

Guest Editorial by Tony O'Brien



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Use of the Mental Health Act is increasing in New Zealand.

Data published by the Ministry of Health suggest that use of the Mental Health (Compulsory Assessment and Treatment) Act is increasing in New Zealand. The latest figures (contained in the Office of the Director of Mental Health Report for the 2011 calendar year) show the highest rates of compulsory care since the Ministry began publishing figures in 2006. Use of section 11 (used in acute crisis) has shown no significant increase, but the use of community treatment orders, shows a steady increase since 2009. Between 2005 and 2008 the national average rates of use of community treatment orders was stable at between 57 and 60 per 100,000. However in 2009 the rate increased to 63 per 100,000, and in the following years to 76 (2010) and 83 (2011). In addition to increases in overall rates there is significant geographical variation in use of community treatment orders, with the highest user in 2011, Waitemata DHB, using 151 orders per 100,000, almost five times the rate of the lowest user (Canterbury DHB) which used 33 orders per 100,000.

Continued on next page ↗

Report from President Daryle Deering

Tena koutou katoa

Dear mental health nursing colleagues

Hoping 2013 has started well for you and your families and whānau and that you rise to the challenges that this year brings.

The key event this year is the first Australasian Mental Health and Addiction Nursing Conference *Close to Home* to be held in Auckland 19th - 21st June. Please consider attending and apply early. The College bi-annual conference provides a unique opportunity to come together as mental health nurses.

This inaugural conference hosted jointly by the Auckland Branch of Te Māramatanga NZCMHN and Drug and Alcohol Nurses of Australasia Inc (DANA) recognises the lived experience of many people, and their families and whānau, of the impact of experiencing substance use and mental health problems which are frequently intertwined. The increasing need for mental health nurses to provide flexible and responsive care that is person and family centred rather than service centred is reflected in the revised Standards of Practice which will be formally launched at the conference. The revised Standards will underpin Certification which will provide a vehicle for professional recognition of the specialist practice of mental health nurses.

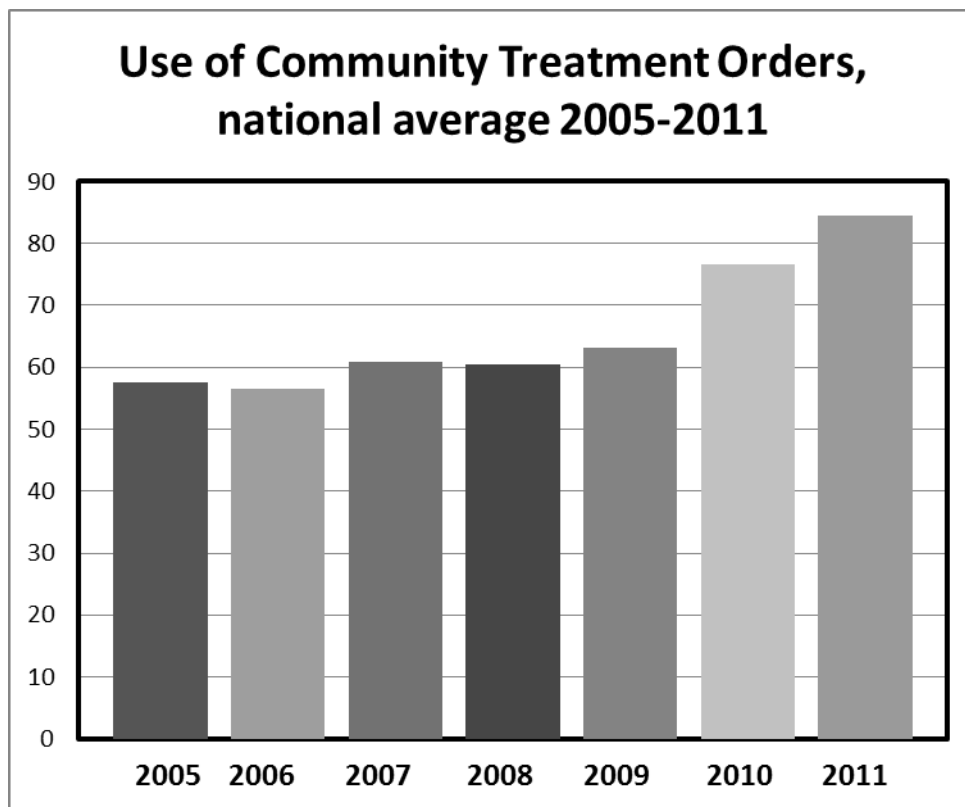
ognition of the specialist practice of mental health nurses.

