



Te Ao Māramatanga

New Zealand College of Mental Health Nurses

TE KARERE

Issue 2 2022

Editorial

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

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Well here we are, finally with issue two for 2022. It seems life only gets more and more busy in the spaces in which we all move in this current unsettled world. I am sure most of you like myself are working extra hard to keep up to date and in control of the many challenges we as nurses are currently facing. The shortage of health care staff within the system while not a complete surprise – we know that has been coming for a long time now as the workforce ages – has been impacted more by the global pandemic and nurses are working harder than ever.

What is important in this current climate is that we look after ourselves and each other balancing work and downtime. In

*our **Presidents report** this issue she makes this a strong point in encouraging us to take that time to unwind and spend valuable time with each other and others. This is a wakeup call even for myself. I am currently reflecting on my constant busyness in managing a Consultancy and trying to meet the developmental needs of my clients. It seems the pandemic has opened people's minds up to many more possibilities for personal and professional development. On this note then I am calling for an **assistant for the newsletter**. Do you have the skills required to insert articles into a formatted document and some spare time every two months? I will of course remain on board as Editor but am finding it very difficult to manage all of my various roles so some help will be most welcome. [Let me know here if you are keen](#). Nothing like succession planning either.*

*Further to this I do not want to close without offering my absolute gratitude for the amazing mahi undertaken by our College Manager **Helen Hamer**. Helen has worked tirelessly to get strategies and plans in place towards the smooth operationalising of the College. While she remains on board part of her role has come to an end. It is to Helen that this issue I offer this whakatauki*

Tē tōia, tē haumatia (Nothing can be achieved without a plan, workforce and way of doing things). Helen, thank you for your tremendous efforts. I will miss our interactions.

*Ngā mihi nui
Dr. Chris Taua*

Message from the President and Kaiwhakahaere

Mihi kia koutou katoa

E ngā mareikura, whatukura, he mihi taioereore kia koutou e kahāna ki te wahainga ngā kaupapa hauora hinengaro o te whānau e whai oranga ia tātou o te Ao Neehi. Ki o tātou mate ko hinga o ia Marae o te Motu, haere, haere, haere atu ra, ki te uma o Ranginui, hei Whetu pīataata kia ki te ai, ia Po, ia Po, moe mai ra. Kia tātou ngā kanohi ora, tēnā koutou, tēnā koutou, tēnā koutou katoa.

To our great and humble mental health, addictions and disability nurses who continue to work diligently with our whānau and whaiora who seek wellness, we acknowledge you. To the many we have lost over the past month, from the many Marae across Aotearoa, we farewell you as you rise into the comforting arms of Ranginui, and see you each night, shining radiantly. To us the living, the faces our ancestors, greetings to you all.



Recent Webinars

Anne Brebner and Toni Dal Din talked about *'recruitment, leadership and future vision for mental health, addiction and disability nursing.'*

Both Anne and Toni are leaders in their work space and Fellows of Te Ao Māramatanga. Anne talked about recruitment, in particular Māori,

Pacific and male. This kōrero is reflected in a 45 second vignette. Toni shared his leadership journey to where he is today working for Manatu Hauora, Ministry of Health. If you want to hear more, please go to our Website: <https://nzcmhn.org.nz>

Two one-hour webinars on *Zero Seclusion in Aotearoa*. Guest speakers included **Shaun McNeil** mental health nurse from Scotland, and **Heather Casey**, leader and Fellow, and a panel of four people who brought knowledge, clinical experience, and lived experience to enrich the questions of the participants within the webinar. If you want to hear more, please go to our Website: <https://nzcmhn.org.nz>

Te Ao Māramatanga – The College Conference

The **Nelson Branch** has been preparing for the **2022 November Virtual Conference**. Their plans are coming together nicely. As we know virtual assessment and communications are becoming a reality in our new world. Gaining new knowledge about technology is a challenge for many of us in moving forward. However, as mental health nurses they are definitely up to the challenge and learning new skills as they work through the obstacles. The Branch are engaging with confidence and reaching out to their community for support and guidance to support the virtual conference. Please see page 8, for more details.

The Nelson Branch has been preparing for the 2022 November Virtual Conference

National Nurse Leaders group (NNLg)

This was my first face to face hui representing Te Ao Māramatanga at the **National Nurse Leaders group (NNLg)**, which is a collective forum of nursing leaders from organisations of

employers, educators, professional bodies, the nursing regulator Nursing Council of New Zealand (NCNZ), and the Ministry of Health (the Ministry), in Wellington.

