



Te Ao Māramatanga
New Zealand College of Mental Health Nurses

TE KARERE

Editorial October 2020

By Chris Taua

Kia ora koutou and welcome to this issue of *Te Karere*, our second to last issue for 2020. I imagine you all continue to be incredibly busy as we constantly negotiate this changing world in response to the pandemic. In that regard there are some particularly important announcements to be noted in this issue around postponements of planned events for early 2021. These postponements seem wise given the current unknown in regard to the pandemic. Of other interest for you this month are the usual updates from the College President and the mahi undertaken by the Board, Lois's regular update on credentialing and the reflections on how mental health nurses got involved during mental health awareness week.

As I stop here and leave you to enjoy your read, I wish to leave you with this whakatauki "I oreā te tuatara ka patu ki waho" which lightly translates as 'a problem is solved by continuing to find solutions'. This whakatauki speaks to me about how nurses have responded this year in the global crisis in needing to think creatively, be constantly adaptable and certainly to persevere. In order to problem solve, all three are critical. Thank you.

In this October 2020 edition of *Te Karere* we bring to you:

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Message from the President and Kaiwhakahaere

Kia ora college members

*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.*



As a College we would like to pay tribute to the people who have lost their lives to Covid-19 here in Aotearoa and across the globe, those people in our communities and people providing health care.



As a country we are seeing the impact on our communities and as nurses we see the impact on the hearts, minds, and wellbeing of the people we serve, the people we work with and on our whānau and families and friends.

As a College we would like to acknowledge more recently the people of Auckland and the many nurses who have supported this community and continue to do so. To the Pasifika community and nurses who are walking with you, we extend to you our kindest regards and awhi.

We know that nurses are an integral part of the fight against this pandemic. Nursing is at the forefront bringing calm and nursing expertise in times of chaos. We extend our heartfelt thanks

to the nurses supporting people in isolation, in hospital and in the community.

As nurses we hang on to hope and carry hope for many. We know that there has been increases in the



number of people experiencing stress, anxiety, depression and in people increasing their alcohol use. As nurses we are all stepping up to respond and discovering new ways to support people, at work and at home.

Aotearoa's continued investment in primary care services for people with mental health and addiction needs is much needed. As a College we also see that much more is needed to resource the care provided by specialist mental health, addiction, and disability services. Over the coming years we will see changes in our health and disability system that we hope will enable mental health, addiction, and disability nurses to realise their full potential in primary, secondary, and tertiary settings.

To our loyal members we thank you for staying with us on this hikoī to keep walking forward together. At times it may seem like a maze but



together we will find a way through this time and along the journey we will continue to support you and be the voice of mental health, addiction, and disability nursing in Aotearoa. Our door is always open as part of your natural professional support system.

As a College we are excited about the future and our move to invest in a College manager will help us to realise the full potential of Te Ao Māramatanga- NZCMHNurses.

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

Ngā mihi nui

Suzette Poole and Chrissy Kake



Notice of AGM

The Board give notice to all members of the Annual General Meeting to be held via Zoom on 2 November 2020 at 4pm.

Notice of AGM and agenda are available now on the College website in the Members' Area under [2020 AGM](#) and accompanying papers and reports will be posted by 19 October.

You will need your log in and password to access the Members' Area. <https://www.nzcmhn.org.nz/Members-Area/2020-AGM>

In order to establish a quorum, please advise of your intention to attend by no later than 19 October 2020. Apologies also to be directed to admin@nzcmhn.org.nz

College/Board vacancies



SECRETARY of Te Ao Māramatanga- New Zealand College of Mental Health Nurses

For members who are still interested in participating at a College Board level in the role of College Secretary, you should send in a letter expressing an interest in this role. Whilst we did not receive any nominations the board is able to co-opt a member onto the board.

The role and responsibilities of the SECRETARY as noted in our current Constitution (p.9) are as follows:

- 15.1 The secretary shall:
 - 15.1.1 notify the membership of all meetings they are entitled to attend;
 - 15.1.2 keep an accurate record of all meetings, and the business transacted thereat; and at times delegate to College administrator
 - 15.1.3 act as returning officer at all elections;
 - 15.1.4 do such other things and acts in keeping with the role of secretary which the Board may from time to time require.

