

Voices

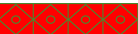
Newsletter


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. 4, Volume No. 7
December 2011

Seasons greetings to you all. My I can't believe how quickly Christmas time has arrived. It has been a year (and a bit) of extreme challenges and trauma for many in NZ and indeed around the world as we have watched and heard about the incredible disasters that have occurred. Personally for myself and my family it has been very difficult with our land being designated "Red Zone" and the loss of our beautiful house we built to retire in. We will rebuild and for that we are grateful, many others are not so fortunate. The meaning of resilience, a term we use so readily in supporting recovery for consumers of mental health services, and more recently in regard to disasters, has taken on further meaning when seen from a personal perspective. What this experience has shown me is that resilience doesn't happen alone, a collective effort is required and this was certainly shown to be true in the disasters in NZ as the community, councils, relief agencies and Government gathered to support those affected. In mental health it is the nurses who are so often driving that collective effort to improve the health of those who need it. To all of you I wish you a very Merry Xmas and a very happy, successful 2012.		Editorial By Chris Taua
		
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Ngā mihi o te Kirihimete me TeTau Hou



PRESIDENTS COMMENT

By Daryle Deering

Dear colleagues

We are nearly at the end of 2011. Last night I went to see the movie *When a city Falls* which documented the impact of the earthquakes on Christchurch, my hometown. Both the suffering of people who have been impacted on most was evident as was the resilience and 'can do' attitude of Kiwis illustrated by neighbours, students and farmers who formed 'armies' to help. People from all over New Zealand and overseas turned up to help or provided provisions. I am proud that the College played a part in the provision of the national workshop series for nurses on psycho-social emergency response after a disaster,

I am proud that the College played a part in the provision of the national workshop series for nurses on psycho-social emergency response after a disaster,

Frances Hughes and Margaret Grigg.

I have just returned from a visit to Rotorua, hosted by Michael O'Connell, Clinical Director Nursing for Lakes DHB. Michael invited me to talk about the social and political context of addiction in Aotearoa New Zealand, and about the role of mental health nurses in providing interventions for people with co-existing problems. A highlight of my two-day visit was meeting with many mental health and addiction nurses and other team members in Rotorua, Tauranga (organised by Jacqui Jones, Mental Health & Addiction Services Educator Bay of Plenty DHB) and Hamilton

(organized by Moira O'Shea, Nurse Educator, Waikato DHB and member of the College Education Board). My visit was a reminder of the importance of taking opportunities to value mental health nursing and relationships between mental health nurses at local and regional levels. Strong relationships between mental health nurses at all levels and across practice settings are increasingly important in our rapidly changing health care environment. At the Branch Chair meeting in February 2012 important agenda items will focus on strengthening relationships amongst mental health nurses at local levels and considering opportunities for a 2012 series of national professional development days on a particular theme.

An important role for the College is promoting mental health and wellbeing and advocating for the needs of people with mental health concerns. Recently the College provided an endorsement for the RANCP Faculty of Child and Adolescent Position Statement *Addressing the needs of siblings of children with disability or chronic illness* and accompanying report. The term 'chronic condition' refers to any developmental delay, disability or chronic illness, including mental illness. The statement and report can be found at <http://www.ranzcp.org/policy-advocacy/addressing-the-needs-of-siblings-of-children-with-disability-or-chronic-illness.html>. Interestingly, TV One Breakfast Show invited the College to participate in a brief interview in Christchurch, which I willingly agreed to.

Continued on page 2

The other major activities have included the Framework for Accreditation, Certification and Credentialing and revision of the Practice Standards. I have continued to support Heather Casey, Director of the Framework to develop it in a way that adds value to processes in place (Accreditation, Certification) as well as to advance the HWNZ funded project (Credentialing). This is the project that involves registered nurses (not mental health nurses) working in organisations that want to enhance the skills of primary care nurses in the areas of mental health and addiction screening, brief interventions and referral. Important developments have been the appointment of Catherine Coates as Project Manager and the establishment of the Steering Committee, comprising members of each of the Boards and Maori Caucus. How to best access consumer input is being discussed with consumer groups. As part of this ongoing development, Heather and I have taken opportunities to initiate or continue discussions with other organisations including Nursing Council. Such discussions are essential to emphasise that the Framework is about directly or indirectly (e.g. through education programmes) contributing to improving access and outcomes for people with mental health concerns (accreditation, credentialing) and professional recognition of mental health nurses (the voluntary process of certification).

The discussions with Nursing Council are positive and ongoing. We are close to commencing a structured and ongoing communication process via the College website and College Boards and Branches. The Framework will be another key agenda item for the February Branch meeting.

Thank you to the nurses who provided feedback on the draft of the Revised Standards. This feedback is in the process of being collated. While the Standards revision has been a slow process, it is now gathering momentum.

