

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.
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Kia ora colleagues, I wanted to raise a couple of issues in this month's editorial concerning the ever simmering pot of family inclusion. The Mental Health Foundation have just released their latest research pertaining to discrimination within and toward families of people diagnosed with a mental illness. It is titled: "Walk a mile in our shoes" and written by Heather Barnett and Alex Barnes. The publication is on the back of other Foundation research such as "Respect costs nothing" in 2004 and "Fighting shadows" in 2008, both carefully authored by Peterson and colleagues. 'Walk a mile in our shoes' is a lengthy report but is well set out and has quality data and dialogue cited throughout from participants, a feature of publications from the Mental Health Foundation. Briefly, the report covers the presence and meaning of discrimination from a family perspective. The beginning section covers the experience of discrimination

within families and follows on to discuss discrimination toward families. Three key sources of discrimination are cited and include: societal norms, media stereotypes and communities, extended family/whanau, and critically for us – mental health services. Mental health 'care' is cited as the most prominent source of discrimination towards families and includes the dominance of the biomedical model, an absence of holistic approach and a lack of cultural safety. Given we as nurses remain the largest professional group in the mental health workforce it's our business to read and consider mental health research that reflects feedback on our professional practice. The sometimes conflicting feelings we have towards service users and families can shape our professional responses and having a read of this document provides the opportunity for us to consider the complexities and tensions that family discrimination may present. There are some good strategies toward the end of the document which identify various ways to counter discrimination including social networking, integrating Whanau Ora and generating empathy within our professional relationships. To read 'Walk a mile in our shoes' you can go directly to the Mental Health Foundation website www.mentalhealth.org.nz or email the Foundation and request some copies for your team to resource@mentalhealth.org.nz

Editorial

By Co Ed Stacey Wilson

Mental health 'care' is cited as the most prominent source of discrimination towards families and includes the dominance of the biomedical model, an absence of holistic approach and a lack of cultural safety

PRESIDENTS COMMENT

By Dr Daryle Deering

Firstly I want to thank Mel Green (National Committee treasurer) for her willingness to be co-opted into the Vice President role. She will be assisting David Warrington in linking with the Branch Chairs and providing input to the Standards Project as well as providing support for my role. Mel has a Nurse Educator role for the Mental Health and Intellectual Disability Service and is based at Dunedin Hospital. It was great to see the interest in Board membership and we will be looking at closer links between the Boards and National Committee.

Since my last report I have focused on assisting Mo Petit with developing the background document for the Standards review; supporting the Accreditation, Certification and Credentialing Project that Heather is leading which has exciting implications for mental health nursing and the quality of mental health services and; establishing key relationships in my role as President. The College was one of nine nursing groups that provided input to a presentation on the key issues facing nursing to the Health Workforce of New Zealand Board. It is important that the College joins together with our nursing colleagues as well as providing a distinct voice for mental health nursing and advocacy for high quality mental health services for people with mental health and addiction problems. (cont on next page)

From the President (Continued)

On behalf of the College I responded to Nursing Review in respect to the Governments response to the Law Commissions recommendations regarding the reformation of New Zealand's liquor laws. I reiterated that the College was a signatory to the Doctors and Nurses Public Statement expressing strong support for the Law Commissions recommendations and expressed concern about the targeting of youth given that our heavy drinking culture is primarily an adult issue. While young people are certainly vulnerable to harm from heavy drinking, less than 10% of heavy drinkers are under 20. I advised that the College continued to support an evidence-based population approach. Key strategies demonstrated internationally to reduce alcohol are raising the minimum price of a standard drink eg to \$2 (bottle of wine has 7.5 standard drinks – so minimum price for a bottle would be \$15), reducing the blood alcohol concentration down to 0.05 for driving and banning alcohol advertising and, over time, sports sponsorship, and increasing treatment options.

Don't forget to keep in touch with the website, and encourage your colleagues to join the College.

