



Te Ao Maramatanga

New Zealand College of Mental Health Nurses

TE KARERE

October 2021 Issue 3

Editorial

Kia ora koutou and welcome to the third issue of Te Karere for 2021.

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While preparing this issue I pondered again on how things were in this global pandemic and recalled the hope I had in July that we would be much further through this and while yes while there have been many advances, the battle continues as you know.

I personally hear a lot more about the extra load you are all carrying as mental health professionals as we see the increasing impacts on the mental health of individuals and at times all of us collectively. It's been a long hard journey for many and for those of you who have done the long miles in lockdown, as a south islander I tell you I am eternally grateful. Please keep it in mind that we down here openly acknowledge how hard it must be for you, your families and those folk you support. However as mental health professionals we alone know the importance of HOPE and this I hold tight to.

Most importantly in this issue we must offer enormous gratitude to our President Suzette who has served and led us so well during her term. I know this will occur more formally at the AGM (see note later) however from a personal perspective I want to take this opportunity to express how I have enjoyed and embraced her calmness, her energy, her vision and her drive to continue the growth the College is experiencing. Big shoes to follow indeed. So thank you for now Suzette as we read your last report as President. Your term is up and may you regain some valuable time with whanau and attending to other passions. I know this wont be the last we hear from you of course. So in saying this, the whakatauki I would like to end with this time is "Ehara taku toa I te toa takaitahi, engari he toa takitini" which says broadly "Success is not the work of an individual but the work of many" which for me rings so true of you in how you have had the vision to engage collaboratively to bring in the right folk with the right expertise to lead us forward. Thank you.

On that note thank you all of you reading this also for your hard mahi in such challenging times. Put your feet up now and read on. There are some interesting updates in this issue for you.

Ngā mihi nui

Dr. Chris Taua

Message from the President and Kaiwhakahaere

Tēnā koutou katoa

winter is over and spring is here.

One thing is for sure that each and every day brings new opportunities and challenges. Our tenacity coupled with compassion as nurses during this time will help see us through. We fully appreciate that it is not easy, it is indeed challenging work. We must all take the time needed to look after our own wellbeing. The recent

Mental Health Awareness week was a timely

reminder. As a College, we remain here, a constant anchor for you. We continue to wave the flag for the profession.

In this issue you will read more about this and all the other work we have been up to in enhancing mental health, addictions, and disability nursing. We hope you find this update informative to you as a valued College member as without you all this would not be possible.

As A College we are here for you!



Operational Team changes

We welcome Regina Yhonjan as College Administrator and Website Lead. Regina reports to Helen Hamer- College Manager.

Tracey Merlini will continue as Finance Administrator for the College as well as College Credentialing Administrator. Tracey reports to

Helen Hamer- College Manager and Lois Boyd respectively.

The executive assistant role previously held by Tracey has been disestablished.

Stakeholder meetings

Menetta and I were invited to join the MOH advisory group supporting the Mental Health and Addiction National Nursing Campaign project.

In August, I met with Catherine Byrne, Chief Executive – Registrar along with Nyk Huntington from the Nursing Council to discuss our letter about their new standards for Nursing education. Catherine and Nyk will meet with the board on 18 October to pick up on this conversation.

In August I also attended the National Nurse Leaders (NNLg) group and in summary the following matters were raised and discussed:

We met with Angela Beaton from Te Pūkenga (combined former polytechnics) to discuss the development of a national curriculum for nursing within the new entity. There is a significant amount of work to be done to align the nursing programs across the new sector, the timeline for this is optimistic and ambitious.

Concern was raised from NNLg membership regarding the amount of work required and the timeframes allocated to do so. There was also concern raised regarding the consultation and communication from Te Pūkenga with key stakeholders.

Note: Two College boards have put their names forward to be considered for the nursing advisory board following a call from Te Pūkenga.

