



Te Ao Māramatanga

New Zealand College of Mental Health Nurses

TE KARERE

Issue 1 2022

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Kia ora koutou and welcome to our first issue of Te Karere for 2022.

Well the year has started off as we ended the last one really with us all still battling this pandemic. I trust you are doing alright out there still as infection rates step up exponentially. We all know how this will affect all of us not just from a personal health risk level but also in how the community will need your awahi and support as they face the health crises befalling us now. I am, in my other mahi, in the planning stages of preparing a range of supportive sessions for the greater Canterbury

region around the notions of "Be Careful not Fearful" in order to support those working in community settlements supporting vulnerable others.

As I write this I am watching the global news and want to send my aroha to the people of Ukraine, as I am sure you will also be concerned.



Hopefully, this newsletter will provide you with some encouraging moments as you peruse the excellent work being undertaken by your College and its members. This issue, the first for 2022, we hear from our President Hineroa Hakiha in her opening report as she introduces first her own journey with the College then moves onto updating us in the ongoing mahi of the Committee and others.

You will also hear from the College manager Helen Hamer who reports on the submissions and projects she is involved in alongside other College members.

Other items of interest are the Profiles and acknowledgement of various College members as well as an interesting summary of research from the ADHB around 'zero seclusion.' The Addictions branch are also calling for branch Chair so check this out.

So I'll leave you now to make a cuppa, put your feet up for ten minutes and enjoy your read. Keep strong and focused as we face the puzzling world we now see ourselves in. Be good to one another.

He taonga rongonui te aroha ki te tangata (Goodwill towards others is a precious treasure).

*Ngā mihi nui
Dr. Chris Taua*

Message from the President and Kaiwhakahaere

Mihi kia koutou katoa

Tēnei te mihi maioha kia koutou katoa e pokaikahāna i roto tō tatou Hāpori, ngā Hōhipera, ngā Whare Wānanga, Kuratini me ngā Whare mohere o Aotearoa. Kāre ahau i te wareware i o tatou mate huhua o te motu, haere, haere, haere atu ra ki ngā whetu i te uma o Ranginui. I reira pīataata kia matoa i ngā wa katoa o te Po. Oti ra te whānau o Te Ao Māramatanga, tēnā koutou, tēnā koutou, tēnā koutou katoa.

Warm and appreciative greetings to you all who are working tirelessly in our communities, hospitals, tertiary institutions and corrections facilities around the country. We acknowledge the loss of many important and significant people in our lives, who we farewell and continue to remember when we gaze upwards and see them sparkling in the night sky. Finally whānau of Te Ao Māramatanga greetings to you all.



A little bit about myself and Te Ao Māramatanga. I have been a Te Ao Māramatanga member from its inception in 2004. I was keen to be a part of this group of exceptional, outstanding, creative, strong, caring mental health nurses. Eighteen years on, I have been an active Māori Caucus member, Board member, Kai-Whakahaere, Vice President and now President. As you can see my involvement within Te Ao Māramatanga has progressed over the years as I truly believe that this is the vehicle and voice to which we can make constitutional change in the Mental

Health Sector. I suppose within that 18 years I have stood, rubbed shoulders with, sat and caucused with many mental health nurses of Te Ao Māramatanga, leaders who have been part of my growth and development as a mental health nurse in our remarkable College; and the journey continues. Stay tuned for the next part of my journey with Te Ao Māramatanga.

Strategic Framework

Towards the end of 2021 the Board met to plan for 2022 - 2026 identifying four items creating our Strategic Framework in order to ensure Te Ao Māramatanga is thriving, relevant and sustainable.

To ensure Te Ao Māramatanga is thriving, relevant and sustainable.

With sustainability we need to continue to be the professional body for nurses working towards enhancing *mental health, addiction & disability needs for our whānau of Aotearoa* and also *valuing our nurses in these sectors*. This means you are informed of changes, supported in your work by the different technical mediums available, and also have an opportunity to be part of the discussions regarding changes to mental health nursing practice within your work.

To ensure that we are proactive in Te Ao Māramatanga within the workplace we need you and your Branch to help and assist with the discussions that are taking place to enable us to make changes that will bring the best outcomes for those we serve.

Te Ao Māramatanga has been the platform to demonstrate *true Te Tiriti o Waitangi partnership and that the spirit* in which we work is reflected at Board level and cascades to our Branches and then of course to you the whānau. To find out more pop on to our website (<https://nzcmhn.org.nz/>).

