



MESSAGE FROM THE PRESIDENT

This winter issue comes to you at a time of the year when we are juggling both our new day-time roles and college work. However, we are committed to leading the College and have a great board to help us with this mahi. Tracey our executive assistant also takes the lead role in ensuring we can continue to operate and do our best to meet your needs as members.

By now, we are sure that you are all aware, that wellbeing and mental health are high on the agenda of many people in New Zealand following the governments' announcement about the Mental Health and Addiction Inquiry. Expectation for change is high.



Funding has been significantly increased and the first ever 'Wellbeing' budget is receiving global attention.

This should be music to the ears of thousands of nurses who have seen the distress of people and who have known for many years that that could do so much more if there were the resources to do so.

Being with people is what we as nurses have always been good at. Being with vulnerable people, children and their families and whanau, people in distress, people who see things that we do not see, people who live in tunnels of darkness where there is not light, people whose lives become too chaotic. People like you and people like me. People in our families and people in our neighborhood.

Over the years we have seen many more people learn this skill of being with people who are struggling with life. We now know that there are many things we can do for our own wellbeing. Families, whanau and friends are also learning more and more. Communities, hapu, iwi are continuing to discover what they can do collectively to help people in need. The combined efforts of many will help create compassionate, caring communities. We as nurses will continue to be with people and do what we do best.

THANK YOU

After several years of serving on the College board as secretary, **Sarah Murphy** has resigned from the board due to her work and Family commitments. We thank Sarah for her commitment to the College and wish her well for her future endeavours. We are now calling for expressions of interest in this role.

The College **Will** Continue to Help Shape this new Future

If you want to play a greater part in the work of the college to make a difference in the landscape of nursing practice in Aotearoa then here's your opportunity. Put your hand up to be nominated for one of two national board member roles. Check out the strategic plan and see what you are passionate about and where you think your talent and skills can help.

We also encourage you to consider and put forward members to be considered for the awarding of

Fellowship Call for nominations of Fellows. This award recognizes the work nurses are also doing in practice and we are confident there are some amazing nurses doing some fabulous things. So, let's take time to recognize and celebrate their efforts. We also know that there are many nurses who have dedicated decades to the profession of mental health, addiction or disability nursing some of whom will be planning their retirement. It's time to value and recognize the wisdom that they hold.

6th International Conference of Te Ao Māramatanga

Mark this date in your diary now 1 & 2 October 2019, the 6th International Conference of Te Ao Māramatanga - New Zealand College of Mental Health Nurses at Whitireia New Zealand, 3 Wi Neera Drive, Porirua. Wellington branch is working with the board to deliver to you a memorable conference. Our theme is

“Weaving the threads of Wellbeing together”.

Mental Health, Addiction, Disability Nurses Responding with Hope for the Future

The threads of wellbeing are unique to each person, their family and their whanau. The yellow thread exemplifies how hope supports people with their goals and aspirations for wellbeing. We will work with people to weave the threads of their wellbeing together.

Nurses skilled in supporting people with mental health, addiction issues and people with disabilities; and skilled in supporting their families and whanau and their communities, will be part of the future workforce providing services in a range of settings

The future ahead signals the need for a broader workforce to support people with their health and wellbeing. This yellow thread of hope will be woven by many.

Speakers include: Matt Ball (NP) from Australia, Margareth Broodkoorn, Nigel Fairly, Dame Margaret Bazley, Robyn Shearer, Dr Maria Baker, Dr. Sione Vaka, Kevin Allan, Simon Phillips and we have a few more in the pipeline.

Workshops for day two so far include: Solution focused approaches, equally well, addiction nursing, disability nursing, assessor workshop for the college credential programme for primary care nurses and we hope to have a few more lined up soon.

For more information check out the second announcement on our website. Thinking about presenting then the **call for abstracts is now open. Registrations open later this month and the programme will available soon.**

AGM will be held on 2nd October- 0730-0830

Your College board meets monthly so please let us know if you have any matters that you are keen to discuss, let's not just wait until the AGM. We can move quickly on many things.

