

7th International Conference of Te Ao Māramatanga

College of Mental Health Nurses



2022 Conference Handbook



Te Ao Māramatanga
New Zealand College of Mental Health Nurses Inc

This online Conference is hosted by The Nelson Branch
of Te Ao Māramatanga, New Zealand College of Mental
Health Nurses Inc.



Te Ao Māramatanga
New Zealand College of Mental Health Nurses Inc

The conference handbook has been kindly
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Level 12, Building 617, 7 City Road, Auckland CBD
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Nau mai, Haere Mai - Welcome

Ki ngā mana karangaranga o ngā tō pitopito o te Ao, tēnā koutou. Ki ngā māreikura, whatukura neehi o te motu, tēnā koutou. Ki ngā taipakēke tēnā koutou. ki o tatou tini mate whānui o te motu, moe mai, moe mai, okiokinga. Tatou ngā konohi ora, tēnā koutou, tēnā koutou, tēnā koutou katoa.

To our noble and distinguished leaders of Māoridom of Aotearoa, greetings. To our renowned nursing leaders, greetings. To the grand masters of our nursing world, greetings. To the many whānau that we have lost over the last year, we bid you farewell. To you and I in this forever-changing world, warm kiwi greetings to you all.

Ngā mihi nui

Hineroa Hakiaha and Tio Sewell

President and Acting Kaiwhakahaere

Mā te whakarongo, ka mōhio – through listening comes knowledge

Mā te mōhio, ka mārama – through knowledge, comes understanding

Mā te mārama, ka matau – through understanding, comes wisdom

Mā te matau, ka ora – through wisdom, comes wellbeing

E aku nui e aku rahi o te motu e naumai haeremai tautimai ki te Tau Ihu o te Waka a Maui, ki te rohe a Whakatu.

Welcome to the 7th International Conference of Te Ao Māramatanga – New Zealand College of Mental Health Nurses.

Firstly, Lewis and I would like to acknowledge all the mahi and dedication the local branch has put into organising this fantastic online event along with the support from the College Board.

Secondly, we thank you all for coming both presenters and participants. The Theme of the conference is Urungi Pae tawhiti Nau Mai Ki Rangiātea is Navigating the Future, Welcome to Rangiātea. This could not be timelier given all the changes we face as a profession in the new health care system. We hope this day will be a chance to connect, reflect and fill our cups with the knowledge presented as together we navigate these changes.

Lastly, take note of the opening whakataukī and stay well. Enjoy your delivered Conference packs and wellness goodies provided. This is a small acknowledgement of all the great mahi you are doing.

Mauri Ora,

Jodi Roberts & Lewis Boyles

Conference Co-convenors

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



Te Ao Māramatanga
New Zealand College of Mental Health Nurses Inc

Te Ao Māramatanga - New Zealand College of Mental Health Nurses is the professional body and voice for Registered Nurses with specialist mental health knowledge and skills in New Zealand. Our growing membership includes several nurses who have been awarded Fellowship or Whetū Kanapa status in recognition of their contribution to mental health nursing.

Members include nurse practitioners, registered nurses, enrolled nurses, nurses who hold mental health and addiction credentials, retired nurses, and student nurses. We have nurses with expertise in a range of settings- clinical practice, education, research, workforce development, policy, primary health services, secondary services, district health boards, non-government organisations, cultural services and specialty areas including disability and addiction. Our members are spread in both urban and rural areas nationwide with links to local College branches. Our college includes an addiction nurses branch and a disability nurses branch.

Our objectives:

Represent the professional interests of psychiatric and/or mental health nurses in Aotearoa New Zealand and those enrolled nurses who work in a mental health setting in Aotearoa New Zealand;

Promote and develop the identity of psychiatric/mental health nurses as specialists working in a clinical speciality field via representation and liaison; obtain recognition of the professional status of psychiatric/mental health nurses, and promote public awareness of mental health nursing;

Advance the educational and clinical expertise of members; promote and develop nursing codes of ethics, education and practice which are culturally safe and encompass the three articles of the Treaty of Waitangi and the principles of Kawa Whakaruruhau.

Approve national standards of practice taking into account the unique cultural, social and political conditions existing in Aotearoa New Zealand to guide members in their professional practice; develop and support research that may benefit the community and the profession;

Promote clinical career pathways within the clinical speciality field;

Promote awareness of the members about political decisions which may affect the clinical and professional role of those members;

Form links with other health professional bodies in Aotearoa and internationally.

Rangi & Papa



The kanohi represents Ranginui, the kanohi of our humanity lying against a bed of harakeke - flax. The steel represents the number 8 wire, and the motions of pragmatism and innovations, a connection between the old and the contemporary. The Art Sculpture was commissioned in 2003 for the 26th International Conference of ANZCMHN in Rotorua by conference convenor Tio Sewell and hosts of the Waikato Sub-branch. At this time the New Zealand Branch celebrated ten years of association with the Australian College.