Although there were a number of topics discussed, for us in mental health addictions and disability this is what I found important to share:

Mental Health & Addictions Nursing Campaign - launched in March 2022. This is a two-year project funded by the Ministry. The campaign aims to increase the number of people choosing mental health and addiction as their preferred area; to increase the number of Māori and Pacific whānau choosing mental health and addiction nursing; and showcase mental health and addiction nursing as a diverse professional career.

Return to Nursing Workforce Fund (\$1m) - The Ministry launched a \$1 million support putea [fund] on 14 February 2022 to help nurses who are not currently practising to complete the requirements for registration or to gain a practicing certificate e.g. English language test, Competence assessment programme or qualification credentialing. Applicants can be awarded a maximum of \$5000. In total up to 200 nurses can receive this putea. The putea is designed to assist employers to support their kaimahi to return to nursing/gain registration in Aotearoa. Kaimahi may take 3-12 months to be ready to fill a nursing role.

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The other two topics to mention are:

NCNZ review of entry processes for internationally qualified nurses - Consultation has closed on this important issue. It was noted that there is a huge increase in IQN applications

currently exceeding applications from NZ graduates.

Te Pukenga update - (new entity which comprises of all the former Polytechnics). This new entity unifying the undergraduate nursing curriculum was discussed and due to be implemented semester 1, 2023.

There will be three curricula: **BN, BN (Māori) and BN (Pacifica)** Curriculum. According to the presenter of Te Pukenga it is high level with room for local interpretation. Curricula will come out for consultation on June 10 until June 27. (Please note it has a short window for consultation).

Wellbeing Oranga Kōrero

I am so blessed that I work on a site, that feeds my wairua [spirit], my whatumanawa [soul] and manawa [heart]. You ask me what is it? Well, my Office is at the end of kauta [kitchen]. And like all good cafeterias and restaurants, while it is partly about the food, but importantly it is the chatter, laughter, the stories of someone's description of what they're eating, which helps to unwind, download, and generally to 'hook up' with good company. The kauta for kaimahi is the same, to leave their mahi at the desk, and for the next 30-45mins to unwind, enjoy each other's company and get to know each other more. There are three groups of whānau in my work space, that have lunch together at the kauta. The young ones talk about shopping, who's who on the popular list, new devices, and then their assignments or other youthful kōrero of interest only known to them. Then there are the in-between whānau. They are the married, or returning to work after baby, or got boyfriends, or girlfriends, and generally talk about the babies, boyfriends, girlfriends where they are spending the weekend, buying a car, buying house, wedding plans, and the list of kōrero gets a little longer for this group of whānau. Then lastly but certainly not least there are the 'olds' whose conversations revolve around their moko, whānau and pretty much cover a whole range of topics and pretty much fit into any group. And so nurses the

message in this kōrero is take time have your kai, don't 'talk shop,' and claim this space neutral ground. This is your space to unwind and talk about things that give joy and

Aristotle – “happiness is the meaning and purpose of life, the whole aim and end of human existence.”

happiness and I know, it's your whānau.

A wise old guy called Aristotle said “happiness is

the meaning and purpose of life, the whole aim and end of human existence.”

As we are now half way through the year at the end of June, where we have had two long weekends I hope that you were able to take some time to have a break, go away, see new and old places through the eyes of a traveller. Regathering mid-year is valuable. Get out of the city, get out of town and take your favourite person(s) with you, to capture the memories and good times that you had during your short but rewarding break.

Also in June we celebrated our new '1 day' holiday the celebration of **Matariki**. A time to recharge, rejuvenate and reset for winter, to prepare you for the long five-day working weeks for the next three months.

As COVID restrictions are being lifted in Aotearoa and borders are opening, *kia mataara* [be vigilant] in your workspace and out in your community.

Follow your guidelines in your work space, to maintain your *oranga* [wellbeing] as you work tirelessly with tangata whaiora and their whānau. Take care of yourself.

Good nurses, in the Zero Seclusion webinar **Heather and Shaun** were asked why did they become a mental health nurse?

And it caused me to reflect on why I became a nurse, and then a mental health nurse. Firstly, I grew up with a set of values that have helped to ground me in my approach to the caring of people....

Ngākau mahaki ki te tangata, this is similar to the most public Māori kōrero out there 'he aha te mea nui o tenei Ao, he tangata, he tangata, he tangata,' –

'he aha te mea nui o tenei Ao, he tangata, he tangata, he tangata,' - what is the greatest gift in this world, it is man, it is man, it is man.

