

Voices

Newsletter

Te Ao Maramatanga
New Zealand College of Mental Health Nurses (Inc.)
Partnership, Voice, Excellence in Mental Health Nursing



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Editorial By Stacey Wilson

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As most of you are probably aware with the closure of the Mental Health Commission (MHC) this year and the publication of Blueprint II (MHC, 2012) there are many changes afoot regarding provision, access and service orientation. How mental health nurses go about assessment and interventions within recovery orientated care and the changes to venues in which that relationship might take place is likely to be drastically different over the next 10 years. O'Hagan, Reynolds & Smith's (2012) article titled, Recovery in New Zealand: an evolving concept, recently published in The International review of psychiatry gives an excellent overview of the historical context of recovery policy within NZ and provides a key argument that "New Zealand made a contribution to the conceptual evolution of recovery but it has a long way to go to fully embed a recovery orientated approach in its mental health services" (p.61). In fourteen years since the MHC was established a lot of changes have taken place, however the implementation and uptake of recovery as a key underpinning of our practice is being questioned, and not just by these authors.

O'Hagan et al also provide a useful read on the more recently implemented model Whanau Ora and conceptual models of wellbeing, which they suggest: "may open the door to more innovation and fairer distribution of power and resources" (p.61). The notions of 'an open door', 'choice driven access' and 'wellness orientated service provision' are key targets of the new-look mental health services within Blueprint II. It's essential that as the largest professional group within mental health and addiction services, we are at the front with service users in knowing, talking about and working on how the new policy is being translated in practice, research and education. Publications such as this newsletter, the recently established 'forums' within the College website and the upcoming 2013 NZMHNC conference, offer a place to feed-back and talk-over changes occurring. In each of the next 14 years, our collective mental health nursing voice needs to be publically heard regarding both the planned changes and our key contribution to better outcomes of the people we work with. We cannot afford as a profession to 'be still a long way to go'.

O'Hagan, M., Reynolds, P., & Smith, C. (2012). *Recovery in New Zealand: an evolving concept?* *International Review of Psychiatry*, 24(1), 56-63.
Mental Health Commission. (2012). *Blueprint II*. Wellington: Author.

PRESIDENTS COMMENT

By Daryle Deering

Tena koutou Katoa, Greetings

I was recently a participant at the Mental Health and Addiction Nurse Educators Forum held in Christchurch in the spring – a wonderful time of year indeed. This was an important forum to address education and training in the context of a changing health care system from a range of perspectives; undergraduate, post-registration and post-graduate. Contemporary mental health nursing sees nurses working within interdisciplinary teams working with clients with some very complex issues. This requires the establishment and maintenance of therapeutic relationships, the direct provision of interventions and collaborative working relationships with a wide range of

personnel and groups within and external to the Mental Health and Addiction sector. This ensures clients and their families actually receive the interventions they require and are actively linked with recovery support systems and continuing primary health care. It is therefore essential that every mental health nurse establishes a professional development plan that addresses gaps in knowledge and skills and/or enhances core key competencies related to screening, brief and comprehensive/holistic assessment and the range of interventions (clinical and psychosocial - individual, family, whanau and group) that are needed for their role in whatever setting they are in. The provision and impact of on-going education, workforce development and credentialing is therefore critical.

Presidents comments continued

The revised Standards of Practice for Mental Health Nursing have finally been completed and are available from the College website. This has been a lengthy project and many mental health nurses have provided significant input to their revision. I acknowledge Hineroa Hakiaha and members of Maori Caucus, Heather Casey, Jo Harry, Thelma Puckey, Kate Prebble, Mo Petit, Kaye Carncross and Practice Board members, Tony O'Brien, Maria Baker, Mel Leinert-Brown, Bart Van Gaalen, members of National Committee, Research and Education Boards. In addition, I acknowledge all other College members who provided input and feedback, other nursing and related organisations, other nursing colleagues, consumers and consumer organisations that provided feedback. While the Standards are now available for use, a specific launching of the Standards will occur at the 2013 "Close to Home Conference." The next phase which has started with dissemination to Directors of Mental Health Nursing and other mental health nursing stakeholders is implementation.

Finally, the next newsletter will coincide with the annual face to face meeting of National Committee to which we have invited Board Chairs. An important focus of this meeting will be on the College infrastructure. We also have a meeting scheduled with NZNO personnel to hear more about their planned developments for the Mental Health Nurses Section to become a College.

Welcome to Sue Platts New College Administrator

I come from a decade of working with Daryle Deering at National Addiction Centre (NAC), part of Department of Psychological Medicine, University of Otago, Christchurch campus. This was firstly as a temp for two and a half years or so, and then as permanent staff, both in a secretarial/research secretary/receptionist role. I worked on many different projects for NAC which has given me a good background and a wealth of experience to contribute to the College. I very much look forward to utilising this experience and knowledge in my work for the College.