The essence of that partnership was captured in the conference themes “Earth, Sky and Number 8 Wire, which is in the art sculpture. From the separation of Ranginui and Papatuanuku came the first light.

Te Whei Ao Ki Ao Māramatanga

The taonga holds a central place in our history signifying the separation from Australia and the creation of our own New Zealand indigenous professional organisation, Te Ao Māramatanga - NZ College of Mental Health Nurses. This is reflected in our logo and a partnership with Māori Caucus within the college. The theme of our logo represents the separation of Ranginui and Papatuanuku, out of the darkness into the light which we know as Te Ao Māramatanga

Taranga

Taranga is the name of Maui’s mother, a great ancestress of Māori and it is also the name of an ancestor of the Aboriginal peoples of Australia. The two figures represent Māori and Aboriginal people. The handle represents a lizard/kaitiaki found in both countries thus allowing us to connect all of our cultural and historical links. The carvings represent people facing significant events in their lives- looking towards the lizard to gain direction and guidance through their trauma.



Kaiwhaoairo/carver: Rangi Keefe,
Kahungunu/Raikapaaka

This kumete (carved repository) was originally gifted to the Australia and New Zealand College of Mental Health Nurses (ANZCMHN), as a Koha Aroha (gift of love) by the Auckland sub-branch who hosted the ANZCMHN Conference in Auckland in 1996. Until 2003, Taranga resided in Australia, being cared for by the host branch of each year's ANZCMHN conference.

Taranga represented a partnership with the Australian New Zealand College of Mental health Nurses. However, the separation from Australia in 2003 gave New Zealand mental health nurses an opportunity to demonstrate a Tiriti o Waitangi partnership within the College. In 2004 we became Te Ao Māramatanga – New Zealand College of Mental Health Nurses, and now, Taranga represents the partnership between Māori and non-Māori members. The membership included addictions and disability nurses.

Waiata o Te Ao Māramatanga

Kia puawai ngā wawata
O Te Ao Māramatanga
Tu motuhake nei tatou
Hei tutuki hua ke ngā iwi katoa
Tawharautia tenei ta-ke orange e

Anei te hua ka puta
Amorangi me to wairua
Tokomauri kia-tutuki, Kia oti
Kia pu-manawatia
Tawharautia tenei ta-ke orange e

Tokomauri kia-tutuki-kia oti
Kia pumanawatia
O tatou mahi, pai whanau, hoki
Tawharautia tenei ta-ke orange e
Tawharautia tenei ta-ke orange e

Kai tito, me to Rangi: Hineroa Hakiaha

2022 Conference 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 based 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.

Conference Committee

Co-convenors: Jodi Roberts and Lewis Boyles
Lois Boyd, Helen Lynch, Karen Cargill,
Leoncine Elkington, Thomas Ngaruhe
The Nelson Branch of Te Ao Māramatanga NZCMHNurses

Regina Yhonjan: Operations Manager and
Suzette Poole- Events Director Te Ao Māramatanga NZCMHNurses.



Conference Programme. 4th November 2022, 8.00 am - 9.10 am

8.00 am - Mihi Whakatau

8.45 am - Cup of tea and kai, or snack time for online participants

9.00 am - Jodi Roberts and Lewis Boyles

Welcome from Conference Co-convenors.

Jodi is the Chair of the local college branch in Nelson Marlborough and has previously served on the National Board of Te Ao Māramatanga – NZ College of Mental Health Nurses. Jodi is employed by Pathways as the Service Relationship Manager for Nelson Marlborough. Jodi has worked in a range of



roles including Mental Health Manager at Nelson Bays Primary Health, Registered Nurse in the Crisis Team, and several services in Auckland including the Homeless Team. Jodi is a Registered Comprehensive Nurse and holds a Post Graduate Diploma in Mental Health Nursing, and a Level 5 Diploma in Management. She has facilitated the Credential Nurse Programme alongside the DHB and Marlborough PHO.

Outside of work what keeps me energized is my whānau, friends and the outdoors. My fiancé Steve and I together have three adult boys Jesse, Kalle and Vernon. I am also a Nana to two lovely girls Moana and Freyja. I take the opportunity whenever I can to fish, sail and walk in Whakatū which is such a magical place.

