



# Te Ao Maramatanga

New Zealand College of Mental Health Nurses

## TE KARERE

### December 2021 Issue 4

#### Editorial

*Kia ora koutou and welcome to our fourth and final issue of Te Karere for 2021.*

Season's greetings to you all. As I look back on the year that has gone I find myself surprised yet relieved. While the global impacts are extreme, for us here in Aotearoa it seems less so however there is still loss, fear and in spaces divisiveness. Reflecting back at this time draws me towards the whakatauki '*Kia mate ururoa, kei mate wheke*' loosely translated as fight like a shark, don't give in like an octopus, essentially encouraging us to not give up. When fishing, a shark will fight the whole time it is on the line. In comparison, an octopus will surrender once it's been hooked. Therefore no matter how hard things get, let us fight like a shark. Eventually this, like most things will pass.



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The year has been a busy one for the College and we know many of you will have possibly worked harder than ever before adjusting to the ongoing changes in health care delivery. I'm sure the leaders and executives of the College will join me in thanking you all for your mahi. It has been a mammoth effort indeed.

Before I tell you about this issue I wish to firstly welcome and congratulate our new President Hineroa Hakiaha into her role. I am sure you will join with me in expressing our excitement at what is to come for the College under her guidance. There isn't a President update for this issue as Hineroa settles into her role at this busy time but do look for her first report in 2022.

In this issue, a short one to read at your leisure you will note an update from the College Manager regarding several College activities, keep an eye on these as they progress and remember the team are always keen to have your input into submissions. Also note the call for research participants and two interesting pieces on the brilliant mahi happening out there by your colleagues Dr Sione Vaka and Kimi Opetaiā. So to send you on your way into the festivities, I wish you a very safe holiday season full of laughter and joy, doing what is right for you at this time with those that matter to you. If you are working then thank you for supporting the mental health of our country. Kia Kaha.

*Meri Kirihimete me te Hape Nū Ia!*  
*Dr. Chris Taua*

# News from the College Manager

## Submissions

### [Feedback on the Guidelines for the Safe Transport of Special Patients in the Care of Regional Forensic Mental Health Services and the Guidelines for Regional Forensic Mental Health Services](#)

Our overall recommendations highlighted the need for both consultation documents to include more detail on how they practically support Te Tiriti o Waitangi and enable equitable health outcomes, including placing a stronger emphasis on involving kaumātua, kuia, whānau and cultural workers in the holistic care of tangata whai i te ora.

### [Supplementary Registered Nurse Education Programme Standards \(2021\)](#)

We submitted feedback (under urgency) on these standards, developed by Nursing Council of New Zealand in recognition of the current challenging and rapidly changing health environment in Aotearoa New Zealand as a result of the covid-19 global pandemic. Given the emergency situation Council have recommended that nursing students can learn along with contributing to meeting this urgent need, and paid employment could be considered in this situation. Council will review these standards six monthly to ensure flexibility in response to changes in Government and Ministry of Health directives. You can review the Standards and our submission - [click here](#). (note: you will need to be log-in as a member to view content)

### [Mental Health Act – Repeal and Replace: College submission process](#)



*Still time for you to have some input:*

*We have 2 webinars scheduled for January with a submission due 28 January 2022.*

Thank you to those members who have attend the first 2 (of 4) webinars this week to give your reflections on the current Act and your future aspirations for a more mana enhancing and wellbeing focused piece of legislation. We have heard a range of topics being tabled, a few examples are safety

versus a risk approach; the cultural disparities within the use of the Act; the role of advanced directives; increased involvement of the peer workforce; and the role of the mental health nurse working within the spirit of the new legislation. We have 2 webinars scheduled for January ([click here](#) to access the events page) with a submission due 28 January 2022. We will provide updates to members on further opportunities to continue giving feedback to the Ministry of Health over 2022.

Though we often have short deadlines for submissions it is our intention to involve as many members as possible to have their say, therefore we are open to taking feedback on any of our submissions to continue ongoing dialogue on these topics that influence our practice and the care and support we provide for people we serve (send your feedback to [manager@nzcmhn.org.nz](mailto:manager@nzcmhn.org.nz)).

## Projects

### [Taking Mental Health, Addiction and Disability Nursing Forward to 2030](#)

This major project is now in the second phase of work with preparation underway to seek sector feedback on draft position statements that provide the key issues for Mental Health, Addiction and Disability nurses and our contribution of expertise to meet the requirements in the changing landscape of health care over this next decade.

This project is led by a collaborative of Te Ao Māramatanga- NZCMH Nurses, NZNO- Mental Health Nurses Section and the National Directors of Mental Health Nurses group.

The refresh of the College Standards project will work in tandem with the Future 2030 project in 2022, and we look forward to connecting with you about this too.

## Webinars

Our last webinar for 2021 Disrupting Racism in Nursing was well attended and received ([click here](#) to view webinar video). We look forward to hosting College webinars on a range of relevant topics in 2022, so keep an eye on our events page for details. Members can find the recording of all the webinars on the website in 'Past College Events'.