What is the greatest gift in this world, it is man, it is man, it is man. To me, this means to care for the wellbeing of people, no matter who they are.

Secondly, the second sentence of the 'Florence Nightingale Pledge For Nurses reads' - "I will abstain from whatever is deleterious and mischievous and will not take or knowingly administer a harmful drug" - that my practice will not cause harm to my whānau.

Te Ao Māramatanga is of the same opinion around **Zero seclusion** - it is about our practice and doing the right thing by any human being. It is also being a good advocate, in speaking up for what you see is discriminatory and unfair.

These are the principles and values that have reminded me, why I became a nurse. And that is probably why I have remained a College member, a strong advocate for good moral and unconditional nursing practices.

No reira good nurses, enjoy your days off, get out and about, be safe, wear a mask, good hand washing and most of all, take time to pamper yourself, you deserve it.

Hei kōnei ra – Hineroa, President.

Update from the College Manager

This year we got to formally acknowledge Matariki in the New Zealand calendar which marks the start of the Māori New Year. This special occasion is as you will all know now signified by the Matariki cluster of stars reappearing in our night sky and is a time to reflect on the past year, celebrate the present, and plan for the year ahead.

This news item will be my last as the College Manager as I relinquished the contract on June 15th. As I reflect on the last 18 months of re-establishing the manager role, I too would like to celebrate the achievements of our members who have worked hard in the face of the pandemic to meet the needs of tangata whaiora and their whānau/family.

Though I have vacated this role, I will still have a contract to work in the College Credentialing programme alongside Lois Boyd and her team. As a long term member and Fellow of the College I will also continue to play an active part within the College, in particular the Auckland Branch.

Matariki is a portent of good fortune and health, and likewise I wish all members of Te Ao Māramatanga good luck, peace, and wellbeing for the year ahead.

Nāku iti noa, nā

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

Zero Seclusion: safety and dignity for all - your role in achieving Zero Seclusion

By Shaun McNeil and Heather Casey

The College has recently stated, in a formal response to the Ministry of Health, that the ***practice of seclusion should have no place in the planned replacement mental health legislation*** for Aotearoa New Zealand. There are many other mental health sector organisations who have responded similarly.

To eliminate this practice and create environments where this traumatising practice is no longer needed, partnerships between nursing staff and representatives of tāngata whaiora and whānau will be vital.

The elimination of seclusion has been government policy in this country for well over a decade and is in accordance with the requirements upon us, according to international human rights instruments that we have signed up to and ratified. These include the ***United Nations Convention on the Rights of Persons with Disabilities*** and the ***Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment***.

For the past four years, the ***Health Quality and Safety Commission*** has been carrying out national, quality improvement work on this, in collaboration with the DHBs and Te Pou. This has been ongoing for four years and is now called the '***Zero seclusion-safety and dignity for all***' project.

The presenters are central to this work and discussed the context, challenges, and successes to date, including the circulation of the Clinical Change Packages and Cultural Kete – both packages proven to reduce the use of seclusion.

The second session provided the opportunity for a facilitated discussion on the impact of the elimination of seclusion on the nursing workforce.

The expert panel included *Shaun McNeil, Tony O'Brien, Jane Simperingham, Hineroa Hakiaha, Karl Wairama and Heather Casey.*

As with any discussion topic of importance to mental health nursing there was never going to be enough time but it was great hearing the multiple viewpoints, (cultural, consumer, legislative and nursing) on many of the complex issues, including the safety of staff, the wider influences impacting on the need to stop using seclusion as a mental health intervention, alternatives that are evidence based that do make a difference.

A robust discussion on this very topical issue was had. Thank you to all that participated.

Read further detail about this at:

[Zero seclusion: Safety and dignity for all – change package | Aukatia te noho punanga: Noho haumanu, tū rangatira mō te tokomaha – mōkī aroha :: Health Quality & Safety Commission \(hqsc.govt.nz\)](https://www.hqsc.govt.nz/zero-seclusion-safety-and-dignity-for-all-change-package)

New mental health and addiction adverse events toolkit released

By Helen Corrigan

*Senior communications advisor | Kaitohutohu matua – tuku kōrero
Health Quality & Safety Commission*

The Health Quality & Safety Commission (the Commission) has released a toolkit for triaging, reviewing and learning from adverse events in mental health and addiction services.