In order for mental health nursing to continue to expand and grow, barriers to unleashing the potential of nursing need to be removed. This requires both organisational and policy changes at national level as well as the courage to work to the top of our scope as mental health nurses and a willingness to enhance our professional practice. For example, Nursing Council is currently consulting on registered nurse prescribing. It is important that as mental health nurses we provide input and support the direction outlined in the document.

At a College level, National Committee will be proposing changes to the structure of the College together with suggested accompanying changes to the Constitution - in order to support the next phase of College development. An outline of proposed changes and the rationale will be disseminated to all members and put up on the website for consideration and addressing at the annual general meeting to be held during the conference. As a College member, please look out for this information and ask any questions you may have as early as possible. It is important that the proposals are considered, discussed and most importantly that you are involved in this process.

Guest Editorial from Tony O'Brien (contd)

The overall increases are concerning given the “closer to home” strategic direction of the Mental Health Commission outlined in the recent Blueprint II documents. The Blueprint document *Making change happen* states that “Our current community mental health and addiction resources are a success story of the last decade” (p. 137). However if we are to be able to continue to make that claim we will need to address the increase in the use of community treatment orders. There may be a variety of reasons underlying the reported data. Recent changes in the system of reporting may mean that recent data are now more accurate and that the lower rates of previous years were an underestimate. Another possibility is that shorter lengths of inpatient stay may lead to people being discharged with higher levels of symptoms and unmet need. It is also possible that, in some DHBS at least, clinicians are becoming more risk averse and so are using the compulsory provisions of the Act to compel service users into treatment. Whatever the reasons, and they are likely to be multiple, nurses need to be continually vigilant about the use of compulsion in mental health care.



Data: Ministry of Health. (2012). *Office of the Director of Mental Health. Annual Report 2011*. Wellington: Ministry of Health (and years 2006-11).

UPDATE from Jo Harry Credentialing Project Manager

Branch support – currently the College is looking at investing time and energy into branches and are wanting to assist with developing a professional development series located in centres that are interested. The College is looking to contract a Mental Health Nurse for 6-8 months part time who may be able to assist with this exciting opportunity. Ideally the nurse would a) Have flexibility to work within the timeframes above
b) Some educator/lecturing/workshop facilitation experience/skills and c) Be highly motivated. If any College members are interested please contact me at joharry@nzcmhn.org.nz

Credentialing – This project continues to forge ahead, and has generated much interest amongst PHOs in New Zealand. In fact, we have also had inquiries from NZ nurses living in Australia. More recently the Evaluation and Monitoring Framework was completed and is now on the website, in the form of a handbook, for any interested parties. This handbook provides a road map for primary healthcare nurses and PHOs who wish to seek a *mental health and addiction credential in primary care*.

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. A credential recognises the skills of an individual to perform agreed clinical activities within a designated environment, and in this case that is general practice settings.

As time passes, nurses working in primary care settings and Primary Health Organisations are becoming increasingly interested in seeking a *mental health and addiction in primary care credential*.

We are pleased to be working alongside Manaia Health PHO in Northland as they embark on training to up-skill and enhance confidence with a select group of practice nurses. I must make mention of one of our College members working for Manaia who has been integral in this process and who is taking a lead role in the practice development support offered to this group of nurses – thank you John Hartigan!