The coming to the end of a year provides the opportunity to acknowledge connections and input to the College from a range of groups and individuals. While there are too many to name the following people and organisations come to mind as I am writing these paragraphs for this final 2011 newsletter. As President I value the wisdom of Dame Margaret Bazely, our Patron. I value working in partnership with Hineroa (Kaiwhakahaere) and National Committee and take the opportunity to welcome Maria Baker and May Hart who have joined National Committee as members of Maori Caucus. I value the support of Jo, our amazing administrator, the input of Mel (Vice Chairperson, Treasurer and Otago Branch Conference Chair 2011), David (Secretary) and the input of the Chairs (Carmel Haggerty, Kaye Carncross, Brian McKenna) and respective members of the Education, Practice and Research Boards, Chris Taua and Stacey Wilson for their role in producing the newsletter, Branch Chairs and mental health nurses who are members of the College. It was great to hear of the recent establishment of the Northland Branch. I believe that a major benefit from belonging to the College is the valuing of mental health nursing – *so please share College information with your mental health nursing colleagues who are not members.*

I acknowledge the continuing input of Heather Casey (Director of Accreditation, Certification and Credentialing Framework) and value greatly the continuing support of the previous presidents, Heather and Tony O'Brien. I acknowledge the important links with NZNO Mental Health Section and the Drug and Alcohol Nurses of Australasia (DANA) with whom the College has a memorandum of understanding, the National Nursing Organisations Group and an increasing range of groups across the mental health and addiction sector. These include: the workforce centres (Te Pou, Matua Raki, the Werry Centre, Te Rau Matatini); consumer groups and networks; the National Directors of Mental Health Nursing Group (acknowledging the previous chairperson, Alex Craig and the new chairperson, Lois Boyd), Mental Health Commission, Health Workforce New Zealand and; Ministry of Health staff including the Chief Nurse, Jane O'Malley and staff of the Office of the Director of Mental Health (new Director, Dr John Crawshaw) and Frances Hughes in her roles of Deputy Director of Mental Health (Acting) and Principal Clinical Advisor).

I am very much looking forward to working with you all in 2011 to advance the role of the College and the voice for mental health nursing at national and regional levels. Best wishes to you all, your families and whānau for Christmas and the New Year.

Daryle



MERRY XMAS DARYLE AND THE NATIONAL COMMITTEE.
THANKYOU FOR YOUR ENDEAVOUR AND HARD WORK
TO ENSURE MENTAL HEALTH NURSING IS
RECOGNISED AND RESPECTED

Update from the college administrator Jo Harry

Hi everyone

Christmas is fast approaching and as I wind down for the festive period I feel like I get to know many of you on the email, and am aware you may have no idea who I am! For those of you who don't know, I am a Registered Nurse and I live in Wanaka with my husband Mark and our 2 girls. Up until recently I was working part time for the College and part time for a Community Mental Health Team. I now work 28hrs a week from home for the College only. For this Christmas edition I thought I would flag my usual rhetoric and share a couple of funny stories from my life.



Bless You! – When my eldest daughter (Sammy, now 9) was 4, we attended the christening of a wee friend. At the end of proceedings, Sammy, along with other kids, was asked to go up to see the Minister for communion. Later in the car I asked Sammy about this. She stated that the Minister ACHOOed! What do you mean Sammy? *You know mummy, he sneezed. Really? Yes, he said bless you.*

Santa's gift – Recently my youngest daughter Kate (7) was telling me what she wanted from Santa. She would like a scooter. Originally she wanted an electric kids scooter, the latest craze apparently, but has now changed her mind to an ordinary scooter. *"Santa can't bring me an electric scooter mummy, he will need to take them all to Christchurch. Their roads are too bumpy for cars to work, so electric scooters would be best for them"*

Merry Christmas everyone! I look forward to connecting up with you in 2012



WHAT'S NEW ON THE WEBSITE? www.nzcmhn.org.nz	Look on website under the following headings
Senior Fulbright Scholar announced – F Hughes	News & Events
Health Indicators for NZers with intellectual disability	News & Events
ID Practice Network	Practice Network
What nurses want in the election	News & Events
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-	Resources>Links

admin@nzcmhn.org.nz.

Kind regards, JO

REPORT ON: AUSTRALIAN COLLEGE MENTAL HEALTH NURSING'S (ACMHN's) 37TH INTERNATIONAL NURSING CONFERENCE 'Swimming between the flags'

Held at: Marriott Resort and Spa, Gold Coast. 4th to 7th October 2011

By Daryle Deering

Attended by: Hineroa Hakiaha (Kaiwhakahaere) and Daryle Deering (President) - guests of the ACMHN, Heather Casey, Director of College Accreditation, Certification and Credentialing Framework, Sarah Skipper and Aki Ahokovi from Otago Mental Health Service.

RESEARCH SYMPOSIUM

The symposium was held the day before the main conference. Of note were the following two presentations.

