

Voices

Newsletter

Te Ao Maramatanga
New Zealand College of Mental Health Nurses (Inc.)
Partnership, Voice, Excellence in Mental Health Nursing



PO Box 111, Edmonton Road, Auckland, Aotearoa New Zealand.
Webpage: <http://www.nzcmhn.org.nz>
Email: enquiries@nzcmhn.org.nz

Issue No. , Volume No. 7
April 2011

Editorial

By Chris Taua

Kia ora colleagues. My apologies for the long wait you have had for our first issue of the 2011 newsletter. I am pleased to be able to finally send you this issue albeit an abridged one. I personally would never have imagined the impact on our lives from those 24 seconds of the February 22nd earthquake. Many of us in Christchurch have lost friends and colleagues as well as homes. It has been hard and the media tells me I am resilient. Some days I am not. The people we care for, tangata whaiora, I am told are coping well; mental health staff in ChCh have been working very hard to support this. The future mental health for many others will tell its own story. Thank you to so many of you for your wishes and notes of concern. Thank you to NZ for the incredible donations.

PRESIDENTS COMMENT

By Daryle Deering

Dear colleagues

Firstly, I want to acknowledge all nursing colleagues, College members and other Cantabrians and their whānau and families as well as individuals from overseas and their families who have suffered losses in the February Christchurch earthquake. It is a time of sadness and grief - loss of people, pets, homes, employment, access to education and training, familiar haunts and buildings and, in reality, the city of Christchurch as we have known it. I have been thinking in particular of the family of Lisa Willems who lost her life on February 22nd. Lisa was a pioneer Nurse Consultant in the Canterbury District Health Board Specialist Mental Health

I want to acknowledge all nursing colleagues, College members and other Cantabrians and their whānau and families as well as individuals from overseas and their families who have suffered losses in the February Christchurch earthquake.

Services when I was a Director of Nursing Practice.

Dr Frances Hughes and Dr Margaret Grigg who are both mental health nurses will be providing

College supported workshops on *meeting the emotional needs of individuals, families and communities after a disaster: guidance for nurses on psychosocial emergency response*. Margaret coordinated the Victorian Governments psychosocial response to the bushfires and has provided training internationally. Frances has been involved in New Zealand and overseas in psychosocial emergency response at a policy and guidance level. Together, they have co-authored several publications on guidance for nurses on psychosocial emergency response (one article is available on the College website).

Jo has reported on a number of activities the College is presently involved in and we will continue to update you on these. Thank you to all who have provided initial input to the revision of the Standards. Feedback is currently being collated. Revision of the Standards is a high priority as they will provide the foundation for the College Certification, Accreditation and Credentialing Framework. My study leave in the US and my time to date in the President's role have reinforced the importance of a professional body for specialist mental health nurses. In our evolving health care delivery system the role of mental health nursing is undergoing change and expansion. Also, the increasing emphasis on primary care principles and continuity of care across service and sector boundaries for people with mental health care needs has implications for role relationships between generalist RNs and specialist mental health nurses as well as implications for professional development.

In a more flexible and fluid healthcare system with a central focus on health outcomes and providing accessible and responsive care to people who are in need of mental health services, quality monitoring systems are required to ensure that: 1) employers can be confident that generalist and specialist nurses can provide needed interventions, 2) individual nurses utilise contemporary practices at the level of intervention required, 3) specialist mental health nurses are able to provide consultation to their generalist nursing colleagues and, 4) practice environments support nurses to work to their potential. The proposed College Accreditation, Certification and Credentialing Framework is designed to provide such a system.