Tapuaenuku te maunga

Hapuku te awa

Te kiwa o marokura te Moana

Takitimu te waka

Kai tahu te iwi

Mangamaunu te Hou kainga

Hohepa te marae



Lewis is currently the executive of the Nelson/ Marlborough branch of the college. He started his journey into Nursing/ mental health at Kingseat hospital in 1981 and this led him into many areas of work and various DHB's. Over the years he has worked in other sectors of nursing which include Public health nursing, Health Promotion, Sexual health and NGO management roles with Kaupapa Maori entity. However Mental health has always been his passion. Currently, working for the Adult Community Mental health team in Nelson, working predominately with Maori whāiaora. He is also currently Chair of the local branch of Te Kaunihera Nga Neehi Maori. He has gained a number of tohu over the years including counselling, Postgrad Maori Dip in Business. He is actively involved locally, regionally and nationally in promoting Nurses and supporting neehi Maori in their nursing journeys. Having nursed for some time he still enjoys hands-on mahi advocating, empowering and walking alongside tangata whāiaora.

Conference Programme. 4th November 2022,

9.10 am - 9.35 am

9.10 am - Sandy McLean-Cooper, RN, BN, M.Health Sci.

Waikato Tainui. Director of Nursing and Midwifery,
Kaiwhakahaere o te nēhi o me te whakawhanau.
Te Taihū - Nelson Marlborough

9.20 am - Sara Shaughnessy, Kaiwhakahaere (Chief Executive), Hauora Matua Te Tai Aorere. Nelson Bays Primary Health

SKa rere taku manu ka ki te I toku a waka Tainui e u ana ki uta
Ti u ana rā ki te tihi or Pirongia , Matai iho ki te Awa o Waipa
Kā tau te remu o te huia Ki te marae o Te Papa Ora Tu, no Kaharoa
Te Ipu ka rea o Ngati Mahanga Hourua, Ngati Hikairo, Ngati Pukenga
E uri o Waikato e ara e



Sandy joined Nelson Marlborough Health in 2005. Having trained and worked in Sydney for many years, the time was right to return to Aotearoa with Whānau. Sandy's nursing background was initially in Medical and Intensive Care nursing; Nelson provided the opportunity to move into Nursing Leadership and Management roles as Charge Nurse Manager, Nurse Consultant Workforce development, more recently ADON and Operations manager and currently Director of Nursing and Midwifery.

Sandy's passion is growing the Nursing workforce across all specialties in order to address inequities that continue to exist for those that are marginalised with a priority of positive health gains for Māori. Working alongside Nurses of diverse clinical backgrounds, aspirations and skill sets is her motivation for being part of shaping Nursing now. E ki ana te Whakatauki : "Kia Whakatōmuri te haere whakamua" Sandy talks about this whakatauki which keeps her grounded, literally as she walks backwards into the future with her tipuna on my shoulders.

He aha te mea nui o te ao? He tāngata, he tāngata, he tāngata.

(What is the most important thing in the world? It is the people, it is the people, it is the people) Sara's background is in health leadership roles across Aotearoa (New Zealand) and Australia. Sara



moved back home to New Zealand in 2020, after 10 years of living in Australia, working in health care management. Sara has a background in strategic health operational management and leadership in a variety of clinical service delivery settings including primary, secondary, and tertiary.

Prior to coming home, Sara's role was Director of Mental Health and Integrated Care. This role offered opportunities to explore a health service that was focused in whānau and community needs. It bridged primary and community care settings to ensure real outcomes in communities. Sara is a registered nurse, who has maintained competencies and worked in many areas of health care and has a Master of Health Science endorsed Health Sciences from Otago University.

Sara lives in Nelson where she has four mokopuna (grandchildren) whom she enjoys spending time with and spends her spare time exploring the beautiful outdoors of Te Tau Ihu!

Conference Programme. 4th November 2022, 9.35 am - 10.10 am

Keynote Presentation

9.35 am - Lorraine Hetaraka, Tapuika, Ngāti Pikiao, Ngāiterangi, Ngāti Ranginui, Ngāti Kahu. Chief Nursing Officer, Manatū Hauora- Ministry of Health.

Lorraine has a strong clinical and academic background in nursing leadership. She joined the Ministry from Te Arawa Whānau Ora where she was Chief Executive. In this role, she made a significant contribution to Māori and other high-needs populations' wellbeing in the communities this organisation supports.



Lorraine started her career as a registered nurse and then progressed into roles as a Nursing Leader and Nursing Director accountable for strategy, workforce planning, policy and primary healthcare delivery. This included working for the National Hauora Coalition and Procure Health and Homecare Medical. She was also joint Associate Director of Nursing: Māori at Auckland District Health Board and the University of Auckland for four years.

Question and Answer Time with Speaker

Conference Programme. 4th November 2022, 10.10 am - 10.40 am

Te Ao Māramatanga – NZCMHNurses Presentations

10.10 am - Hineroa Hakiaha, President Te Ao Māramatanga

Ko Putauaki, Maunga Pohatu, Hikurangi me Ngā Kaikoura ōku maunga tapu. Ko Ohinemataroa, Whakatane, Rangitaiki, Ongarue me Hāpuka ōku awa. Ōku iwi Ngati Awa, Ngai Tuhoe, Ngati Maniapoto me Ngai Tahu ki te Kaikoura whakawhiti ki Waipounamu. Ko Hineroa Hakiaha tōku ingoa.