Certification – Certification is a form of credentialing. The College defines certification as ‘the formal recognition that an individual meets the standards of mental health nursing, established by NZCMHN’. This is applicable to all mental health nurses in New Zealand and the college hopes to release this process later this year. Work is currently being completed on this. Exciting times ahead as we may soon be able to officially claim the title Mental Health Nurse.

We are also excited to be talking about credentialing in the corrections settings; discussions are currently under way. Heather Casey has been active in setting things in motion. Kapai Heather.



*Taranga
Te Kumete o
Te Ao Maramatanga*



Conference 2013: Mental Health and Addiction Nurses Join Forces

UPDATE from Colette Adrian

<http://www.conference.co.nz/mhn13>



close to home



1st Australasian Mental Health and Addiction Nursing Conference

19 - 21 June 2013, Auckland

Joint Conference of Te Ao Maramatanga, New Zealand
College of Mental Health Nurses Inc. (NZCMHN) and
Drug and Alcohol Nurses of Australasia Inc. (DANA)

Hello and welcome back to the New Year as we count down to our Close to Home Conference in June 2013. The committee are in full swing again after our lovely NZ summer. We are really into gear with organising an exciting and vibrant conference. Our meetings are always fun and productive!

Registrations

Registrations opened early February with early bird options available for 2+ months. Remember that registrations cost less if you are a member of either Te Ao Maramatanga or DANA, so encourage your colleagues to join Te Ao Maramatanga.

Abstracts

The call for abstracts has closed and we are considering many varied and interesting topics in the following domains.

- Specific Populations, demonstrating people centred systems of care
- Resilience, hope and recovery
- How to deliver 'closer to home'
- Developing services for integrated care
- Innovations and new ideas
- Service User partnership and participation

We anticipate many nurses from the mental health sector to be interested in attending addictions streams and vice versa. Both these areas are coming closer to home in our respective areas of work.

Here is a reminder of the keynote speakers. Over the next few months we will profile each one in this newsletter and in 'eblasts' sent to members.

Keynotes speakers

Shane Bradbrook
Debra Lampshire

Dr Mary Chambers
Dr Helen Hamer

Dr Elizabeth Elliott

Dinner venue

You may know by now that our dinner venue is Eden Park. This prestigious venue is perfect. Close to conference venue, easy parking- all important in Auckland! and has a large dance floor in the middle of the room. The band is well known and will definitely sort the wheat from the chaff! And that's all we will say at this point.

Workshops

There will be a day for workshops on June 19th. These are being finalised and will have a very practical flavour, watch this space.

Consumer voice

We are committed to involving consumers of mental health and addictions services as much as possible. As such we are pleased to announce that Sam R.B. will be performing at the welcome function on the evening of June 19. She has a solid performance background. Sam wrote and recorded songs for the film *Insatiable Moon* and won the peoples' choice as the Olympic Song Writing Competition for the 2012. Here is her website: <http://samrb.com/>



New role for Ruth DeSouza

Dr Ruth DeSouza has left New Zealand to take up a new role as Co-ordinator of the Bachelor of Nursing (Community Health) at Monash University (Berwick). Berwick is the newest Monash campus having been established in 1996. It is situated on a 55-hectare site in the City of Casey and built on a former airfield in the south-eastern growth corridor of Victoria, Australia. The Bachelor of Nursing (Community Health) offers students hands on clinical experience in both rural and metropolitan health and community care settings.