Daryle

Update from college administrator Jo Harry

1. **Standards Review** – as you will be aware the *College Standards of Practice for Mental Health Nursing in New Zealand* is in the final stages of review, and all members have had the opportunity to contribute during this consultation phase. We would love to hear your feedback, either individually or through your branch meetings. Catherine Coates (analyst) is currently making sense of it all and a report is due soon!
2. **Membership strategy** – as part of our membership strategy, Te Ao Māramatanga is wanting to target key areas to promote the College. If you feel your area/region would benefit from a visit from a committee member please let me know. Perhaps we could combine this with an education session on certification/credentialing/accreditation.
3. **WORKSHOPS** - *Meeting the needs of individuals, families and communities following a disaster—guidance for nurses*. These workshops are proving to be popular, share the flyer in this newsletter with your colleagues in other areas, spaces are filling fast. The Canterbury workshop is almost at capacity.
4. **Clinical diagnosis and MH/psychiatric nursing definition** – The College has finalised a position statement on clinical diagnosis following correspondence with Nursing Council and ACC. This can be found on the website on a new tab called POSITION STATEMENTS.
5. **AGM** – as the 2011 Conference approaches (6-8 July) I am reminded of the impending AGM. This is always a time for members to leave national committee and new recruits to join. The following vacancies are now open: NATIONAL COMMITTEE 2 MEMBERS. Applications can be found on website under RESOURCES>COLLEGE PUBLICATIONS.
6. **Fellowships** – and speaking of Conference, those nurses wishing to apply for fellowship may find the nomination forms and relevant information on the website under RESOURCES>COLLEGE PUBLICATIONS. Fellowship nominations are now open.
7. **Subscription Reimbursement** – for all those members who work in a DHB where your collective contract states that the DHB will reimburse your membership fees to Te Ao Māramatanga please email me and I can send you a standard letter that I have sent other members this year. I just insert your details about fees paid for a 12 month period. These letters are dated from 1 April to 31 March and will only coincide with our financial year.

WHAT'S NEW ON THE WEBSITE? www.nzcmhn.org.nz	Look on website under the following headings
College Alcohol Reform submission to Select Committee	News and Events
Waikato New Graduate nurses receive awards for excellence – membership to College paid by branch	News and Events
Standards of Practice for Mental Health Nursing in NZ – review and consultation	Homepage under heading NEW
NZCMHN CONFERENCE 6-8 JULY 2011 - DUNEDIN	2011 Conference
Nursing Review now available on line at http://www.nursingreview.co.nz/	
Like Minds now available on line at http://www.likeminds.org.nz/file/Newsletter-Archive/PDFs/lmlm-newsletter-42.pdf	Resources>Links

REMINDER – please update your details on the website – Have you moved? Changed your email address? Or email me and I can change for you. Remember you can contact me at admin@nzcmhn.org.nz. Thinking of all my ChCh colleagues.

Jo Harry
College Administrator
Te Ao Maramatanga NZCMHN
PO Box 83-111
Edmonton Road
Auckland

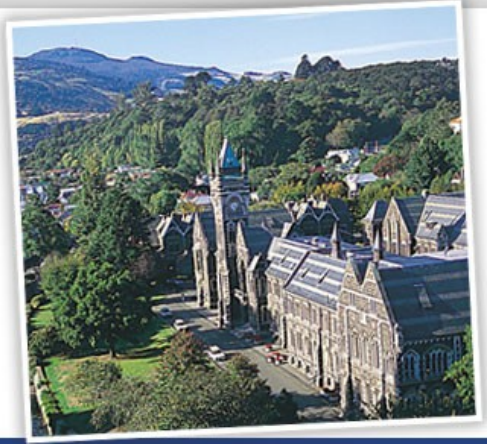


Southerly Change

Past, Present and Future

6 – 8 July 2011

The 3rd International Conference of
Te Ao Māramatanga, New Zealand College
of Mental Health Nurses Inc. (NZCMHN)



NZ College for Mental Health Nurses Conference 6-8 July 2011 Progress Report

Conference Theme and Branding

The Otago Branch of the College is looking forward to hosting the college conference in Dunedin in July. The theme for the conference is Southerly Change: Past, Present and Future. “The theme Southerly Change is about our location in the southern hemisphere, in NZ and in the south of the South Island. It is also about NZ mental health nursing practice being at the point of critical consciousness with mental health nurses taking their place as trend setters and determining the directions for MH nursing practice here in the southern hemisphere”.