This is a voluntary role working alongside other board members <https://www.nzcmhn.org.nz/About-Us/Meet-the-National-Committee>

You would be required to attend monthly Board meetings by Zoom or phone on a Monday evening for 1-1.5hrs (7pm to 8.30pm). For this meeting you would be responsible for assisting the President and Kaiwhakahaere with the agenda that is sent out the week prior to the meeting and for taking the minutes. You would take the lead on ensuring that the minutes and agenda are saved within the College filing system and are available for auditing purposes. You would take the lead on the process to elect Board members and in overseeing the activities involved with the College AGM. You would work closely with the College executive assistant and College manager (yet to be appointed). You would be fully funded to attend the biennial College conference and wānanga.

As a board member you will have the opportunity to contribute to other projects and activities. You would need to have your own computer/laptop and cell-phone. The time commitment needed to fulfil this role is on average around 2 hrs a week.

So, if you have the time and passion to support the profession of mental health, addiction and disability nursing, a great sense of humour, leadership capability, great organisational skills, attention to detail, the ability to develop and sustain effective relationships with key stakeholders that will further enable the College to better meet their objectives and you want to part of leading the College into the future then please send your letter of interest to the College president at suzettepoole@nzcmhn.org.nz.

Expressions of interest close Monday 19th October 2020.



College Manager: Te Ao Māramatanga New Zealand College of Mental Health Nursing

Are you looking for a change and want to be part of a team leading the profession of mental health nursing in New Zealand?

We are looking for a person who demonstrates an inclusive and engaging leadership style and has proven ability to work effectively with Māori to achieve organisational goals. If you are a nurse with an understanding of the mental health sector in NZ and looking for a part-time role with flexible hours, then this may be an opportunity for you.

As the College manager, you will have an integral coordination and leadership role in the day to day operations of the College. You will act as the conduit between the Board and College contractors (who support the delivery of College operations), to ensure actions are delivered and those responsible are held accountable for their contribution.

Your role will include supporting our Credentialing programme that supports and endorses enrolled nurses, registered nurses or nurse practitioners, working in primary healthcare settings, who wish to develop their knowledge, skills and experience to provide best practice mental health and addiction responses and interventions in a primary care setting.

We would contract you to work 16 hours a week. These hours are negotiable over the course of the month as some weeks may be busier than others. After-hours work would be required as the voluntary Board meet monthly in the evening. As required this role would fulfil the secretariate function for the Board. You will directly report to the College President. The term is for 12 months and will then be reviewed.

Please take time to read the position description and check out our website <https://www.nzcmhn.org.nz/News-Events/News-Archive/College-Manager-Vacancy> if you are keen to throw your hat in the ring and be considered for this great opportunity to work with us.

Applications close **5pm Friday 23rd October 2020**.

Please send a covering letter outlining why you would be the ideal candidate and your contract rate along with your CV to admin@nzcmhn.org.nz

Primary Mental Health and Addiction Credential Programme Update by Lois Boyd: Director of Credentialing

Over the past three months we have been working with local programmes to resume programmes at varying rates, depending on local circumstances.

Primary care nurses have continued to be challenged by Covid 19, including responding to increased levels of distress, anxiety, and problematic substance use.

There have been small numbers of credentialing assessments, as the programme pauses from earlier in the year have continued to impact.

We have been using the time to grow our team and infrastructure, so we are ready for future programme expansion. We are getting increased enquiries and interest in establishing new programmes as a range of new primary care roles are resourced and developed nationally.

Dr Allan Wyllie, an experienced programme evaluator, who authored the Auckland Metro pilot independent evaluation in 2015, has been appointed to evaluate both new and existing credentialing programmes. Allan will provide evaluation tools and analysis to collect a range

of information including participants experience of the programme and the impact on their practice. New programmes will be able to access pilot evaluation feedback to inform their local development.

With some adjustments being required to our online system to meet contractual requirements, we have also taken the opportunity to provide local programmes with their own online dashboard. This helps local co-ordinators to keep track of credentialing and re-credentialing nurses progress and advise us of any changes to their local groups to keep our records accurate.

We released our first monthly newsletter to credentialing and credentialed nurses via local programme co-ordinators, the PIO dashboard, and the College website. The idea is to provide a one pager update with focused, practice-based information to assist and support credentialed nurses in their practice.