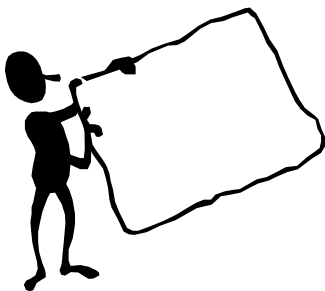
Ruth worked in Auckland and was a College member, Auckland president and New Zealand committee member. She would love to stay in contact with colleagues:

Email: ruth.desouza@monash.edu

Phone: +61 03 99047109

<http://www.med.monash.edu>

REGIONAL and COMMITTEE REPORTS



There were no Regional reports this month but do check up the update from the CONFERENCE

WHAT'S NEW ON THE WEBSITE? www.nzcmhn.org.nz

Website links/headings

Carrington Hospital Reunion

News and Events

Fiona Dziopa, from the School of Nursing and Midwifery, University of Queensland, has now released her research findings in which invitations to participate were sent to college members.

Latest news

Contacts for Branches

About us

Consultation activities

News and Events

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.



Obstacles are those frightful things you see when you take your eyes off your goal
Henry Ford



Editors quote pick for this month



AMHOICN

**Branching out: the 4th Australasian
Mental Health Outcomes &
Information Conference 2013**

Novotel Brighton Beach, Sydney
Tuesday 11 – Thursday 13 June 2013

Subscribe to News & Updates through the Conference website:
www.amhoic2013.com.au



National Addiction Centre

(Aotearoa New Zealand)



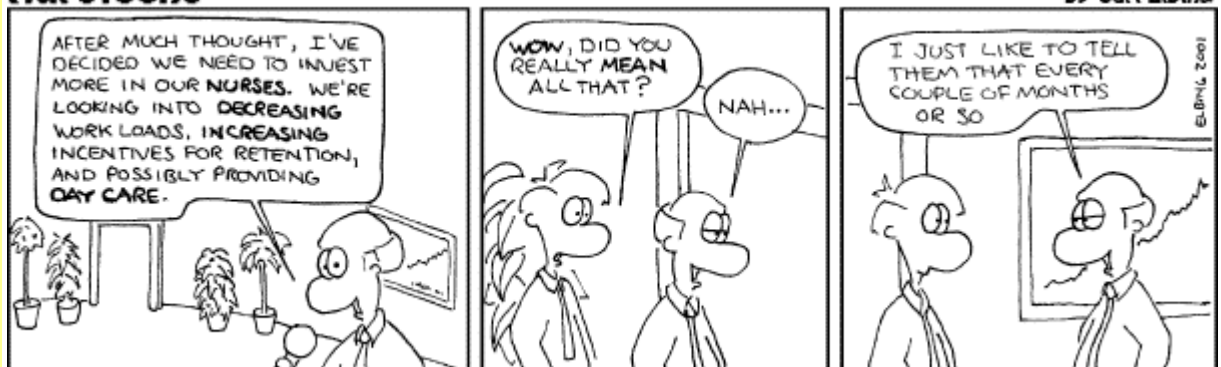
Eating Compulsivity Study

If you are aged 18-65 years and overweight we would love your help to test a questionnaire we have developed to measure eating compulsivity. This study involves you filling in a questionnaire about your eating on two separate occasions and will take about 20-30 minutes to complete the first time and 10-15 minutes the second time. If you are interested in hearing more about this study please contact:

Dr Ria Schroder
Research Fellow
National Addiction Centre
University of Otago, Christchurch
ria.schroder@otago.ac.nz
Phone: 03 364 0480 or 0800233428

HUMOUR
CORNER

Nurstoons



www.nurstoons.com

Share your knowledge with the College:

Regional contacts

Northland: Bart Van Gaalen
Bartholomeus.VanGaalén@northlanddhhb.org.nz

Auckland: currently vacant

Waikato: Louise van den Berg
Louise.vandenberg@wintec.ac.nz

Rotorua: Mandy Allman [man-
dy.allman@bopdhhb.govt.nz](mailto:mandy.allman@bopdhhb.govt.nz)

Midcentral: Karin Nesdale
karin.nesdale@midcentraldhhb.govt.nz

Hawkes Bay: Michael Connolly
Michael.connolly@hawkesbaydhhb.govt.nz

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

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

Nelson: David Emerson
david.emerson@nmhs.govt.nz

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

Dunedin: Paul Stewart;
paul.stewart@southerndhhb.govt.nz

Newsletter Group

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

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

Want to join the College? Membership information at
<http://www.nzcmhn.org.nz/53974/html/page.html>

Mental Health Education and Resource Centre (MHERC)

The Mental Health Education & Resource Centre provides a free mental health library for everyone in Christchurch and the South Island of New Zealand.

