

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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Issue No. 3, Volume No. 7
September 2011

Editorial

By Chris Taua

This newsletter is a celebration of the 3rd International Conference of Te Ao Maramatanga New Zealand college of Mental Health Nurses held in Dunedin July 2011. Congratulations must go to the Conference committee who clearly worked extremely hard to bring forth this incredibly enjoyable experience and opportunity for mental health nurses to join together, share their knowledge and expertise. In regard to this newsletter I would like to thank Paul Stewart from the committee for both his narrative and pictorial review of the conference. More photos next issue and on the College website. Best of luck for 2013, Auckland, it will be a hard act to follow.

PRESIDENTS COMMENT

Dear colleagues

Firstly, I want to acknowledge the conference committee, led by Mel Green, for the highly successful *Southerly Change Conference* in July. It was a great conference to be part of. I have had numerous mental health nurses tell me how much they enjoyed the workshops and the two conference days. Our Patron, Dame Margaret provided support for the College Accreditation, Certification and Credentialing Framework and encouraged mental health nurses to utilise our skills to provide assistance to people both during and following disasters such as the Christchurch earthquake. The College has provided an evaluation of the workshops undertaken by Frances Hughes and Margaret Grigg for Minister Ryall together with a number of recommendations. These include website resources for nurses, follow-up workshops and incorporation of psychosocial responses to disaster in education programmes for all health professionals. Professional development is an important area for the College to develop, building on local Branch initiatives and initial national workshops on nurse practitioner and psychosocial response to disasters.

Since the conference my time has been taken up with meeting with key stakeholder groups with Heather Casey, Director of the College Accreditation, Certification and Credentialing Framework, to provide presentations on the Framework. There has been considerable confusion over terminology and purpose, which we are systematically addressing. Catherine Coates (Project Manager Credentialing) and Jo Harry (increased administration time) have been working on communications. More information will start to appear on the College website now that the Credentialing Project for ProCare practice nurses has been finalised with Health Workforce NZ. This is an exciting project that will provide the College with the opportunity to work in partnership with a PHO to enhance the skills of practice nurses in the areas of mental health and addiction. Such skill enhancement is in keeping with the primary health care role of practice nurses in the areas of health promotion and early intervention as well as in contributing to the provision of continuing general health care for

people with mental health and addiction problems following periods of more intense treatment.

During the next few months I plan, with other members of National Committee, to have a focus on strengthening College relationships with national consumer and service user groups and other professional bodies. Hineroa and I will be attending the Australian College of Mental Health Nurses conference in early October and this provides another opportunity for discussions with our Australian mental health nursing colleagues on key strategic issues. We will include a report of discussions and the conference in the next newsletter. The College has renewed the memorandum of understanding (MOU) with Kites Trust and formalised a MOU with the Drug and Alcohol Nurses of Australasia (DANA). The College continues to have a high level agreement with Te Pou and is represented by Mel Green on the the Te Pou Nursing Advisory Group. A focus on strengthening

key relationships will provide the opportunity to strengthen professional development activities and provide the opportunity for joint submissions and responses to consultation documents. In respect to DANA, the Vice President International is Louise Leonard, a clinical nurse specialist at the Waikato DHB who is on the nurse practitioner pathway. Louise's clinical role crosses addiction and mental health.

I want to acknowledge the recent appointment of Frances Hughes to the role of Acting Deputy Director of Mental Health and Principal Clinical Advisor for the Ministry of Health. This is the first time a nurse has held this position and this appointment recognises France's expertise.

I want also to acknowledge mental health nurses in front line practice and leadership roles during periods of workplace stress and difficult circumstances. At time difficulties arise in most mental health service settings which provide significant challenges for staff at all levels of the organisation. The College is very willing to provide input from a professional mental health nursing perspective on any occasion when this would be consid-

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*Update from the college
administrator
Jo Harry*

STANDARDS FOR PRACTICE FOR MENTAL HEALTH NURSING IN AOTEAROA NEW ZEALAND - RE-DRAFT IN PROGRESS – The analysis from the consultation process remains on the website (Resources>College Publications) for your information. Practice Board are currently working on drafting new standards which we hope to have out to members for comment in October. They have taken on board all of your comments to date, and this has been valuable in the re-draft process.