If you are aware of resources that could be good for future newsletters and/or there is anything about credentialing you would like more info on, please be in contact. lois@loisboydconsulting.co.nz

Important Announcements

College events

The Board wish to advise members that due to the impact of the Covid-19 pandemic, the **Māori Mental Health Nurses Wānanga** to be held at Te Tii Marae in Paihia- 25-27 November 2020 has now been postponed. We are planning to hold this in the first part of 2021, and we will update you in due course.

The Board wish to advise members that due to the impact of the Covid-19 pandemic the **7th International Conference of Te Ao Māramatanga-New Zealand College of Mental Health Nurses** to be held in Nelson in early November 2021 has been deferred until 2022. The Board have agreed that the focus for 2021 will be on supporting the Māori Mental Health Nursing Wānanga.

The **National Addiction Nurses Branch** forum planned for later this year has also been deferred until next year.

The Board will be exploring options of providing members with local forums and other online forums to support their professional development. We acknowledge that this is a time where changes must be made and also a time to ensure that we support members to network, grow and learn. We will work hard to develop a plan to carry us through into 2021 and beyond.

Thank you for your understanding

COVID-19: Āwhina app

Āwhina puts tailored COVID-19 information in the hands of health workers.



A useful app to download: Use Āwhina to stay up to date on the latest information relevant to the health and disability sector and receive notifications when content is added or updated. Āwhina was developed initially to make COVID-19 information easily accessible to health workers; now we are beginning to use Āwhina for other important information.

You can download the Āwhina app free on your phone or tablet from the App Store (Apple users) or Google Play (Android).

Māori Caucus update

Caucus have been busy over the recent months and therefore a full update is not available at this time. Please note the update regarding the **Māori Mental Health Nurses Wānanga** postponement in [Important announcements – College events](#)

Nursing Webinar “Nurses-Reimagine our Wellbeing”

As part of International Year of the Nurse and Midwife 2020, we continued to celebrate nursing in Aotearoa New Zealand by hosting another live Zoom event during September.

Our theme for this webinar was *Nurses: Reimagine our Wellbeing*.

This event coincided with Mental Health Awareness week 21-27 September led by the Mental Health Foundation. The theme this year being *Reimagine Wellbeing Together-He Tirohanga Anamata*. <https://www.mhaw.nz/>

We hope you had a chance to join in to listen, learn and reflect about the wellbeing of nurses. We had several inspiring guest speakers, [read more](#) about this in bullet point three of the Progress on the annual plan .

Although the week of awareness is over, we still encourage you to think about continued wellbeing of nurses including your own. On the Mental Health Foundation website, you will [find information on Te Whare Tapa Whā](#) with some important ideas underneath the tabs: Taha Whānau, Taha Wairua, Whenua, Taha Tinana and Taha Hinengaro. The resources in each encourage us to reimagine wellbeing. Here are several examples of activities that have been slightly adapted which nurses could consider doing.

Taha Whānau:

Reconnect with nurses or whānau you have not talked to in a while via text or by kanohi ki te kanohi/face to face.

Think of five nurses you are grateful to be connected to and why. Nurses who have inspired you through your career and or nurses who have inspired you over the past several months as we have faced COVID-19. This activity can also be turned into a connection tree and is one way we can see any shared links that we may have to nurses that have inspired us and who we are grateful for.

Taha Wairua:

Reflect on how you nourish your spiritual wellbeing. How you start and end your workday. How you notice and appreciated the beauty around us. Take time to consider your relationship with the environment, people, and your heritage.

Think about a waiata / song that makes you feel good, that lifts your spirit as a nurse. This activity could be turned into a playlist that uplifts and inspires you and other nurses.

During this week you may plan to go for a walk and use that time to really take notice of your surroundings – the birds singing, leaves rustling and clouds moving. It may be a new place where you have not been before. This could be a team activity.

Whenua:

Find a photo of a place that you feel connected to that gives you the strength to be a nurse and perhaps one that has got you through the past several months as we have faced COVID-19. You can put this up on your wall at work or use as screen saver. This activity can be done with your team and result in a team photo collage perhaps.

If you are not from where you live, discover the name of the local iwi/tribe, hapū/sub-tribe, maunga/mountain, awa/river, and moana/sea. Encourage nurses who you are working with to share where they are from and may their favourite local place.

Taha Tinana:

Set yourself a challenge to do a new fun physical activity. Big or small. At home or in the workplace. You set your own pace and feel free to encourage others to join in. Dancing, yoga, walking, swimming, cycling. Create a new experience. You may also choose to do a relaxing activity like mindfulness.