Sponsorship

We have approached many organisations for sponsorship and are continuing to work hard on this. We have had a positive response to sponsorship so far and see this as an important avenue to assist with reducing registration costs.

Venue and Accommodation

The conference will be held at the St David Street Complex on the Otago University site. Accommodation will be in a variety of motels/hotels within walking distance of the University.

Programme

Our three keynote speakers are Martin Ward from Malta, Shirley Smoyak from USA and Dawn Freshwater from the UK. The three international speakers will all provide a half day preconference workshop as well as keynote addresses during the conference. The international guests will cover a range of topics including clinical leadership, working with family systems, developing critical consciousness and critical reflection and MH nursing practice comparisons internationally. The programme subcommittee are currently looking at options for national guests and the streaming of papers.

Social

The conference dinner will be held at the Otago Museum. We are currently investigating the option of guests having a tour of the tropical rainforest and Southern Land Southern People Gallery when they attend the conference dinner. For further information about the Otago Museum please visit www.otagomuseum.govt.nz

Fellowship Awards will be at the start of dinner.

For further information about the call for abstracts or the conference please visit

<http://www.conference.co.nz/nzcmhn11>

Can you help?

Mental Health Resources needed

The Mental Health Education and Resource Centre (MHERC) provides a free mental health Library and resource centre.

The entire library collection has been lost to the earthquake of February 22nd 2011. MHERC is currently waiting to move into a new premises and intends to continue to operate and they are looking to rebuild the collection from scratch. The librarian is seeking book donations on topics such as recovery, depression, bipolar (manic depression), personality disorder, schizophrenia, anxiety, phobia, obsessive compulsive disorder (OCD), agoraphobia, ADHD, children's health, parenting, abuse, violence, personal development, therapies and treatment, personal stories or any other topics of interest. If you can donate and/or know of any individuals or organisations that might be able/willing to do so, please contact Brandon directly: brandon@mherc.org.nz

They will appreciate any assistance.

<http://www.mherc.org.nz/>



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"It's snowing still," said Eeyore gloomily. "So it is." "And freezing." "Is it?" "Yes," said Eeyore. "However," he said, brightening up a little, "we haven't had an earthquake lately."

A A Milne



*Taranga Te Kumete o
Te Ao Maramatanga*



The Role of the College



Our objectives:

Represent the professional interests of psychiatric and/or mental health nurses in Aotearoa New Zealand and those enrolled nurses who work in mental health setting in Aotearoa New Zealand;

Promote and develop the identity of psychiatric/mental health nurses as specialists working in a clinical speciality field via representation and liaison; obtain recognition of the professional status of psychiatric/mental health nurses and to promote public awareness of mental health nursing;

Advance the educational and clinical expertise of members; promote and develop nursing codes of ethics, education and practice which are culturally safe and encompass the three articles of the Treaty of Waitangi and the principles of Kawa Whakaruruhau.

Approve national standards of practice taking into account the unique cultural, social and political conditions existing in Aotearoa New Zealand to guide members in their professional practice; develop and support research which may benefit the community and the profession;

Promote clinical career pathways within the clinical speciality field;

Promote awareness of the members about political decisions which may affect the clinical and professional role of those members;

Form links with other health professional bodies in Aotearoa New Zealand and internationally.

Nurstoons

by Carl Elbing



www.nurstoon.com

NEWS from WAIKATO

by Denny McNae

Graduate nurses receive awards for excellence

At the AGM for the Waikato branch of Te Ao Māramatanga (NZCMHN) Inc on Tuesday (14 December) two new graduate nurses from Waikato DHB were awarded a one year membership to the College.

Karen Celestial and Lee Liu were selected to receive the one year membership award based on both academic and clinical excellence.

It was a great to see the Waikato branch well represented with members from the DHB, Pathways and WINTEC.

With strong leadership from Moira, and supported by an excellent secretary and treasurer the Branch has gone from strength to strength, and is well positioned to keep growing and maturing.

I would like to thank our outgoing President and Secretary for their hard work and commitment, and welcome Lesley Bird (incoming president, *absent*) and Louise van der Berg (incoming secretary) for taking on these critical roles for the future.

