



Te Ao Māramatanga

New Zealand College of Mental Health Nurses

April 2019

TE KARERE

Edition 1, Volume 1

## MESSAGE FROM THE PRESIDENT Introduction

Tēnā koe

Thank you for your continued support of Te Ao Māramatanga – NZCMHNurses. Thank you, Roberta, Jodi and Chris, for developing this College newsletter, your commitment to the work of the College is very much appreciated.

OUR SINCERE CONDOLENCES TO ALL THE PEOPLE WHO HAVE LOST LOVED ONES AND WHOSE LOVED ONES HAVE BEEN INJURED. THE LOSS OF 50 LIVES IS HARD TO COMPREHEND BUT A REALITY THAT WE ARE ALL FACING TOGETHER. OUR THOUGHTS ARE WITH YOU AT THIS TIME.

This message comes to you at a very sad moment following the tragic loss of lives and harm to many Muslim members of the Christchurch community. Our sincere condolences to all the people who have lost loved ones and whose loved ones have been injured. The loss

of 50 lives is hard to comprehend but a reality that we are all facing together. Our thoughts are with you currently.

I offer words of support and encouragement to members who are affected by this tragedy. This is a time to support you, our nursing colleague. I hope that you have the supports in place to help you currently. I am very pleased to see that the government has recognised the need to scale up mental health and psychological services during this time for the Christchurch community. Please feel to contact me directly if you need anything.

I firmly believe that we must continue to do all we can to help reduce and eliminate all forms of interpersonal violence. As nurses working with people experiencing mental health, addiction issues and people with disabilities we know that trauma impacts on our wellbeing. We know that historical and intergenerational trauma may continue to impact on the wellbeing of a person, their families, their whānau, their iwi, hapu, their communities. As a survivor of childhood and adult trauma I live with the impacts of those experiences every day, as do many people.

Sadly, trauma is a common experience in New Zealand, and no one should live in fear or have to live with

## THANK YOU

After several years of serving on the College board as President and **immediate Past President, Anne Brebner** has resigned from the board due to her work and PhD study commitments. We thank Anne for her commitment to the College and wish her well with her study that relates to the national Safe Practice Effective Communication programme.

memories of harmful events. The unthinkable act of violence towards Muslim members of the Christchurch community will hopefully act as a catalyst to reconsider and upscale the approaches we need to address our high rates of interpersonal violence experienced by babies, children, youth, adults in many sectors of our communities including on occasion in our workplace.

The College will play a role in reshaping our future. Feedback gathered from across New Zealand during the mental health and addiction inquiry will help reshape the profession of mental health and addiction nursing. Our role as nurses in addressing the impact of trauma on wellbeing will be part of our future. There are many opportunities ahead of us that will enable us to continue to make a positive difference in the lives. Remember as a member, you are the College, and I look forward to walking together with you on this journey ahead.

In closing, I would like to take this opportunity to advise you that after seven and half years of working at Te Pou o te Whakaaro Nui- National Workforce Centre for Mental Health, Addiction and Disability that I am leaving on 29 March to take up a position with the Department of Corrections as the Clinical Advisor- Mental for the

development of the new 100 bed mental health unit at Waikeria, just south of Te Awamutu. This new role provides me with an opportunity to utilise my speciality practice knowledge in Forensic Mental Health. In this new role I have support to meet my commitments as your President, but I do ask that you bear with me whilst I transition into this new role which I pick up on 1st April.

Although my two-year tenure comes up in this year, at this point and time I have decided to renew for another two years. Over that time, I am keen grow more professional leaders and openly welcome offers from members to assist with actualising our strategic plan over the coming years. Now more than ever we need our voice to be heard and together we can continue to achieve so much.

My email contact is [suzettepoole@nzcmhn.org.nz](mailto:suzettepoole@nzcmhn.org.nz) and phone contact is 027 510 3995

Ngā mihi nui  
Suzette Poole  
President

## BOARD NEWS



We welcome two new people to the board. **Kerry Cross picks up the role of Registrar.** The board considered and accepted an expression of interest from Kerry and this decision was endorsed by members at the AGM held in November. Kerry will also take a lead role in managing the website.

The Registrar role is an optional role that under our constitution the College may elect to have in place. Kerry will work closely with the College Administrator- Tracey Merlini and the board membership sub-committee to fine tune our membership process' and update our website.

**Michael O'Connell picks up the role as Treasurer.** In January the board considered and accepted an expression of interest from Michael to be considered for this role

following no nominations put forward from the membership. Michael will work closely with the College Administrator- Tracey Merlini to manage the College finances. We are in the process of appointing an accountant and an auditor.

A finance policy will be finalised shortly. We thank Jo Harry (previous treasurer) for supporting Michael to transition into this role.

We welcome **Hineroa Hakiaha into the role of Vice President.** In late November the board considered and accepted an expression of interest from Hineroa to be considered for this role following no nominations put forward from the membership. Hineroa has a long

history of commitment to the College including holding the role as Kaiwhakahaere. She is also a Fellow of the College. As vice president, Hineroa will lead the Fellowship process for the College and a call for nominations will be made in a few months in preparation for the 2019 College Conference. Hineroa previously held a Māori caucus board member role on the board which will be filled shortly.

### **Election of new board members**

This year will be holding an election for two national members as Tony O'Brien and Jodi Roberts' four year tenures come to an end. We encourage members to consider this opportunity to contribute to the College. Sarah Murphy, College secretary will provide further details over the coming months about the election process.

### **Board meetings**

Your board meet by phone conference every four weeks on a Monday from 7-8.30pm on the following dates:

8 April, 6 May, 3 or 4 June (Queens birthday on 3rd), 1 July, 29 July, 26 August, 23 September, 21 October

(TBC due to planning meeting on 30 September), 18 November and 16 December 2019. This year we endeavour to provide key messages from the meetings to members via our regular newsletters.