Consider having a shared meal at work or with whānau and family to nourish your body and connect with others. Throw in that fun activity to this event perhaps.

Taha Hinengaro:

Life is full of ups and downs at work and at home and the past several months have been challenging for many nurses. Take time out to pause and reflect on how you as a nurse, nurture your mental health and emotional wellbeing. Seek to understand how you stimulate and refresh your mind so you can better cope with the ups and downs of life.

The activity of practicing gratitude can be done by writing down three things you are grateful for. Before you start work or when you end work consider reflect on just one thing you are grateful for.

As nurses, we have faced many challenges over the past several months and we may have discovered new strengths or developed new skills. So, take time to think about these. This

activity could be done with a team of nurses or with a colleague.

We may also find that during our workday that our energy levels vary so take time to map your daily energy levels – when do you feel most energy? Morning or afternoon? A simple score of 1-3 (High). This can be done on a weekly basis or monthly and is one way of seeing how our energy levels as well as our moods may vary. When we understand more about our own patterns, we can then tailor our self-care activities to support our wellbeing.

Other activities include trying something new or rediscovering an old interest.

For our final edition for 2020 we are asking you to [send in tips](#) on how you have looked after your own or others wellbeing during this particularly challenging year. We would love you to send in short articles, and photos, maybe the names of nurses who have inspired you so we can create a wordcloud or send in a photo of places that inspire you so we can create a photo collage to celebrate the critical role nursing has played in 2020.

[Progress on 2020 Annual plan](#)

Our plan for 2020 is ambitious and despite the Covid-19 pandemic we are continuing to make good progress. Our strategic plan is a Poutama of four key focus areas and each year we identify the activities to be completed. [Click here for 2020 Plan](#)

[1. Spirit of partnership & working relationships are founded on Te Tiriti o Waitangi](#)

Through our close relationships with Te Rau Ora, Māori 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.

As noted earlier in this newsletter the 2020 Māori Mental Health Nursing Wānanga which was to be held at Te Tii Marae in Paihia- 25 - 27 November 2020 has now been postponed due to Covid-19 restrictions and risks to people who may attend. We are working towards hosting this Wānanga in the first part of 2021.

Publication - [Whakamaua: Māori Health Action Plan 2020-2025](#)

Please take time to read this report which will inform how health services will be designed

Whakamaua: Māori Health Action Plan 2020-2025 is the implementation plan for He Korowai Oranga, New Zealand's Māori Health Strategy – it will help us achieve better health outcomes

for Māori by setting the government's direction for Māori health advancement over the next five years.

Whakamaua is underpinned by the Ministry's new Te Tiriti o Waitangi Framework, which provides a tool for the health and disability system to fulfil its stewardship obligations and special relationship between Māori and the Crown.

Whakamaua outlines a suite of actions that will help to achieve four high-level outcomes. These are:

- Iwi, hapū, whānau and Māori communities exercising their authority to improve their health and wellbeing.
- Ensuring the health and disability system is fair and sustainable and delivers more equitable outcomes for Māori.
- Addressing racism and discrimination in all its forms.
- Protecting mātauranga Māori throughout the health and disability system.

[Click here](#) for further information

[2. Valuing nurses working in & toward enhancing mental health, disability need of New Zealanders](#)

As noted earlier in this newsletter the 7th International Conference of Te Ao Māramatanga-New Zealand College of Mental Health Nurses that was planned to be held in Nelson in early November 2021 has been deferred until 2022. The National Addiction Nurses branch and National Disability Nurses Forum have also been deferred until next year. The board will be exploring options of providing members with local forums and other online forums to support their professional development. Your learning matters to us and we will find a way to keep you connected to share and learn together.

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

Through your membership fees the College is able to provide a voice for mental health, addiction, and disability nursing at a range of forums. This includes being part of a National Nursing Leaders' Group (NNLg) and participating in national nursing projects and activities. Over the past few months, meetings with NNLg have been held via Zoom. As members of this group we are developing a response to the Health and Disability Report (2020). Once completed this will be available on the website

Great news: The Year of the Nurse has been extended to 2020. As part of contributing to International Year of the Nurse and Midwife 2020, we facilitated a webinar zoom event on 24 September 2020 from 11.00am-1.00pm. The theme was Nurses: Reimagine our Wellbeing. Jane Bodkin Clinical Chief Advisor, Nursing Ministry of Health and Suzette Poole-President of Te Ao Māramatanga-New Zealand College of Mental Health Nurses hosted a great line up of speakers:

Guest speakers were:

Gemma Aburn - Nurse Specialist in Paediatric Palliative Care at Starship Child Health, ADHB (PhD student-School of Nursing, University of Auckland) speaking on ***"We're all in this together" – Staff resilience in children's blood and cancer centres in New Zealand***

Dr. Maria Baker- Pouwhakahaere Matua (CEO) Te Rau Ora, Fellow of Te Ao Māramatanga-New Zealand College of Mental Health Nurses. Dr Baker spoke on the ***"Wellbeing of Māori Nurses"***

Dr. Tony O'Brien- Associate Professor of Mental Health Nursing-University of Waikato. Fellow of Te Ao Māramatanga-New Zealand College of Mental Health Nurses Officer of the New Zealand Order of Merit. His focus was on ***"Learning and Nursing Wellbeing"***

Dr. Daryle Deering - Fellow of Te Ao Māramatanga-New Zealand College of Mental Health Nurses. Officer of the New Zealand Order of Merit, followed the theme with her speech around *“Nursing Wellbeing and substance use.”*

The webinar video will be made available on our website shortly.

We are continuing to grow the College credentialing programme to develop primary care nurses. Please see the [update from Lois Boyd](#) in this newsletter for further information

In terms of contributing to Policy and reviews we are in the process of developing a paper about key issues for the incoming government.

The College has been invited to be one of the key stakeholders of the University of Auckland’ NP training support programme and EN support programme.

4. Te Ao Māramatanga is relevant, thriving, and sustainable

We worked with a Human Resource Consultant to Catherine Stapleton to undertake a functional analysis of College roles, develop an organisational chart, create templates for contractors and sub- contractors, develop job descriptions for Executive Assistant,

Credentialing Administrator, Director of Credentialing, College Manager and a Conflict of Interest form. We have also looked into the cost of indemnity insurance for members.

Our annual audit of our College accounts is well underway.

We have commenced work on improving our emailing system and e-file system.

We have commenced work on developing a new website.

Kerry Cross the college Registrar helped design and purchase College pads and pens and a new brochure will be released soon.

The college continues to meet monthly and we are delighted to now be using ZOOM for our meetings. The dates are 19 October, 16 November, and 21 December.



The AGM will be held on 2nd November 4-5pm via Zoom. We will send an agenda out by 12 October and by 19 October we will need to confirm that 30 members are able to attend. **So please mark this date in your diary.**

News and Events

Be sure to keep updated on current news and events posted on the College website. See [News & Events](#) and [Regional Events](#). The College events are also posted on the Calendar of Events in the Members’ area of the website. You will need your log-in and password to access this.

College Journal: International Journal of Mental Health Nursing

Do not forget that by being a member of Te Ao Māramatanga you have free access to the Journal. The College strongly encourage nurses in practice, academics, and researchers to consider writing and submitting articles for publication to the journal. You can access the Journal and the Wiley site through your membership page once you have [signed in](#).



Scholarships

On your members site you will find details about the following scholarships available to mental health, addictions, and disability nurses. The **Rita McEwan** fund provides financial support for the role development of Mental Health Nurse Practitioners in New Zealand. In 2020, the fund was extended to include Addiction and Disability Nurse Practitioners. The **Te Ao Māramatanga Research scholarship fund** is to assist members to undertake viable research of value to mental health, addiction, and disability nursing. You can access further detail [here](https://www.nzcmhn.org.nz/Members-Area/Scholarships) (<https://www.nzcmhn.org.nz/Members-Area/Scholarships>)

Call for articles

We want your stories, summaries of research studies and other interesting information to add to this newsletter.

If you have items of interest, research summaries, stories from practice we want to hear about them. Note particularly our focus for the final edition for 2020 – For our final edition for 2020 we are asking you to send in tips on how you have looked after your own or others wellbeing during this particularly challenging year. We would love you to send in short articles, and photos, maybe the names of nurses who have inspired you so we can create a wordcloud or send in a photo of places that inspire you so we can create a photo collage to celebrate the critical role nursing has played in 2020.

Please send any details, summaries to the editor at christaua56@gmail.com with 'NZCMHN Newsletter' in the subject line. Feel free to send any queries also. **Cut off date for the final edition is 10 December 2020.**

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