Tim Wand: Using middle range theories to transform evaluation data into transferable lessons. Nick is a nurse practitioner and his presentation focused on the feasibility and acceptance of a model of outpatient treatment he provided for people presenting at an emergency department, and the transferable lessons. Key points were:

- The client group was people with undifferentiated mental health problems
- The intervention was brief, five sessions (some longer) solution focused and inclusive of health promotion, medication and referral as required.
- Evaluation instruments included Kessler-10, a general self-efficacy scale, interviews with clients and ED staff
- Of importance was the 'buy in' from the ED staff and the establishment of assumptions in respect to the outcomes from the perspective of people attending, ED staff and the organization.
- Outcomes were mostly positive i.e. more prompt response to the client group, good engagement, a decrease in scores on the Kessler scale, client satisfaction and positive feedback on solution focused approach versus problem orientated approach.

Kay McCauley: Translating research into practice: Using practice development strategies

Kay focused on assisting teams in which difficulties arose that impacted on clinical care. The goal was to bring about new ways of communicating and working. Key success criteria included:

- A values based action change process
- An external facilitator
- Staff preparedness to focus on change
- A whole of team approach (including consumer and carer advisors)
- An open inquiry approach... *what's going on here?*
- A focus on cultural change, collaborative working and active learning
- Goal - to bring about new ways of communicating and working

- For sustainability, a critical factor was the commitment of the organization and team leadership, resource availability, administration support and executive funding support. However, the cost of not intervening is high in respect to the impact of dysfunctional teams.

KEY NOTE SPEAKERS

The following key note speakers provided thought provoking addresses

Nick Bowles: *Assoc. lecturer in Mental Health Nursing, Institute of Technology, Tralee, Mental Health Nurse, Academic, Clinician, Manager, trainer, researcher*

Nick reported on the elements of an innovative approach to modernising the model of care in a Bradford acute inpatient unit - 'Refocusing Model'. He emphasised that this model has been utilised in multiple acute units with positive outcomes. Key outcomes included: reducing serious incidents; reducing self-injury, aggression and violence; reducing rates of clients absent from the unit without leave and; reducing staff absenteeism. The model incorporated a whole of team solution focused approach (inter-professional including consumers) with the goal of engagement and increased direct time spent by mental health nurses with clients i.e. a refocused client centered approach.

Dr Rufus May: *Clinical Psychologist, Bradford District Care Trust's assertive outreach team and Honorary Research Fellow with the center for community citizenship and mental health, University of Bradford.* Rufus provided a thought provoking presentation on working with people on hearing voices; taking a holistic, emotional wellbeing approach and a creative approach to supporting people in their recovery. As an adolescent he experienced mental breakdown, psychiatric treatment and recovery.

Sandy Jeffs: *Poet, author, community educator and person with a lived experience of mental illness.* Sandy has lived with schizophrenia for over 30 years. She received a Human Rights Commission commendation for her book 'Flying with paper wings'. Sandy provided a moving account of her experience of living with schizophrenia. She spoke of the importance of hope and compassion and recalled a nurse expressing caring through taking time to brush her hair and another washing her hair at a time when she was unable to care for herself. She advocated *medicating the brain and talking to the mind* and observed that recovery was complex, individual, and more than medication. While acknowledging the need for activists, she expressed concern about the polarisation of perspectives within the mental health field e.g. medical model versus other models. She argued strongly for an individualised approach.

Paper presentations

Two themes amongst the paper presentations were undergraduate education preparation and the expanding range and scope of mental health nursing roles.

1. Undergraduate comprehensive nursing education and the need to address the lack of mental health content. Despite key reports advocating for greater content and visibility, including streaming and the introduction of a major in mental health, a number of presenters including Prof. Brenda Happell (editor of the College Journal) spoke of the continuing frustration in relation to the lack of action in addressing this concern. This has resulted (presenters views) in ill-prepared generalist nurses and the need for post-graduate programmes to spend time addressing the gaps in undergraduate education at the expense of focusing on the specialty of mental health nursing. Important influencing factors included: lack of engagement with general nursing academics; stigma and discrimination within undergraduate programmes towards mental health – reflecting general population attitudes and reflected in the privileging of physical health and responses such as... ‘why is mental health so special’, ‘lots of specialties – mental health is just one’, ‘have enough mental health content already’, ‘the undergraduate programme is designed to only provide a grounding in mental health’; lack of mental health placements early in the programme; lack of visibility of mental health on nursing websites; lack of visibility in curricula, assessments and; mental health used as an euphuism for mental illness. **Key strategies** proposed included: address discrimination towards mental health; genuine support for equal importance given to mental health and physical health in the curriculum; a clear distinction in the curriculum between mental health and mental illness; making mental health content obvious in the course outline and assessments; the establishment of mental health nursing steering groups that include the input of academics, clinical staff, consumers and carers to designing curriculum; strengthening of consumer and carer involvement and; dedicated mental health student placements. The need for the ACMHN to play a major role in advocating for adequate and visible content including assessment and placements was argued.

2. Increasing diversity of mental health nursing roles. Papers were presented on the role of mental health nurses in emergency departments, working with homeless people and people with HIV as well as the continuing expansion of mental health nursing roles in primary care.