It is also great to have the ongoing commitment of our fellow and college webmaster Chris Hattan continuing with the treasurer role.

Moira O'Shea (branch chair) with award recipients Karen Celestial and Lee Liu



Front row: Chris Hattan (treasurer since inception of Waikato Branch, Fellow NZCMHN), Moira O'Shea (outgoing branch chair after 4 years, Member of Education Board, NZCMHN), Jo Dillon (outgoing secretary after 4 years). Back row: Sarah Haldane, Annette Freegard, Helena Moon, Karen Celestial, Mark Kingston, Denny McNae (National Committee member), Louise van der Berg, Luren Reddy and Lee Liu

Note
Two other New graduates also received awards—they were
Sandra Heald (Lakes DHB)
and
Anne Greenwood (BOP DHB)

More News from Waikato Farewell from the outgoing chair

Final Chair report, Waikato branch December 2010.

At the end of my time in this role I am now feeling like I know what I am doing, what I am supposed to do and sometimes what is expected of me! However, I am also looking forward to being an active member of our Waikato branch without some of the responsibilities that go with Chair.

As I have been longer in this role I understand more the need for the College to grow and actively support and promote mental health nurses/ ing. There is a creeping trend for generic positions and I look warily at these - wonder about implications for our clients, and how the value of mental health nursing skills is seen. Is it enough to fill nursing positions...or do we need to fill nursing positions with nurses?

Over this last year we have been innovative, and if not increasing actual membership by many, have increased regular attendance levels at meetings. We are very lucky that we are able to hold these during the day, which allows members from local NGOs and other organisations to attend.

The branch provided excellent support for the very successful New Zealand Mental Health & Addiction nurse educators meeting held in September

We have restructured our meetings, which are now run for 2 hours each 6 weeks with a formal structure and specific focus on discussing correspondence & research/ articles provided through the College. With active members from the DHB, and 3 other organisations, including the local tertiary provider, we have varied experiences, philosophies and ideas expressed at the meetings and in discussions.

We hope to be able to raise enough money each year to continue being able to provide College membership to New Graduate nurses who have demonstrated a high level of academic and clinical excellence in mental health and addictions, and fingers crossed that they will continue and grow our membership.

The Waikato branch has had great support from Jo Dillon our secretary (who really does much of the work , while I take a lot of credit) so many thanks to Jo; and to our treasurer Chris Hatton, who provides us – in addition to our financial security – access to the latest technological wizardry. It's nothing for Chris to take out a piece of technology and immediately email someone for clarification as we are discussing something ...great time saver. Chris remains as branch treasurer.

Our new chair, Lesley Bird will bring a new primary mental health focus to our branch, complimenting the shared secretaryship of Louise van den Berg & Sarah Haldane – both tutors at WINTEC.

I know that the Waikato branch is in good hands, and will continue to grow and develop in the future, supported by ongoing communication and opportunities from the College/ Exec.

"I had a great time"

Moira O'Shea, outgoing Chair, Waikato branch, NZCMHN



REGIONAL REPORTS



Te Ao Māramatanga
New Zealand College of Mental Health Nurses (Inc.)
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WORKSHOP FOR NURSES BY NURSES

MEETING THE EMOTIONAL NEEDS OF INDIVIDUALS, FAMILIES AND COMMUNITIES AFTER A DISASTER

Guidance for nurses on psychosocial emergency response

Te Ao Māramatanga New Zealand College of Mental Health College is pleased to provide this timely one day workshop to nurses working in Primary Healthcare, General nurses and any nurse who may come into contact with communities following a disaster.

DR MARGARET GRIGG is a mental health nurse who has worked in Australia and internationally on psychosocial responses to emergencies. She coordinated the Victorian governments psychosocial response the 'Black Saturday' bushfires and has provided training to other countries including China after the Schewan earthquake. She currently works for the Victorian Department of Health as Director for Psychosocial Emergency Response and is an honorary professor at James Cook University.