Daryle

*Update from
college
administrator
Jo Harry*

Jo Harry
College Administrator
Te Ao Maramatanga
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Edmonton Road
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GST INCREASE October 2010 – On 1st October 2010 GST will increase to 15%. This means that annual subscriptions for majority of members will change from \$299.00 to **\$305.65**. Fortnightly payments will change from \$11.50 to **\$11.75**. Please be advised that those members paying directly from their bank accounts fortnightly will be required to make this adjustment on 1st October. DHBs and other employers who deposit fortnightly subscriptions for members will be notified via mail.

MEMBERSHIP – the National Committee is focusing efforts on increasing membership over the next 12 months. The College would like to be able to offer members a group scheme Indemnity option, however we cannot proceed with this until membership increases. Watch this space, I have not forgotten about those members who have registered interest previously.

TE POU – The College is on the Te Pou advisory board for nursing, and we would welcome any key agenda items from the sector. These can be through branch chairs or board chairs or emailed directly to us on admin@nzcmhn.org.nz.

EDUCATION AND RESEARCH BOARDS - It was fantastic to see members apply for these boards. The work that they do is invaluable, and to increase their membership was necessary – there is work ahead! On the Education Board we welcome Moira O'Shea (Waikato), Kate Prebble (Auckland) and Colette Ryan (Otago). We also welcome Dave Carlyle (Canterbury) onto the Research Board.

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.

REMINDER – **please update your details on the website** – Have you moved? Changed your email address? Or email me and I can change for you.

Great to talk again. As I write this the sun is shining, the mountains are sparkling, life is grand. Remember you can contact me at admin@nzcmhn.org.nz. I always look forward to hearing from members.

Kind regards, JO



*Taranga Te Kumete o
Te Ao Maramatanga*



Update of activities from Heather Casey (immediate past President)

Hello all

I am enjoying the immediate past president role, supporting Daryle and the national committee during the transition from one president to another. I must admit to enjoying a supporting role rather than having the responsibility of leadership vested in the president's role by College members.

Accreditation, Credentialing and Certification Framework

I have continued to lead the College accreditation, credentialing and certification framework project, partly because it started during my term and also because this is an exciting project which I believe will shape and help determine the future role of mental health nursing in New Zealand.

As with anything I do I like to think there is a good reason that ultimately contributes to the greater good. The reason for mental health nursing is to provide care to people experiencing mental disorder. I believe the accreditation, credentialing and certification framework ensures that mental health nursing is measured against the standards of practice set by the College and that mental health nurses work within organizations and receive their education from organizations that meet the requirements of mental health nurses.

This project is timely and the key reasons the college is taking a lead are:

- The project is intended to build on previous work (e.g. the Ministry of Health's credentialing framework for health professionals) and to emphasize a focus on quality and safety.
- The role and expertise of specialist mental health nurses is assured and recognized. Comprehensive nursing training is supported by the College however when does a nurse have adequate preparation to be identified as a mental health nurse.
- New graduate programmes are not compulsory.
- The profession - self determination around what mental health nursing needs. The focus of the NCNZ is on regulation, but post-graduate and post-registration standards are up to professions to determine
- The mental health sector needs a broad approach as many nurses work within NGO and/or PHO environments and do not always have the resources available that large DHBs have.
- International trends – US and Australian frameworks are well-developed and provide useful models for New Zealand.

The NZCMHN is undertaking a project to develop an accreditation, certification and credentialing framework for mental health nurses. Such frameworks are becoming increasingly common throughout the world, and are proving to be valuable tools in ensuring that the role and expertise of specialist mental health nurses are recognized. New Zealand is in a good position to learn from the experience of other nursing jurisdictions, in developing a system of accreditation, certification and credentialing that works for us.

The [framework discussion document](#) has been sent to all branches as part of the consultation process and we are continuing consultation with College members, with professional organizations and others including service users, to ensure that this project results in systems that are meaningful and reflect your needs as well as those of the people with whom you work. As part of this process, we are considering how best to make the accreditation, certification and credentialing processes user-friendly and effective. More details about this are in the framework discussion document.

One issue that has been raised by some members, concerns the relationship of the PDRP to the proposed certification process. Certification is not intended to replace PDRPs, but we know that relatively few mental health nurses are engaged in that process and even fewer are part of a process that reflects specific mental health competencies. In addition, PDRPs are mostly used by DHBs and even within that environment, uptake has been poor. At the same time, we don't want to ask nurses who are using PDRPs to go through yet another time-consuming process in order to become certified. As a result, we are looking at ways in which there can be some alignment of the processes, whereby a PDRP can form part of the evidence required for certification.