Mental Health Act

Late last year Te Ao Māramatanga hosted several hui to capture your voice and thoughts in regard to the changes to the Mental Health Act. Thank you so much for your time, efforts and your voice into the submission. Your voice is important as you are the people at the coalface of what we do as mental health, addiction and disability nurses. The College put forward a comprehensive submission towards the changes. Watch this space as the new and revised Mental Health Act emerges.

Your voice is important as you are the people at the coalface of what we do as mental health, addiction and disability nurses.

Ngā mihi nui.

Conversion Practices Prohibition Legislation Act 2022

The Conversion Practices Prohibition Legislation Bill had its third and reading on the 15 Feb and became an Act of Parliament. The College also entered a submission in support of the Bill. The Act prohibits conversion practices that seek to change or suppress a person's sexual orientation, gender identity, or gender expression. What does this mean in our practice whānau? (again watch this space, more to come).

Fund to Help Nurses Return to Practice

The Ministry of Health has a \$1million fund to help nurses return to practice. A maximum of 200 nurses are eligible for this funding across both rounds of applications. The funding covers up to \$5,000 of an applicant's training courses, English language proficiency tests, administration fees and other individual costs, such as childcare, transport and uniforms. We will find out more about what is involved and find ways to share this with our whānau who may not come across this through their usual

online channels. If you know of a colleague who had stepped out of practising as a nurse and would like to re-enter the workforce again then this funding is for them. The Director of Mental Health nursing in their local DHB can support their application.

Board Wānanga

The current Te Ao Māramatanga Board has a few new members, and we want to be an effective, active board in every aspect of our entity. To support our new members and provide refresher support for other Board members, we decided to have a wānanga, so we may gain an understanding of the functions and roles of a Board. Matua Pat Snedden and Matua Tama Davis (Chair and Deputy Chair) of Te Toka Tumai (ADHB) have kindly offered to provide some of their precious time to facilitate our wānanga in the coming months.

Oranga Wellbeing Korero

We know that 2021 was a tough time for you all, as essential workers, either leading in your workspace with constant change, being the front-line nurse adjusting and integrating those changes into practice, being redeployed to cope with unfamiliar territory in stressful situations, and often without the korowai of your peers and seniors you have managed to de-escalate, sooth, support and sometimes get a laugh in here and there.

Then there was your own whānau, partners having to stay home to mind the kids, teenagers who couldn't see their friends or hang out and then your Olds making sure they were taking care of themselves. This has slowly taken its toll on relationships, fraying emotions, bills piling up, and for some perhaps to the point of feeling like one is 'losing the plot.' Yet through it all, you have survived; to rise in the morning to take yourself to mahi and do it all over again. We applaud you and please applaud yourself and your colleagues. In 2022 I hope that you all have put plans in place to take some wellbeing time for yourself and take an opportunity have a break. 'You deserve it.' If you haven't seen

our beautiful country do it now, and if you have, try seeing our country with a different set of eyes, it is so refreshing.

Closing words – I took three weeks leave after Christmas and New Year, which is around my birthday, so I could celebrate it with my eldest daughter and her whānau. They moved from Murihiku Invercargill to Putaruru, which is on the peripherals of Waikato, Te Arawa and Ngati Raukawa (2 minutes from Tirau). I'd lived in Whakatane growing up and left home in my very early teens. Worked in Rotorua and Tauranga after I brought my daughters back to be schooled at a Kaupapa Māori Kura from Te Whanganui a Tara Wellington. Now Rotorua and Tauranga were the big cities when I was growing up, so it was a big deal going to these two cities. It was the lights, the shops and of

course KFry. It was such a treat to get 'take-away KFry' and have dinner at the waterfront of Lake Rotorua. This was the highlight of our trip. Back to my 2022 holiday, we spent a few days in Rotorua and saw it through another set of eyes. Which was Maunga Ngongotaha where my mates' Dad is buried, and of course the gondolas and luge. When you get to the top of the Maunga, look west and you can see Maunga Tarawera in the distance, stunning. Then of course there are the Sequoia Redwood trees from California. We took a night trip through the Sequoia Ngahere, it is spectacular. I worked and travelled that road that passes the Sequoia Ngahere and never saw it. Finally whānau, take a break and a breath, spoil yourself and see your country - tell yourself you deserve it, and go.