My eldest kotiro and her Ngai Tahi, Katimāmoe and Muaupoko husband live in Putāruru and works for Te Wānanga o Aotearoa and her husband works for Ngāti Ranginui as Environmental

Manager. My youngest kotiro lives in Manurewa and works for Te Toka Tumai and husband Samoan New Zealand born, is a tauira at MIT and works part-time as a trainer at the local gym. I'm a proud nāni of seven mokopuna, the eldest is 15 years old and the youngest is 3 in December.

I currently work for Te Toka Tumai (Tamaki Makaurau), as Co-Director of Mental Health and Addictions. I have been in my role for almost 3 years which is to implement Te Tiriti o Waitangi and eliminate inequities for Māori within Te Toka Tumai. But you can't help being a mental health nurse in amongst it all - providing good pathways in and out of services for tangata whaiora and also caring for our workforce. Big mahi, and it is such a pleasure to be a servant of our people in Tamaki Makaurau and our staff.



10.25 am - Tio Sewell, Acting Kaiwhakahaere Te Ao Māramatanga

Mai i Mahurangi ki te Kuri a Whareī

Hauraki ki uta, Hauraki ki tai

Ko Moehau te maunga

Ko Tikapa te moana

Ko Ngāti Maru te Iwi

Ko Marutūahu te Tangata

Ko Tainui te Waka

Ko Matai Whetū te marae

Registering as a mental health nurse in 1988 from Waikato Area Health Board, Tio has been a member of Te Ao Māramatanga since 2004, and NZ branch, ANZCMHNS since 1994. Previous college roles include college Kaiwhakahaere 1998 – 2002, 2007, Māori Caucus secretary, and National Board member. Tio has participated in a number of local, regional, national, Māori professional health workforce, Māori provider development programmes, and clinical, and professional leadership spaces. Tio is currently Director for Māori Health Services and Equity, Whatu Ora ki Waikato, Board member, Māori Caucus, acting Kaiwhakahaere, Te Ao Māramatanga.



Conference Programme. 4th November 2022, 10.40 am - 11.10 am

10.40 am - Richard Jeffcoat, Chair of National Addiction Nurses Branch

Te Ao Māramatanga; RN Ngaa Piringa Wara Tapuhi/Registered Nurse People & Substances He Toa Takitini - Te Whatu Ora

Followed by Question and Answer time with speaker

I am Richard Jeffcoat. I am a hospital-trained Registered Nurse Tokanui Hospital, currently employed in the Community Alcohol and Drug Services in Te Whatu Ora Waikato. Over many years I have enjoyed the opportunity of working across the sector in a wide variety of roles. I came into the addictions sector which I come to see as “People and substances” to find unbeknown to

most a wealth of specialised knowledge and amazing tools like motivational interviewing and harm reduction. It was also an opportunity to learn how to engage with people. As my dear friend, Ben would say “around the fire, being curious”. I have been working with people and substances for five years now and still feel the privilege of sharing the lives of people every day. There is so much to learn and do I hope I remain on this path until I leave nursing.



10.50 am - Dr. Henrietta Trip, Chair of National Disability Nurses Branch

Te Ao Māramatanga; RN, DipNS, BN, MHealSc (Nursing)(Dist.), PhD(Otago)

Followed by Question and Answer time with speaker

Henrietta is a Registered Nurse, Senior Lecturer and Academic Lead with the Centre for Postgraduate Nursing Studies, University of Otago, in Ōtautahi - Christchurch. Having worked in the disability sector as a nurse for over 25 years, her current mahi, through teaching and research nationally and internationally, focuses on equitable access to health and disability services across the lifespan for people with learning (intellectual) and developmental disabilities

with a particular interest in healthy ageing and workforce development. Alongside colleagues, she was a founding member and is Chair of the National Disability Nurses Branch which was welcomed into Te Ao Māramatanga – New Zealand College of Mental Health Nurses in 2018. She continues to work as Chair for the Canterbury Disability Provider’s Network, is an Honorary Research Associate, Victoria University Wellington – Te Herenga Waka, is on the Aotearoa NZ Divisional Committee for ASID (Australasian Society for Intellectual Disability), and is a Committee Member for the IASSIDD (International Association for the Scientific Study of Intellectual and Developmental Disabilities) Health SIRG (Special Interest Research Group).

Interests for this Aunty include keeping up with a large extended whānau, walking on the beach, reading fiction, crafting, travelling and making fudge infused with genuine spirits and liqueurs!