Professional development opportunity**Teaching Fish About Water: A Weekend of Mindfulness for Clinicians**

Mindfulness is a profoundly simple and accessible way of using attention and awareness to recognize the realms of experience in which attention gets caught and those it avoids and misses. The capacity to be present for the broader landscape of experience enables both us, and our patients, to be compassionately present for the most difficult parts of ourselves, and to respond creatively in situations where we would otherwise react automatically from conditioned patterns. Clinical trials show that the capacity to be mindful is an important factor in the emotional healing and well-being of patients, and that it supports clinicians in coping with the demands of everyday practice - to be compassionately engaged with their patients without burning out.

The weekend will include:

A clear jargon-free explanation of the three skills underlying the capacity for mindfulness and the qualities of attending leading to distress and to well-being, and what makes the recognition of these less than natural.

Instruction and an environment in which to ground yourself in, or grow clearer in your experience of mindfulness.

Dialogue and reflection on integrating mindfulness into your everyday and clinical life, and how best to teach and support this in your patients and clients.

It is suitable for those new to mindfulness practice and those already using mindfulness in programs such as DBT, ACT, MBCT or MBSR.

James Carmody PhD is an Associate Professor of Medicine at University of Massachusetts Medical School. He teaches the use of mindfulness in clinical settings to medical students; researches neural and psychological mechanisms of mind-body processes; and is principal investigator on several NIH-funded clinical trials of mindfulness. Jim is a New Zealander who has studied and practiced in mindfulness-based traditions for forty years. He has been a therapist, an instructor in the UMass Center for Mindfulness Mindfulness-Based Stress Reduction program, and was Director of Research for the Center. His work has been featured in the New York Times, NPR, and Radio New Zealand. His goal is to make mindfulness accessible and straightforward for both clinicians and patients: <http://www.umassmed.edu/behavmed/faculty/carmody.cfm>

Dates: February 24th – 26th

Location: Saint Francis Retreat Center, Mt Roskill, Auckland

Cost: \$350 includes tuition, meals & accommodation: \$25 discount if paid by December 30th.

Contact Jim at: carmodyj@verizon.net

This event has been endorsed by RNZCGP and approved for up to 14.00 hours CME for General Practice Educational Programme Stage 2 (GPEP2) and Maintenance of Professional Standards (MOPS) purposes.

CONFERENCE REPORT

Australasian Nurse Educators Conference 2011, Wintec, Hamilton. 23 - 25 November 2011

Report from Colette Ryan Nurse Educator, Mental Health & Intellectual Disability Service, Southern DHB

The conference was held at Wintec (Waikato Institute of Technology), Hamilton and the conferences' key message was '*Thinking Aloud, Thinking Ahead*', with five broad themes: *Tomorrow's workforce, Borderless Research and Learning, Koiora Te Okonga Ake (The awakening through health), Health Policies and Communities of Practice*.

The seven keynote speakers provided a wealth of information and challenges and encouraged reflection and learning through the experience of patients and families. As well they encouraged delegates to maximise opportunities by influencing policy, sharing knowledge and developing nursing practice and imagining future possibilities.

The dinner speaker was William Pike; an inspirational speaker at the grand old age of 26!!! William was mountaineering on Mt. Ruapehu when it erupted in Set 2007 and his legs were severely crushed by rocks, mud and snow. He became critically hypothermic; doctors and rescuers' noted his survival as a 'miracle'. William has a can-do positive attitude to life. If you want to know more he has written an autobiography, *Every Day's A Good Day*.

There were many concurrent sessions to inspire everyone's interest; a few of those I attended are outlined here.

'Using an In House eJournal to Promote a Multidisciplinary Team, Enhance Research Skills and Promote a Positive Organisational Culture'.

This presentation focussed on how the establishment of an ejournal gave staff the ability to contribute to an innovative forum to share and explore ideas that have impacted on practice. The journal, as a practice development tool is also providing a new strategy to improve individual performance and promote high performing teams.

'Sow well: Reap what you sow'.

Showcased how a competency based graduate year programme contributed to the development of a new skilled workforce in mental health. This programme is a collaborative of six hospitals in rural and metropolitan Victoria and has achieved accreditation with major universities towards postgraduate studies in mental health nursing. Outcomes included: 100+ nurses qualified in mental health with a 90% retention rate.

'NETP Beyond the Quake'.

This concurrent session was presented by Becky Hickmott & Fiona Davie. The papers aim was to outline how the responsiveness, capability and innovation the NetP programme at Canterbury DHB has developed under crises. The paper also established how the links to providing a programme to meet the needs of tomorrows' workforce has been implemented.

This session was very emotional for the presenters, and everyone in the audience was incredibly grateful to them for sharing the impacts of the earthquake on both them as Netp Co-ordinators and on the programme graduates. It was incredibly moving, powerful and very positive, I don't believe there was a dry eye in the house.