**That's all for now, wishing you a safe and restful festive season.**

Helen P Hamer, RN, PhD | College Manager | E:[manager@nzcmhn.org.nz](mailto:manager@nzcmhn.org.nz)

## Kaiwhakahaere Update: Raeleen Toia

Kia ora tātou kātoa,

As we begin to wind down for Christmas, upon reflection this has been a year of challenges and innovation as we navigate changes for improved mental health and addiction and disability to support better all over Hauora outcomes for our whānau.

As my first report as Kaiwhakahaere I would like to acknowledge the inspiring and committed mahi all our mental health nurses have been doing in this space and the work of each and every one of you who commits their time, passion, and aroha to support the kaupapa that is currently before us and over the horizon. These are exciting times which with the depth of skills and strengths we have within Te Ao Māramatanga I am certain we will make a difference.

Māori Caucus met on Monday 13th December for the last time this year. This was an important time to acknowledge and thank past Kaiwhakahaere Chrissy Kake for her mahi and to further celebrate Chrissy's new position as Treasurer for Māori Caucus. We took the time to welcome Jess Nolan of Ngati Raukawa, Te Arawa and Ngati Parou decent as the new appointed secretary for Māori Caucus. Jess is currently an ACNM for the acute inpatient unit at MidCentral DHB. Jess is also an active member of the Otaki branch of the Māori Women's Welfare League. We discussed the success of the first Māori Caucus Webinar

which was co-hosted in partnership with Te Rau Ora. Manetta Te Aonui – Vice College President will present a report on this at a later date.

Identified for next year as a key priority was: 'Building Membership' across all our rohe in which we currently work and with each Māori Caucus member taking the lead. Jess and I will plan to build out the MidCentral and Whanganui region. The aim is to have new College members presented by each Caucus member at the now monthly scheduled meetings.

The three new positions to the Board from Māori Caucus were discussed with a motion put forward and supported for:

Tio Sewell, De'arna Scully and Kelly Brown

**We would also like to take this time to introduce to the wider members and rightfully acknowledge Whaea Meretene Ray Hammond nee Cooper.**

Whaea Mere was born in Te Reinga, Wairoa. She was raised on the marae by her grandparents until she was 11 years old. At the same time, she was reunited with her whānau of five sisters and four brothers. Whaea Mere attended Te Reinga Native School and completed her schooling at Hukarere Māori Girls College in Napier

*Whaea Mere was also a recipient of the Whetū Kanapa award by Te Ao Māramatanga New Zealand College of Mental Health Nurses Inc for her contribution to Māori mental health*

Whaea Mere started her nursing career in 1956 at Wairoa hospital. In 1960 she moved to Porirua and commenced her training as a mental health nurse. She initially worked as a staff nurse then had a range of management positions at Porirua hospital.

Whaea Mere also worked for the Central regional health authority (RHA) and in 1996 she moved back to the Hawkes' Bay and worked in Hastings as the manager of the New Māori mental health Service. She returned back to Porirua in 2001 to be the Kuia of the regional rangatahi in-patient Service at Kenepuru hospital Porirua.

Whaea Mere has served on the Nursing Council of New Zealand as a committee member and then after 5 years of being a committee member she began the role of the kaumatua (kuia). She has also served on the Mental Health Commission, Mental Health Foundation, and the Māori Women's Welfare League.

Whaea Mere won the Winston Churchill award in 1977 to study Psycho drama at Clark Institute

Psychiatry Toronto Canada. This post was for three months, she also received the New Zealand Order of Merit for Services to Māori health. Whaea Mere was a recipient of the Whetū Kanapa award by Te Ao Māramatanga New Zealand College of Mental Health Nurses Inc for her contribution to Māori mental health nursing.

In addition, Whaea Mere was the Kuia for Te Ao Māramatanga for a number of years. On the 3rd of December 2021 Whaea Mere was awarded Te Ao Māramatanga New Zealand College of Mental Health Nurses 'Fellowship Award'. A Fellow refers to a privileged member of the college who is specially elected in recognition of their work and achievements. Te Ao Maramatanga Kaiwhakahaere Raeleen Toia and Vice President Menetta Te Ao Nui were privileged to present the Fellowship Award to Whaea Mere in the presence of her whānau and extended whānau. This was also Whaea Mere's Poroporoaki which was hosted by Capital Coast DHB Te Whare Marie Māori Mental Health Services where she had been working as the Kuia and was also a member of the MHAIDS Kaumatua Kaunihera.

Whaea Mere resigned as Kuia for Te Ao Māramatanga on her final day working at Te Whare Marie. From here she begins her retirement as she returns home to Wairoa.