Thank you for your continued support of the College. Your commitment makes all the difference.

Ngā mihi nui Suzette and Chrissy



NURSE PROFILE

Ko ōku pai maunga: ko Tararua, Taupiri, Pukeatua, Akatarere me Motatau
Ko ōku iwi: Ngāti Raukawa, Ngāti Māhanga, Ngāti Mahuta, Ngāti Koroki, me Ngā Puhī
Ko ōku hapu: Ngāti Wehiwehi, Ngāti Haua, Ngāti 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



(left to right: Aavron, Vallon, Vanessa, Kavana, Te Rankura, Mila and Ahla).

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 (20years) is a second-year student at Victoria University, Wellington; Vallon (13years) attends college; Te Raukura (12years), Aavron (11years) and Ahla and Mila (9years) 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 best 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 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.

Written by Hineroa Hakiaha - Vice President

Congratulations



Dr Maria Baker Pouwhakahaere Matua
(CEO) for Te Rau Ora with her PhD



Chris Hatten, WDHB Long Service
Recognition presentation 35 years.

A Voice to Lead / Health For All

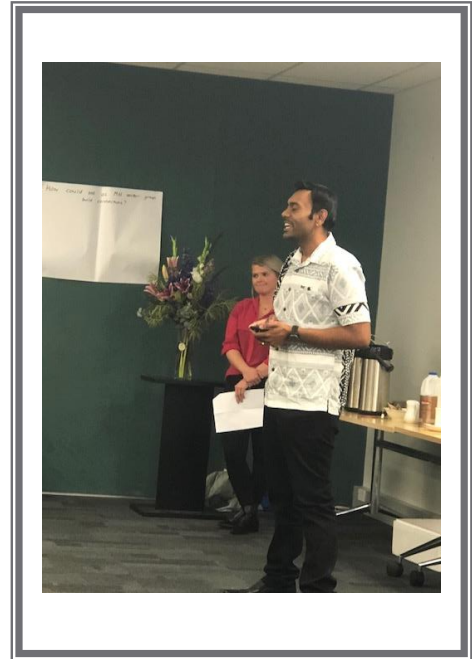
Our Nelson Branch of NZCMHN decided to have a seminar day to support and align with International nurses' day this year. We want to thank Jane Kinsey (General Manager of MH&A) and Karen Winton (General Manager for Nelson Bays Primary health) for allowing and supporting nurses coming together for the day. I will also take time to thank the local college branch and committee for all the hard work and planning for the day and the fabulous catering!

The day was extremely successful with over 50 nurses attending from all levels.

Our guest speaker was Jane Bodkin (Chief Advisor to the Chef Nurse Office) – She gave us insight into the role and a timely update on the national inquiry and the possible implications for nurses.

As well as Jane it was a chance for us to pause and celebrate a local nurse's own journey in nursing as she retires from her nursing position after giving 42 years of service in the various nursing roles she has done in Nelson and elsewhere. Hilma now embarks on a new career as PSA union organiser for the Nelson region. We wish you well Hilma Schieving and thank you on behalf of nurses in Nelson for your dedication and commitment and passion in nursing!

Over the day we heard from our local Mental Health practitioner Meg Robertson, and her journey as nurse practitioner.



We also asked new graduates from the NESP to provide insights into the sector and beyond from their perspective. A very informative, entertaining and thought-provoking insight into new nurses and their journey.

A number of nurse's feedback on local initiatives and initiatives around the country including thoughts on stress and how we self-manage this. Updates and projects on metabolic monitoring and cardiovascular screening, national and regional initiatives on dementia, advanced directives and areas like Addiction and CAMHS.