'Where is the Evidence that Master's Level Nursing Education Makes a Difference to Patient Care? A literature review'

Five common themes that may ultimately affect patient care emerged relating to Masters' level nursing education: increased confidence and self esteem; enhanced communication; personal & professional growth; knowledge and application of theory to practice; and analytical thinking and decision making. Emphasis on post-graduate training can and does appear to improve patient outcomes, but that it doesn't need to be at Master's level.

'Collaborating to Strengthen Mental Health in BHSc Nursing at AUT'.

Sustained calls for change in the undergraduate preparation of nurses working in mental health settings prompted a review of the mental health component of the BHSc nursing at Auckland University of Technology. Three new MH papers, one theory and two practice, were developed in conjunction with clinical colleagues and implemented in 2009. The paper identified the area of shared concern and the need for ongoing collaboration in order to address the issues more adequately.

'Towards understanding the Nurse/Research interaction'

This presentation took us on a journey into the past: Who was the first health researcher? Was it a medic? An allied health professional? Nope it was a Nurse and her name was Florence Nightingale. During the Crimean War she kept data on mortality related to poor hygiene conditions – this was her evidence to the powers that be – that basic hygiene standards had to be implemented and maintained to produce better outcomes - the result: lower mortality rates.

'Dementia Demographics Demand Different Workplace Development: Sharing the learning from a 2011 English project'.

This paper emphasised the need to look at the levels of pre-registration nursing competencies and the need to accelerate the dementia competencies of registered nurses in their first two years post-qualifying. Alarming statistics were cited.

This presentation certainly made you think about the future and our aging population.

'Resistance to Care and Effects on Nurses in NSW, Australia'.

This presentation focussed on resistance to care (RTC) which is a defensive patient response with associated behaviours ranging from minor-irritation or non-compliance to aggression and violence resulting in injury to staff. Previous studies have only really focussed on aged care settings on patient populations with dementia. This study was to assess the prevalence of RTC in several clinical environments and the effects of RTC episodes on nurses. Recommendations included de-escalation techniques and management support being critical such as staffing levels/unit support and debriefing.

CONFERENCE REPORT FROM Collette Ryan (CONTINUED)

Supporting Career Development: Educators' roles in decision making, self management and sense making'.

The focus was on educators career development, reviewing their inputs in relation to three distinct career management skill sets (Kidd 1996).

- Career decision making
- Career management
- Career resilience

'The Impact of the Christchurch Earthquake Event on Student Learning'.

This presentation outlined preliminary findings from a study exploring the experiences, perceptions and responses of a range of healthcare students in the aftermath of February 22nd earthquake (EQ). Medical students and nursing (undergrad and post grad) students as well as post-registration nursing students engaged in continuing education undertook a survey to explore the impact of the EQ on the learning experience. While the disaster has specific and unique effects on Canterbury and earthquake research, there is no doubt that it has the potential to lead to greater understandings and knowledge related to other unexpected traumatic and significant events. In this sense, the potential for learning has relevance nationally and across many vocational settings.

'Finding a Core Postgraduate Mental Health Nursing Education in Australia'.

This paper presented the outcome of a review undertaken by the Australian College of Mental health Nurses to consider developments in postgraduate mental health nursing education in Australia, with particular reference to essential curricular components. The College recognises specialist mental health nurses through its Credentialing for Practice Programme (CPP), which is widely considered to be the most successful programme for specialist nurse professional credentialing in Australia.

In Summary

The conference was a fantastic opportunity to network with nurse educators from both New Zealand and Australia (and parts of the UK). It was well organised with every attention to detail, including ice-blocks and sunglasses for all delegates – no it wasn't because it was so hot in Hamilton, but we were in the Atrium at Wintec for the key-note presentations, and when the sun came out, it got pretty hot. The food was amazing, the trade stands were great, and there wasn't a pharmaceutical company in sight! The cocktail function and the 80's themed dinner were also highlights. I was in great company with Juliette Manning, Jo Mitchell, Jen Dermer, and Paul Medeiros. I thoroughly enjoyed the experience; I have returned feeling inspired and enthused and would like to take the opportunity to thank the SDHB and my manager for supporting my attendance, as well as the MH Nurse Education Forum held last year who paid for my registration.

Te Ao Māramatanga
New Zealand College of Mental Health Nurses Inc
Partnership, Voice, Excellence in Mental Health Nursing

Research Fund

Applications available at www.nzcmhn.org.nz

Closing Date: 31st January, 2012

*The primary purpose of the Te Ao Māramatanga Research Fund
is to assist members to undertake viable research of value*

Te Ao Māramatanga Māori Caucus Bi-annual National Mental Health Nurses Wānanga ROTORUA 2012