Quick definitions

Accreditation is the process for formally recognizing mental health services and education providers that meet the standards of the NZCMHN for mental health nursing.

Accredited providers will:

recognise the standards in their practice settings, support mental health nurses to achieve the standards, and;
in the case of education providers, show how they achieve the standards in their programmes and in the practice settings they use. Accreditation is not about individuals; rather, it is a 'whole of service' approach.

Credentialing is a process used to assign specific clinical responsibilities to health practitioners on the basis of their education. It commences on appointment and continues for the period of employment. Both accreditation and credentialing are responsibilities delegated to professional bodies.



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** **June 2010 (*no new news to hand*)**

Conference Theme and Branding

The Otago Branch of the College is looking forward to hosting the 2011 college conference will 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”. We have designed postcards in the shape of a compass with the College logo in centre for early advertising of the conference. These should arrive with your next issue of the college journal. If you would like more postcards for distribution in your area please email melanie.green@otagodhb.govt.nz

Sponsorship

The sponsorship prospectus has been finalised.
The organising committee are currently putting together a list of sponsors to approach.

Venue and Accommodation

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

Programme

Three keynote speakers have been approached and accepted invitations to attend. They 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 sub-committee are currently looking at options for national guests and the streaming of papers. Call for abstracts will occur late 2010 and at this stage we will also have developed a draft programme to circulate.

Social

Fellowship Awards will be at the start of dinner.
The committee is currently investigating venues and entertainment options.

Website

Website now live and linked to NZCMHN site.

Research invite

Community Mental Health Nurses and Client Suicide Study Be part of a research study

- Are or have you been a community mental health nurse in New Zealand?
- Have you experienced a client suicide?
- Are you in professional/ clinical supervision?

If you have answered YES to these questions you may be eligible to participate in the research study.

The purpose of the research study is to explore and describe the experiences of CMHN who have experienced the suicide of a client.

I am a Master of Nursing student with the University of Auckland. As a part of my study I am recruiting eight community mental health nurses who have, more than 6 months ago, experienced a client completing a suicide in New Zealand and have had all inquiries associated with the case completed.

The research involves you telling your story during an interview lasting to a maximum of one and half hours. Interviews will take part at a venue of your choice. This research will add to a body of nursing literature informing community mental health nursing practice.

If you meet the criteria set above and would like to participate, I would like to invite you to contact me or my supervisor for further information.

I look forward to your response.

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193 London Street
Hamilton
3201
(07) 8346902 or (021) 857 167
rluren@yahoo.co.nz

Supervisor:
Jacquie Kidd, RN, PhD
Senior Lecturer School of Nursing
University of Auckland.
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j.kidd@auckland.ac.nz





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



WANT TO HAVE YOUR SAY?

EMAIL THE EDITORS AT

Chris

tauac@msn.com or

tauac@cpit.ac.nz

Stacey

S.Wilson@massey.ac.nz

stacey.wilson@xtra.co.nz

This is a new section in the e newsletter and we invite you to use this space to 'HAVE A VOICE' or respond to others who were brave enough to do so. We welcome all comments relevant to mental health (within certain boundaries of course) - reflections on clinical experiences, humorous events, comments on things that just make you 'mad' or 'happy'. Please try to limit your letter to approximately 200 words.

Having said that I do welcome the first letters received here (the first well over the word limit but the writers felt that what they had to say could not have been said in any less) . We look forward to your comments.

Share your knowledge with the College:

Regional contacts

Auckland Branch - Colette Adrian

ColetteA@adhb.govt.nz

Canterbury: Mel Lienert-Brown;

lienert-brownm@cpit.ac.nz

Dunedin: Mel Green;

melanieg@healthotago.co.nz

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Moira.O'Shea@waikatodhb.health.nz

Rotorua/Bay Of Plenty - Robyn Boladeras

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anne.tacon@westcoastdhd.org.nz

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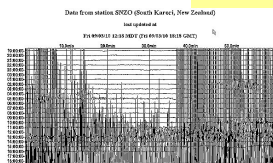
stacey.wilson@xtra.co.nz

Editors borrowed words of wisdom

The quote this issue is dedicated to the people of Canterbury as they recover from the damage to their city, their homes and at times their spirit....