WEBSITE – The College is currently developing a website upgrade plan, and I have a scheduled meeting with our current web company in September to discuss our changing needs, and to move us into more contemporary, user friendly, dynamic and interactive times. I often have members comment that it is difficult to find certain information on our current site. If you have any ideas, thoughts or comments about how our website could be improved please feel free to contact me.

NEW PRACTICE NETWORK – I am pleased to announce that the College has a new Practice Network in development for nurses working in the Intellectual Disability area. Sarah Skipper has volunteered (and been the driving force) to be the practice network facilitator. If you are interested in joining this network, please visit the website, remember you need to login, and then join.

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.

WHAT'S NEW ON THE WEBSITE? www.nzcmhn.org.nz	Look on website under the following headings
MH Nursing Poster – How do you measure up?	News & Events
National Nursing Consortium Practice Standards Endorsement	News & Events
ID Practice Network	Practice Network
Nursing Review now available on line at http://www.nursingreview.co.nz/	Check out the August edition where the College features an article about the new Credentialing framework
Like Minds now available on line at http://www.likeminds.org.nz/file/Newsletter-Archive/PDFs/lmlm-newsletter-42.pdf	Resources>Links

That's about all from me. Remember you can contact me at admin@nzcmhn.org.nz.
Looking forward to hearing from you.

Jo Harry
College Administrator
Te Ao Maramatanga NZCMHN
PO Box 83-111
Edmonton Road

**Michael John Emery Nominee
National Committee NZCMHN (Te Ao Maramatanga)**

Biography

My ethnicity is Maori / Cook Islander. My iwi (tribal) affiliations are; Ngati-Maniapoto, Ngati Kahu-ki-Whangaroa, Ngati-Makea (Cook Islands)

I have worked in the mental health field since 1974; the last 30 years in psychiatric/mental health nursing. My interest in mental health started as a 17-year-old college (high school) student, with volunteer work at Tokanui Hospital, during the national-wide strike by psychiatric nurses in 1971.

In 1974 I started work as a student training officer at Levin Hospital & Training School. At the end of 1974 I transferred to Tokanui Hospital and worked as a training officer, (working with children with a moderate to severe intellectual disability), for 7 years. In 1981 I was accepted to do my psychiatric nurse training. I registered in 1984. I gained my Advanced Diploma in Nursing in 1989, completed the bridging to RCpN, Diploma in Nursing in 1994, gained my Bachelor of Nursing in 1998, and graduated with a clinical Master of Nursing in 2006.

My mental health nursing experience over the years has included acute, rehabilitation, forensics, elderly, therapeutic milieu, crisis, project work, nursing education, clinical supervision, mentorship / preceptorship and community counselling/nursing.

The highlights of my nursing career have been; developing mental health nursing clinical expertise working in a large institution, nursing in a community setting attached to a large institution, psychiatric/mental health crisis team, clinical supervisor to student nurses (ensuring students experienced psychiatric/mental health nursing in a positive environment), clinical nurse consultant (rural/remote mental health project in Outback Australia), working group in the development of generic Risk Assessment training, rural perspective to advisory group for development towards DSM V, and clinical nurse consultant (at regional mental health level).

I have been a member of the College since it's New Zealand inception in 1993. I was part of the Waikato branch of the organising committee for the 1995 College Conference in Hamilton, and currently I am a College Practice Board member.

My purpose in seeking nomination for the vacancy is to be involved in the ongoing professional development of mental health nursing at a national level. My aim is to ensure that mental health nursing, through NZCMHN (Te Ao Maramatanga) , develops and maintains a high profile professionally, academically and politically.

All that I espouse to be as a mental health nurse sits within the College objectives.

I am a community mental health nurse with Lakes DHB in the Southern Lakes region of Taupo / Turangi / Mangakino.



Meet the new National Committee members

Liz Burgess – General Manager

Bio:

I have had over 15 years experience in Mental Health & Addiction Services both in New Zealand & Australia, I am a Registered Comprehensive Nurse, hold a post grad dip in MH Nursing and a certificate in adult teaching.