Update from the College Manager

Submission - Mental Health Act – Repeal and Replace: College submission process

Thank you once again to those members who contributed to the final submission to Ministry of Health on 28th January 2022. We hope you have had time to read the submission and we are always open for feedback as this process for changes to the Act will be ongoing for a year or more. We plan to host future webinars based on some of the details of the submission that are based on international obligations such as stopping seclusion. We imagine there will be a host of views on how we respond as a profession, and as a Professional body, to both the practice and philosophical changes that will evolve with the new legislation.

To maintain the ongoing dialogue with members, we will be hosting several webinars over 2022, on a variety of topics related to the new Mental Health Act so we can be prepared to respond to ongoing Ministry deadlines for feedback. Dates and times of webinars and topics will be available soon.

Projects - Taking Mental Health, Addiction and Disability Nursing Forward to 2030

This project is led by a collaborative of nursing leaders from Te Ao Māramatanga- NZCMH Nurses, NZNO- Mental Health Nurses Section and the National Directors of Mental Health Nurses group. The Collaborative are currently drafting position statements on a variety of topics that inform the profession e.g. supervision, leadership, wellbeing; we will then undertake consultation with members and other key stakeholders in the mental health, addiction and disability nursing sector.

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

comms@mzcmhn.org.nz

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.

Covid

We continue to acknowledge the pressure that members will be under with the omicron outbreak and surge of numbers of people infected within our personal and professional communities. 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 [link]

That is all for now- ngā manaakitanga - stay safe

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

Aukatia te noho punanga: Noho haumanu, tū rangatira mō te tokomaha. Zero seclusion: Safety and dignity for all

By Shaun McNeil and Karl Wairama

Te Toka Tumai-Auckland District Health Board has dramatically reduced its rates of seclusion in mental health and addiction (MHA) services. Assaults on staff are down and staff retention is up.

These results are sustainable and can be replicated throughout the country, according to the DHB's zero seclusion project lead Pauline McKay and MHA co-director Tracy Silva Garay.

"It's about moving from a reactionary space to a preventative space."

"People say we've got a different population in Auckland, but what we have is people. It's not apples and oranges, it's people with acute mental health issues," Pauline said. "It's about moving from a reactionary space to a preventative space."

The elimination of seclusion in mental health has been government policy for over a decade. The goal of the Health Quality & Safety Commission, in 'Zero seclusion: Safety and dignity for all | Aukatia te noho punanga: Noho haumanu, tū rangatira mō te tokomaha,' is to continue work with DHBs to eliminate seclusion in MHA services. The Commission is working with Te Pou in supporting DHBs to find other ways to manage people in distress, as alternatives to seclusion, prior to it ending for good.

"Cultural awareness and equity are an important part of the DHB's approach," Pauline said. "We have had a kaumātua available Monday to Friday and feedback has been that seeing them is very beneficial for Māori. We are also in partnership with the Manukau Institute of Technology to work with Māori and Pacific students on placement. We are actively creating a workplace that reflects our tangata whaiora."

The approach was a values-based collaboration rather than a fear-based one. *"It's the values-based approach that is translatable across the country. It's been a three-year journey, but the tide is turning."* As they have been working towards zero seclusion, there have been fewer incidents of violence – towards both staff and service users – in terms of restraint and seclusion.

"During the past year there has been a 30 percent reduction in assaults on staff and a 50 percent reduction in assaults causing harm"

"During the past year there has been a 30 percent reduction in assaults on staff and a 50 percent reduction in assaults causing harm", Pauline advised. "When we care, the violence goes down. When

we are whānau-centred in our approach, everything else comes with it. Putting the person at the centre makes the world of difference for them and the staff.”

At the beginning of the project, community and staff members were worried that the move towards zero seclusion may increase levels of violence. Pauline also stated that *“People asked whether other safety measures would be compromised to achieve this reduction, but they have seen it work and the violence drop. We acknowledge that no assault is okay and are working hard to continue to reduce these incidents.”*

Their zero-seclusion team wants to learn from people who have been secluded. They will talk to the eight people secluded in the past year to see what could have made a difference in their care. *“We need to hear from those voices to see how we can respond to our community in the best way possible,”* Pauline adds. *“The DHB is aiming for more and more months of zero seclusion incidents and decommissioning the last seclusion room is the goal. We are part of regional and national groups discussing shared challenges – such as methamphetamine intoxication. And we will be partnering with others on any approaches developed.”*

“The DHB has a strong focus on supporting its nursing staff,” said Tracy Silva Garay. She particularly acknowledged the hard work of the team at Te Whetu Tawera, the DHB’s acute mental health unit for adults. *“We will continue to support the nursing team to reach forward with compassion and empathy to our most vulnerable, even during heightened distress.*

“Nurses have shown leadership throughout the zero-seclusion process, she said. “We have really strong nursing leadership – people who understand the business, people who come from a place of knowledge. People come in [to MHA services] and are part of an environment where the nurses support them, so we want to support our nurses.”