I have two children, one son who is now 21 and a father himself (yes I am a nana too, yikes) and an almost two year old daughter who I am enjoying grow very much.



*Taranga
Te Kumete o
Te Ao Maramatanga*



*Update from the PAST college
administrator
Jo Harry*

INTRODUCING: Jo Harry – Credentialing Project Manager

As you may notice from my change in title above, I am changing roles within Te Ao Māramatanga. I have thoroughly enjoyed my time as College Administrator and fondly remember the contacts I have made with many you. I have seen my main role over the past 4 years as supporting the membership, connecting with you all and assisting you with queries or questions on College matters. I am handing over the College Administration role to Sue Platts who starts this role on 3 September 2012. Welcome Sue.

Sue will be contactable on sueplatts@nzcmhn.org.nz or alternatively all email to admin@nzcmhn.org.nz will be diverted to her also.

So what about my new role? Firstly I am taking over project management of the Te Ao Māramatanga Credentialing Project. We are making good progress here, and are working closely with 3 PHOs to upskill/enhance the skills of primary health care nurses with regard to mental health and addiction brief assessment, brief intervention and referral. This is an exciting project and although early days, there is real enthusiasm in the primary healthcare sector around mental health and addictions. I have recently visited Northland where I met with nurses interested in credentialing and by the time this newsletter reaches you I will have also been to meet with nurses in Rotorua. The key issue around credentialing is around the translation of knowledge and skills into practice. This could be in many different forms including supervised practice, supervision, mentoring, case presentations, group/forum support etc. This is something we (mental health nurses) have strength in and are familiar with.

I am also pleased to announce that Te Ao Māramatanga has approved our first application for a Mental Health Credential in Primary Care. Anne Maclean, working currently for East Tamaki Health Care, will be awarded this credential in the coming weeks. Considering Anne is the first nurse to go through this process, there will be some fanfare around it.

Secondly, the National Committee has been reviewing its function and operation. During this process expertise has been sought from a business consultant. In line with his recommendations, my role will be changing to support Te Ao Māramatanga in more of a managerial way. Although the detail is yet to be determined, this change in role will assist Te Ao Māramatanga to move forward.

Reminders

2015 CONFERENCE – As the Auckland Branch are making progress with the 2013 Conference, we are now seeking early expressions of interest from any branch that would like to host the 2015 Conference. Please email me at my usual address.

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

Website links/headings

AGM minutes

Publications

Book Launch

News & Events

ACMHNs 38th International Mental Health Nursing Conference: The Fabric of Life

News & Events

Contacts for Branches

About us

Consultation activities

News and Events

Judicial Reviews education package

Publications

Nursing Review now available on line at

<http://www.nursingreview.co.nz/>



More from Jo Harry

STANDARDS OF PRACTICE FOR MENTAL HEALTH NURSING IN AOTEAROA NEW ZEALAND
This document has now been finalised, and we are waiting on ISBN numbers to be issued before it goes to print. This will be on the website in the next 2 weeks.

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? You can access the members area but must have your login (main email address) and password. If you have forgotten any of these, please email me or Sue and we can sort this for you asap, or alternatively we can update your profile if you provide us the info. I can still be contacted at jo-harry@nzcmhn.org.nz. Looking forward to connecting with you all in a different capacity.
Regards, Jo

Tena koutou katoa,
Ko tenei te mihi mahana ki a tatou, e te whanau o Te Ao Māramatanga
Mai a Papatuanuku kei waho ki a Ranginui kei runga
Ko te mea nui ko te aroha
Tena koutou, tena tatou katoa



**Welcome to Tish
Siaosi**

I was privileged to accept the appointment of Kaiwhakahaere earlier this year. I thank the members of Maori Caucus for their support and trust in order for me to hold this important role. As well, I wish to acknowledge Hineroa Hakiaha, the outgoing Kaiwhakahaere, for her outstanding leadership and mahi over the past years. I feel confident that I can call on her at any time, tena koe e Hineroa.

I work for an Iwi Trust, Raukura Hauora o Tainui, whose services run across Waikato and Counties Manukau DHB regions. I am the Service Manager for Mental Health and Addictions Ki Tamaki and Quality Manager.

Along with myself four others were appointed onto Māori Caucus picking up the following positions;

Secretary Māori Caucus - Katrina Wahanui, Manager, Te Puna Waiora Maori Mental Health Service Counties Manukau DHB in Auckland.