The board will hold their annual face to face planning meeting on 30 September 2019 in Porirua, the day prior to the conference.

AGM will be held on Wednesday 2nd October 0730-0830 over breakfast. Sarah Murphy, College secretary will provide further details over the coming months.

### **College strategic plan is now available-**

At the March meeting the board signed off on an ambitious strategy plan for the next few years. The plan includes our focus for 2019. You can find the plan here [Strategic Plan](#) which we will get formally designed soon. We encourage you to review and consider if there is anything that you would like to become involved with, as together I am confident that we can achieve many of our goals. This plan will be reviewed in October and new goals set for 2020. We will be seeking your feedback closer to the time.

## MENTAL HEALTH AND ADDICTIONS INQUIRY

You may be familiar with the Mental Health and Addiction report which is located here:

- [Mental Health Inquiry](#)

Several documents about the submissions are available also that include a report on Māori submissions and Pacific peoples' submission which provide for good background reading on what is needed in future services.

- [Submissions to the MH & A Inquiry](#)
- [Summary of submissions featuring Māori Voice - Oranga Tāngata, Oranga Whānau](#)
- [Summary of submissions featuring Pacific voices](#)

## FEEDBACK INFORMED TREATMENT

Clinical Nurse Specialist for the Lakes District Health Board Primary Mental Health Service (PRIMHIS), Joanna Price, has just earned her credentials to be a trainer in Feedback Informed Treatment (FIT) methodology with the International Centre of Clinical Excellence.



Clinical Nurse Director for Mental Health and Addiction Services Michael O'Connell says Joanna is the first nurse in the world to have completed the very challenging training programme.

FIT is a tool that monitors a client's progress by using their feedback and active participation to inform their treatment. The approach involves routinely and formally soliciting feedback from clients about: the process of therapy; the working relationship with the clinician; and the client's overall wellbeing.

Joanna says FIT is a patient centred approach to care focusing on the client's goals and needs as the client sees it. Once the clinician or therapist knows precisely the clients' needs, they're better equipped to adjust treatment accordingly. The approach makes sure the clinician is working alongside a person rather than focusing on what the clinician may see as the focus.

"It's very exciting because it's so patient centred and as clinicians we can constantly improve ourselves to get better outcomes for the people we work alongside. We can identify gaps in our own knowledge from feedback within the relationship, through the computerised programmes and individual data it produces which then informs deliberate practice. Deliberate practice will identify the coaching we need to fill our knowledge gaps. It is a move away from a medical approach to treatment," she says.

Joanna says the research confirms that utilising a FIT approach decreases DNAs and hospital admissions and also increases adherence to attending appointments and medication.

"It's checking in with the person; are we on the right path for you? Also, how do we know people are progressing unless we measure it? FIT is a measure of a person's outcomes and therapeutic alliance rather than a treatment modality."

Joanna says FIT requires a huge culture change in the way clinicians work alongside a person, even the language used is different. When people become a FIT clinician, there are several competencies that need to be adhered to, like other health care professionals' work competencies.

"It's just brilliant. It's a culture shift but it improves outcomes and you can't get better than that. Once people are exposed to FIT, they are excited about the opportunities and see it as extremely valuable in terms of helping set up care plans and clinicians adjusting themselves to work better for people. It has the potential to acquire information we would not have otherwise had."

Joanna says it's important to create a relationship with a person because having a strong alliance, encourages a culture of feedback, including being able to share negative aspects of the interaction.

"Creating a culture of feedback, especially negative feedback, takes work and time and a strong alliance. Research states the more you can engage and have a strong relationship or alliance with a person, the better the person's outcomes."

The Mental Health and Addiction service senior leadership team at Lakes has supported the implementation of FIT. FIT is currently being implemented in the Whare Whakaue Inpatient Unit with a plan to eventually roll it out across the whole service.

Michael O'Connell says this is a crucial development for Mental Health and Addiction services if we are to advance an outcomes culture. Further – this is a highly effective tool that Mental Health nurses can use that tangibly supports their commitment to growing the partnership of all service users, maximising their participation and enhancing the protective requirements of *Te Tiriti o Waitangi* - in the context of health care delivery.

“We have made a commitment to growing this structured, evidence-based approach to maximising clients’ feedback into their care. This process is specifically about growing consumers direct input into their care and the evaluation of clinician effectiveness. This is also an excellent fit with Te Ara Tauwhirota, the new model of care.”

“It keeps us on our toes as clinicians. There’s so much potential with the tools and the philosophical re-focussing on the client as the expert of their experiences. It’s the therapeutic version of the 360-degree review, we are constantly improving ourselves,” Michael says.

Having completed the course including four workshops, an exam and a video providing evidence of her competence, Joanna is a certified trainer and can now facilitate training sessions with groups of health professionals interested in advancing their practice.

The first structured training and implementation is occurring in the Inpatient Unit – which in itself is a first in Australasia.

Michael O'Connell  
March 2019

## National conference for 2019- 1st and 2nd October

We are delighted to announce that the Wellington branch has kindly offered to turn their usual annual regional event into a national college conference and work with the board to deliver another memorable conference.

Please find the first announcement here: [National Conference First Announcement](#)

## MESSAGE FROM THE EDITOR

We want to ask for an expression of interest for articles for the next newsletter. Articles can be sent to Roberta Clunie [roberta\\_pohatu@hotmail.com](mailto:roberta_pohatu@hotmail.com). Any queries please do not hesitate to make contact.

We also want to invite members to name the newsletter. Every name will be considered. We will announce it in the up and coming newsletter.