Nurses were also asked to provide feedback about the College and what they hoped to see in future seminars days. Some ideas that came from this hui were:

- Discussion on relevant health issues connected to, or that go alongside, mental health- a highlight for many was the presentation on HEP C (presented by Belinda Heaphy (CNC Community Hepatitis);
- Case studies- both success stories and also incidents and poor outcome reviews;
- They wanted to see the college promote nurse pathways in Mental Health;
- Forums for recognising innovative practice; and
- Discussion around increase in workforce recruitment and development.

It was really exciting to see NGOs, PHO, DHB and credential nurses turning up to our day.

Some of the feedback:

'the day showed the role of nursing at every level- congratulations to the committee and a personal thank you for the acknowledgement of my mahi'

'great nuggets, lots of interesting and thought-provoking info'

'very educational and enjoyable day'

'Good variety of topics'

'Stimulating, interesting and informative day'

'all presenters so relevant'



I am also pleased to report that membership has increased from this day with a record number showing up to our local AGM. The feedback was that they are interested, and this was as a result from the seminar day. We plan to hold another before the end of the year and as a local branch we have started a journal club again looking at how we can continue to meet and discuss up to date evidence-based practice and support nurses locally with initiatives and issues they may face.

Written by Jodi Roberts



Addiction Nursing Symposium at our Bryant Education Centre, Waiora Waikato Hospital campus. 60-plus people from around the country sharing learnings, research and ideas, and prominent national speakers from the addiction field. Thanks to the organising team (left to right:) Simmi Parmar, Velda Raybone-Jones, Louise Leonard, and Richard Jeffcoat, all from Waikato DHB Mental Health and Addictions service.

Primary Care Mental Health and Addiction Credential Programme Update

It's been a busy first half of 2019 with all seven current credentialing regions active and new credentialed nurses making a considerable difference in their diverse roles.

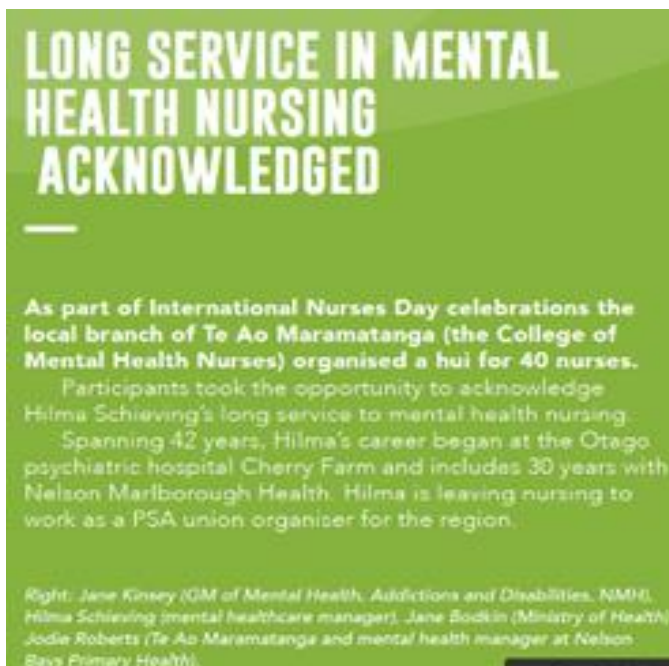
We are close to 300 credentialed nurses and currently looking at opportunities to expand the programme, with an increasing number of enquiries from nurses, in areas not currently offering the programme.

This year, it's been just brilliant for me to be able to draw on a great group of experienced mental health nurse assessors to support the program and offer their quite diverse expertise when assessing the credential applications.

I'll be at the conference in October and can also be contacted by email at lois@loisboydconsulting.co.nz if you'd like to know more.

We recently provided a poster for Te Pou o te Whakaaro Nui to display on their stand at the Conference for General Practice. It was great to be represented at this primary care event and there has been interest and programme enquiries and conversations generated from it.

Looking forward to seeing some of you at conference.
Nga mihi Lois Boyd, Director of Credentialing



MESSAGE FROM THE EDITOR

We want to ask for expression of interest for Articles for the next newsletter. Articles can be sent to Roberta Clunie 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.