Conference Programme. 4th November 2022, 11.10 am - 12.00 pm

11.10 am - Short Break - Cup of tea and kai or snack for online participants

Compass Peer Support and Advocacy Service Presentations

11.20 am - Jenn Hoolihan and Bella van Hattum

Followed by Question and Answer time with speakers

Kia Ora, my name is Jenn Hoolihan and I have been working in a wide variety of social service agencies in Nelson for the last 15 years with a focus on mental health.

I have a genuine passion for working with people and supporting them through tricky times. In my work, I have become the champion that I needed at times in my life, and I use my wealth of life experience and theoretical knowledge to walk alongside people, encouraging them to become the best version of themselves that they can be.



I'm a proud Nelsonian, a mother of three young children, and after a fast-paced career in digital marketing in Melbourne, I decided to start again within the mental health sector. My own lived experiences are what drives my passion and purpose to walk alongside those experiencing displacement and mental distress in our community – especially the often bumpy road to pregnancy, prenatal and postnatal care, and parenthood. I truly believe in a mutual, peer-led approach to navigate the forest of services together, and I'm determined to maintain this perspective as I continue with postgraduate studies in health psychology, alongside my role as mental health & addictions peer support worker and advocate with COMPASS.



11.50 am - Spot Prizes, Time to check your Goodie Bag!

12.00 pm - Lunch Break

Conference Programme. 4th November 2022, 1.00 pm - 1.30 pm

Best Practice Presentation

1.00 pm - Safe Practice Effective Communication (SPEC): an example of how clinical nursing leadership led to the national adoption and implementation of de-escalation and aggression management training for Aotearoa. A world first.

Followed by Question and Answer time with speaker

Dr Anne Brebner, Acting Group Manager, Specialist Services Mental Health and Addictions, Te Whatu Ora



Trained at Kingseat Hospital, as a Psychiatric Nurse, graduated in 2022 as a Doctor of Health Science. A lot occurred between 1980 and 2022, but have always truly loved the profession and have always worked in mental health, with a huge chunk of time in Child and Adolescent Services as a clinician. More recently have been in clinical leadership roles both in large metropolitan health services and in national leadership roles. My current role is with the new health entity in Aotearoa, Te Whatu Ora, as the Acting Group Manager for the Mental Health Specialist Services team.

Abstract: This doctoral research revealed that safety was central. Improving de-escalation and communication skills to prevent the use of personal restraint[1] promotes safer outcomes for everyone. The use of personal restraint techniques that do not use any form of pain compliance and do not teach regular prone restraint reinforces safer outcomes. Having a nationally consistent workforce training programme across the country ensures that the same type of de-escalation and aggression management training can be taught and delivered. This creates efficiencies and makes it safer for everyone, as no matter what the setting, the same response will occur. Improving cultural safety and cultural responsiveness for the indigenous population, Māori as mana whenua, was identified as vital to effect better health outcomes for Māori. This emphasis on safety signifies a substantial practice change.

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Conference Programme. 4th November 2022, 1.30 pm - 2.00 pm

Best Practice Presentation

1.30 pm - Opportunities in the Criminal Justice System:

Reflections on a sabbatical

Followed by Question and Answer time with speaker

Dr. Brian McKenna, Professor of Forensic Mental Health at the Auckland University of Technology and Associate Clinical Director for Improvement at the Auckland Regional Forensic Psychiatry Services.

Brian is Pākehā; born and raised in West Auckland. He is a Registered Nurse, Professor of Forensic Mental Health at Auckland University of Technology and the Associate Clinical Director for Improvement at the Auckland Regional Forensic Psychiatry Services in New Zealand. He is also an Adjunct Professor, at the Centre for Forensic Behavioural Sciences, Swinburne University of Technology, in Victoria, Australia and an Elected Board Member of the International Association of Forensic Mental Health Services.



His passion is forensic mental health with a focus on toward elimination of restrictive practices and culturally specific healthcare provision in forensic mental health services. A commitment to joint appointments has led to a focus on research co-designed with key stakeholders in forensic mental health services. The intent is for this research to be translational; to assist forensic mental health services to provide optimum service delivery for the benefit of those we serve. Brian is an old “sea dog” who still likes to dust off the surfboard over the summer months.

Aims for presentation: To explore the opportunities for mental health, addictions and disability nursing in a criminal justice system, which is revealing the need in which Māori are over-represented.

Abstract: The flood of mental health, addictions and cognitive impairment flowing through the criminal justice system have always been present, but are now overtly revealed. Dams to cease this flood are numerous from Paiheretia Te Muka Tāngata (pathways for Māori exiting prison) to Te Ao Mārama problem-solving courts. The opportunities for mental health, addictions and disability nursing exist but require strategic consideration. I have just completed a 6 months sabbatical in Te Tai Tokerau with an NGO Māori provider to the criminal justice system (Te Mana o Ngāpuhi Kōwhao Rau). The nursing possibility will be explored by reflection on this experience.