## **A Tongan approach of integrating mental health care**

### **Dr Sione Vaka**



In this TEDxNukualofa Dr Sione Vaka explores the meanings of mental distress amongst Tongan people and forwards a cultural approach to mental health. Dr Sione Vaka is currently a senior lecturer at Auckland University of Technology and has worked in different areas of mental health including acute inpatient, early interventions, liaison psychiatry and cultural services. [Click here](#) to view -

A Tongan approach of integrating mental health care. | Dr Sione Vaka | TEDxNukualofa - YouTube

## Introducing Kimi Opeteia – A mental health nurse on a mission

An interesting piece recommended by Associate Professor Anthony O'Brien describing the mahi of nursing colleague Kimi Opeteia. Mental health nurse and vaccinator doing her utmost to support tangata whai ora around vaccinations and other important issues.

Kimi Opeteia is a mental health nurse on a mission. She spoke to Tony O'Brien about her career as a mental health nurse, her role as a Covid vaccinator, and her career aspirations. Kimi is one of a small number of mental health nurses who is also a trained vaccinator, and so is able to directly work with people accessing mental health and addiction services. Kimi is the first nurse in her whānau and only the second from her whānau to go into higher education. But she is making the most of her opportunities and has definite plans for how nursing will shape her future.

She describes herself as a "Tainui girl" and after a time away to study is now back home and building her career. Kimi graduated from Whitireia's BN Māori programme four years ago, a programme she sought out as it was a kaupapa Māori programme. Since graduating Kimi has practised in acute mental health and primary care and is now back in a mental health role as Associate Nurse Manager at the Henry Rongamau Bennett Centre's Ward 36, an acute admission ward.

The opportunity to practise in a primary care setting, Te Kōhao, gave Kimi the opportunity to train as a vaccinator, a skill she has brought to her current role. Within primary care Kimi had the opportunity to extend her practice to include vaccination and this allowed her to offer vaccination to a wide range of consumers. The vaccine programme gave Te Kōhao increased community visibility so that whānau coming forward for vaccinations could also be offered other services. Many of those presenting were from high needs groups and people with vulnerabilities, beginning with the elderly. Support would also be offered for other issues whānau were experiencing, such as need for support with issues related to children, mental health support and other areas.

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Kimi thinks mental health nurses have the skills to provide vaccinations if they are given the opportunity to train for that role. Pressure of work within mental health services

sometimes makes it difficult to prioritise the additional training needed for vaccination. The usual practice has been for the Waikato Hospital Covid team to be called to provide vaccination, but this can result in delays, and Kimi sees the possibility for the vaccination to be provided by ward nursing staff. Over the most recent lockdown whānau were unable to visit in person, meaning that nurses have been providing support by phone. In addition to mental health issues, whānau have expressed concerns and anxieties about vaccination, and nurses have been able to answer questions and provide information about Covid, and about vaccination.

Kimi sees vaccination as part of her role as a mental health nurse, although she is the only nurse in her service who is a trained vaccinator. Whānau do not necessarily want vaccination when first asked. Some are acutely unwell or for other reasons might not readily agree to vaccination. However as Kimi sees it the conversation is about planting seeds, helping people to consider vaccination and to talk further when the time is right. In some cases whānau may not feel ready to accept vaccination initially, but will accept it later, perhaps after a time in Ward 36 when they have been transferred to a different clinical setting.

Kimi's vision for her future is to extend her acute mental health experience and then consider a role in a wellness facility, one that focusses on wellness of whānau. Her role as a vaccinator within an acute mental health setting is a step in that direction. It is a great example of a nurse using her full scope of practice to work holistically with whānau.

## 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\\_8lcXpwUcvjeivN4](https://auckland.au1.qualtrics.com/jfe/form/SV_8lcXpwUcvjeivN4)

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.***

### ***Changed your address? Moved to a Different Workplace?***

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

[comms@mzcmhn.org.nz](mailto:comms@mzcmhn.org.nz)

## College Journal: International Journal of Mental Health Nursing

Do not forget that by being a member of Te Ao Māramatanga you have free access to the Journal. The College strongly encourage nurses in practice, academics, and researchers to consider writing and submitting articles for publication to the journal. You can access the Journal and the Wiley site through your membership page once you have [signed in](#).



## Scholarships

On your members site you will find details about the following scholarships available to mental health, addictions, and disability nurses. The **Rita McEwan** fund provides financial support for the role development of Mental Health Nurse Practitioners in New Zealand. In 2020, the fund was extended to include Addiction and Disability Nurse Practitioners. The **Te Ao Māramatanga Research scholarship fund** is to assist members to undertake viable research of value to mental health, addiction, and disability nursing. You can access further detail [click here](#).

## Call for articles

**We want your stories, summaries of research studies and other interesting information to add to this newsletter.**

If you have items of interest, research summaries, stories from practice we want to hear about them.

Please send any details, summaries to the editor at [christaua56@gmail.com](mailto:christaua56@gmail.com) with 'NZCMHN Newsletter' in the subject line. Feel free to send any queries also.

*Cut-off date for the first 2022 Issue is 15<sup>th</sup> February 2022*

*Thank you for taking time to read this edition of Te Karere.*

**Keep well. Keep safe and stay aware.**

***Meri Kirihimete me te Hape Nū Ia!***