I have held a variety of roles including crisis, inpatient, child & youth and addiction services. I have worked in both the public DHB settings as well as the private sector in Australia (Private treatment facilities) and the NGO Sector in New Zealand. I am currently the General Manager of Mental Health & Addiction Services for Healthcare NZ and I am responsible for the leadership and direction of the national mental health & addiction services for Healthcare NZ.

I am interested in the NGO sector in NZ and aligning Registered nursing staff that work within the sector and support non clinical staff.

Regards
Liz



Timed beautifully between the Ash Cloud in June and the snow falls in July/August, the Otago Branch of Te Ao Māramatanga New Zealand College of Mental Health Nurses warmly welcomed approximately 300 delegates to Dunedin for the 3rd International College Conference early last month.

The Conference Programme provided delegates with an array of vibrant international and national speakers who engaged the audience and inspired us to think about new ways of working as we look towards the future of mental health nursing. As always one of the highlights of the conference was the opportunity to network and mingle with colleagues who share a passion for mental health nursing.

The Otago Branch would like to thank the conference sponsors. In particular, Principal Sponsor Janssen-Cilag, Major sponsor Te Pou and the Southern District Health Board for their sponsorship and supporting over 70 Otago nurses to attend the conference. Thank you also to those who assisted in the 2 ½ years of planning the conference.

We wish the Auckland Branch well as they begin planning for the 2013 conference.

Mel Green



**President Daryle
Deering**



Helen Hamer



**Kaiwhakahaere:
Hineroa Hakiaha**





Held in Bonnie Dunedin

Paul Stewart

The conference theme “Southernly Change” is about Dunedin’s location in the Southern Hemisphere, in New Zealand and in the south of the South Island. It is also about New Zealand mental health nursing practice positioning itself at a point of critical consciousness with mental health nurses leading the way as trend setters and determining the directions of mental health nursing practice in the southern hemisphere.





International speakers included

Professor Shirley Smoyak Rutgers University-College of Nursing New Jersey USA presented – “A comparison of practice directions internationally”.



Professor Dawn Freshwater Dean, School of Health Care, Leeds University, UK presented “Using models of critical consciousness raising as vehicles for mental health nurses to become practice innovators, policy generators as opposed to implementers and through the generation of practice based evidence lead to practitioner-researcher approaches to mental health nursing practice”.

Nationally invited speakers included

Helen Hamer “What can past, present and future notions of citizenship teach us about mental health nursing, participation and political power?”

Professor Frances Hughes “Targeting support for mentally ill as a vulnerable population”

Dr Sue Luty “I am not the diagnosis: How to change the experience of Bipolar disorder”.

Dr Jane Nugent “Physical health and pharmacology”

Professor Richie Poulton “The importance of self-control in childhood for how your life turns out as an adult”

Graham Roper “Southerly Change—Who should influence change”



Other significant speakers included

Heather Casey, Dr Daryle Deering and Kim Ryan, College accreditation, credentialing and certification framework.

Rosemary Diehl, ‘Truby King’,

Individual Presentations

Not least of all were the 40 presentations made by people connected and involved with mental health (past, present and future) who willingly contributed to an enthusiastic audience. While these are too many to comment on individually they provided the conference participants with a wide choice of interesting topics to enjoy. The common theme was that the presenters spoke with passion about their area of interest.



Conference committee

The conference committee members comprising, **Mel Green Conference Convenor, Heather Casey, Chris Munro, Steve Bayne, Sarah Skipper, Graeme Thompson, Paul Stewart, Trudy Dent, Barbara Mosley, Colette Ryan, Cathy Tod and Robyn Eaton** took on the task of developing the conference in Dunedin. They did so with a lot of assistance and support from many others.



The committee must have wondered what they had taken on as deadlines approached. Concerns were expressed about the economic situation, the location (South Island NZ), the attendance would be small, costs are too great, are all the invited speakers able to come, has any one submitted a paper, where do we find a venue for the social event..... however their fears were unfounded as 300 attended including 70 from the local (Southern) DHB. While this was great, it did place pressure on accommodating the number for the conference dinner at the Otago the Thursday night. However a few more tables were fit-



Museum on
ted in and the



evening was a great success if somewhat tight. Visiting the tropical rainforest butterfly collection was an added benefit. The pre gathering followed by fellowship ceremony then dinner allowed participants time to catch up with old colleagues and make new contacts or finally put a face to a name. Obviously the nights festivities did not effect (or at least they put on a brave face) the large numbers who tuned up for the breakfast AGM meeting of the College early Friday morning. Thanks must go to Anna Maree Burns and her team from **Conference Innovators** who ably assisted the committee in spite of their organisation suffering loss of offices and equipment due to the Christchurch earthquakes.



