

Dr. Mahmud Arif

Liaqat Changez

Nagasree Konisetty

Jovi Abellanosa

Hari Sharma

Maria Elena



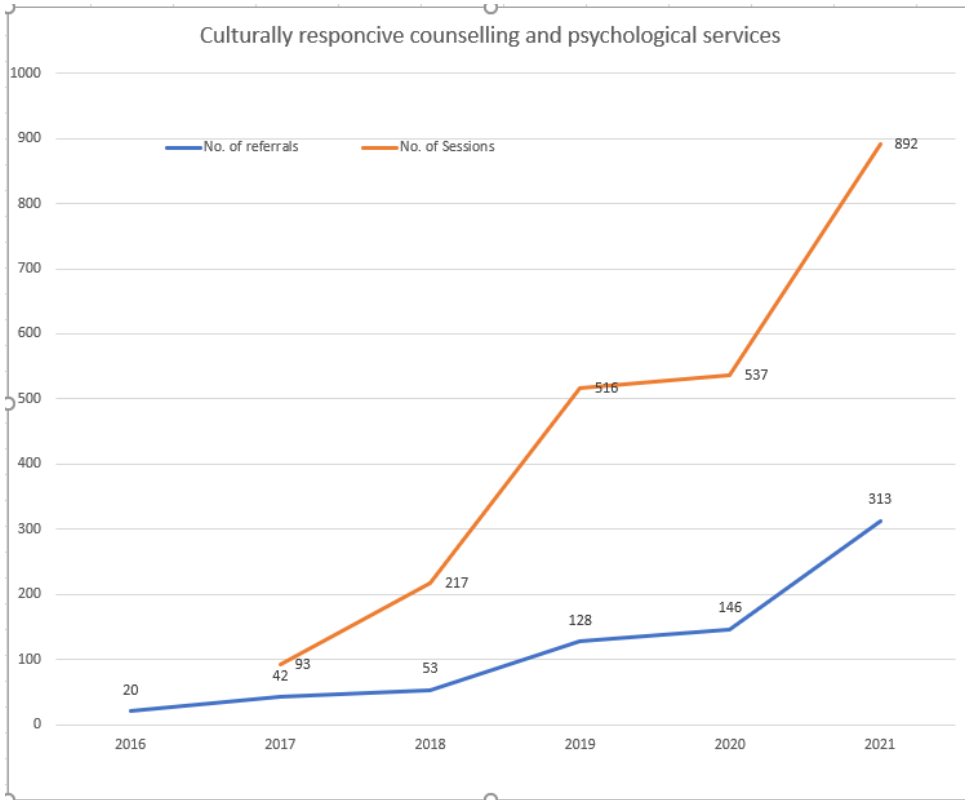
Volunteers

Administration / Finance Support: Qiujie (Jessie) Zhu

Content Creator: Natasha Miranda

Felicia Tjung

Counselling and Family Support



ONLINE/PHONE


Free Counselling/Psychology Service
In response to COVID-19
for Migrants and Former Refugees

Please call first on 021 8529 9327 (Business Hours) or email small.business@dnz.co.nz. We will respond within 24 hours.

Diversity Counselling New Zealand (DCNZ) is offering free culturally responsive counselling and psychological services to ethnic, indigenous professional, community and church practitioners for migrants and former refugees from Asia, Middle Eastern, Latin American, African, and Commonwealth European backgrounds (all age groups of clients).

This service is available remotely and in the following languages. For other languages we use professional interpreters. We are able to offer our service virtually such as through: WhatsApp, Skype, Zoom, etc.

- English
- Spanish
- Portuguese
- Polish
- French
- Italian
- Arabic
- Chinese
- Japanese
- Tagalog



Diversity Counselling New Zealand

Apr 2020-Mar 2021	Referrals					Counselling session numbers			
	PHO's/DHB	International	Covid 19 Counselling	Community Counselling	Monthly referrals	PHO's/DHB/International	Covid-19 Counselling	Community Counselling	Monthly counselling sessions
2020									
April	3	3	20		26	17	35		52
May	9	1	17		27	23	45		68
June	10	2	18		30	40	31		71
July	24		15		39	45	63		108
August	13		17		30	51	61		112
September	16	1	5	4	26	47	41		88
October	24	1		10	35	61		15	76
November	11			9	20	54		26	80
December	4			6	10	26		18	44
2021					0				
January	16			7	23	24		25	49
February	8	1		9	18	31		29	60
March	10			19	29	42		42	84
Total of Referrals/sessions	148	9	92	64	313	461	276	155	892

“Rising Together” Trauma Workshop



Diversity Counselling New Zealand (DCNZ) offered a programme for migrants and former refugees who experienced traumatic events.

This is designed to promote and restore psychological safety, strengthening relationship among diverse ethnic communities.