He Tataikura Haumanu; He Tataikura Nanā

***Gems within a Māori nurses reflections
on Cultural and Clinical excellence***

Tangatarua Marae; 28th, 29th, 30th March, 2012

For Information contact

Phone: 027 3906671

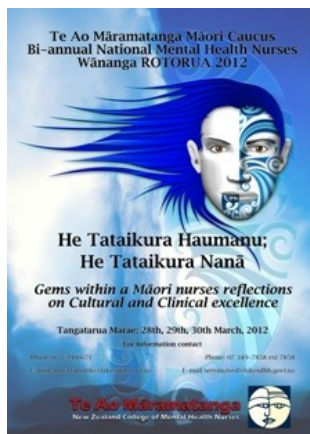
Phone: 07 349-7858 ext 7858

E-mail: mata.tamariki@lakesdhb.govt.nz

E-mail serena.reed@lakesdhb.govt.nz

Te Ao Māramatanga
New Zealand College of Mental Health Nurses





Te Ao Māramatanga NZCMHN

Registration Form

**Māori Mental Health Nursing Hui
Rotorua
Tangatarua Marae
Waiariki Polytechnic
Old Taupo Road, Rotorua**



CALL FOR ABSTRACTS

Te Ao Māramatanga (Māori caucus) is pleased to invite you to submit an abstract for the National Māori Mental Health Nursing Hui, 28-30 March 2012 in Rotorua.

The theme of the hui

He Tataikura Haumanu; He Tataikura Nanā

Gems within a Māori nurses reflections on Cultural and clinical Excellence

Hui Objectives

To acknowledge the blending of Te Ao Māori in Māori nursing practice.

To raise the profile of Māori models of practice.

To inspire and encourage the Māori nursing workforce in Māori Mental Health Services.

When: March 28-30th, 2012
Venue: Tangatarua Marae (Waiariki Polytechnic)
Old Taupo Rd
ROTORUA

For more information, please contact:

Mata Tamariki mata.tamariki@lakesdhb.govt.nz
or
Serena Reed serena.reed@lakesdhb.govt.nz

FORMAT FOR SUBMISSION

Abstracts will be accepted for oral and poster presentations on the topics relevant to the conference theme.

Oral Presentations:

Presentations should reflect the conference theme and objectives of the wānanga .

Time slots are strictly 25 minutes (20 minutes presentation, 5 minutes questions) for oral presentations. This is a Marae style presentation which can be supported with visual or audio medium or written materials.

Poster Presentations:

Poster presentations should reflect the conference theme and objectives of the wānanga and profile Māori wellbeing. Prizes will be available for two posters that receive most votes from the conference attendees.

Title:

The title should reflect important aspects of the paper or poster and be as concise as possible.

Size & presentation:

Abstracts for oral and poster presentations must be presented in the following format:

The title of the abstract should be listed at the top and indicate if abstract is for oral or poster presentation.

The names of the author(s) should be listed below the title with the presenting author(s) name(s) unlined. List authors by first initial(s) followed by family name (surname or last name).

Name institutional affiliation or employer as appropriate to the presentation, or city.

Prepare abstract in Microsoft word using Arial font face 12 point, single spacing, up to a maximum of 250 words (do not indent paragraphs).

Oral presentations will be allocated a 25 minute time slot.

Poster presentations will be allocated a visual display area in the designated area at the Marae.

Equipment:

Laptop and data projector will be available. Please advise of any other equipment required for your presentation: OHP, tape/CD player, video/DVD player, audio cable, whiteboard, other (please specify).

Closing date:

The closing date for abstracts is **31 January 2012**.

If your abstract is selected for the conference, you will be notified by **21 February 2012**.

Acknowledgement & Acceptance:

Authors will receive acknowledgement upon receipt of their abstract. Notification of acceptance will be by email and / or phone on or before 21 February 2012.

Information for Presenters:

Please submit abstracts as an attachment to either:

Mata Tamariki mata.tamariki@lakesdhb.govt.nz

or

Serena Reed serena.reed@lakesdhb.govt.nz

Please note that presenters of accepted abstracts are required to register for the Conference and will be responsible for their own travel and accommodation expenses.

Abstracts accepted will be published in the conference programme therefore please include a brief biography of the presenting author (s) (less than 60 words).



the Australian College
of Mental Health Nurses Inc.

**Consultation-Liaison Special Interest Group
10th Annual Conference
in collaboration with
the Victorian Branch and
Perinatal / Infant Mental Health Nurses**

MENTAL HEALTH NURSES: MAXIMISING POTENTIAL

7th & 8th June 2012

Pre-conference workshops 6th June

Carson Conference Centre

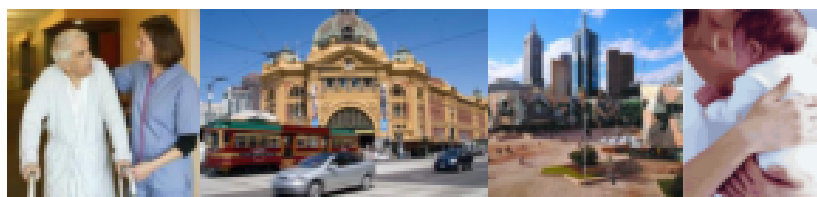
ANF House

540 Elizabeth St Melbourne

The focus of this conference is on the work of mental health nurses in practice settings where mental health care is not the predominant focus. This includes general hospitals, emergency departments, nursing homes, community health centres, perinatal services and other general or specialised health services. Nurses working in these settings attend to the mental health care of clients alongside clinicians not specifically educated in mental health. This brings particular challenges and rewards.