Fellowship

On the Thursday evening prior to the dinner **Chris Taua and Heather Casey** were inducted into fellowship of Te Ao Māramatanga. Congratulations to both for their induction and contributions to the college.

Sponsorship

The conference would be less successful if not for the sponsorship and exhibitor stands from the following sponsors.

Principal Sponsor

Janssen-Cilag

Major Sponsors

*Southern District Health Board
Te Pou*

International Speaker Sponsors

*Centre for Mental Health Research, Auckland University
Mental Health Commission*

Other sponsors and exhibitors (as well as above)

*Carroll St Trust
Trendcare
Otago Polytechnic
Career Force
Matua Raki
Massey University
The Ashburn Clinic
Smokefree Nurses NZ
University of Otago
Werry Centre
Whitireia
Western NSW LHN
Eli Lilly and Company (NZ) Limited*

Donations Received From:

Otago Community Trust



Today Dunedin Tomorrow Auckland

REGIONAL REPORTS



Auckland Branch

The Auckland Branch has met and established a core group to begin working on the 2013 conference. Exciting! We are working on booking a venue and getting dates asap and will be having discussions on what our core values are for the next College conference. We are looking forward to working together and have learned a great deal from the excellently hosted Otago conference just gone. Watch this space.

Colette Adrian

Waikato Branch

I had an epiphany while I was in Dunedin at the conference! I eventually, or is it finally realised that the College isn't a lot of people sitting somewhere away from here... people on the executive, working for the greater good, sending out important emails! No, I realised that the college is me. Us, each individual, and that we all need to contribute, communicate and participate, provide feedback, or it won't be a happening thing. Perhaps I took on the messages from some of the Keynote speakers: Professor Dawn Freshwater, **Critical consciousness**: opening up ideas for thought around the need for political activism, and the need to be politically active in taking the nursing profession forward; Professor Shirley Smoyaks short presentation on **Writing for publication**: highlighting some of the basic processes required for writing and publication., that publishing does not all need to be academic, but may and should include writing newsletter articles and reports, publishing minutes, Journal articles and contributing to a book chapters.

So to branch business:

We have had fluctuating attendances at recent meetings, wondering if perhaps the fact that we had 9 members attending conference has any bearing on this. Still all exhausted after the wonderful hospitality and experience in Dunedin!

Seriously we do spend time each meeting discussing ways to increase and maintain our branch membership.

While recent attendances may have been small, there has been vigorous and robust discussion on a number of topics, including the Enrolled nurse programme, Challenges in gaining College membership from new graduates/students; and ethics and professional safety.

A number of our members have been extremely active in the College over the years, - 4 branch members are College fellows, and we hope in the future to use some of their passion to encourage others.

This year our membership has changed. There is no longer a predominance of DHB nurses, in fact we have representatives from NGOs, DHB - inpatient, community and management; independents, (nurses unattached to any organisation); tertiary providers and nurses from Primary mental health

care areas. This brings different perspectives into each discussion. To date our great initiative from last year to award 2 new graduates with membership has not translated into their active attendance at meetings.

Clinical reality has meant that our chair Lesley has had to relinquish the role, and at yesterday's meeting, Louise van den Berg, our branch secretary, very kindly agreed to temporarily take on the chair role (with support) for the next 3 meetings, until our next election in December. One of her initiatives has been to list branch members' achievements on the end of each newsletter. While these are not necessarily branch achievements, they profile achievements of nurses in our branch. Her next job is to get members to provide her with the information each month in order to develop the list.