Helene Carbonatta and Deborah Roche attended from the Health and Disability System- Transition Unit (TU) overseeing the current health reform process. They provided an initial update of high-level work programs

and then spoke about the development of support work being undertaken to support the transition to the new entities. interim health plan.

Re COVID-19 Vaccine and Immunisation Programme; Loretta Roberts and Fiona Michel (MoH) talked through the ongoing programme implementation and workforce options that are being deployed to support successful delivery of the programme.

Dr France Hughes then led a session regarding Aged Care staffing and the inequities within the current system exacerbating recruitment and retention issues.

Ramai Lord presented ongoing work on the National Nursing Strategy.

Kathy Holloway raised the issue of health workforce specifications with a focus on NETP and Post Graduate study.

So how are we doing with our 2021 annual plan update?

We are tracking along nicely with the collective efforts of many as follows.

Spirit of partnership & working Relationships are founded on Te Tiriti o Waitangi.

Planning is underway for the 2021 Māori Mental Health Nursing Wānanga that will now be held on 25th November 2021. [See detail later in this newsletter.](#) A big thank you to **Chrissy Kake, Menetta Te Aonui and Māori caucus** who lead this mahi.

Valuing nurses working in and toward enhancing mental health, disability need of New Zealanders.

A project scope for the refresh of the Mental Health Nursing Standards was developed and

The refresh of the standards will be the major project for 2022 and we look forward to connecting with you about this.

considered by the board in September. We will start to seek funding to support this project this year

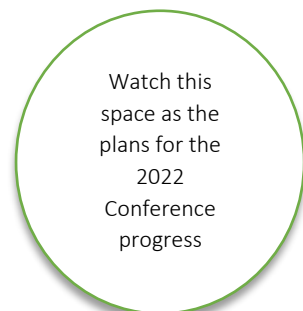
and begin the project early next year. This gives us time to dedicate to completing the 'new website project' and the 'collaborative project' focused in developing a publication - Taking Mental Health, Addiction and Disability Nursing Forward to 2030. The refresh of the standards will be the major project for 2022 and we look forward to connecting with you about this.

This second major project is the development of a publication to inform the future of mental health and addictions and disability nursing is well underway and the first phase of scanning the literature is complete. The next phase involves consultation, and the final will be the development of a series of Position Statements on the key issue. We are keen to have this completed by December.

This project is led by a collaborative of Te Ao Māramatanga- NZCMHNurses, NZNO- Mental Health Nurses Section and the National Directors of Mental Health Nurses group. **Helen Hamer** leads this work. We continue to support the primary healthcare services to support people with mental health and addiction needs. **Lois Boyd**, Programme Director is growing her team and a review of an initial evaluation signals and affirms the value of this programme.

We are continuing to plan for the biennial national conference in Nelson in 2022.

A big thanks to the **Nelson branch** who reconnected recently to continue planning. The College operational team members are linking with the conference committee.



Our new process to co-ordinate our response for submissions is working well. A big thank you to **Velda Raybone- Jones and Veronica Polkinghorne** who lead this.

Te Ao Māramatanga is relevant, thriving & sustainable.

The draft strategic plan for 2022- 2026 was circulated to you for feedback. We will table this at the AGM for member sign off.

An election of officers commenced, and we received nominations for President and a national board member. **We are interested in hearing from members if you think the role of Registrar might appeal to you.**



The AGM is on 1st November 2021. 4-5.30 pm via Zoom.

Dame Margaret Bazley has kindly agreed to give a Patrons address.

Our annual audit is underway, A big thanks to Tracey, Michael and Helen

We continue to publish a quarterly Newsletter- Te Karere. A big thank you to Chris Taua.

News from the College Manager

AGM and RSVP

We are looking forward to seeing you (on Zoom) at the College AGM, November 1st, 2021, at 4 to 5.30 PM. This is a friendly reminder to all members to send their RSVP to admin@nzcmhn.org.nz to register your attendance so we can confirm a quorum of at least 30 members. All the items for the agenda will be on the website nearer the meeting time.