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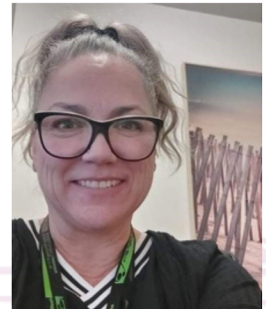
Conference Programme. 4th November 2022, 2.00 pm - 2.30 pm

Best Practice Presentation

**2.00 pm - Journey to RN prescribing in a Mental Health and Addiction Service.
Followed by Question and Answer time with speaker**

Heidi Weber, Clinical Nurse Manager, Puawai – Midland
Regional Forensic Mental Health Service, Puna Poipoi (a forensic
mental health rehabilitation unit), Te Whatu Ora- Waikato

Heidi is Canadian-born and has been living in New Zealand since 2002. My role is a Clinical Nurse Manager in Puawai – Midland Regional Forensic Mental Health Service on Puna Poipoi a forensic rehabilitation unit. I have 26 years of experience working in Mental health Services as a registered nurse and in leadership roles ie: Clinical Nurse Specialist, Associate Charge Nurse Manager and Wintec Lecturer/Tutor. I am in the final stages of completing my Masters in Nursing.



Aims for presentation: To outline the pathway to complete RN prescribing in specialty teams – MH&AS and implement it into practice.

Abstract: The journey to RN prescribing is often a road less travelled therefore requiring determination, a pioneering spirit and post-graduate study. This presentation will outline the study required and the steps to implement this practice. A day in the life of an RN prescriber will be shared to enlighten people on what I do. Feedback from staff and tāngata whaiora will be shared on the impact of this role. Learnings will be shared.

Conference Programme. 4th November 2022, 2.30 pm - 3.00 pm

2.30 pm - Lois Boyd, Director of Credentialing Te Ao Māramatanga
with **Valerie Williams**, Kaitohu/Director of Credentialing

Followed by Question and Answer time with speakers

Lois Boyd is a Director of Credentialing for the Te Ao Māramatanga New Zealand College of Mental Health Nurses, Primary Mental Health and Addiction Credential Programme. In the 7 years she has been involved with the Programme she has seen it grow and develop as demand for primary focused, integrated mental health and addiction services has increased.



Working with a national focus from her home in Nelson, she remains involved because of her strong belief that the programme and the nurses credentialing make a positive difference in assisting people who are experiencing mental health and addiction concerns and challenges.

Valerie Williams, Rongomaiwahine, Ngāi te Ipu, Rakaipaaka, Ngāi Tamanuhiri. I have worked in the mental health and addictions sector for 20+ years and have held several roles working within District Health Boards, Public Health Organisations, Health Boards, Non-Government Organisation, GP Practice and Regional Planning.



I completed a Clinical Master's in nursing and was able to support the development of a national framework for mental health nursing supervision. I currently work for Te Rau Ora – National Māori Mental Health and Addiction workforce centre. As the Kaitohu I am working collaboratively with Lois Boyd to bring a Māori view to the credentialing programme.

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Te Ao Māramatanga New Zealand College of Mental Health Nurses, Primary Mental Health and Addiction Credential Programme

Te Ao Māramatanga New Zealand College of Mental Health Nurses Inc, piloted the Primary Mental Health and Addiction Credentialing Programme in 2012-2013 in collaboration with Manaia Health PHO and local collaborators, in Northland. The college was funded by Health Workforce New Zealand to support the local programme and develop the credentialing process. In 2015 the Auckland Metro DHB's collaborated with a range of primary health organisations across the Auckland Region to provide a credential programme. Coordinated by Comprehensive Care Ltd with support from Manaia PHO and the college, their first programme was delivered in 2015. Since 2016, the programme has been picked up and provided in 8 locations across New Zealand as a key aspect of local strategies to improve access to Mental Health and Addiction assistance in Primary Care settings. From 2020 the programme has been funded from the 2019 Wellbeing Budget funding and is continuing to develop in new regions across Aotearoa New Zealand.

The purpose of the programme is to improve primary healthcare nursing responses, to people seeking mental health and wellbeing and addiction assistance, in a primary healthcare setting. The credentialing programme positions nurses working in primary care to positively contribute to the “any door is the right door” access and choice approach. Primary healthcare nurses have the opportunity to access a locally provided programme to further develop their knowledge, skills, experiences and professional networks. A key part of the programme is providing professional supervision to support the reflective process and assist nurses to transition new knowledge and skills into their primary healthcare nursing practice.

The programme is designed for nurses from all scopes of practice, who are not working in specialist Mental Health and Addiction roles but who wish to develop their knowledge, skills and practice confidence to provide an integrated best practice response in their communities. Integrating mental health and addiction knowledge and skills enhances a wide range of primary healthcare-focused nursing roles.