Currently branch member achievements include, but are not limited to: :

MH&A Nurse educators forum, Hamilton, 2010

Second health professional at Judicial review - Regional train the trainer

NZCMHN conference 2011 presentation - Team Nursing

NZCMHN conference 2011 presentation- Team education for nurses- an innovative way to provide professional development to nurses across a variety of settings in one DHB- a working model

NZCMHN conference 2011 presentation- Pathway to Nurse practitioner

Our branch supported the 2010 inaugural MH&A nurse educators forum by use of a bank account, and last week we closed this and transferred a substantial amount of money to the Christchurch organisers of the 2012 MH&A nurse educators forum.

We have begun planning our 2012 programme, aiming to continue with our 6 weekly meetings, and combining these with guest presentations - including expertise from within our group. These will be open to all nurses, with the details confirmed at the start of 2012. The optimistic idea being that nurses will identify topics of interest and plan ahead to attend the meetings. Fingers crossed.

Moira O'Shea, Waikato branch member

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.



*Taranga Te Kumete o
Te Ao Maramatanga*



The difference between stumbling blocks and stepping stones is how you use them.
– Unknown

Editors thoughts this issue

*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 Commission](#)



[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:

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 chris.taua@cpit.ac.nz

NOTE

Share your knowledge with the College:

Regional contacts

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ColetteA@adhb.govt.nz

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Louise.vanderberg@wintec.ac.nz

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Robyn.Boladeras@bopdhb.govt.nz

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Melanie.leinertbrown@cpit.ac.nz

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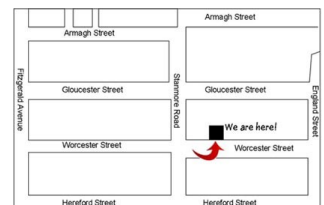
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S.Wilson@massey.ac.nz

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.
403a Worcester Street
Linwood
Phone: 03 365 5344 - Rural freephone: 0800 424 399
Fax: 03 381 0530
P O Box 32 035
Christchurch

LATEST NEWS AND EVENTS

[Parliament passes bill to protect children from abuse](#)

(2011, 15 September). Wellington: Ministry of Justice, via Scoop.

[Media Release](#)

The Crimes Amendment Bill (No 2) creates an offence of failing to take reasonable steps to protect a child or vulnerable adult from the risk of death, grievous bodily harm, or sexual assault. The offence carries a maximum penalty of 10 years' imprisonment. "Parliament has reaffirmed today that it regards ill treatment of children and vulnerable adults as completely unacceptable.

[Mental Health Awareness Week 2011](#)

Fun and games for the whole country in the annual mental health awareness-raising week. Keep an eye on the Mental Health Foundation website for updates so you don't miss out!

Monday, 10 October 2011 - Sunday, 16 October 2011

[8th Australian and New Zealand Adolescent Health Conference](#)

Sydney in conjunction with the 3rd International Association for Adolescent Health (IAAH) Asia Pacific Congress.

Wednesday, 09 November 2011 - Friday, 11 November 2011

[3rd Australian Rural & Remote Mental Health Symposium](#) [Impacts & Outcomes](#)

Mercure, Ballarat 14th - 16th November 2011

You are invited to join us in November 2011 when we will examine how mental health professionals prepare themselves, their clients and their communities, to deal more effectively with future negative occurrences in rural and remote areas, and debate whether resources of government, mental health professionals, emergency services, and private practitioners could be better utilised for optimal benefit.

[Pacific Rim International Conference on Disability & Diversity](#)

March 2012, Honolulu Hawaii

Call for Proposals

Submissions will be considered for poster presentations, interactive roundtables, 30-minute topical presentations, 60-minute breakout presentations, 90-minute seminar/colloquium, and 120-minute interactive workshops.

For more information on International Mental Health Conferences visit

[Psychiatry Conferences Worldwide](#)

Upcoming events in psychiatry, mental health and related fields

MORE EVENTS

International Symposium on Motivational Interviewing

Beyond an Effect Size: Innovations in Thinking & Practice

7-9 March 2012

Auckland, New Zealand

[HMA](#) is pleased to announce the second International Symposium on Motivational Interviewing (ISMI). The event will be held in Auckland, New Zealand on 7-9 March 2012.