An ‘**adverse event**’ is described as negative with unfavourable, unintended, unexpected, or unplanned results. Produced by the Commission’s Te ako mai i ngā pāmamaetanga me te wheako tāngata whai ora me te whānau | Learning from adverse events and consumer, family and whanau project, the kit focuses on the experiences of tāngata whaiora and their whānau and aims to support district health board (DHBs) adverse event reviews, including when working with non-governmental organisation partners.

It also aims to *clarify mental health and addiction sector obligations* under the National Adverse Events Reporting Policy. Note: This is an interim resource pending the 2022 update of the National Adverse Events Reporting Policy.

Mental health and addiction quality improvement programme clinical lead, Clive Bensemman, and Peri Renison co-chaired the working group which produced the toolkit. They were supported by mental health and addiction sector leaders, adverse event subject matter experts, and NGO and tāngata whaiora and whānau representatives.

For further detail access: [Reporting and reviewing adverse events involving consumers of MHA services](#)

In Memory of Shirley A. Smoyak

By Frances Hughes

In Memory of **Shirley A. Smoyak**, RN, PhD (June 22, 1935–April 1, 2022) Emeritus Professor, Rutgers University: **The Real Deal and Living Legend Who Walked the Talk: A Personal Reflection**

Many of you may have met or at least have read much of Shirleys work. Frances Hughes had the privilege of writing a tribute to this amazing nurse.



Frances states: Last month an international mental health/ psych nurse , researcher, and publisher died. Professor Shirley Smoyak. Some of us who have been around a few decades will remember her as the Editor and Chief of the Journal of mental health and psychiatric services journal. But also, you may remember her visits to New Zealand. Our history of psychiatric/ mental health nursing has many roots, one of the roots lies with this woman. Her roots lie with her relationship with Hildegard E Peplau. It is within these intertwined roots that we as mental health nurses in New Zealand are also connected. All these roots work together to make a better outcome for those with lived experience but also make us stronger as a profession. I wrote the following piece early this month for JPN as a tribute to Shirley.

In the piece Frances states “Shirley's contribution to the body of psychiatric–mental health nursing literature has been profound, with >600 peer-reviewed articles. She travelled the globe with her wider networks and teaching commitments. She touched many lives with her wit, sharp mind, and advocacy for better engagement and services for those with lived experience. To me, she was the real thing, she touched my family and mental health nurses in New Zealand. We thank you, Shirley, and your legacy will live on in all of us and through your publications”.

Read the entire tribute here at <https://journals.healio.com/doi/10.3928/02793695-20220420-01>

Member Profile
Your story wanted

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 don't have a profile to present – probably reflective of how busy we all are. However having said this we are very keen to receive your provide for the coming issues. Let Chris (as editor) know if you are keen and she can support you in developing this.

College Conference



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

**Announcing the
7th International Conference of Te Ao Māramatanga- New Zealand College
of Mental Health Nurses Inc.
To be held on Online on Friday 4th November 2022**

Theme: Urungi Pae tawhiti - Nau mai ki Rangiātea.

Navigating the future. Welcome to Rangiātea.

Rangiātea.

In our Māori stories, Rangiātea is known as the launching place of the waka that formed the great migration to Aotearoa New Zealand in search of a better life.

Nau mai ki Rangiātea

Imagine the conference is our Rangiātea. Te Whatu Ora Health New Zealand and Te Aka Whai Ora Māori Health Authority are preparing paths for us as mental health nurses to work within a simpler and more coordinated health system that will support all New Zealanders to live better and longer. How might we navigate this future and our roles in it?

Our conference this year will be in Nelson, Marlborough. According to Māori traditions, the Marlborough region was created by a giant wheke (octopus) who was chased across the Pacific Ocean by a man named Kupe. The wheke eventually took shelter near Cook Strait where Kupe engaged it in a fierce battle. The wheke thrashed about carving great gouges in the land, now called the Marlborough Sounds. The legacy of the titanic struggle between Kupe and the wheke lives on in our landscape and the many places in the region named after this battle. We hope the conference will inspire and motivate you to navigate the future and shape your legacy.

This conference will be an On-line Zoom forum supported by a small gathering of members in Nelson. This online approach will enable us to reach as many nurses from as far and wide as possible

Nelson Branch are hosting and working with College Board members, to deliver a fantastic forum for you to spend time to listen, share, reflect, learn, and consider how together we can navigate the future ahead.

