



# Te Ao Māramatanga

New Zealand College of Mental Health Nurses

## TE KARERE

### Message from the President

Kia ora College members

We acknowledge that this edition of Te Karere comes to you at a time of a global health pandemic and where your attention will be on the health and wellbeing of the people you serve each day as nurses and your whānau, family, friends and colleagues.

As mental health, addiction and disability nurses we know that the journey ahead will require us to reach deep into our kete of knowledge and skills. We have no doubt that our resilience will be tested, as will our ability to find calmness amidst the storm. We know that helping people find balance in their lives will require innovative approaches as well as using what we know works well. We know that instilling hope is central to our practice and that connection is a key to life and living. Together we will travel this journey, one step at a time. We will come through this time with new insights and along the way we will develop more skills and knowledge to add to our kete. We will celebrate the good things that we see and hear along the way, at work and at home.

Our practice as nurses is needed and wanted. We are an integral part of services now and will be much needed to assist in the recovery of the Aotearoa whānau when the pandemic ceases.

In spirit and in person we will hold each other together as the Aotearoa – New Zealand whānau of mental health, addiction and disability nurses.

#### **He aha te mea nui o te ao**

What is the most important thing in the world?

#### **He tangata, he tangata, he tangata**

It is the people, it is the people, it is the people

This edition we bring you several articles which we trust help to remind you that we are part of the whānau of mental health, addiction and disability nurses.

- Māori Caucus update
- Board comings and goings
- Profiles of new board members
- Congratulation messages to Frances Hughes and Heather Casey
- The 6th International Conference of Te Ao Māramatanga New Zealand College of Mental Health Nurses Inc.
- Nurse Profile: Vanessa Te Kāhurangi Kipa by Hineroa Hakiaha
- Special article: The 2020 referendum on the legality of cannabis use for personal use by Dr. Daryle Deering (On behalf of the Addiction Nurses Branch)
- Event Highlight: “Our Nursing Journey” “Te huarahi o te nihi” by Kerry Cross
- 2020 annual plan progress report
- Disability Nurses Branch news
- Credentialing Update
- Covid- 19 – College response so far
- Events calendar

We have decided to publish this document in this style to ensure that we can deliver to you our regular newsletter within our current resources. As we develop a new website, we will look at how we can bring you our newsletter in a format that may suit your busy working life.

We trust that you will find inspiration and insights from this newsletter.

Ngā mihi nui

Suzette Poole  
President

Chrissy Kake  
Kaiwhakahaere

## Māori Caucus update

Planning is well underway for our [Māori Mental Health Nursing Wananga](#) to be held at Te Tii Marae in Paihia- 25-26-27 November 2020. We will keep you posted as the programme evolves and registrations open. So, mark that date in your diaries now.

## Board comings and goings

As mentioned in our Christmas message we signalled the following Board changes. The College would like to extend their heartfelt thanks to outgoing board members for your dedication and time to voluntarily serve:

- **Sarah Murphy** outgoing secretary who has done an amazing job to keep the board meetings on track since 2018.
- **Jodi Roberts** has served as a Taiuiwi board member for four years and led out the creation of the college badges. Jodi continues being a committed and active leader member as chair of the Nelson Branch.
- **Tony O' Brien** has served as a Taiuiwi board member for four years, having previously served as the inaugural College President (2003-2006). Your continued commitment to the College is outstanding and we wish you well in your retirement.
- **Katrina Wahanui** has served as a Māori caucus board member since 2018. We wish you well in continuing your mahi as a Māori nurse leader.
- **Roberta Clunie** resigned from the board in February this year. Roberta has served as a Māori caucus board member since 2018. Roberta was instrumental in developing the College newsletter Te Karere and we miss her talent and skills greatly.

## Meet our new board members

At the AGM the following people were elected: **Emma McKenzie** as secretary, **Helen Hamer** as a Taiuiwi board member. **Velda Raybone- Jones** was earlier elected unopposed as Taiuiwi board member. On the 16<sup>th</sup> December we welcomed in **Menetta Te Aonui** as Māori caucus board member.



**Helen Hamer** is an independent nurse consultant with extensive years of clinical experience, teaching, supervision, and leadership in the consumer-clinician alliance to promote research that directly informs clinical practice. Helen has been with the College since its inception, she is a Fellow of the College and an active member of the Auckland branch. Helen's research interests are in social justice, rights, inclusion and citizenship, and supporting the development of mental health nurses' practice to offer a rights-based approach for the people we serve. Helen holds an honorary academic position at Yale University, USA where she conducts research and teaching within the Department of Psychiatry's centre for recovery and citizenship studies. Helen has experience in leading systems change to support the skills-base of all staff in the use of talking therapy and work more closely with primary care settings.