Keynote address by Theresa Moyers, PhD - University of New Mexico (USA) & Allan Zuckoff, PhD - University of Pittsburgh (USA)

- Pre-Symposium professional development workshops: Advanced MI & Change Talk - Terri Moyers/Joel Porter; Working with Co-existing Problems - Allan Zuckoff & Supervision & Coaching - Eileen Britt/Mark Wallace-Bell
- Two-days of interactive presentations by colleagues from New Zealand, Australia, Singapore and beyond

The venue for ISMI is the [Stamford Hotel](#) located in the heart of the city

Call for Papers

We are looking forward to covering a wide range of innovative, informative and creative presentations on the key themes of ISMI: *Beyond an Effect Size: Innovations in Thinking and Practice*. We are interested in hearing about scientific and practice-based papers that inform people about the different ways MI is taught, practiced, integrated, culturally adapted and researched across professions around the world. All presentations will be in a plenary format for thirty minutes followed by fifteen minutes of discussion and questions.

Submitted abstracts should be 250 words or less.

Abstracts due date: **17 October 2011**

Please include contact information

Submitted in Pages or Word format to joel.porter@hma.co.nz

For more registration information please contact: joel.porter@hma.co.nz

[Australasian Society for Psychiatric Research \(ASPR\) 2011 Conference](#)

"From Idea to Implementation"

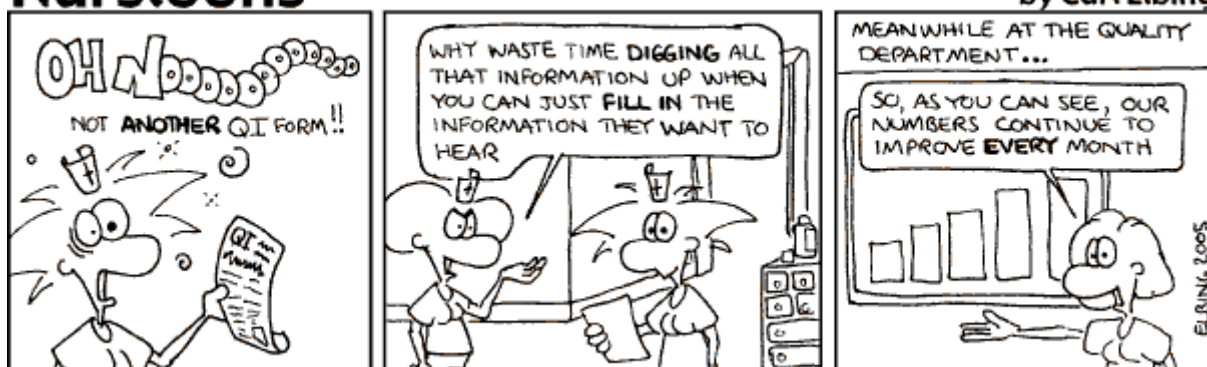
Monday 5 December – Thursday 8 December 2011

University of Otago, Dunedin, New Zealand

The theme for this year, *From Idea to Implementation*, will have a strong psychiatry and neurology focus and will appeal to people from a wide range of disciplines including psychiatrists, psychologists, mental health nurses & statisticians

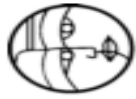
Nurstoons

by Carl Elbing



www.nurstoons.com

HUMOUR
CORNER



Te Ao Maramatanga
New Zealand College of Mental Health Nurses Inc.
PO Box 83-111, Edmonton Road, Auckland, New Zealand

12 September 2011

College of Mental Health Nurses Policy scholarship: Placement in central government agencies.

For the first time in New Zealand, Te Ao Maramatanga New Zealand College of Mental Health Nurses is offering a policy scholarship for mental health nurses to work in a government agency.

The policy scholarship funded by one of the college fellows and is the "Frances Hughes policy scholarship". Frances was the first nurse recipient of a Harkness Fellowship in Health Care Policy through the commonwealth fund in the USA 2001/2002, and has benefited from the support and experience this provided her. Through this she has researched and published on health policy and on the role of nurses in policy development. This scholarship provides a unique opportunity to New Zealand mental health nurses.

The scholarship will be offered on an annual basis to an experienced Mental Health nurse who has undertaken post graduate education with a focus on and an aptitude for policy development.

The placement would be for a period of 1 month (location to be arranged) and during this time the recipient would need to focus on specific policy programmes which have impact or are related to the social determinants that affect mental health.