A paper to introduce Advisor role and intern roles is currently being considered by the board

The new website was launched on Monday 2 August as planned and we are working through finalising some of the functions. Please bear with us and if you have any issues and please contact us. A big thanks to Regina and Tracey.

A plan to recruit more members has been developed. A big thanks again to Kerry and Helen.

Our webinar series is well underway. A big thanks to Helen.

Thank you too for your commitment to your profession and to the people you work with. Thank you for your continued loyalty to the College.

In closing this is my final message for Te Karere, and I thank you for the privilege of serving you as your President over the last four years. It has been an amazing and rewarding experience.

Ngā mihi nui
Suzette Poole

Changed your address? Moved to a Different Workplace?

If so, please advise our College administrator Regina Yhonjan at the email below to ensure you are kept up – to – date with all the latest news and events

admin@mzcmhn.org.nz



Photo: Helen Hamer and ScarlettTeng

Webinars

The **Wellbeing webinar** in Mental Health Awareness Week **Take Time to Korero** - September 30th was well received by those members who attended. Members can find the recording of the Webinar on the [website link to the College YouTube channel](#), where you will hear the supportive words of wisdom from both presenters Hineroa Hakiaha and Debra Lampshire

Details of the next Webinar **Disrupting Racism in Nursing** are [here](#). Please RSVP to manager@nzcmhn.org.nz.

Conferences WDH Senior Nurse Leadership group day

I recently joined the Auckland Branch Secretary Scarlett Teng to represent the College at Te Huihuinga ō ngā Tapuhi Matua-The inaugural Senior Mental Health and Addiction Nurse Symposium from the Waitemata DHB mental Health and addiction senior nurse leadership program on 28 July 2021. A number of Branch members attended as senior leaders and contributed to the theme of **Leadership and Wellbeing**.

Waitematā DHB senior nurses shared and celebrated their successful leadership stories and the wellbeing strategies for the teams. As the day progressed, it became apparent that as mental health nurses, working across different services, we all share the same passion and similar paradigms for supporting whaiora on their recovery journey. With the upcoming changes of the health system in Aotearoa New Zealand, Te Ao Maramatanga as a professional body, will support all members (and non-member colleagues) to develop and support a coherent, and strong voice from nurses to inform the future changes.

It became apparent that as mental health nurses working across a range of different services the commonality was our passion for supporting whaiora

Creating Solutions Te Ara Whai Tika: A Road Map to Health Equity 2024

On-Line Conference 2 & 3 July 2021

The above virtual conference laid down a challenge of achieving health equity by 2040 and followed up with a series of recommendations on how we can get there [summary report [link PDF]]. As a College we believe that all New Zealanders have a right to access the appropriate level of healthcare so let's keep health equity at the top of everyone's agenda. The conference was co-hosted by the Association of Salaried Medical Specialists and the Canterbury Charity Hospital Trust. The convenors have used the delegates discussions and input to put together this post-conference report. The report will be presented to the Minister of Health and distributed throughout the wider health and social sectors. The College looks forward to continuing to work with convenors Dame Sue and Phil Bagshaw as we also progress our work on equity. We hope you will read the summary report, share it and talk about it with your colleagues.

Covid considerations

We appreciate that at this point in time you will be very busy responding professionally and personally to the issues we have been facing well over a year now and even more so for some of you more recently the increase in Covid – 19 infections and subsequent lockdowns. As Mentioned in our earlier email to you, we are here to listen and assist you during this time. Please do not hesitate to contact us directly and/or access our Covid-19 resources on the website. We also have a new **Covid-19 resource** you may find helpful: [Click here to access the website resources.](#)

Also watch College member, **Steph Anderson**, present the following helpful tips on -

[Covid-19: How to have a conversation with someone hesitant to get vaccinated | Stuff.co.nz](#)

Here are some more clinical tips that we can use to increase whaiora vaccine awareness and uptake¹:

Beliefs: verify what is at the root of the person’s hesitancy first, only then do you amplify the health messages (“verify before you amplify”)