DR FRANCES HUGHES is a mental health nurse and has been involved in New Zealand and overseas in psychosocial emergency response at a policy and guidance level. She was integrally involved in the NZ Deployment of nursing into airports for SARS response in 2004; she has been commissioned by WHO to provide guidance to nurses internationally post disaster- Indonesian Tsunami. Frances was part of the ministry working group on the development of the National Emergency response plan- guidelines for psychosocial emergency response guidelines. Visiting Professor- University of Sydney, Adjunct Professor – AUT, NZ. WHO PIMHnet facilitator

Margaret and Frances have co authored several publications on guidance for nurses on psychosocial emergency response for WHO, International Disaster Nursing Text and in the International Nursing Review.

VENUES – specifics to be finalised

Tuesday 7 June 2011 – Auckland
Wednesday 8 June 2011 – Wellington
Thursday 9 June 2011 – Christchurch
Friday 10 June 2011 - Dunedin

ONE DAY WORKSHOP 10am-4pm

COST - \$70.00 per person (Auckland, Wellington and Dunedin)

FREE FOR CANTERBURY NURSES

Te Ao Māramatanga NZCMHN®
PO Box 83 111, Edmonton Road, Auckland
admin@nzcmhn.org.nz



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REGISTRATION FORM

REGISTRATION – *please complete the information below and email by **Friday 27 May 2011** to admin@nzcmhn.org.nz. Please note all correspondence will be via email.*

NAME _____ POSITION _____

ADDRESS _____

WORKPLACE _____

EMAIL _____ PHONE _____

PLEASE TICK ONE OPTION (lunch and refreshments provided)

Tuesday 7 June 10am-4pm AUCKLAND \$70.00 ☐

Wednesday 8 June 10am-4pm WELLINGTON \$70.00 ☐

Thursday 9 June 10am-4pm CHCH – FREE WORKSHOP-no cost ☐

Friday 10 June 10am-4pm DUNEDIN \$70.00 ☐

PAYMENT

Cheque – made out to Te Ao Māramatanga NZCMHN and posted to PO Box 83111, Edmonton Road, Auckland.

Direct Debit/online

Account Name: Te Ao Māramatanga (NZCMHN) Inc.
Account Number: 12-3150-0185083-00

Details to appear on Payee's Bank Statement

Particulars: *Company/Employer Name*
Code: *Surname*
Reference: **Workshop June**

Te Ao Māramatanga NZCMHN®
PO Box 83 111, Edmonton Road, Auckland
admin@nzcmhn.org.nz

National Information Service and Resource Centre Coordinator
Mental Health Foundation NZ

www.mentalhealth.org.nz; kim@mentalhealth.org.nz

Kim Higginson DD (09) 300 7038

The Resource and Information Centre is located at 81 New North Road, Eden Terrace, Auckland. Open to the public from 9.00am - 4.30pm, Monday to Friday. Resource Centre
Phone (09) 300 7030.

Working to improve the mental health of all people and communities in New Zealand



Are you environmentally friendly?
Are you reading this newsletter online?
GREAT
As a reward here is a list of useful links.



[Te Ao Maramatanga: New Zealand College of Mental Health Nurses Inc](#)



[Mental Health Commission](#)



[Mental Health Foundation](#)



[World Health Organisation](#)



[Nursing Council of New Zealand](#)



[International Council of Nurses](#)



[Te Pou](#)

Nurstoons

by Carl Elbing



www.nurstoons.com

The College Boards

The three Boards are Professional Practice, Research, and Education.
The purpose of the Boards is to promote, support and develop the professional practice of psychiatric mental health nurses in the three key areas. In time this will allow the College to be responsive to professional issues.

Watch for updates!

Note from the Ed:

Lets make this your newsletter where you talk to your community rather than us doing all the talking.