What are your experiences? What are you able to share with colleagues that help us develop our practice?

Call for abstracts: see over



Proudly sponsored by



Abstracts are invited for papers from Mental Health Nurses working in practice settings where mental health care is not the predominant focus. If you work in such a role, consider aspects of your nursing practice that are worthy of further discussion, articulation and / or debate.

Think simply. Sometimes it is the simplest interventions that we take for granted, that can have the greatest potential for the patient, their relatives, the staff or the system. We can underestimate our skills and knowledge and get surprised at the difference we can make. It is these interventions that we need to identify, articulate and share.

If you are a first time presenter, this conference is a supportive forum. If you would like assistance let us know-we can support you and have a buddy there to help you on the day or to help you write your abstract and presentation.

Abstracts close: 31st March 2012

Send your abstract to Tim Wand Timothy.Wand@sswahs.nsw.gov.au in the following format:

- Title of abstract
- Name
- Position
- Place of work
- 250 word abstract with a minimum of formatting and no references
- Brief Presenter Profile (100 words)
- Contact details including email, mailing address, phone and fax numbers



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REGIONAL REPORTS



Auckland Branch

The Auckland Branch of Te Ao Maramatanga held our usual evening seminar in October and was very well received. Michele Yeoman and Debra Lampshire presented and demonstrated how to use motivational interviewing with someone hearing voices. It had really applicability in daily practice and was great to see AOD work cross-pollinate with Mental Health work. Debra Lampshire and Jane Barrington presented a piece they had previously presented at conference in Croatia. This was a moving piece of back and forth scripted text read aloud. It was a highly considered piece of work which had the room spellbound. To describe it as scripted and read aloud does not do it justice. The words were carefully woven to tell a story of deep understanding of what it means in daring to trust, and testing that trust. It illuminated all the whys and ways a service user might test the relationship with a clinician and brought into focus why it is prudent and necessary to do so. It put the spot light on nurses/therapists to do our own 'work' to be able to be really present and accept the testing that happens as the relationship develops. An observation offered that you can't 'do' trauma informed care, one embodies it. A great seminar which got everyone thinking and passionate about a sense of change in mental health nursing that feels the right direction.

The Auckland Branch presented its inaugural academic writing prize for New Graduate MH Nurses, to an ADHB nurse – Victoria Collins. Her essay was chosen as the winner as it has good flow, lots of detailed examples about applicability in practice and could see Victoria as a nurse come off the page, so it engaged me as a reader. The prize was the latest ISPS book called "Experiencing Psychosis" eds Geekie, Randal, Lampshire, Read.

This year has been a busy one for the Auckland Branch with an excellent start made in arranging the next Bi annual conference in 2013. Much of the preliminary work has happened with our fearless leader – Kate Prebble at the helm as our Convener for the conference. An exciting development for this conference has been our joining with DANA (Drug and Alcohol Nurses Association) to have a joint AOD nurses and MH nurses conference in 2013. Watch this space.

Collette Adrian

Northland Branch

Northland have established their Branch. Branch chair is: Ron Baker [ron.baker@northlanddhd.org.nz] and Secretary: Bart van Gaalen [bartvangaalen@gmail.com].

Maria Baker

Canterbury Branch

After a rather shaky start to our year our Canterbury Branch committee picked ourselves up and have been determined to continue our commitment to growing the Branch and providing professional development opportunities for mental health nurses. Our Alcohol and Other Drugs: Every Mental Health nurses business and Suicide assessment forums were well attended and we received much positive feedback from those who attended. We were also delighted to be able to host a free workshop for nurses in Canterbury, Meeting the Emotional Needs of Individuals, Families and Communities after a Disaster which was facilitated by Margaret Grigg and Frances Hughes. Over 100 nurses from a wide variety of practice settings attended and the evaluations were very positive.

A number of Canterbury members were able to attend the conference in Dunedin. It was a welcome respite and a thoroughly enjoyable and stimulating two days. It was exciting to have one of Canterbury members, Chris Taua be inducted as a fellow of Te Ao Maramatanga. Thank you to the Dunedin team for a wonderful conference and all the hard work you put in!

Thank you Moira for sharing in the September newsletter, it was reassuring to read that some of the issues that we struggle with as a branch are not unique to us. We like the idea of awarding a new graduate with college membership and plan to trial this next year.

Our plan for 2012 is to provide professional development opportunities for mental health nurses in Canterbury. We are planning to offer these bi-monthly.

We would like to thank you all for your support of us in Christchurch this year and wish you a very happy Christmas.