Efficacy: explain that vaccines are held to a higher degree of testing protocols than any other prescription drug

Safety: all vaccines are tested on hundreds of thousands of people in the international drug trials before it is given to the public

Necessity: many people we work with have not experienced previous pandemics e.g., the devastation of polio on our community, hence they are unable to understand how necessary it is to reach herd immunity through vaccinating

Authority: showing confidence in our knowledge about the vaccine

Trust: supporting our community and primary care leaders to reduce vaccine hesitancy as people are more likely to trust cultural leaders, primary care nurses and doctors in their neighbourhoods

Support: assess the person’s vaccine status and offer support to overcome any barriers to uptake (check in on progress/or further questions at each visit with you)

More Covid News: A 25-minute Q&A with Doctors A Moana Maniapoto production

[Te Ao with Moana - Vax Facts with Māori Doctors. We opened the phone lines & the calls flooded in](#)

Don’t forget to check out the Covid Information on the College website [here](#). The College is constantly updating this site with items of importance.



The World Health Organisation (WHO) has recently updated a document updating Covid related deaths of health professionals. This is sobering reading and an important reminder for us all. **Dr Annette Kennedy, President of the International Council of Nurses**, which represents millions

of nurses around the world speaks about this in her address to the WHO and you can access an edited transcript of her address on the College website [here](#) or go to the full address on the WHO website [here](#)

That’s all from me at this time. Kia haumarū – Stay safe everyone.

Helen P Hamer, RN, PhD | College Manager | E:manager@nzcmhn.org.nz.

¹ Jacobson, R. M., St. Sauver, J. L., & Finney Rutten, L. J. (2015). Vaccine Hesitancy. *Mayo Clinic Proceedings*, 90(11), 1562-1568. 10.1016/j.mayocp.2015.09.006

Māori Caucus New Zealand College Mental Health Nurses

It's time to register for...our free one-day webinar via zoom

Thursday 25th November 2021

0900 – 1530



We are committed to Te Tiriti o Waitangi and working together to achieve Pae Ora, healthy futures for Māori and all New Zealanders



He Waka eke noa - We are all in this together

For further details contact Menetta Te Aonui at caucus@nzcmhn.org.nz or 027 6839365

Primary Mental Health and Addiction Credential Programme Update

by Lois Boyd: Director of Credentialing

Firstly, thank you to those of you who provided feedback on the current programme content review. We are now analysing the results of this feedback and preparing a draft new programme content for final consultation.

The programme team, (Helen, Tracey, Scarlett and I) have been supporting local programmes to pause or move to zoom delivery over this latest lockdown and the challenges it continues to provide.

It is very encouraging that credentialing programmes are continuing to be prioritised by local PHO's and DHB's as the primary healthcare nurses who attend are so critically involved in the pandemic response. As two programmes have finished for the year, we have had a flurry of credentialing applications and re-credentialing numbers are also starting

to increase. We are being very flexible and extending application timeframes when this is requested, in recognition of current circumstances.

The new website is starting to result in increased numbers of programme enquiries and as we fine tune the content and develop it further, we can see how useful it will become in managing our programme information and communications.

As always, please be in contact if you have any questions about the programme or comments on any of the above.

Nga mihi Lois Boyd

Director of Credentialing
credentialing@nzcmhn.org.nz
0274380807

Research participants sought

I am a Master of Science student in Psychology at the University of Auckland, I am interested to learn how New Zealand mental health professionals and trainees use digital mental health tools such as websites or apps to support clients. The study is called: ***Clinicians and Digital Mental Health Tools - exploring knowledge, attitudes and training needs.***

Several digital health tools have been supported by the Ministry of Health. There is evidence that some tools are accessed by the general public and are well-liked. However, little is known about New Zealand mental health professionals (and trainees) and their views about digital health tools. Participants will be contributing to building knowledge about the current relationship of NZ mental health professionals with digital mental health tools and help shape how these are promoted or implemented in clinical practice.