**Velda Raybone Jones.** Born in Germany I am of mixed heritage. My father is English and my mother Malay, I am also of Portuguese and Indian heritage. I qualified as a mental health nurse in 1995, in the UK. I have worked in a variety of settings including acute inpatient MH services and continuing care wards before choosing to move into Addiction Mental Health Nursing. I then moved to work in an inpatient detox facility with a group program, before setting up a consult liaison alcohol service in a large NHS hospital trust. I moved to New Zealand in 2004, with my husband. I have been privileged to work in different areas, such as primary mental health (Brief Intervention Service), crisis

mental health, and Community Alcohol and Drug Services (CADS). I was a motivational interviewing (M.I.) therapist in the United Kingdom Alcohol Treatment Trial (UKATT) and have enjoyed teaching M.I. in my workplaces here. I completed my post graduate study at Otago University, Christchurch where I gained my Masters. My research thesis looked at attitudes and opinions of a CADS workforce in relation to co-existing problems. I am currently the Charge Nurse Manager of Hamilton CADS. Outside of nursing I enjoy travelling, new experiences and different cultures. I also enjoy going to concerts and reading anything by Malcolm Gladwell.



**Kerry Cross** is currently working as an After-Hours Clinical Nursing Co-Ordinator for Mental Health Services in the Southern District Health Board. Married with two children, one granddaughter, and a few pets as I have a soft spot for animals. During my undergraduate degree I was employed as a mental health assistant in an acute mental health unit and began working as a Registered Nurse in 2009. I have continued studying, both for interest and achievement, and graduated with my Master of Nursing from the Eastern Institute of Technology in 2016. The title of my thesis is 'the impact of patient suicide on mental health nurses.' I have also successfully completed a Postgraduate Certificate in Health Sciences, endorsed in Cognitive Behaviour Therapy in 2018. I am comprehensively trained however I have always been drawn to mental health, which is where I have remained since graduating. My work experience has been on acute mental health inpatient units, the Mental Health Crisis team and a brief period at Ashburn Clinic, the therapeutic community here in Dunedin. Currently I hold an Expert Level PDRP, am a Clinical Supervisor, have an interest in Smokefree New Zealand and have been a Champion in this role for workplaces. I continue to study this year and am currently enrolled in a class to learn Te Reo Māori, which I am thoroughly enjoying. My passion for mental health nursing continues to grow as time goes on, and I am always looking for ways to improve standards of nursing and patient health outcomes. It is these interests that underpin my desire to be actively involved in the College, and to learn and share knowledge and experience with like-minded people.



**Emma Mc Kenzie.** I am a mental health nurse in Canterbury. I work as a ward nurse at Hillmorton Hospital in Intellectual Disability Services and have done for 3 years. Before this, I was a nurse aide in geriatric and disability care for 10 years. I also work in research for Otago University. I am involved in the Disability Nurses Branch of Te Ao Māramatanga and am a CLN, working towards promoting disability nursing as a profession in New Zealand. I have 5 degrees, including a Master of Health Science and was one of the first people to become a RN by the post graduate pathway offered by UC and Ara. My academic background, in addition to nursing, is in political communication, focusing on community resilience after natural disasters. I joined the Board at the 2019 AGM. I am passionate about the advocacy role that I have as a nurse, especially in mental health services, and the long-term health needs of lifelong service users.



**Menetta Te Aonui- Pepeha:** Ko Takitimu te Waka Ko Ngati Poporo te hapu Ko Kahuranaki te Maunga, Ko Ngaruroro te Awa. Ko Nukunoa te whare tipuna. Ko Korongata te Marae. Ko Ngati Kahungunu ki Heretaunga Te Iwi Ko Tamatea Arikinui te Tangata. Ko Menetta Te Aonui toku ingoa.

Qualifications Master of Arts (Applied) in Nursing, Postgraduate certificate in health sciences, Postgraduate certificate in Mental Health Nursing, Diploma of entry to specialist psychiatric mental health nursing practice, Bachelor of Nursing. Background I initially trained at Hawkes Bay Polytechnic then moved to Wellington and carried on my nursing training at Whitireia

Polytechnic in Porirua. I have also studied at Victoria University of Wellington & the University of Auckland.

I have 20 years' experience working in the mental health services; In-patient acute, Community mental health, Maori mental health, and early psychosis services, Youth Forensic Services, Forensic court liaison. At present, I am working in the first national youth forensic service in Porirua. I have a deep passion for workforce development for Maori mental health nurses and a passion in working with youth in the mental health services. I joined Te Ao Māramatanga in 2004 after receiving the Henry Rongomau Bennett scholarship as the first Maori nurse.

## Congratulations

We warmly congratulate two of our College Fellows who have been recognised for their outstanding contribution to mental health nursing.

Dr Frances Hughes, College Fellow and inaugural President of the New Zealand and Australia College of Mental Health Nurses (now superseded by Te Ao Māramatanga-NZCMH Nurses) was awarded a **Companion of the New Zealand Order of Merit** for services to mental health and nursing. Click here to read more [New Year Honours 2020](#).

Heather Casey, College Fellow, past President 2006-2010 and current board member has been recognised for her 'Exceptional Contribution to Mental Health Service in Australia or New Zealand' at the 2019 Mental Health Service Awards of Australia and New Zealand for service to mental health. Click here to read more [TheMHS Awards](#).

The 6th International Conference of Te Ao Māramatanga New Zealand College of  
Mental Health Nurses Inc.