The scholarship will cover cost of airfares, accommodation and living expenses to the value of \$5000.P.A. We would expect the agencies to provide desk and normal working equipment. This is an exciting initiative to not only develop nurses to progress policy development but also for an analyst/advisor to work alongside a mental health professional on key areas that effects the mental health of our community.

TO APPLY

Apply in writing to the NZCMHN at admin@nzcmhn.org.nz or post to PO Box 83-111, Edmonton Road, Auckland.

Timaru Mental Health Service

Keyworker - Registered Nurse, Occupational Therapist or Social Worker Full-time position – 40 hours per week

You know you can make a difference at the South Canterbury DHB. In this positive team environment, initiative is rewarded with active support allowing for high standards of service delivery. You will have time to invest in your clients and team and enjoy an established structure which contributes to achieving the best outcomes.

We have a vacancy in our small multi-disciplinary team who use the "Strengths Model" approach to assist client recovery.

The role includes Keyworker responsibility for a group of clients – initial and comprehensive clinical assessments and the development of recovery / treatment plans.

You must be a NZ Registered Nurse, Occupational Therapist or Social Worker with psychiatric/mental health experience that enjoys working within a positive team environment and is possibly willing to complete training as a Duly Authorised Officer.

A position description and application form are available by contacting:
Human Resources Department via email at vacancyenquiries@scdhb.health.nz
or by phoning (03) 687 2230, quoting vacancy number 2107.

Closing date: OPEN



Newsletter 27 July 2011

Introduction

The Nurse Practitioner Advisory Committee of New Zealand (NPAC-NZ) was established in May 2002 for the purpose of the nursing profession to work collaboratively on matters relating to the registration of Nurse Practitioners (NPs) and the development of the Nurse Practitioner model within New Zealand/Aotearoa. NPAC-NZ comprises of representatives of the four major professional nursing representative associations working with the Nursing Council of New Zealand (NCNZ) under the terms of a Memorandum of Understanding. The Committee meets face to face three times yearly and holds monthly teleconferences. This newsletter provides ongoing updates of NPAC-NZ activities since April 2005.

For any administrative enquiries please contact Georgina Araboglos (Administrative Support)
georgina@npac.org.nz or DOI 04-494 8237.

Further details are available on the NPAC-NZ website (www.nursepractitioner.org.nz) or NZNO website and enter NPAC-NZ in search tool

Current NPAC-NZ committee members include:

- Helen Snell, *Nurse Practitioner*, & Charlotte Thompson, *Professional Nursing Advisor* – representatives New Zealand Nurses Organisation (NZNO).
- Pip Rutherford, *Nurse Practitioner*, & Sue Wood, *Director of Nursing Midcentral DHB* – representatives College of Nurses Aotearoa (CONA).
- Bernadette Paus, *Nurse Practitioner*, & one vacancy, *Director of Nursing* – representatives College of Mental Health Nurses.
- Vacancy: – representative National Council of Maori Nurses

Summary of Activities – July 2011

• New Terms of Reference

These have been updated and have been sent out to NPAC-NZ representative groups for review

• Legislative Barriers

Chief Nurse Jane O'Malley and her team at the Ministry Of Health are preparing submissions on legislative barriers including the Cremation and Burial Act and prescribing. There are no further updates on NPs using electronic special authority however NPs able to request special authority in paper format

• Registration medal for Nurse Practitioner

The medal is still at Nursing Council awaiting approval. Once this is approved NPAC-NZ will be notified and the medals can then be purchased, price to be confirmed

• DHB/NZ Nurse Practitioner website

DHB/NZ is unable to continue to host the Nurse Practitioner website (www.nursepractitioner.org.nz). Discussions are ongoing re using the Ministry of Health HIIRC website to continue to provide information for NPs, NP candidates, mentors, employers and the general public.

• Nurse Practitioner Clinical Training and Education Programme

The consultation has been completed with thirty two submissions collated which were generally favourable. Discussions continue and NPAC-NZ and NPNZ have agreed on four core principles: a formal programme is needed, a set number of clinical hours, that it occurs in clinical practice, and that supervision of extended practice is provided. The updated version as well as a covering letter, will be sent out to the College of Nurses Aotearoa, College of Mental Health Nurses, NPNZ, NZNO, Nursing Council and Ministry of Health. Discussions have also occurred with a representative from Health Workforce New Zealand central region training hub.

