

Te Ao Māramatanga

New Zealand College of Mental Health Nurses

December Newsletter 2016



Message from the President

As we are getting close to the end of 2016, I hope your year has been productive fruitful as well as fun. For me as President, this has been a year of consolidation for Te Ao Māramatanga.

We have a great National Committee, everyone is busy with portfolios and our initial focus has been to identify and build our core membership.



This is essential for us to understand who our members are – where they live, what they want most from us as a professional organisation.

We want to warmly welcome our colleagues who work in the area of Intellectual Disability to our College, and we look forward to hearing more about this sub speciality area.

We are also building strong expertise in the area of building capacity for Registered Nurses working in Primary Care areas. This is the College Credentialing process. Supporting quicker responses and increasing access for people who need mental health support is a real focus for the new Health Strategy. Building a sustainable process to ensure the longevity of this process is also strongly in our sights.

We were hopeful to be able to advise the membership that we had achieved financial re- incorporation status however that still eludes us due to circumstances outside of our control. The National Board is actively working with the Auditor and will advise the membership as soon as we receive notice.

We have reignited interest and participation in College activity in the Wellington Region, and I want to express my sincere appreciation to those people involved in bringing this branch activity back into existence.

We will be announcing a 2017- National one day Conference very soon. The College is being careful with how we spend the hard earned membership money, and supporting a national event has always been a goal. We anticipate being able to announce dates and times early in the New Year.

Recently, I was in Christchurch and was very aware of the impact of the recent earthquake in Kaikoura. With a number of big shakes in Wellington, Hawkes Bay, Canterbury and top of South Island. I want to acknowledge that many of us, even if we are not directly affected ourselves, will be indirectly affected and / or know

people, and will have family /Whānau who are affected. This is a time for understanding of difficult times, an opportunity to offer a listening ear, offer kindness and be gentle with each other.

I do wish you all well heading into summer- may there be opportunities to enjoy and be with loved ones.

Merry Christmas All

Anne Brebner
President



Message from the Kaiwhakahaere

In 2015 Te Ao Māramatanga Board supported and approved the roles of Kaumatua and Kuia positions to sit on the National Board. Māori Caucus nominated Matua Ron Baker and Kuia Mere Hammond. Both have a wealth of knowledge and experience in Mental Health and Māori Mental Health Nursing.

They were two of the five inaugural recipients of the Whetū Kanapa awards held at our Bi-annual Wānanga 2012 in Rotorua.



These awards are to honour Māori Mental Health Nurses, for their lifetime contributions to cultural and clinical excellence.





Kaumatua:

Ronald Baker

Ngati Parou

Registered Psychiatric Nurse, Advanced Diploma Nursing, Winston Churchill Fellow, Anzac Fellow, Fellow ANZCMHN, Fellow CMHNNZ, Te Whetu Kanapa (Te Ao Māramatanga NZ).

A Registered Psychiatric Nurse of 35 years' experience with 25 years of practice in cultural (kaupapa Maori) services in establishing and providing care in several different tribal areas. Most recent practice in the intensive community teams of the northern regions.

Currently, Kaumatua (elder) for Manawanui Oranga Hinengaro, Auckland DHB Mental Health Services and The Rohe of Ngati Whatua.





Kuia:

Mere Hammond

Ngati Kahungunu

Mere's nursing career began in 1956 at Wairoa Hospital. She is an inaugural recipient of Te Whetu Kanapa (Te Ao Māramatanga NZ).

A Registered Psychiatric Nurse Mere was awarded the Winston Churchill award to study Psycho drama at Clark Institute Psychiatry Toronto Canada for three months 1977, gained NZ Merit Award, Managed setting up Maori Mental Health Services for Hawkes Bay DHB in 1996 and went on to be the Manager for four years, held two 3 year terms on the NZ Nursing Council. Mere is also a former member of the Maori expert committee of the Mental Health Commission, the Mental Health Foundation, Māori Council, and Maori Women's Welfare League

Currently Mere is Kuia for the NZ Nursing Council and the Regional Rangatahi Acute Inpatient Services in Wellington Capital Coast DHB which covers the area of the six DHBs in the lower North Island.

Māori Caucus News

Māori Caucus Committee thought it time to inject new young blood into our rōpū. A call for Expression of Interest' went out at the end of 2015. We received three CV's and accepted all. We welcomed Chrissy Kake, Roberta Clunie and Ruelle Kessell onto our committee who have already shown their enthusiasm and commitment to Maori Caucus.



Maori Caucus and TAM Board Member:



Christina Kake

Ngapuhi, Te Arawa, Te Whakatoheia, Taranaki

Qualifications: RN, Dip Comp. Nursing, PGDip Nursing.

Nursing in mental health since graduating from Whitireia in 1992. Experience working in kaupapa Māori mental health, crisis services, and telephone triage services.

I am currently employed at Whitireia Polytechnic as a tutor in the NESP programme since 2012.

I am committed to growing the nursing workforce through education to improve health outcomes and enhance Māori mental health nursing practice.