1<sup>st</sup> & 2<sup>nd</sup> October 2019, Whitireia New Zealand, Porirua.

*Weaving the threads of wellbeing together- Mental Health, Addiction, Disability  
Nurses responding with hope for the future*

By Suzette Poole

Wow, the Wellington branch certainly worked hard to bring to you a memorable and successful conference all within less than a 12-month lead in. It was an absolute pleasure working with this great team: Whaea Mere Hammond, Carmel Haggerty, Menetta Te Aonui, Tony Heyward, Anna Kempthorne, Wendy Trimmer, De'arna Sculley, Catherine Fuller, Rebecca Davidson, Tracy Coleman and Jordan Griffiths from Whitireia/WelTec.



Tracey Merlini our College EA provided exceptional support in managing the registration process, finances and helping out on the day at the registration desk.

Thank you to our event manager -Jenny Stagg who came in and hit the floor running. We acknowledge the tremendous support from Whitireia/WelTec that assisted with venue, IT support, design and comms. We thank our sponsors who made the day possible. We thank organisations who supported us by way of having a stand. We thank our speakers, presenters, workshop facilitators who breathed life into the conference. We thank all those that attended. You made all the difference. Feedback included: *Inspirational speaker, great to hear his journey, seeing like-minded people who have similar work stories and Very organised*

Together we weaved the threads of wellbeing together through our listening, learning and

conversations. Through our fun and laughter and yes, through our dancing.

Conference Speakers included: Tony Heyward and Menetta Te Aonui, conference convenors; Chris Gosling, Chief Executive of Whitireia and WelTec; Margareth Broodkoorn, Chief Nursing Officer Ministry of Health; Nigel Fairley, General Manager for Te-Upoko-me-Te-Karu-o-Te-Ika - Capital & Coast, Hutt Valley and Wairarapa DHBs Mental Health, Addictions and Intellectual Disability Services; Dame Margaret Bazley, Patron of Te Ao Māramatanga -NZCMHNurses; Dr. Maria Baker, Pouwhakahaere Matua (CEO) Te Rau Ora; Dr. Sione Vaka, Senior Lecturer at Auckland University of Technology; Robyn Shearer, Deputy Director General of Mental Health and Addiction – Ministry of Health; Panel from Kites Trust: Tane Rangihuna, Paul Ellis, Helen Anderson, Hamish Thornton and Suzie Harris; and Kevin Allan, Mental Health Commissioner, Health and Disability Commission.

Details of the conference are still available on our website [2019 Conference](#) and our conference presentation is also available to view [2019 Conference presentation](#).



*International Keynote speaker: Matt Ball, Mental Health Nurse Practitioner*



*Board of Te Ao Maramatanga- NZCMHurses*

**Fellowship Ceremony.** At the 2019 conference we welcomed in four new fellows: Anne Brebner, Bartholomeus Van Gaalen, Henriette de Vries and Anna Kempthorne. We recognised their contribution to the profession of mental health nursing.



Check out the [Fellowship presentation](#) here

**Dinner speaker-** We were delighted that Patricia Grace a New Zealand Māori writer of novels, short stories and children's books could speak at our dinner. The speech was about inequity and she spoke of her childhood. An insightful and moving message that inspired many. Thank you, Patricia.



[Read NZ Te Pou Nuramura Patricia Grace.](#)

**Conference workshops.** At the conference we offered a menu of options for nurses to learn. These included: Solution focused Therapy, Assessment and treatment of substance use disorders; Making contact with psychosis: weaving together the threads towards a humane approach; Equally Well, Disability Nurses Branch workshop; On the frontier of mental health nursing: Are we fit for the future?; Mahi tahi tatau ki nga tohutohu, We will work together in what we are achieving; Primary Mental Health and Addiction Credentialing Programme with Lois; NESP- Nursing, Mental Health, Addiction, disability nursing- now and future; Which came first the addiction or the mental health problem?; Working with lived experience using co-design principles; Details of these workshops can be found here: [Conference workshops](#).

## Nurse Profile: Vanessa Te Kāhurangi Kipa by Hineroa Hakiaha

### Tōku Pepeha

Ko ōku pai maunga: ko Tararua, Taupiri, Pukeatua, Akatarere me Motatau

Ko ōku iwi: Ngāti Raukawa, Ngāti Māhanga, Ngati Mahuta, Ngāti Koroki, me Ngā Puhi

Ko ōku hapu: Ngāti Wehiwehi, Ngati Haua, Ngati Maniapoto, me Ngāti Hine

Ko ōku marae: Raukawa, Wehiwehi, Rukumoana, Tauwhare, Turangawaewae, Maungatautari, Pōhara, me Motatau

Ko ōku awa: Karapiro, Waikato, Manawatu, Waipawa, Takirau, me Waitangi

Ko ōku waka: Tainui me Mataatua

Ko Joanne Wilcox rāua ko Thomas Selwyn Tengore Kipa ōku mātua.