Nelson Branch conference Committee: Jodi Roberts and Lewis Boyles, Co-convenors, are supported by Lois Boyd, Helen Lynch and Leoncine Elkington. Suzette Poole (College Events Director) along with Regina Yhonjan (Administrator) also provide support and link with Board members. Please contact Suzette suzettepoole@gmail.com if you have any questions about the conference.

Programme details

The day will commence at 8am with a Powhiri, followed by a day of presentations. Around 5pm we will close the days' forum. In the evening we plan to have a small dinner. Fellowship ceremony and AGM details will be available once confirmed. Programme details will be available in August

Call for abstracts

A call for abstracts will be being released today and closes on the 29th of July 2022

In July we plan to have the conference website available with more programme details and the registration process. So, watch that space <https://nzcmhn.org.nz/college-events/>

Sponsorship opportunities will be available soon

Please save the date now!



Te Ao Māramatanga
New Zealand College of Mental Health Nurses Inc.

Call for Abstracts

Theme: Urungi Pae tawhiti - Nau mai ki Rangiātea.

Navigating the future. Welcome to Rangiātea.

Kia ora

Thank you for your interest in presenting at our 7th International Conference of Te Ao Māramatanga New Zealand College of Mental Health Nurses Inc.

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We aim to deliver a memorable 1-day online conference for over two hundred nurses and interested others from across New Zealand and overseas on the 4th of November 2022. Our programme offers a range of learning opportunities, valuing the mahi we do and looking towards the future of nursing within mental health, addiction, and disability services. We will also be considering all abstracts for a series of recorded webinars in the month of November.

CALL FOR ABSTRACTS WILL CLOSE ON FRIDAY 29th JULY 2022

To submit your abstract please type into the included form ensuring all sections are completed; then email your form to our programme portfolio lead. Our committee will then consider your abstract and you will be advised by email if your abstract has been accepted. Please note that preference will be given to presentations from members of Te Ao Māramatanga New Zealand.

College of Mental Health Nurses Inc.

If you have any queries, please feel to email: Lois Boyd at Lois@loisboydconsulting.co.nz

We look forward to hearing from you!

Ngā Mihi

Jodi Roberts and Lewis Boyles

Conference Convenors

On behalf of the Nelson branch of Te Ao Māramatanga- New Zealand College of Mental Health Nurses Inc.

Access the [College Website](#) for the Call for Abstracts form

NZ Drug Foundation update



Yesterday afternoon, Budget 2022 was released.

Like many organisations and people around the motu, we were keenly watching to see whether any of our priorities would receive new funding.

Last week, [we called on the Government](#) to use Budget '22 to **ditch punitive and outdated approaches to drug harm and fund proven and cost-effective initiatives** that work.

We estimated the Government spends **more than four times as much** on drug law enforcement and criminal justice as it does on treatment and other health-based approaches. We'd like that to change.

As a reminder, [our five asks for Budget '22](#) were:

1. **Fund nationwide rollout of Te Ara Oranga**
2. **Invest in new and existing harm reduction services**
3. **Increase investment in overdose prevention and urgent drug harm interventions**
4. **Double funding for addiction support**
5. **Fund development of accurate drug impairment tests**

So how'd did we get on?

Let's be honest, a lot of what we were hoping for wasn't funded in this Budget. That said, there were some things to celebrate. The Ministry of Health [released this summary](#) of money for the addiction and mental health sectors. It remains to be seen *exactly* what our sector can expect from this funding but we were pleased to see the \$100 million mental health and addictions package. It will at least partially alleviate pressure and ensure better support for people experiencing addiction.

It was also great to see the package included funding for existing commitments to drug checking services and the expansion of Te Ara Oranga to the Bay of Plenty.

Te Ara Oranga is a ground-breaking initiative in Northland that works to reduce the demand for meth by providing health and social support. It has achieved stunning results and we will continue to advocate for it to be rolled out nationally.

Budget '22 made a massive investment in health and included new spending on improving outcomes for Māori ([although there was criticism that this was far from enough](#)), school-based health services, the HIV action plan, improving access to health for transgender people, and the smoke-free action plan. While Budget '22 was not the transformative shift in funding we were seeking, we were pleased to see some improvements. We will continue to urge the Government to make much-needed changes to the way we approach drug harm in this country. Here's hoping we'll see some more action in Budget 2023.

What did you think of the Budget? [Let us know on Facebook.](#)

Mauri ora,

**Sarah Helm, Executive Director
NZ Drug Foundation**

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 issue three for 2022 is 30 August.

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

Keep well. Keep safe and stay aware.