Deb Horan and Mel Lienert-Brown

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*



You don't have to attend every argument you are invited to
– Anonymous

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**

chris.taua@cpit.ac.nz

NOTE

Share your knowledge with the College:

Regional contacts

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bartvangaalen@gmail.com

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Stacey Wilson
S.Wilson@massey.ac.nz

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

Mental Health Education and Resource Centre (MHERC)

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

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

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

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

We can put you in touch with Support Groups.

403a Worcester Street

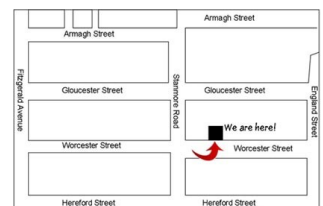
Linwood

Phone: 03 365 5344 - Rural freephone: 0800 424 399

Fax: 03 381 0530

P O Box 32 035

Christchurch



UPCOMING EVENTS AND CONFERENCES



New Zealand Mental Health and Addiction Nurse Educators Forum

September 27th - 28th 2012

Chateau on the Park, Christchurch

"MOVERS AND SHAKERS" - Mental Health Nurse Educators in 2012 and Beyond

For more information and registration form please contact

Cathy King, Convenor NZMH&AF 2012

Telephone – (03) 337 7969 ext. 33868

Email – cathy.king@cdhb.govt.nz

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

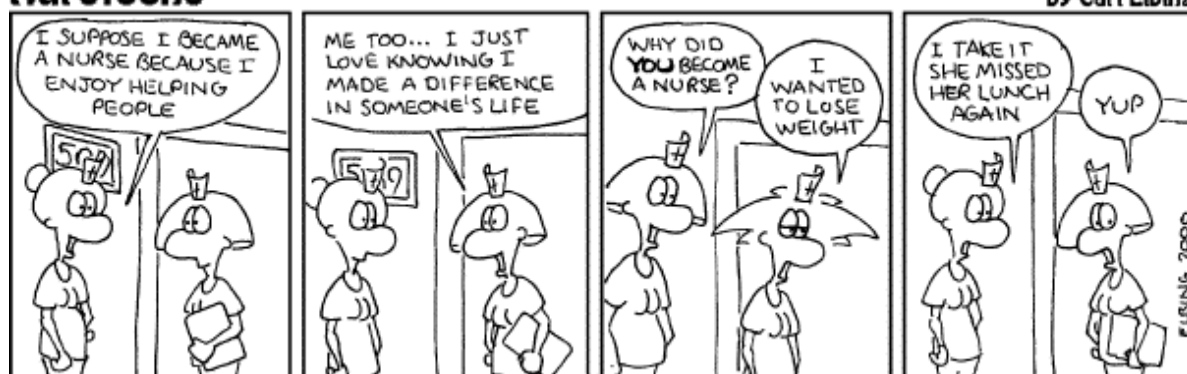
Please include contact information

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

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

Nurstoons

by Carl Elbing



www.nurstoon.com

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MORE EVENTS

International Gambling Conference - Akd

Hapai Te Hauora Tapui Maori Public Health, the Gambling and Addictions Research Centre at Auckland University of Technology (AUT) and the Problem Gambling Foundation of New Zealand (PGF). Te ao hurihuri me te petipeti – The world of gambling today. Across the world gambling industries are changing and evolving, expanding into new markets and reaching new demographics. We are all seeking positive outcomes in this environment but need to determine what they are and how we measure them. This conference will examine how positive change can be brought about through research, policy and practice.

<http://www.internationalgamblingconference.com/Home/0.271.1132.00.html>

Many Hands, Many Voices - Akld

Grand Chancellor Auckland Airport

Pre-Conference 12 March 2012 (register for either session or both!)

9 am-12:30 pm

Douglas Sprenkle, PhD, psychologist. The Case for Family Involvement

This talk will detail current research evidence for doing family therapy and including families when working with major mental illness, delinquency, alcohol and drug abuse, violence, childhood disorders AND MORE!

1:15-4:45 pm

Judith Landau, MD, psychiatrist. The ARISE Intervention: Evidence-Based Practice with Drug/Alcohol and other Addictions
ARISE is a Continuum of Care used for any chronic or life-threatening illness. To register online for the conference or pre-conference sessions, go to website

Earlybird rates end 31 December 2011. All profits from the conference go toward the network and forming the new associations.
<https://www.elbowspace.com/servlets/cfd?xr4=&formts=2011-10-26%2015:25:51.464794>

Annual Pacific Rim International Conference on Disability & Diversity - Hawaii

The 28th Annual Pacific Rim International Conference on Disability & Diversity (Pac Rim) will bring together a diverse international gathering of academics, community leaders, self-advocates, specialists and officials. The conference aims to inspire, educate and illuminate - with over 18 topic areas, 200 presentations and several institutes, the programs is fertile ground for dialogue and exchange while 'pushing the envelope' to ensure all human beings can live to their complete potential.

This event is hosted by the Center on Disability Studies (CDS), at the University of Hawaii.
<http://www.pacrim.hawaii.edu/>

For more information on International Mental Health Conferences visit

Psychiatry Conferences Worldwide

Upcoming events in psychiatry, mental health and related fields