Ko Vanessa Te Kāhurangi Kipa ahau

Vanessa was born and raised in Porirua. She attended local schools in the area along with her tuakana (eldest) and teina (younger) siblings. She was raised by her mother Joanne and father Thomas, along with her 6 siblings. As a young adult, she became a parent. Following the separation from the father of her tamariki (children) 8 years earlier, she became a solo parent raising 6 tamariki, 5 of her own and her Whāngai (adopted) whom is her niece (Te Raukura).



Vanessa's eldest son Kavana (20 years) is a second-year student at Victoria University, Wellington; Vallon (13 years) attends college; Te Raukura (12 years), Aavron (11 years) and Ahla and Mila (9 years) attend primary school. Her tamariki are the driving force behind Vanessa's will and determination.

The nursing journey began for Vanessa, when her twin girls (Ahla and Mila) had turned 5 years old. Vanessa decided that she needed to provide financial stability, she needed to pursue a career to support her whānau. She had trained as an administrator, involved in

office administration work most of her adult life. Vanessa wasn't particularly keen to continue down the admin pathway and said to herself, "there must be more to work that is meaningful and helpful to people".

She saw an advertisement for a mental health support worker. She had no experience in health, but curiosity got the better of her and she applied. She worked for 5 years as a mental health support worker, gaining experience and skills. After a year and a half working in her mental health support role, she started her nursing degree with Whitireia. She was encouraged by her service manager and mental health nurse (Bonita Ralfe) to go and train to become a nurse. The journey was hard and consisted of study, work and raising her tamariki on a strict budget.

Her mum (Joanne) was her biggest support, financially and emotionally. She would often help to take care of Vanessa and her tamariki.

Joanne was a strong Māori wahine (woman) and a role model for Vanessa. She was her rock in her life and throughout her training. Vanessa lost her mum 6 months into her final year of her nursing degree, to Endometrial Cancer. She shared how she experienced grief, and how she had become depressed from the loss of her mum. She felt she didn't have the strength to continue and wanted to drop out. However, she had promised her mother she would finish the journey. With the support and encouragement of her tuakana, tamariki, whānau, her nursing peers and tutors of the BN

Māori programme, she completed her studies successfully and is especially grateful, to those that supported her through that sad time in her life.

During her preparation for the nursing State Exams, she also thought about future employment as a Mental Health Nurse. This compelled her to apply through the ACE programme to complete post-graduate studies. She is a new graduate nurse on the NESP programme with Capital and Coast DHB. She is on her first rotation working with Te Whare o Matairangi, an Acute Adult Mental Health Unit at Wellington Hospital, and she loves it. Vanessa is enjoying the learning.

The NESP programme is helping her to develop her nursing skills, her pharmacology knowledge and strengthening her interpersonal relationships with tangata whaiora. She views her role as culturally important and is sensitive to the needs of tangata whaiora. She continues to treat them with dignity, respect, and as whānau. Vanessa also believes that she makes a difference for Māori tangata whaiora as she understands Māori culture, enabling her to meet their cultural needs and knows the importance of kaumātua assistance to support tangata whaiora. She mentioned how pronouncing

#### Special article:

### [The 2020 referendum on the legality of cannabis use for personal use by Dr. Daryle Deering \(On behalf of the Addiction Nurses Branch\)](#)

The national referendum on the legality of cannabis for personal use will take place at the 2020 election. The referendum process includes a Cross-party reference group; stakeholder engagement/expert consultation; stakeholder feedback and a draft finalised; release of final documents and public education. There will be a simple Yes/No question on the basis of the draft legislation (Bill) released in December 2019. The finalised question will be *Do you support the proposed Cannabis Legalisation and Control Bill?*

Māori names correctly, can bring a smile of affirmation for tangata whaiora in their sometimes not so well space. She understands how valuable cultural healing can be for some Tangata whaiora, she encourages and supports alternative therapy such as mirimiri and Rongoā.

Vanessa acknowledged the privilege of her undergraduate degree journey with the Bachelor of Nursing Māori programme, under the leadership of forensic mental health nurse Shayola Koperu, who along with experienced Nurses Kay Laracy, Trudy Scott and Sandra Waayer, helped to shape, grow and develop Vanessa to become a Neehi (nurse) Māori, enriching her with the ability to effectively nurse and walk in two worlds, that of Māori and non-Māori.

Vanessa continues her nursing journey with her tamariki, providing financial stability for her developing whānau, she knows she is a role model for them. She also remains humble in her role as a neehi Māori.

She is proud that she is now a member of the nursing community, contributing to the development of the Māori health professional workforce. She is comforted in her belief that her mum would be proud.

Cannabis is the most common recreational drug used by New Zealanders after caffeine, alcohol, and tobacco and the most commonly used illicit drug. Currently cannabis use is controlled under the Misuse of Drugs (1975) and, although there is a presumption against imprisonment, use carries criminal penalties (including imprisonment) for possession as well as supply. Mental health and addiction and disability nurses need to Act be well informed in order to respond to the referendum question and to provide



information to others. Misinformation or information distortion will become more and more prominent as the election becomes closer within the context of promoting 'law and order' versus health and wellbeing and minimising harm.