Man never made any material as resilient as the human spirit.

-- Bernard Williams



WHAT'S NEW ON THE WEBSITE? www.nzcmhn.org.nz	Look on website under the following headings
Towards Evidence Based Suicide Prevention Programmes - Suicide is a global challenge. It poses a serious public health problem worldwide. It has accounted for nearly 1 million deaths and ...	Resources> Reports
Research Participants Wanted for Community Mental Health Nurse and Client Suicide Study – Researcher Luren Reddy from Waikato.	News/Events
Credentialing and Accreditation	Credentialing/ Accreditation
NZCMHN CONFERENCE 6-8 JULY 2011 - DUNEDIN	2011 Conference
New board members for Education and Research Boards	Boards
Learn a little more about our new President	Homepage>(view bio doc)

	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

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



Check the Mental Health Foundation at
<http://www.mentalhealth.org.nz/calendar/view/index/8/2009/>
 for more detail on NZ conferences.

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>

SPREAD THE WORD

CALM Computer assisted learning for the mind from Tony Fernando: Auckland University

Our group at the med school just produced a website initially just designed for med students. But it's now out in the web for the public. It includes different life skills like dealing with anger, learning mindfulness, relaxation, pros/cons, self cares etc. There is stuff on finding meaning in life- through religion or even without religion. Our famous Trish DV and Leah are featured in the managing stress portion. They have 3 segments on this website.

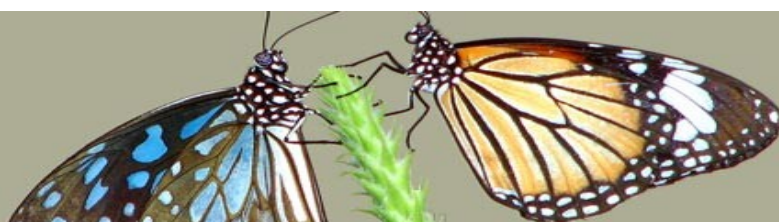
What's different in this website is that it has lots of audio files that you can listen to and download to mp3's / iPods. It's youth friendly. My favourite part is developing mind states like mindfulness, how to develop compassion etc.

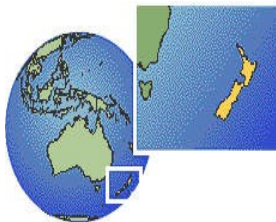
There are guided meditations, relaxation techniques, self hypnosis which people can listen to (instead of reading about them).

There is basic stuff on depression, anxiety and alcohol. But probably too basic for our clients.

The website address is still a long one (we will try to get a shorter one)- so bear with us.

www.flexiblelearning.auckland.ac.nz/calm Spread the word!





Coming Events

National and International Conferences and workshops



TheMHS (The Mental Health Services) 20th Annual Conference '20 years strong and now a renaissance'

Date: 14-17 September 2010

Location: Sydney Convention and Exhibition Centre Darling Harbour Sydney

More details: <http://www.themhs.org/2010-annual-conference>

Contact:

info@themhs.org

media@themhs.org

22 - 24 September 2010, Australasian Schizophrenia Conference (ASC2010), Sydney

With the theme *Molecules to Mind*, the ASC2010 will see a coming together of the broad range of perspectives and scientific enquiry required to achieve a greater understanding of schizophrenia, that will make a tangible difference in the lives of people with this illness. <http://www.asc2010.com/>

26-27 August 2010, New Zealand Association of Clinical Research Clinical Research Conference, Auckland

This is the annual 6th Clinical Research Conference with the theme "Collaboration: The Key To Success". <http://www.nzacres.org.nz/>

10 - 11 September 2010, National Conference on Autism Spectrum Conditions Celebrating Autism in New Zealand, Wellington

Hosted by Autism New Zealand Inc the conference runs for two days, with the potential for post conference seminars on Sunday 12 September. The organisers would be pleased to receive papers, posters or other contributions relating to autism spectrum conditions – go to the website for paper and poster topics and more information. <http://www.autismnz.org.nz/Autism-New-Zealand/Conference-2010.php>

[The Mental Health Education & Resource Centre](#)

provides a free mental health library for everyone in Christchurch and the South Island of New Zealand.