Maori Caucus Board Member:



Roberta Clunie

Ko Oraki, Ko Whakatere raĀu ko Pirongia ngaĀnaunga, ko Tarakihinui, Ko Moehau, ko Waima raĀu Ko Waipa ngaĀwa, Ko Tuhirangi, Ko Omaero, ko Aramiro, raĀu ko Te-Papa-O-Rotu ngaĀMarae: ko Ngati Rangiwaho, Ko Te MaĀurehure raĀu Ko Ngati Mahanga ngaĀhaĀa, Ko Ngai Tamauhiri, Ko Ngapuhi-nui-tonu raĀu Ko Tainui ngaĀwi.

I am a mental health nurse working at the Henry Rongomau Bennett Centre at Waikato Hospital.

My previous experience spans from representing Te Runanga Midlands on Te Poari (Te Runanga o Aotearoa, NZNO), to setting up and sitting on the board as an administrator of the Green Ribbon Charitable Trust. I am the currently hold the co-chair of NZNO Midlands Regional Council and I am a member of the Maori Advisory Group for the Nursing Council.

One of my main focuses is ensuring the members voice is heard. As a member, I am proud of Te Ao Maramatanga commitment to Te Tiriti o Waitangi, tikanga.



Maori Caucus Board Member:

Ruelle Kessell

Waikato Tainui

I am a registered nurse of fifteen years. I have held core leadership positions in both the health and education sector including Charge Nurse, Whangarei Acute Mental Health Inpatient Services and Mental Health / Hauora Maori lecturer, Northtec, Whangarei.

My qualifications include a BHSc, PG Cert MH Nursing, PG Cert Adult Teaching. I have successfully completed Huarahi Whakatu, and subsequently have volunteered my time to progress this kaupapa as a member of the Ropu korowai. Mental Health, Maori Mental Health and Mental Health Education are my motivators to enhance Maori Mental Health Workforce Development.

My commitment to the College would be to share my knowledge and experience, enhance Maori development and continue with advocating and being a "voice" for Mental Health Nurses in Northland and Nationally.

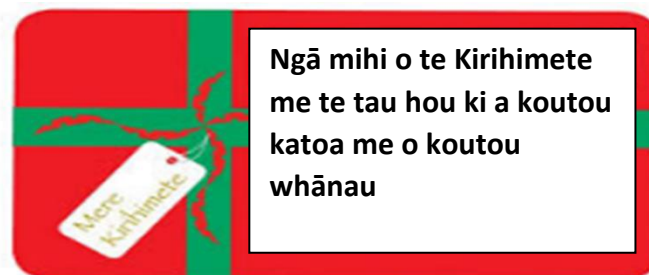
I wish to acknowledge and thank Jayne Isaacs for her commitment and support whilst representing Māori on the National Board. Jayne was appointed on the National Board as a Māori Member in 2012 and has recently resigned from this position but will continue to be a member of Māori Caucus.

Jayne was on the organising committee for 'Whanau Ora New Growth from Old' conference held in Wellington in 2015 and, in particular helped with organising the Investiture and entertainment and ensuring Māori Caucus was represented.

Jayne also supported Maori Caucus Wānanga, specially organising the support of her DHB (Capital Coast) to financially support their staff to attend. 10 were supported and attended our Wānanga this year.

Nāku noa, nā

Tish Siaosi
Kaiwhakahaere



Branch Updates

Greetings from the Wellington Branch

After a long period of inactivity the Wellington Branch has recommenced meetings. We have a new Secretary - Chrissy Kake and Treasurer John Anckorn. We have had three meetings with some great discussion around current issues facing mental health and addiction nursing. One is particular that we are interested in advancing some discussion around is the place of the Enrolled Nurse in Mental Health and Addiction services. We have brought this up with the National Committee, who suggested we start a position paper. We will work on this and maybe seek permission to undertake a brief survey with members to garner opinions from a wide base.

We have also planned to have a Branch Forum for one day at Whitireia in late January 2017. This will be a day for us to share some new or important developments in practice and will include the NESP students for the central region who will be attending a week block courses that week at Whitireia. Will also be a great way to welcome these new graduates to the College and show them the advantages of being a member of a professional body.

I am really heartened by the response to getting the Branch up and running again and look forward to continuing to support my colleagues in both practice and education.

Carmel Haggerty Wellington Branch Chair



Auckland Branch

The Auckland branch continues to support nurses in the Auckland area and this year the focus has been on employment and housing in relationship to our service users. We have organised two seminars for our college members that were well attended. We have had Workwise (Wise group) presenting around employment opportunities as well some research around the impact of employment on our well-being. Keys (Housing) and ACO (ADHB) outreach mental health team presented about current housing issues in the Auckland area and particularly the increased number of homelessness people in the city and outskirts. Even though there is ongoing work been done to increase the numbers of houses for our service users, this will not match up with the large number of people who are not engaged with our services but are homeless and needing support to find a home to live in. The seminars demonstrated that well being for everyone is determined by social indicators like housing and employment more than anything. It is these areas that we need to focus on as when we address these areas it lays the foundation for improving our mental health too. Without a job or without a house this is for everyone a struggle and will impact on our mental well being. We as nurses can assist in this and should always incorporate these aspects in our assessments. I would like to thank Dallas, Tony O'Brien and Bev for the ongoing support to the college in the last year and wish everybody a wonderful Christmas and fantastic 2017!!