Draft Bill: Legal changes proposed in the draft Bill are in accord with changes internationally in drug law reform. The primary objective of the legislation is to reduce overall cannabis use and limit the ability of young people to access cannabis. The emphasis is on harm reduction and education and implementing a strict but pragmatic regime. New Zealand would be positioned between the more state-controlled, anti-profit regime in Uruguay, and the recently enacted Canadian model, which does allow for private companies to grow, distribute and sell cannabis and cannabis products. Some parts of the regime would not be decided solely by the Government through the legislation. A regulatory body, along with an advisory committee and an appeals body, would make decisions on what cannabis products (such as different sorts of edibles) could be legally sold, and who could gain a licence to manufacture and sell. A levy would be ring-fenced and directly fund harm reduction work and education programmes. The administration and monitoring costs would be covered by licensing fees. Some of the things yet to be worked through are workplace drug testing regulations and drug driving regulations and testing.

Key aspects of the Bill: A legal age of use and purchase of 20 (unlike alcohol, cannabis could not be consumed under the legal age); The amount each person could purchase would be limited to 14 grams per day – which is the weekly consumption of a regular user. Those who wanted to grow their own plants for personal use would be restricted to two plants per person, or four plants per household. Along with the restrictions of age and amount, other key aspects include regulation of the potency of cannabis products; a state licensing

regime for all stages of cannabis production and manufacture i.e. controlled by the Government; the restriction of the consumption of cannabis to private homes and specifically licensed premises and restriction of sales to licensed physical stores only – so no online sales; the inclusion of health and harm minimisation messaging in the marketing and retailing of cannabis; regulated sale of cannabis plant and seed for home cultivation, including the requirement to keep children and underage individuals safe and a complete ban on cannabis advertising and restrictions on marketing and; no importation of cannabis unless by a government-licensed wholesaler for the current market to minimise the consequence of an illegal trade. Also, that the model must provide equity and improve opportunities for Maori.

Key questions for nurses to consider:

1. Why do some people continue to believe in a hard-line law and order approach when prohibition and 'the War on Drugs' approach has failed? This approach treats people who use illicit drugs as criminals and is not in line with caring about public health and social justice, and results particularly in criminalisation of young people and Māori. Māori experience more criminalisation and the resulting social harms than other ethnicities.
2. Is continuing to leave cannabis for the black market to control versus strictly regulated, legal cannabis' consistent with a compassionate model that focuses on health and harm minimisation?

The draft Bill is available at [Referendum on the proposed Cannabis Legalisation and Control Bill](#). In addition, very good information on cannabis law reform is provided by the NZ Drug Foundation, which has been influential in calling for change [Drug Foundation](#), and also by Chloe Swarbrick, Green Party spokesperson for Drug Law Reform, Helen Clark, former Prime Minister and in conjunction with the Helen Clark Foundation.

## Event: “Our Nursing Journey - Te huarahi o te nihi” by Kerry Cross RN MN, Registrar



Mental Health Addictions & Intellectual Disability (MHAID) Nurses’ Days were held in Dunedin and Invercargill on 17th and 18th October respectively. These days were proudly supported by Te Ao Māramatanga New Zealand College of Mental Health Nurses.

The days were started with Celeste Crawford from NZNO speaking about the Social Media Trends in Nursing, followed by Jacqui Cooke, Maria Baby, Cath Allwood, Debs Cracknell and Karyn Whatson each sharing their ideas on clinical practice from their own research.

After morning tea an interactive session was held by Steve and Bernie, Nurse Educators for Southern District Health Board, where attendees used their cell phones to partake in a real-time survey, while results showed on overhead screens. Following this session was ‘a trip down memory lane’ as Marilyn Bartlett provided a photo montage of the history of nursing in the Otago area. On the Dunedin day,

one of our New Graduate Nurses, Fiona Armon, shared her experience of her nursing journey to date, while in Invercargill the following day Hannah Pearce and Narissa Webber spoke about their journeys.

Jane Wilson, Chief Nursing and Midwifery Officer, addressed the group after lunch to reflect on nursing and talk about the journey into the future. This session was followed by a ‘walk of fame’ where nurses working in the Southern District Health Board were acknowledged for their achievements.

The days were very successful and provided excellent opportunities for networking with old friends, and making new ones. Mental Health Addictions and Intellectual Disability nursing is changing, we as nurses need to be part of the future by having a voice in this process.

## Progress on 2020 Annual plan

Our plan for 2020 is ambitious and we are making good progress on several activities. Our intention was to present you with a well-designed plan however due to the current crisis we have decided to release in a draft format to enable our members to see how your

contributions enable the College to achieve our vision and functions. Our strategic plan is a Poutama and the following are key activities currently underway in each of the steps. Click here for [2020 Plan](#)

## Spirit of partnership & working relationships are founded on Te Tiriti o Waitangi

Through our close relationships with Te Rau Ora, Maori Nursing Leaders, Nursing Council of New Zealand, Ministry of Health we continue to work collaboratively on initiatives to grow & develop the Māori Mental Health Nursing work force.