Contact: credentialing@nzcmhn.org.nz with any specific questions or enquiries

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2.55 pm - Spot Prizes - Time to check your Goodie Bag!

3.00 pm - Afternoon Tea or snacktime for online participants

Conference Programme. 4th November 2022, 3.15 pm - 4.00 pm

3.15 pm - Jane Simperingham, Chair of National Directors of Mental Health Nurses

Followed by Question and Answer time with speaker

3.35 pm - Aroha Metcalf, Raukawa Wharepuhunga, Ngati Maniapoto.
Interim Director Oranga Hinengaro- Te Aka Whai Ora – Māori Health Authority **with Jo Chiplin** from Te Whatu Ora

Followed by Question and Answer time with speaker

Jane Simperingham is the current chair of the New Zealand Directors of Mental Health Nursing (DOMHNs). She was born and lives in Northland, coming from an Irish and English heritage, and was raised by her farmer/builder and midwife parents and her four siblings. Completing psychiatric nurse training in 1987 at Kingseat Hospital she



has been working as a mental health nurse ever since. Overseas experience includes Australia, London and the Middle East. After experience in acute, community, private, older person and education, in 2007 Jane took up the Nurse Director role in Northland. She was also Director of Area Mental Health Services (DAMHS) for 7 years and still currently relieves for that role. She is also now part of the leadership team at the Health Quality and Safety Commission Mental Health Improvement Programme. Jane still believes that mental health nursing is extremely cool

Conference Programme. 4th November 2022, 4.00 pm - 4.40 pm

4.00 pm - Destination 2030: Taking Mental Health, Addiction and Disability

Nursing into the future. This presentation is an update on a the collaborative project tasked with developing a suite of papers about: Supervision, Nurse Practitioners, Leadership, Education, Skill Mix, Retention, Recruitment, Standards of Practice, Research, Maaori Mental Health, Addiction and Disability Nursing. Content includes: a case for change, a vision for 2030 and steps needed to get there.

Followed by Question and Answer time with speakers

Speakers: **Tony Farrow** and **Jon Gullidge** (representatives from Directors of Mental Health Nursing - DoMHNs), **Helen Garrick** (Chair of the Mental Health Nurses section of NZNO), **Suzette Poole** and **Tio Sewell** (representatives of Te Ao Māramatanga New Zealand College of Mental Health Nurses).

4.35 pm - Spot Prizes - Time to check your Goodie Bag!

Representing National Directors of Mental Health Nursing group.

Jon Gullidge is the Director of Nursing, Mental Health and Addiction, at Te Whatu Ora MidCentral. Jon is an experienced senior nurse with a strong background in workforce transformation, change management and education. Prior to arriving in New Zealand, Jon



worked in a number of roles and organisations across the UK and particularly in London since registering as a nurse. He maintains UK accreditation and registration as an Advanced Nurse Practitioner, Public Health Nurse, and Mental Health Nurse.

Jon worked more recently in one of the UK's largest acute NHS Trusts, establishing new clinical roles as well as education and developmental pathways for non-registered professionals. Jon has a passion for driving Nurse-led care, initiatives, and services. Jon also has a commitment to providing care that is effective, first-class, and patient-centred and ensuring that Nurses are able to achieve this.

Representing National Directors of Mental Health Nursing group.

Tony Farrow is Nurse Consultant: Workforce Development at Specialist Mental Health Services, Te Whatu Ora: Canterbury.



He was asked to join the group as a delegate for the Canterbury Director of Mental Health Nursing

Representing Te Ao Māramatanga - NZCMHN, Suzette Poole.

Kaiwhakahaere Neehi- Nurse Director at Te Whatu Ora- Waikato

No Pahiatua ahau engari inaiane kei Ngahinapouri e noho ana. Just outside of Te Awamutu in the Waikato. He Pakeha ahau. He Māori aku tamariki. Ko Shannon, Ko Phillip, Ko Nastas-sjia and Ko Talitha Te Huia. Nō pare te kawa Ngāti Maniapoto rāua. Our marae is Mangatoatoa, our awa Pūnui, our maunga Kakepuku. He tokomaha aku mokopuna including a beautiful great granddaughter.



I am 5th generation New Zealander and a descendent of the Poole and Barker families on my father's side who were mainly from England and Ireland. On my mother's side, I am descendent of Moffat and Edhouse families some of who were originally from Prussia. I grew up with my children's whānau in Kihikihi.