We seek participants practicing as Registered Health Practitioners in mental health or are in training programs for these professions. We would appreciate it if you would distribute this research to your members. We have developed a short, 10-minute online questionnaire. At the end of the survey, there is an option to volunteer for a brief (20-30 min) follow-up interview (via Zoom). Participants are welcome to engage in one or both parts of this study. The link to the survey is here: https://auckland.au1.qualtrics.com/jfe/form/SV_8lcXpwUcviejvN4

This research is supervised by Dr Karolina Stasiak (Senior Lecturer at the Department of Psychological Medicine) the University of Auckland. Please let us know if you can share this research study with your members and if you have any questions.

Ngā mihi nui, Catherine Rawnsley

Approved by the University of Auckland Human Participants Ethics Committee on 22/07/2021 for three years. Reference Number UAHPEC22599.

News from the regions, branches, and specialist areas

Addiction Branch News by Velda Raybone-Jones

The Addiction Nurse Branch meet via zoom the 4th Wednesday of each month, 3pm – 4pm. We welcome new members to the branch and encourage anyone working in mental health or addiction to join us. For zoom details please email Simmi the branch secretary at Simrita_singh@hotmail.com, and she will send out a calendar invite with the details.

I attended the National Addiction Leadership day held in Auckland in July, where I met Hon. Kelvin Davies. I spoke to him about the shortage of mental health and addiction nurses and my concern that not enough is being done, to attract nurses into mental health and addictions.

Here is a brief summary of the day's sessions.



Session 1. Keynote Speaker – **Hon. Kelvin Davis**, Minister for Crown Relations: Te Arawhiti, Minister for Children, Minister of Corrections, Associate Minister of Education (Māori Education) MP for Te Tai Tokerau.

The Ministers kōrero was focussed on his mahi with Corrections and wanting to make his position redundant. He spoke about the synergies in health and corrections. He spoke about Hōkai Rangi- Ara Poutama Aotearoa Strategy 2019-2024. He acknowledged that addictions is everyone's business.

The following points summarise his kōrero.

- 31/2 yrs ago the government predicted if they did nothing, the prison population would increase to 13,000 prisoners by 2021. As of the 28th of July 2021 there were just over 8000 prisoners, a reduction of 24.5%
- The reimprisonment rate has fallen, the current rate is between 5 and 6%
- Wahine prison population 3 years ago sat at 840, on the 28th of July 2021 485 wahine were in prison
- 63% of the prison population have had a MH "episode" in prison
- 99% of the prison population have had a MH or AOD issue in their lifetime
- 4000 people have been supported into jobs since being released from prison (in the last 3 years)
- The government has made improvements to the system and become more efficient and effective in the mahi that this department carries out.
- As part of the strategy, government are rolling out Māori Pathways programme which supports the corrections system to be more effective by using kaupapa Māori and whānau-centred approaches. The Māori pathways are a four-year programme to include a range of initiatives to lower the proportion of Māori in the corrections system. The projects are co-designed with whānau, iwi and hapū Māori; and other organisations and individuals independent of Ara Poutama Aotearoa, including those with lived experience. The Māori pathways include 1. Increasing the number of people who can access successful initiatives that already exist in parts of Ara Poutama Aotearoa and extending those programmes to other regions, 2. Incorporating kaupapa Māori and whānau-centric approaches into existing programmes so they are more effective for Māori and 3. New initiatives that draw on research, expertise and experiences. Initial programmes are being co-designed and trialled in Te Tai Tokerau, Hawkes Bay and a Mana Wāhine project is being co-designed and trialled in Christchurch.

Check out these extraordinary statistics, somewhat hopeful if the current trajectory continues

- The next focus is on a Pasifika pathways programme.

Session 2. Panel discussion about health and corrections: A marriage made in Cabinet or a case of true love? **Dr Juanita Ryan**, Deputy Chief Executive, National Health Office, Ara Poutama Aotearoa, **Dave Burnside**, Head of Learning and Development, Odyssey House, **Richard Taylor** (MoH), and **Michael Douglas**, National Operations Manager, AOD services, The Salvation Army.