We have commenced planning for the 2020 Māori Mental Health Nursing Wananga which will be held at Te Tii Marae in Paihia- 25-26-27 November 2020.

We will ensure that the planned refresh of the Mental Health Nursing Standards of Practice (2012) continues to be underpinned by Te Tiriti o Waitangi.

We will ensure the planned review of our constitution is underpinned by Te Tiriti o Waitangi.

We are contributing to the Nursing Council of NZ's two-year project to review the preparation of new registered nurses for the workforce which includes kawa whakaruruhau (cultural safety). [Guidelines for Cultural Safety](#).

We will ensure that the new College website is underpinned by the Te Tiriti o Waitangi  
We will ensure that the credentialing programme is underpinned by Te Tiriti o Waitangi

We are continuing to partner with Te Rau Ora on Tuia o te Marama (Oral History) project [Tuia Te ao Mārama Oral History of Māori Mental Health Nurses](#).

We are continuing to maintain & grow relationships with Australian Indigenous Nursing groups  
We are continuing to maintain & grow relationships with international Indigenous Nursing groups

## Valuing nurses working in and toward enhancing mental health, disability needs of New Zealanders

We are planning to honour Māori Mental Health Nurses with Whetū Kanapa awards at the Wānanga in November 2020 in Northland.

We are in the process of developing an expression of interest to contract someone to undertake a refresh our Mental Health Nursing Standards of Practice (2012) in consultation with College members. This work will include the development of a set of values for the College that sits alongside College function & standards.

We are contributing to the Nursing Council of NZ's two-year project to review the preparation of new registered nurses for the workforce which includes cultural competency. The College will be part of a group that will progress this work. Of note that sector feedback gathered by the Nursing Council signalled overwhelming support for greater inclusion on Māori cultural content and mental health content. Whilst largely silent on addiction and disability the College will draw on the expertise of the addiction and disability nurse branches. [Nursing Council: Feedback workshops on future nurse education in Aotearoa New Zealand](#).

We are profiling nurses supporting people with mental health and/or addiction needs, people with disabilities & their families, whānau & community. [Nurse Profiles NZCMHN](#)

The Directors of Mental Health Nurses have recently agreed to collect profiles of nurses for us to publish on our website as well as those that we profile. Health Workforce New Zealand is planning a four-year recruitment campaign for mental health nurses that will also include nurse profiles. The College is a member of the group that will work with HWNZ on this campaign. The Year of the Nurse activities also will include profiling mental health, addiction and disability nurse leaders. Remember we have numerous profiles of inspiring nurses available to read in all editions of [Handover](#) that can be accessed in the Members' area of the College website

The successful host branch for the 2021 national conference will be announced shortly.

Planning for the addiction national forum in Wellington in October 2020 is underway.

Planning for the disability nurses' national forum is underway.

## Te Ao Māramatanga is the professional body for nurses working in and toward enhancing mental health, disability & addiction of New Zealanders

The President and Kaiwhakahaere represent the College on the National Nursing Leaders' Group

- We attend quarterly face to face one day meetings in Wellington.
- The College is on the committee to design an education consensus workshop for pre-registration of nurses. This was planned for early May and has now been deferred to August.

We are part of the steering group led by the MOH-Office of the Chief Nursing Officer to support the 2020 Year of the Nurse campaign and [Nursing Now campaign](#). We have some key activities in the pipeline that link with the work already underway within the 2020 annual plan. We are interested in your ideas so please let us know.

Check out this link [Ministry of Health – History of New Zealand Chief Nursing Officers](#).

We attend quarterly meetings with the Directors of Mental Health Nursing.

We have provided feedback on Mental Health Act guidance document and contributed to the development of a letter from the Mental Health Foundation to Minister of Justice regarding the pilot project to arm Police. Both documents can be found here [College Submissions](#).

We are a member of the Health Quality & Safety Commission's Mental Health & Addiction Quality Improvement Programme key stakeholder group that meets six-monthly.

We have yet to lobby to MOH for an increase in funding of education and training of nurses to support people with mental health, addiction needs & people with disabilities.

We have yet to lobby for an increase in funding to enable nurses to develop a range of therapeutic approaches

We have attended a Health Workforce New Zealand workshop regarding a four-year recruitment campaign for mental health nurses as one activity to address the shortage of nurses to support people with mental health & or addiction needs & people with disabilities. We have started work to expand the College

credentialing programme to develop primary care nurses and secured funding to do so.

We are yet to update current MOUs & identify further opportunities to create MOUs.

On 30 October 2019 we met with the Minister of Health Hon. David Clark. This year we have yet to set up meeting with relevant MoH departments and personnel, i.e. Mental Health & Addiction Directorate, MH Commission, Deputy Director General office at the MOH and Minister of Health.

We have not progressed our efforts to collaborate with DoMHNurses to update a position statement on professional supervision.

We have yet to design an information sheet for members on stakeholder relationships.

We are finalising the research fund form and will re-promote shortly.

We are finalising the Rita McEwan – NP fund form and will re-promote shortly.