The free mental health library is open to the public and provides information on all aspects of mental health and mental illness. We have available for loan - books, DVD's, CD's, and videos on topics such as depression, eating disorders, grief, professional development, bipolar (manic depression), post natal depression, post traumatic stress disorder, personality disorder, schizophrenia, anxiety, phobia, obsessive compulsive disorder (OCD), agoraphobia, ADHD, children's health, abuse, violence, personal development, psychosis, medications, counselling, CDHB Services, personal experience and much more! Pamphlets are available at no cost.

They will post items free of charge with return postage paid to anyone living in the South Island of New Zealand.

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

We can put you in touch with Support Groups.

UPCOMING EVENTS AND CONFERENCES

4th Australasian Mental Health Outcomes & Information Conference - Sydney

11- 13 April 2013

<http://www.amhoic2013.com.au/>

Pacific Rim International Conference on Disability and Diversity

April 29 & 30, 2013

Honolulu Hawaii: Hawaii Convention Center

<http://www.pacrim.hawaii.edu/>

No 2 Bullying Conference - Gold Coast

22-23 May

<http://www.anzmf.asn.au/conferences.html>

3rd National Disability Conference

Monday, 17 June 2013

Westpac Stadium, Wellington

<http://www.hdc.org.nz/about-us/disability/events/3rd-national-disability-conference>

7th Annual Risk and Recovery Forensic Conference

25th to 26th April 2013

Hamilton, ON, Canada

<http://www.riskandrecoveryconference.com>

A conference for professionals working in mental health, probation and parole, corrections, legal services, police.

FOR A COMPLETE CALENDAR OF EVENTS VISIT THE MENTAL HEALTH
FOUNDATION WEBSITE AT

<http://www.mentalhealth.org.nz/calendar/view/index/12/2012/>



Conference Alerts
Academic Conferences Worldwide



Psychiatry conferences worldwide

<http://www.conferencealerts.com/topic-listing?topic=Psychiatry>

National Information Service and Resource Centre Coordinator
Mental Health Foundation NZ

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

Kim Higginson DD (09) 300 7038

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

Resource Centre Phone (09) 300 7030.

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



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



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



[Mental Health Foundation](#)



[World Health Organisation](#)



[Nursing Council of New Zealand](#)



[International Council of Nurses](#)



[Te Pou](#)

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 Editor:
Let's 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 chris.taua@cpit.ac.nz

NOTE

Attention: Do you identify as having an intellectual disability and experience mental health issues? Have you been admitted to hospital during the last year for care for your mental health issues?

If you answered yes to both the above questions then you are invited to participate in a research study to talk about your experiences / tell your story.

The research is called



Nursing care in dual disability: A comparative study of the experiences of people with dual disability, carers, and nurses.

Participating means you will meet with me and some other people who have had similar experiences to you to share your stories. I am really interested in what you have to say.

The meeting should not take any longer than one hour and refreshments will be provided. This meeting is called a focus group.



If you have a story to tell and are keen to take part or want more information about this study please contact me at chris.taua@cpit.ac.nz or text me your **Name** and the word **Research** at 0210776867 and I will call you back. If you wish you could have someone else contact me on your behalf and I will arrange to meet with you.

Primary researcher:
Chris Taua

RN, BN, PGCertHlthSc (Mental Health), MN (Distinction), CertAdT, FNZCMHN

Ethical approval: Multiregional MEC/11/EXP/127 and UQ 2012000045