• Nurse Practitioner Mentor Programmes & study day

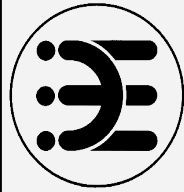
Workshops and study days for mentors have been ongoing through the country. This work will now be provided by NPNZ

• Closer ties with NPNZ

NPNZ chair person Dr Michal Boyd attended the face to face NPAC-NZ meeting in Wellington and links between these two groups have been strengthened. Collaboration on the 100 celebration, NP activities, strategic planning and consultation is ongoing.

• Celebration of 100 NPs

NPAC-NZ and NPNZ are working on options to celebrate the first 100 NP registrations in New Zealand. They will be collaborating with Nursing Council of New Zealand, the Chief Nurse and Ministry of Health.



CONFERENCE 2011
"Swimming Between the Flags?"

ACMHN's 37th International Mental Health Nursing Conference

Marriott Resort & Spa, Gold Coast, 4th to 7th of October 2011

"Ever wondered who decides where the flags should be positioned? Ever contemplated the safety of swimming just outside the flags? Ever decided to swim at the other end of the beach and ignore the flags altogether? Ever seen a rip swirling in close, creating havoc in seemingly safe waters?"

The imagery of the beach speaks to so much of what we love about Australia. It also provides a rich metaphor for our role as mental health nurses. The theme of this conference, ***Mental Health Nurses: Swimming between the flags?*** promises participants an exciting opportunity to contemplate and discover how mental health nurses from around the world are interpreting and responding to changing conditions in education, practice, research and management.

Mental health nurses are increasingly pushing the boundaries of their traditional scope of practice. Regardless of your role or the context in which practice, you will be challenged to respond to changing conditions in line with a changing world. As lifesavers, sitting on the beach amidst the sandcastles and cricket matches, with the binoculars trained on choppy waters watching for trouble - how do you prepare yourself to respond to the shifting 'flags' in the broader field of mental health care? As a profession, how do we support people when rips and dumpers develop between the flags?

<http://www.astmanagement.com.au/acmhn2011/index.html>

Kim Ryan
CEO

Adj ASSOC PROF

Australian College of Mental Health Nurses

Samantha Robson

Conference Secretariat

Ph: 07 5502 2068

Website: www.astmanagement.com.au/acmhn2011

Two-Day Workshop

Working with People Experiencing Positive Symptoms of Psychosis

A Psychological Approach

Facilitated by:

Debra Lampshire (Experienced-Based Expert)

Helen P Hamer (The University of Auckland)

The content of this skills-based workshop is grounded in Cognitive and Behaviour Therapy approach to enhance the personal skills and resilience for people who experience positive psychotic symptoms, particularly auditory hallucinations.

The skills taught in the workshop include normalising and validating, focusing, interpretation and evaluation of voice hearing, and the explanations the clients have for their voices. The workshop models the consumer/clinician-alliance in both the teaching and in the clinical delivery of psychological strategies for fluent voice hearers.

Teaching objectives

- To raise awareness of the evidence-based approaches to the psychological interventions for psychosis.
- Develop the skills to interpret the voices using the techniques of CBT
- Explore the role of voice hearing and the explanations given to those voices by voice hearers
- Practice the normalising and validating skills within this approach and the attitudes required to work effectively with the client group
- Understanding the role that voice-hearing plays in client's lives, and the consequences of reducing the frequency and distress caused by voices.
- Develop skills to use the techniques in a group and within individual key worker practice.

Dates: 30 November and 1 December 2011

Time: 9am to 4.30pm

Venue: RMHS Tamaki Campus, Morrill Road, Glen Innes, Auckland
Room 730-268

Registration: Gillian Yate, Ph. 09 373 7599 ext 83515 or g.yate@auckland.ac.nz

Cost: \$400 per person for 2 days. Minimum of 10, maximum of 20 group participants

Contact details: d.lampshire@auckland.ac.nz h.hamer@auckland.ac.nz



08/11