We are in the process of developing an expression of interest to contract someone to undertake the writing of a paper on Mental Health, Addiction & Disability Nursing building on the Mental Health Nursing Framework discussion document (2006) and two workshops held at the 2019 conference.

We have not progressed building our relationships with the Australian College of MH Nursing since attending the conference in October 2019 and meeting with the President.

We have not progressed building our relationships with international Mental, Addiction & Disability Nursing groups.

We progressed building some of our relationships with people with lived experience of mental health, addiction and people with disabilities and peer-led organisations. We greatly appreciated the support from Kites Trust at the 2019 conference who provided an informative panel session for participants. Matt Ball, keynote speaker, provided insights into his experience as a nurse and a person with lived experience. Tane Rangihuna from Kites Trust and Whitireia NZ was a great MC at our conference dinner and supported the conference programme.

## Te Ao Māramatanga is relevant, thriving and sustainable

We are in the process of developing a manager position that will also support College events and the College Credentialing programme. We plan to advertise this role within the next three months.

We have engaged a new accountant Michelle Hill from BDO in Rotorua who will help streamline our finance systems and prepare out accounts for our annual audit which is required for an Incorporated Society. Our 2019 financial accounts and audit will be available in the Members' Area of the College website shortly.

We have engaged our auditor who will commence audit with the next six months. A report will be available for the 2020 AGM later this year.

We have engaged a legal firm, Shelley Greer, Senior Solicitor from GallieMilles in Te Awamutu to provide legal advice to the College as required.

We are in the process of seeking support from a Human Resource expert to help us with contracting of people to work for the College.

We will announce the date of the AGM shortly.

We have commenced work on improving our emailing system and e-file system and the board is currently considering a proposal.

We have contracted an organisation to help us find a suitable website designer and the board is currently considering this proposal.

We are aiming to produce a quarterly newsletter- [Te Karere](#).

We will commence development of desk files for all College roles and templates for meetings once a manager is appointed.

We will continue to identify what tools resources / are needed to support nurses in practice, please do let us know your ideas on this please.

We purchased a range of resources to promote the College i.e., lanyards, posters etc that were made available at the 2019 conference. We purchased badges for College members, and these are being distributed to new members. If you would like one, please let us know.

We have supported branches by way of funding branch chairs to attend a planning day prior to the 2019 conference and attend the conference. We are working with branches to centralise their funds into the main account as part of streamlining our finance management system. Each branch will have a cost code so their funding would be ringfenced. We will be working with branches to develop an annual plan and put forward a budget to deliver on planned activities for the board to consider. We note that Midcentral area and Canterbury areas each have over 10 college members and will support the formation of a branch in each of these areas. If you are in these areas and keen to take a lead, please feel free to contact us. There has been interest in developing a branch for nurses working with older people and the board is awaiting a formal proposal to consider.

Our membership sits at 277 as of March this year and we are continuing to identify ways to grow membership.

We continue to support the national [Addiction Nurses](#) and [Disability Nurses](#) branches.

We continue to host a College page on Facebook social media.

## Primary Mental Health and Addiction Credential Programme Update

by Lois Boyd

Kia ora from Sunny Nelson, I've been thinking of you all over this time and just want to give a quick update on Credentialing.

As you might expect, the face to face aspects of the programme are currently paused until it is safe to continue. Coincidentally we had just added 4 eLearning packages to the online login in February. These packages were funded by Comprehensive Care, with hosting picked up by the College.

The eLearning is designed as pre-course learning and covers information on Depression, Stress and Anxiety, Problematic Substance Use and Transitioning New Knowledge into Practice.

The packages are available to nurses enrolling in programmes this year and re-credentialing nurses to use as a refresher.

There are some nurses in lockdown, who I'm assisting to complete their credentialing

submissions. I'm also working on finalising a few assessments and spending time updating and developing the programme for when nurses are able to re-engage.

Happy to hear from any members at any time regarding the programme or anything else you think I might be able to assist with. I don't expect to hear from any frontline staff and leadership as appreciate how busy you all are, but if there is anyone out there that is in lockdown and wants to learn more about the programme and how it works, talk future programmes etc, I'd be happy to hear from you to discuss what might work in your region in the future.

Personally, I'm in the strange scenario of actually being less isolated as the whanau are all home with me, when I'm usually in my home office alone during the day. Take care, stay safe and I'll be here if I can help.

## Disability Nurses Branch News

by Emma McKenzie (On behalf of the Disability Nurses Branch)

Nurses in the field of intellectual, learning, neurodevelopmental and other disabilities have been driven to create a collective voice with the aim of achieving a sense of identity for nurses who work in this sector. The establishment of the Branch, first considered nearly ten years ago, was achieved in 2018 with the launch of the National Disability Nurses Branch (NDNB) in Te Ao Māramatanga – New Zealand College of Mental Health Nurses. The Branch hosted their first successful national seminar in Christchurch in 2019 which focused on ageing with a disability in regard to dementia screening, health assessment and service delivery considerations for this population and their networks of support in achieving quality of life outcomes. Attendees were from a range of

providers, including NGOs and DHBs which allowed nurses and other health professionals, who may have limited contact with one another in their day to day roles, to network and engage in discussions and planning for the long-term care of those they support. The seminar could not have come together without the support of the College including Suzette Poole, Tracey Merlini, Ingrid Moody, Sandy Smith, Judy Garriock and Kim Fuller – the latter four, all of whom are founding members of the Branch.