- * National Committee - Jayne Tawhi-Amopiu, RN/Clinical Coordinator Child Adolescent and Family Team at Te Whare Marie Kaupapa Maori Mental Health Community Service, Capital & Coast DHB Porirua, Wellington
- * Research Board - Pipi Barton RN, Inpatient Adult Acute Mental Health Services, Waikato DHB in Hamilton
- * Education Board - Reena Kainamu RN, Te Puna Waiora Maori Mental Health Service Counties Manukau DHB in Auckland
- * Whetu Kanapa Awards – Reena Kainamu

Other Caucus positions include, Nani McCluskey (previous Caucus member) for Whetu Kanapa Awards; John Emery, RN/DAO/Crisis team, is the current treasurer and a member of National Committee and, Maria Baker who is the Project Manager for the National Maori Health Workforce Development Organisation, Te Rau Matatini in Wellington and also a member of National Committee.

I look forward to working in partnership with Daryle Deering, President of Te Ao Māramatanga. This journey together commences with our attendance at the ACMHN Conference to be held in October 2012. I, (we) are excited about the way ahead for Te Ao Māramatanga. Tena koutou katoa.

Naaku noa
Na

Tish Siaosi
Service Manager Mental Health and Addictions me Quality Manager



For the first time in New Zealand or Australia, mental health and addiction nurses are joining forces to host a conference. This venture between Te Ao Maramatanga NZCMHN and Drug & Alcohol Nurses of Australasia Inc. (DANA) will be an exciting opportunity to explore our common clinical, educational and research issues.

Behind the scenes, the two Executive Committees have done the groundwork to establish a MOU and a firm partnership for the event. Joint convenors, Kate Prebble (TAM) and Louise Leonard (DANA) are already working with an energetic Conference Organising Committee with representation from both organisations. Dates are set, venue booked and ideas are flowing for speakers, workshops, entertainment and hosting.

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)

Call for Abstracts

We would like to hear from mental health and addiction nurses involved in primary, secondary and tertiary clinical services, research, management, education and non-governmental organisations across Australia and New Zealand... What's happening close to your home?

We invite you to submit an abstract for consideration into the 2013 1st Australasian Mental Health and Addiction Nursing conference programme.

Theme:

"Close to home" has been chosen to capture our hopes and dreams for the future of mental health and addiction nursing. Nurses of the future will provide services as close to home as possible, service users will dictate how and where they receive treatment, nurses will respond to the needs of diverse populations and foster hope, resilience and creativity.

Streams

Contributions to the conference should relate to the conference theme and focus on one of following **major streams**:

- Specific Populations, demonstrating people centred systems of care
- Resilience, hope and recovery
- How to deliver 'closer to home' - systems and services moving into the community
- Developing services for integrated care
- Innovations and new ideas
- Service User partnership and participation - what does it mean for nurses?

Timeframe

Please submit your abstract online before **Friday 1st February 2013**

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

REGIONAL and COMMITTEE REPORTS



Canterbury by Mel Leinert-Brown

Greetings from Christchurch. It is so good to see the spring flowers and blossom trees and know that winter is over! The Canterbury branch is still marching on with a small core of branch members who meet on a regular basis. I was able to meet with the New Graduate nurses earlier in the year and talk to them briefly about the objectives of the college and the benefits of college membership. They asked some good questions and hopefully some may consider joining the college, although the financial commitment seemed to be a big barrier for many even with the discounted fee. We have continued to focus on providing professional development opportunities for nurses both within the SMHS and the NGO sector. Last month we organised a seminar on 'Mentalization' which was presented by Dave Carlyle, senior lecturer in the MH Nursing Department of Psychological Medicine, University of Otago. This was very well received by those who attended and I certainly learnt a lot! Our next focus is on organising a forum focusing on leadership in collaboration with the CDHB SMHS. It will be good to catch up with some of the college members who are attending the MH and Addictions Nurse Educator Forum which is being held in Christchurch September 27 & 28.

CALL FOR RESEARCH PARTICIPANTS



Recently I put a call out for nurses interested in participating in the research study : *Nursing care in dual disability: A comparative study of the experiences of people with dual disability, carers, and nurses*. Thank you to those who have indicated interest in participating, the response has been very encouraging. I would also like to invite people with an intellectual disability who have had an admission to a mental health service within the last 24 months If you know someone who may be interested in sharing their experiences can you please pass on my contact details. They may text their name and the word research to 0210776867 or email me at chris.taua@cpit.ac.nz (See also the *Flyer at the end of this newsletter, you may print these off and give them to others*)

Thank you
Chris Taua

HUMOUR CORNER

Nurstoons



by Carl Elbing

www.nurstoon.com

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.



People often say that motivation doesn't last. Well neither does bathing—that's why we recommend it daily.