Mindfulness-based sessions for staff after handover have generated particularly positive feedback, she said. *“We need to look after nurses’ mental health as well. Mindfulness helps them start their shift in the right state of mind. It helps with the handover as they are less hyped about the information they are receiving if there were any issues before their shift. They can re-centre. I truly believe the therapeutic focus on interactions has helped the unit recruit and retain staff,”* she said.

“Moving towards zero seclusion has been a long-term project that is coming to fruition,” Tracy concluded.

To read more about this outstanding project and its outcomes you can access it at this link

<https://www.hqsc.govt.nz/our-work/mental-health-and-addiction-quality-improvement/projects/zero-seclusion-safety-and-dignity-for-all/>

Addiction Branch Chair

The Chair position for the Addiction Nurse Branch has become vacant.
Are you looking for your next challenge?
Nominations to be emailed to Sarah Haldane - secretary@nzcmhn.org.nz
You can nominate a colleague or yourself.
Closing date for nominations - **21st March**

Call for
Nominations

Māori Caucus New Zealand College Mental Health Nurses



Whaea Meretene Ray Hammond nee Cooper

This issue we honor an amazing mental health nurse Whaea Mere. Whaea Mere has been a strong leader for nurses in Aotearoa New Zealand. Read on to learn her journey. We firstly acknowledge her here with this whakatauki

‘Mate atu he tētē kura, ara mai he tētē kura – when the old fern frond dies another rises in its place’
This essentially captures the idea of successive Māori leadership – young leaders of today follow those leaders who paved the way for Māori (mental health nurses).

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 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 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.



Member Profile

Each issue we are keen to profile nurse members who work within mental health, disability, or the addictions sectors so please if you have an interesting role to tell us about think about sending in your profile or encourage colleagues to do the same. This month we meet...

Adelaide Jasonsmith

RN, MHlth, PG Cert Speciality Practice (Forensic Mental Health & Intellectual Disability)

Kia Ora Tatou
Ko Tawera Te Maunga
Ko Waimakariri Te Awa
No Ōtautahi Ahau
Ko Jasonsmith Toku Whanau
Ko Adelaide Toku Ingoa

Hello, I am Adelaide and I have been working as a registered nurse for 12 years now. My journey into intellectual disability (ID) nursing took the scenic route, shall we say. I started my nursing career working in critical care, namely neuro and ICU. I have worked in various senior roles throughout my time, eventually landing as a clinical coordinator in a forensic intellectual disability unit about three years ago.

I had worked with people who had an intellectual disability for a number of years before I started my nursing degree and loved the challenge of it, however I never knew that there was a possibility to work in this area as a registered nurse.

In the unit I worked in we were lucky to have some amazing nurses from the United Kingdom, who were ID, trained, and they were able to teach me about ID nursing and how it differs than mental health or general nursing.

While in the unit I noted that a lot of students who came though the unit had no idea what ID was, or how to support someone who had an ID. At this time, I was also undertaking my final paper (the research paper) in my master's degree, and decided I would look at doing something related to ID.

The project that I completed was a learning module specifically around Intellectual Disability, what that is and ID nursing in a New Zealand context.

Once I had completed my Masters I landed a job as a lecturer at Victoria University in the Masters of Nursing Practice programme; a graduate entrance to nursing (GEN) Master's degree for people who already have a degree in something and decide they want to become a nurse. Through this role, I teach the students within the programme around the poor health outcomes of someone who has an ID and what they can do to help this valuable population.

I will be starting my PhD the middle of this year, where I will continue on from my Master's project and try and get more ID content into the pre-registered nursing curriculum

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 [here](https://www.nzcmhn.org.nz/Members-Area/Scholarships) (<https://www.nzcmhn.org.nz/Members-Area/Scholarships>)

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 with 'NZCMHN Newsletter' in the subject line. Feel free to send any queries also.

Cut-off date for second issue is 15 May 2022

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

Keep well. Keep safe and stay aware.