Henrietta Trip, also a founding member, is currently the Chair of the National Disability Nurses Branch and has been but one driving force behind its development. With an extensive clinical background in disability nursing, Henrietta is a Committee member of

the NZ Division of ASID (Australasian Society for Intellectual Disability), a member of the Health SIRG (Special Interest Research Group) and a Senior Nursing Lecturer at the University of Otago, Christchurch (UOC). The focus of her PhD was about identifying perspectives of ageing and future aspirations for people with an intellectual disability (ID) and those they identify as family. In short, people with an ID are living longer. The planning and future impacts of ageing affect all members in this network the person with ID and their family/whanau who have a unique, reciprocal and intergenerational caregiving relationship. The futures of all parties in this relationship face challenges which may include physical and mental illness as well as systemic issues – all of which impact decision making (Trip et al., 2019). Therefore, a real concern for people with disabilities and their families is that there are inadequate resources to identify or which can be responsive to the needs of people ageing with a disability.

The majority of people with an ID reside with someone they identify as family/whanau. The median age of people living with some form of disability is 57 years for Europeans and 45 years of less for all other groups. The average life expectancy for a person with a learning (or intellectual) disability in New Zealand is approximately 59 years of age. Sometimes the changes in experience as a person gets older are attributed to their disability or impairment rather than as a natural part of the health and/or ageing process – Krahn et al. (2006) termed this 'diagnostic overshadowing'. Although there is limited training for nurses to work in this field, the need for nurses is still in demand. Henrietta sees nurses in this (almost) forgotten specialty as consistently balancing

the needs of the population to ensure they receive access to comprehensive physical and mental health care that enables choice, health promotion, education and being advocates and partners within community, primary, secondary and tertiary health setting.

Henrietta co-ordinates a post graduate paper *Intellectual Disability: Theory into Practice* (UOC) and recognises that there is a distinct lack of undergraduate and post graduate education in New Zealand about ID across health disciplines. Providing this paper allows part of this gap to be filled. However, as the population ages, reviewing the education for health professionals is urgently needed. The establishment of the Branch is a crucial step towards having these discussions and strategically working to inform the future of disability nurses and for whom they care.

The NDNB currently hosts regular meetings in Christchurch and Auckland to enable nurses to get together on a regular basis, to inform the work of the Branch, network, share ideas, resources and provide learning opportunities. The first national seminar enabled disability nurses from all over the country to discuss these issues and informed a submission for the New Zealand Health and Disability System Review. Ensuring equitable health care for people with a disability and reviewing the training, education, recruitment and retention of nurses to the specialty was a strong theme of the submission. As a professional body, the National Disability Nurses Branch aims to strengthen the discipline to respond to future challenges for both population and service delivery.

## COVID- 19 Update on College approach so far

Key points of what we are doing as a College currently:

- The President (Suzette) and Kaiwhakahaere (Chrissy) are part of the National Nurse Leaders group that are meeting weekly with the Office of the Chief Nurse. If you have any issues that you want raised at the meeting please email [suzettepoole@nzcmhn.org.nz](mailto:suzettepoole@nzcmhn.org.nz)
- The College has set up a tab on its website [COVID-19](#).
- The College remains open and we are developing a contingency plan.
- Our board are mainly in front line roles in the practice settings and their priorities are with the work they need to do. Therefore, we anticipate some delays in completing the activities in the 2020 annual plan.
- The President (Suzette) is currently working from home as her work is around a project and will be involved in supporting the Department of Corrections Health Team members as required.
- The President (Suzette) is available to College members in the evenings and weekends if you would value some support by phone or email [suzettepoole@nzcmhn.org.nz](mailto:suzettepoole@nzcmhn.org.nz)
- We are trying to link up with other mental health nursing organisations globally to see what they are doing.
- We encourage you to share with us what is working well so we can share these stories with others on the website.
- The Disability Nurses branch has signalled to the MOH their concerns around the people they work with and access to personal protective equipment (PPE).
- We encourage you to access the Ministry of Health Website for updates [COVID-19 \(novel coronavirus\)](#)
- We will use the [COVID-19](#) page on our website to advise you of anything changes.
- **Please let us know if there is anything further, we can do to support you.**

## The College board meeting dates

Your board meets monthly from 7-8.30pm: February 17, March 16, 20 April, 18 May, 15 June, 20 July, 17 August, 21 September, 19 October, 16 November and 21 December.

## Events calendar

We have put together an events calendar which is updated on a regular basis. This is available in the Members' Only area of the College website. You will need to log in to view the full year [Calendar of Events](#).

## Call for articles for June edition

If you have any articles for the next edition please feel free to send these to us by end of May [suzettepoole@nzcmhn.org.nz](mailto:suzettepoole@nzcmhn.org.nz)

Thank you for taking time to read this edition of *Te Karere*. Keep well.