Please send your comments, letters, regional reports to Chris *now* at tauac@msn.com or tauac@cpit.ac.nz

NOTE

Want to join the College? Membership information at

<http://www.nzcmhn.org.nz/53974/html/page.html>

Share your knowledge with the College:

Regional contacts

Auckland: Colette Adrain;
ColetteA@adhb.govt.nz

Waikato: Louise an der Berg
Louise.vanderberg@wintec.ac.nz

Rotorua: To be advised

Hawkes Bay: Justine Pack;
Justine.Pack@hawkesbaydhb.govt.nz

Central District: Stacey Wilson
S.Wilson@massey.ac.nz

Wellington: Eileen Weekly;
eileen.weekly@ccdhb.org.nz

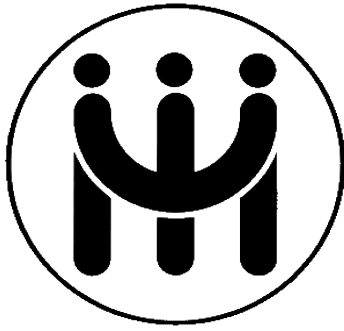
Christchurch: Mel Lienert-Brown;
Melanie.leinertbrown@cpit.ac.nz

Dunedin: Mel Green;
melanieg@healthotago.co.nz

Newsletter Group

Editor: Chris Taua
chris.taua@cpit.ac.nz

Co Editor: Stacey Wilson
S.Wilson@massey.ac.nz



CONFERENCE 2011
"Swimming Between the Flags?"

ACMHN's 37th International Mental Health Nursing Conference

Marriott Resort & Spa, Gold Coast, 4th to 7th of October 2011

"Ever wondered who decides where the flags should be positioned? Ever contemplated the safety of swimming just outside the flags? Ever decided to swim at the other end of the beach and ignore the flags altogether? Ever seen a rip swirling in close, creating havoc in seemingly safe waters?"

The imagery of the beach speaks to so much of what we love about Australia. It also provides a rich metaphor for our role as mental health nurses. The theme of this conference, *"Mental Health Nurses: Swimming between the flags?"* promises participants an exciting opportunity to contemplate and discover how mental health nurses from around the world are interpreting and responding to changing conditions in education, practice, research and management.

Mental health nurses are increasingly pushing the boundaries of their traditional scope of practice. Regardless of your role or the context in which practice, you will be challenged to respond to changing conditions in line with a changing world. As lifesavers, sitting on the beach amidst the sandcastles and cricket matches, with the binoculars trained on choppy waters watching for trouble - how do you prepare yourself to respond to the shifting 'flags' in the broader field of mental health care? As a profession, how do we support people when rips and dumpers develop between the flags?

Invited Speakers

Rufus May - Clinical Psychologist, Bradford District Care Trust's assertive outreach team and Honorary Research Fellow with the centre for community citizenship and mental health at University of Bradford

Sandy Jeffs - Has lived with schizophrenia and all its moods for over thirty years. She is a community educator who speaks to schools, universities and community groups and received an Australian Human Rights Commission commendation for her book *Flying with Paper Wings*

Debra Nizette – Mental Health Nursing Advisor, Office of the Chief Nursing Officer, Queensland Health.

Nick Bowles - Associate Lecturer in Mental Health Nursing at Institute of Technology, Tralee, Registered Mental Health Nurse, Academic, Clinician, Manager, Trainer and Researcher

Prof Dianne Wynaden - Mental Health Professor at the School of Nursing and Midwifery, Curtin University of Technology

Ass/Prof Jane Burns - Executive Director, Co-operative Research Centre for Young People, Technology and Wellbeing - Orygen Youth Health Research Centre

The *ACMHN's 37th International Mental Health Nursing Conference* will not only provide an enriching professional experience, with opportunities to networks and share ideas with colleagues, but it's fantastic location in one of Australia's premier holiday destinations offers a smorgasbord of sun, sand and surf at a glorious time of year. Join us at the Marriot Resort and Spa, Gold Coast from 4-7 October 2011 – you won't be disappointed!

<http://www.astmanagement.com.au/acmhn2011/index.html>

Kim Ryan

CEO

Adj ASSOC PROF

Australian College of Mental Health Nurses

Samantha Robson

Conference Secretariat

Ph: 07 5502 2068

Website: www.astmanagement.com.au/acmhn2011