2nd Floor - Securities House
221 Gloucester Street
Cnr Gloucester and Madras Sts
Latimer Square
P O Box 13 167
Christchurch
NEW ZEALAND
03 365 5344
0800 424 399
Fax: 03 365 5345



The following Conference list has been obtained from Psychiatry Conferences Worldwide
Upcoming events in psychiatry, mental health and related fields
<http://www.conferencealerts.com/psychiatry.htm>

You can subscribe to their list and get regular alerts.

September 2010

- 12 Epilepsy and Depressive Disorders Chicago Illinois
14 Forensic mental health and women London United Kingdom
14 3rd Global Conference - Madness: Probing the Boundaries Oxford United Kingdom
This inter-disciplinary research conference seeks to explore issues of madness across historical periods and within cultural, political and social contexts.
16 5th Annual UC Davis Psychotic Disorder Conference - Advanced Strategies for the Management of Psychosis: State-of-the-Art for Experienced Clinicians Sacramento CA
20 Refocus on Recovery 2010 London United Kingdom
22 11th Biennial Australasian Schizophrenia Conference Sydney Australia
25 General Practice Symposium - mental health: are we on the right track? Dunedin New Zealand
27 CCSMH 4th National Conference: Connecting Research & Education to Care in Seniors' Mental Health Halifax Canada
30 16th Annual Counseling Skills Conference Las Vegas Nevada

October 2010

- 01 5th International Dementia Conference Sponsored by CECD Conference Penticton Canada
03 XVIIIth WORLD CONGRESS ON PSYCHIATRIC GENETICS ATHENS Greece
04 BRIDGING THE GAP BETWEEN SCIENCE AND PRACTICE IN THE ADDICTION FIELD MILAN Italy
05 Mental Health in a Socio-cultural Perspective Al-Khobar - Saudi Arabia Saudi Arabia
08 Medication-Induced Violence Chicago Illinois
Exploring how prescription medication may increase the risk of domestic violence, physical abuse, drug-seeking behavior and psychopathology.
13 Mental Health Nursing Conference: Compassion, caring and partnership in support of recovery Warrington United Kingdom

November 2010

- 04 5th Educational Conference on Mental Health: Mental Health Services for Visible Minority Groups : Contextual Priorities and Community Partnerships Toronto Canada
To identify access barriers, ethnic Schizophrenia, treatment and care by visible minority groups within the Canadian multicultural mosaic. To enhance culturally appropriate care.
05 1st Global Conference - Making Sense Of: Suicide Prague Czech Republic
The conference seeks to examine and explore why it is people choose, quite deliberately, to end their own lives – or why it is that people value death more than they value life.
11 Intercultural Aspects of Mental Disorders Heidelberg Germany
11 2010 NEI Global Psychopharmacology Congress Colorado Springs Colorado
11 3rd Annual Risk Conference: Applying knowledge, achieving change Warrington United Kingdom
12 Treating Tobacco Dependence in Mental Health Settings New Brunswick NJ
16 Healing and Treating Trauma, Addictions and Related Disorders Richmond Canada
Jack Hirose and Associates is pleased to co-sponsor Canada's Premier Conference with Edgewood Treatment Centre 'The Healing and Treating Trauma, Addictions and Related Disorders Conference' in Richmond, British Columbia, Nov.16–19, 2010
17 Sixth World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders Washington, DC
22 Directing Policy to Action: National Australian Conference on Evidence-based Clinical Leadership Adelaide Australia
24 The 3rd Annual Conference and General Meeting of BACAMH Dhaka Bangladesh
25 15th Annual Course of Schizophrenia Madrid Spain
30 Strengths & Assets Summit 2010 Newcastle Australia

The World Health organization website
http://www.who.int/topics/mental_health/en/