Ines Bruins Auckland Branch Chair



Northland Branch

Credentialing assists PHOs to build their capacity and capability to respond to, and meet the mental health and addiction needs of people in their communities.

After stakeholder consultation and communication amongst the sector Manaia Health PHO was the first organisation to consider a group approach to credentialling led by John Hartigan and Mary Carthew.

Under the guidance of the steering group a six day training programme was delivered over six months, with key contributors from the primary and secondary sectors.

The nurses reported and enhanced level of confidence to screen, assess, provide brief intervention and refer people experiencing mental and addiction issues.

Group supervision was also an important component of the training and contributed to the success of this programme.

Further outcome and success factors included strengthen relationships between primary and secondary services at organisational and practice level, multi-layered support from the chief executive, management team, nursing leaders and key personal.

It is important to acknowledge Chris Farrelly, Maurein Betts, nursing leaders Margareth Broodkoon, Mary Carthew, Jane Simperingham and Hemaima Reihana-Tait, John Hartigan, Bart Van Gaalen and Henriette de Vries and Health Workforce New Zealand for supporting the pilot project.

Bartholomeus Van Gaalen Northland Branch Chair



Winner - Auaha Award Mental Health Credentialing For Nurses



Primary Care Credential News

Well this year has been a busy one with continued support from Manaia PHO and the first group of Auckland Metro nurses successfully achieving credential. We currently have 59 credentialed nurses with 7 due to resubmit and 12 new assessments arriving soon!!

I would really like to thank our fabulous team of assessors who are very willing to work with me to mark the reflections and give great feedback that contributes towards ongoing practice development. I'm very aware that I'm often contacting you all to ask about this, right on the traditionally busy times of year. On that note, I'm always keen to hear from any college members with assessment experience and qualifications who would like to be involved. The more assessors we have, the less everyone has to do. I've made up a letter template acknowledging the work assessors do so if your PDRP is due and you would like to demonstrate how you are contributing to the profession, please contact me.

You will notice that the credentialing tab on the website has had a bit of an update and rearrange. Earlier in the year Valerie Williams and I got together with a small reference group to review and update some of the credentialing criteria. We will be adding more to this page so watch this space!

A variety of PHO's around the country are considering providing a credentialing program so if you are talking to nurses from these organisations please direct them to the website and/or me and we will provide additional information.

I'd also like to thank Valerie Williams for continuing to work with me on credentialing as an assessor and giving such a thorough handover of the co-ordination side of things.

Nearly forgot – the program got some publicity this year with articles in [Handover](#) and [Nursing Review](#) about the Auckland Metro group and evaluation. Have a read if you haven't seen them already.

My best wishes for a festive and restful Xmas season and I'll look forward to working with you all in 2017.

Lois Boyd

Credentialing Director – lois@loisboydconsulting.co.nz



Conference Feedback

The Australian College of Mental Health Nurses Conference

The Australian College of Mental Health Nurses conference was held in Adelaide from 25th – 27th October, 2016 and had the theme of “Nurses Striving to tackle Disparities in Health Care”. Keynote addresses and paper presentations covered a range of disparities, with a number of presenters addressing the issue of physical health disparities between mental health consumers and the general population.

The opening address by Professor Margaret Moss (University of Buffalo, New York) set the scene by outlining the historical health disparities of the American Indian population, including high rates of suicide and diabetes. Orator Professor Philip Darbyshire laid out some challenges for the profession by asking delegates to consider the coming mental health nursing “Uber” – an innovation so radical and irresistible it will change the face of nursing. Gabrielle Kelly of the Wellness and Resilience Centre, South Australian Health and Medical Research Institute spoke about the role of positive psychology in health promotion, and the South Australian Government's strategy of declaring the state a “State of Wellness”.

For me the highlight of the conference was the address by Janine Mohamed, Narrunga Kuarna nurse from South Australia. Janine outlined the history of mental health care in Australia from an indigenous perspective, with reference her family experience of mental health services. Janine then invited the ACMHN to follow the lead of Australian psychologists and issue a formal apology for the role of nurses in past practices. This was an engrossing and informative address that had resonance from an Aotearoa perspective.

My own address outlined different levels of disparity that contribute to and compound mental health issues. My call to nurses was to act at political and clinical levels to influence policy as well as the clinical outcomes of people in care. If I could single out a concurrent session for special mention it would be Janette Newell's presentation “Image music therapy and Safewards mutual help”. Included in this session was a rewriting of John Lennon's Imagine by service users in an acute mental health unit. This was a powerful rendering of Lennon's anthem which breathed new life into one of the seventies classic songs of protest and hope. Anthony O'Brien



**On Behalf of the National Board and the
Māori Caucus we thank those who have
contributed to this newsletter**