Date:	Topic:	No. of participants
24 July 2020	1. Introduction & sharing stories	12 People
31 July	2. Psychoeducation on trauma	6 People
7 August	3. Cultural Coping – “What works well for me”	7 People
14 August	4. Coping skills and sensory modulation	6 People
21 August	5. Well-Being	7 People
28 August	6. Reflections + Building resilience and hope and Celebration (Open day)	9 People
4 December	Follow up workshop for those who attended 2 series of Rising together	6 People



Workshops at Schools



Date:	Topic:	
2 September 2020	Introduction about DCNZ: culturally responsive counselling service to Wintec Health study students	WINTEC
3 November	“While COVID-19 is present How to maintain your well-being” (Well -Being Workshop for international students)	St Peter Cambridge School
3 November	“While COVID-19 is present How to maintain your well-being”	Cambridge High School



A Safe Space
-Engage, Connect and Thrive-
To Provide Culturally Responsive Counselling
and Promote Community Well-being



Diversity Counselling NZ

☎ 021 0262 5587 | ✉ contact@dcnz.net | 🌐 <http://dcnz.net> | 📘 [facebook.com/DiversityCounsellingNZ/](https://www.facebook.com/DiversityCounsellingNZ/)

While COVID-19 is present

How to maintain your well-being

Diversity Counselling New Zealand

Tree of life workshop



Date:	Topic:	No. of participants
30 October 2020	Shama - 2020 Professional Development Hui at Waitetuna Retreat Centre	30 People
18 and 25 November	Tree of life workshop for professionals by Jenny Snowdon	19 People



The workshop invites you to participate in telling the stories of your life in ways that may be useful to you or to others. It has been especially inspiring to people who have faced hardship and loss. All people working with refugees and refugees are welcome. The workshop will be presented in English. The participants need to attend all of the sessions.

Schedule
 1st session
 Saturday, 2 September, from 9am to 1.00pm
 2nd session
 Saturday, 12 September, from 9.30am to 1.00pm

Name
 Tree Workshop - 4 Little London Lane, Hamilton

Fees for the adults series
 \$75 for unemployed
 \$50 for unemployed
 \$100 for organisations
 To send up to 2 participants



Mental Health & Addiction Awareness Workshop



Mental Health & Addiction in Adults and Children of Ethnic Communities Awareness Workshop

Program

- 09:30-10:15 Mental Health
Dr. Tejpal Singh (General and Addiction Psychiatry)
- 10:15-10:45 Morning Tea
- 10:45-11:30 Addiction
Dr. Sohail Akhtar (General and Addiction Psychiatry)
- 11:30-12:30 Children & Adolescent Mental Health
Dr. Ashok Abhyankar (Child and Adolescent Psychiatry)
- 12:30- Lunch (Halal is provided)

Meal is supported by Hamilton City Council.

Transportation is provided by ROC.

Interpretation (Dari, Spanish and Swahili) is provided by Decypher.



Bridging the Gap Seminars



Bridging the Gap for Helping Professionals and Community Leaders

Date:	Topic:	No. of participants
25 August 2020	<p>Enhancing your practice by using an interpreter</p> <p>Leanne Salisbury (Language Services Manager, Hamilton Multicultural Services Trust)</p>	9 People



Enhancing your practice by using an interpreter

Presenter: Leanne Salisbury
 Language Services Manager
 Hamilton Multicultural Services Trust

Date: Tuesday 25th August 2020, 10am - 11.30am
Venue: 10 Lumbton Street, 2nd Floor Board Room
Cost: Free
Please RSVP to: leanna@hms-trust.co.nz

About Leanne:
 Leanne joined the Hamilton Multicultural Services Trust (HMS Trust) in August 2017 as the Manager of its Interpreting & Language Services. Originally, she very quickly developed a passion for supporting culturally diverse people in our community for whom language is a barrier and during her time with Disability Services she supported the implementation of JIVE.

All part of her role with the HMS Trust
 Leanne also now manages a second project called **IMHNCIS** which is a national service, providing free information for migrants in multiple languages over the phone, via email or online chat.

Leanne has a broad knowledge of the language needs of new migrants and some refugees, and in the workshop will share stories and exercises to help participants understand the benefits of using a trained interpreter versus the risk of using someone untrained or a family member.

Leanne will ask you to think about your responsibility, policies for the use of interpreters while considering the options available to you. She will also look at some practical tips for when using an interpreter to ensure you get the best outcome for you and your client.

Please RSVP to: leanna@hms-trust.co.nz

Organised by:
 Diversity Counselling New Zealand
 P O Box 10487
 6140 Auckland

Bridging the Gap Seminars



eCALD Seminars

“Cultural Competency & Working with interpreters”

“Working with former Refugees”

Provided by eCALD. Hosted by DCNZ

eCALD WORKSHOP
Hosted by Diversity Counselling New Zealand

Free Workshop
Lunch Provided

Date: Friday, 24 March
All Sessions: Cultural Competency & Working with Interpreters
All Sessions: Working with Former Refugees
All sessions: Online Booking Form
Venue: Teahupoehi, 4 C/10a London Lane, Hamilton (130)

[Programme]
10:30 - 12:30
All Sessions: Cultural Competency & Working with Interpreters
12:30 - 13:30 Lunch will be provided
13:30 - 17:00
All Sessions: Working with former refugees
In order to attend All sessions, you need to attend All sessions as well
Please refer to the event about the latest information on the event page.

Please send an email to contact@dcnz.net with the following details:
1. Request to attend **All Sessions only** or **the whole day**
(You cannot attend All sessions only)
2. Your name, occupation, organisation name, and email address.
Please RSVP by 16th March 2021.

<https://dcnz.net/>

Course (A): Cultural Competency and Working with Interpreters

Course (B): Working with Former Refugees

Learning Objectives:

- Understand the importance of cultural competency in the workplace.
- Identify the key components of cultural competency.
- Apply the key components of cultural competency in the workplace.
- Understand the importance of working with interpreters.
- Identify the key components of working with interpreters.
- Apply the key components of working with interpreters in the workplace.

Learning Objectives:

- Understand the importance of working with former refugees.
- Identify the key components of working with former refugees.
- Apply the key components of working with former refugees in the workplace.

For more information:
www.eCALD.com