The following themes were discussed:

- Tikanga and kawa base
- Everyone knows that the sector needs to grow the capacity
- Strong message to stop “Stealing” each other’s staff (acknowledging the staff vacancy rates across our sector)
- Importance placed on staff wellbeing and how we look after staff
- Corrections interface with health, discussion around health programmes offered in prisons, corrections and the community.
- Working together through partnership approach
- Utilising peer support and those with lived experience in the workforce and the value of same. Peer support are the “glue that holds everything together”.
- We need to continue to convey the message of hope for recovery to whānau
- Every service should have dedicated consumer roles who sit at every table to share their voice. This has been something that has been talked about for ‘years’ but not all services have such roles.
- As a sector have a unified approach, no competing rather work together
- Gambling Harm Strategy due out at the end of the month for consultation. As a sector gambling addiction is often not screened for.
- Good to see a move away from a criminology focus to a health focus to drug harm
- Pae ora – healthy vision across all of government and every agency
- Recovery capital discussion
- Choice and Access discussion

Session 3. Addiction Sector Involvement in the IIMHL. **Dr Emma Schwarcz** (CD - Auckland CADS), **Jenny Wolf**, IIMHL and **Fran Silvestri**, President and CEO, IIMHL in the USA via Zoom.

Update on the International Initiative for MH Leadership and the call to arms for an International Initiative for Addiction Leadership. In 2022 the exchange is taking place in Aotearoa with participants required to spend 3-5 days in Auckland with their ‘match’ and then move to Christchurch 28th Feb – 4th March 2022 for the rest of the exchange. Further details at www.tepou.co.nz

Session 4. Stigma and discrimination workshop. **Sheridan Pooley**, Regional Consumer Advisor, CADS Auckland and **Rhonda Robertson**, Principal Advisor – Lived Experience and Peer Project Lead (Addiction) Te Pou.

Discussion around the language that staff use that can be seen as discriminatory.

- The effect: Prejudice and discrimination, stereotypes and generalisations. Rejections and isolation. Language that dehumanises.
- The response: For all of us to challenge misinformation, support the many pathways to recovery and share stories of recovery and positive change.

The next Addiction Leadership day will be chaired by David Newcombe and Simon Adamson.

Keep an eye on the Te Pou website for details.

Launch of the National Hepatitis C Action Plan.

In July, along with **Richard Jeffcoat** (Treasurer Addiction Nurses Branch), and **Louise Leonard** (Inaugural Chair of the Addiction Nurses branch), I was fortunate to be invited to the launch of the National Hepatitis C Action plan, held in Hamilton. The speakers for the launch were, **Hon. Dr Ayesha Verrall** (Associate Minister of Health), **Dr Ashley Bloomfield** and **Prof. Ed Gane** (Deputy Director, New Zealand Liver Transplant Unit and Professor of Medicine, the University of Auckland). Wearing my college badge, I talked with Dr Bloomfield about our Addiction Nurses Branch and the contribution we make in screening, point of care testing and our Nurse Practitioners prescribing treatment.

To download a copy of the action plan visit <https://www.health.govt.nz/publication/national-hepatitis-c-action-plan-aotearoa-new-zealand-mahere-mahi-mo-te-ate-kaka-c>



Photo Left to right, Jo de Lisle, Project Manager, Hepatitis C, Regional Health Integration Team, Velda Raybone-Jones Addiction Nurses Branch Chair, Louise Leonard, Nurse Practitioner.

Also at the launch, **Richard Jeffcoat** (Branch Treasurer) and **Nancy Carey** (Hep. C Nurse) carried out point of care testing from a van that the Midland Region are using to get to our rural communities. People who want a test can 'pop' onto the van and if required, Nancy can carry out a fibro scan of the liver. *Great to see a nurse led initiative in this area.*