Zig Zigler



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 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

Share your knowledge with the College:

Regional contacts

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

Auckland: Colette Adrian;
ColetteA@adhb.govt.nz

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

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Central District: Stacey Wilson
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Wellington: Eileen Weekly;
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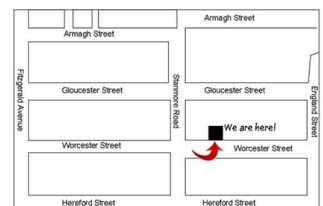
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Want to join the College? Membership information at
<http://www.nzcmhn.org.nz/53974/html/page.html>

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

UPCOMING EVENTS AND CONFERENCES



4th Australian Rural & Remote Mental Health Symposium

Putting People First

19th – 21st November 2012 Hotel Grand Chancellor on Hindley, Adelaide, South Australia

Early Bird Closes on the 8th of October - in 13 days - book now to Save!

The Conference program has over 50 Oral Presentations, 7 workshops included in registration and 20 Poster Presentations.

The program includes Associate Professor Robyn Clark and Romana Bowd from QUT who will present a paper entitled;

Do we see what they see? The challenges of communicating in an e-health environment

The tyranny of distance is being diminished by the evolution of e-health for rural and remote consumers. More often e-health options such as telehealth, telemonitoring, internet based information are placing health services within the reach of rural communities.

Evidence suggests that these fast paced technological advances have left health service providers at the mercy of the net to constantly improve their technical prowess in order to provide services to their rural clients. This has also introduced organisational challenges such as modifying clinical pathways in order to meet the technical and organisational needs of e-health.

The essential art of attending to verbal and non-verbal responses within this environment has not been given the same priority.

This presentation will look at the aspects of these essential communication skills and the changes/improvements that need to be made for telehealth.

The Conference will explore National and State initiatives and programs that address people's needs, now and in the future.

The full program is available on the conference website.

<http://anzmh.asn.au/rrmh/index.html>

Sarah Jones, Symposium Secretariat

Rural and Remote Mental Health Symposium 2012

Ph: (61 7) 5502 2068 Fax: (61 7) 5527 3298

Mental Health Awareness Week

8-14 October 2012

Check out the Mental Health Foundation Website for regional information on Mental health Awareness week activities at http://www.mentalhealth.org.nz/whats_on/



FREE EARTHQUAKE SEMINAR SERIES

Research - Outcomes - Impacts | In the field of mental health

The Mental Health Education and Resource Centre is pleased to present this free seminar series showcasing research undertaken in Canterbury since the September 2010 earthquake.

Visit: <http://mherc.org.nz/> **and click on the Professional development link**

Standing Strong, Living Long: Opportunities and challenges for suicide prevention in LGBTI populations

While most lesbian, gay, bisexual, transgender and intersex (LGBTI) people live happy and fulfilling lives, the over-representation of LGBTI people in the depression and anxiety, self-harm and suicide statistics is a matter requiring a concerted, multi-faceted and collaborative response. This symposium will be informed by the key determinants that have been shown to have a detrimental impact on LGBTI peoples mental health and are precipitators of psychological distress and suicidality. Based on their experience and professional insights, symposium presenters will speak on what they see as the key opportunities and challenges for effective mental health and suicide prevention programmes and services for LGBTI people as well as specific considerations for particular populations; older persons, transgender and intersex. The symposium is open to anyone who has an interest in promoting the health and well-being of LGBTI people.

Date: 10 October 2012 9am – 4.30pm
Venue: Sancta Sophia College, Camperdown, Sydney
Registration \$40
Wednesday 10 October, 2012

Information at <http://www.lgbtihealth.org.au/mindout>

Mental Health Law Conference 2012 - Dunedin

Children, Young People and Mental Health

This conference is intended to be a forum for inter-disciplinary discussion of key legal issues facing lawyers, clinicians and consumers working in mental health with a view to continuing to improve the way in which mental health services are provided in New Zealand.

The cost to attend the conference is \$250 plus GST. For further information, please contact Iris Reuve-camp, Special Counsel, Claro on: Mobile: 021 869 361/DDI: 04 550 5356

When Thursday 01 November, 2012

Contact:

ASIST Training - Otara

ASIST – Applied Suicide Intervention Skills Training – gives you the skills to help a person at risk of suicide. The programme focuses on increasing your awareness of signs, teaches you how to respond to a person at risk, and increases your confidence and willingness to intervene.

ASIST is a 2-day intensive, interactive and practice-based workshop for human service workers, caregivers/kaiawhina (any person in a position of trust). This includes professionals, paraprofessionals and lay people. It is suitable for mental health workers, nurses, physicians, pharmacists, teachers, counsellors, youth workers, police and corrections staff, school support staff, clergy and community volunteers; indeed, anyone who works with people on a day-to-day basis.

Monday 26 November, 2012—Tuesday 27 November, 2012

Contact: ClaudineM@lifeline.org.nz

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

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

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



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.tauga@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 Tauga

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

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