My career in mental health began in 1980 as a Psychiatric Assistant. In 1985, I qualified as a Psychiatric Nurse at Tokanui Hospital. I specialised in forensic mental health. Previous leadership roles include: Clinical Nurse Educator, Clinical Nurse Director (Waikato DHB), Nurse Advisor – Health (Nursing Council of NZ), Clinical Lead (Te Pou o te Whakaaro Nui) which includes work on professional supervision; trauma-informed care; women in secure mental health care and co-existing problems, Clinical Advisor: Mental Health, for the design team of Hikitia – Central Region Mental Health and Addiction Service, Ara Poutama Aotearoa- Department of Corrections. I am currently the Kaiwhakahaere Neehi- Nurse Director at Te Whatu Ora- Waikato.

I am a Registered Nurse-Mental Health, Cert. Professional Supervision, PG Dip. Forensic Psychiatry, Master of Nursing. My Master of Nursing thesis was on structural and psychological empowerment among NZ mental health and addiction nurses. Fellow, past board member, past chair of Waikato Branch, Inaugural 2007 Conference Convenor, immediate past President of Te Ao Māramatanga- New Zealand College of Mental Health Nurses (2017- 2021) and currently the Director of College Events.

Representing Te Ao Māramatanga NZCMHN, Tio Sewell

Acting Kaiwhakahaere of Te Ao Māramatanga

Mai i Mahurangi ki te Kuri a Whareī Hauraki ki uta, Hauraki ki tai Ko Moehau te maunga Ko Tikapa te moana Ko Ngāti Maru te Iwi Ko Marutūahu te Tangata Ko Tainui te Waka Ko Matai Whetū te marae.



Registering as a mental health nurse in 1988 from Waikato Area Health Board, Tio has been a member of Te Ao Māramatanga since 2004, and NZ branch, ANZCMHNS since 1994. Previous college roles include college Kaiwhakahaere 1998 – 2002, 2007, Māori Caucus secretary, National Board member.

Tio has participated in a number of local, regional, national, Māori professional health workforce, Māori provider development programmes, and clinical, and professional leadership spaces. Tio is currently Director for Māori Health Services and Equity, Whatu Ora ki Waikato, Board member, Māori Caucus, acting Kaiwhakahaere, Te Ao Māramatanga.

Conference Programme. 4th November 2022, 4.40 pm - 5.00 pm

Closing

4.40 pm - Jodi Roberts and Lewis Boyles (Conference Co-convenors)

4.50 pm - Poroporoaki

5.00 pm - Conference closed



2022 Fellowship Investiture Ceremony

Thursday, 3rd November 2022

The Fellowship Award of Te Ao Māramatanga New Zealand College of Mental Health Nurses will be held the afternoon prior to the conference on Thursday 3rd November 2022. This event will be online and supported by a small gathering in Nelson.

Fellowship Award: Fellowship is awarded to a member who has made an outstanding contribution and leadership to the profession of mental health, addiction or disability nursing in the area of clinical practice, education, research, or professional leadership. They will be recognised for their contribution to the development and functioning of the College.

Fellows

Ronald Baker	Dr. Maria Baker	Dr. Anne Brebner	Lois Boyd
Stuart Bigwood	Kaye Carncross	Heather Casey	Toni Dal Din
Dr. Daryle Deering	Henriette de Vries	Carmel Haggerty	Hineroa Hakiha
Dr. Helen Hamer	Christopher Hattan	Mere Hammond	Thelma Puckey
Dr. Frances Hughes	Dr. Reena Kainamu	Anna Kempthorne	
Christine Lundy	Kay McCauley	Dr. Brian McKenna	
Erina Morrison	Dr. Anthony O'Brien	Helen O'Sullivan	
Brian Pickering	Suzette Poole	Dr. Kate Prebble	
Tio Sewell	Dr. Mark Smith	Dr. Chris Taua	
Bartholomeus Van Gaalen			

This year Fellowship will be awarded to: **Mel Green, Louise Leonard, Kym Park, Tish Siao, Jane Simpringham, Dr. Henrietta Trip and Valerie Williams**

Whetū Kanapa

At this conference, we also acknowledge the Biennial Whetū Kanapa Award which honours career-long contributions in the field of Māori mental health nursing as acknowledged by their peers. Whetū Kanapa, brilliant and gleaming stars, personify Māreikura and Whatukura. They are living aspirations for us all.

Recipients

Ronald Baker	Mere Balzer	Huia Elkington	Robert Elliot
Timoti George	Ora Guptil	Mere Hammond	Jamesina Kett
Te-Winitana Tupotahi (Winston) Maniapoto			Charles McCarthy
Moe Milne	Kathleen Mohi	Ray Watson	Areta Koopu
Nora Kofler	Simon Phillips	Wikepa Keelan	Nicola Ehai

Programme - Fellowship Investiture Ceremony

Thursday, 3rd November 2022

1.30 pm - 5.00 pm

1.30 pm Mihi Whakatau, including the arrival of Taranga

2.15 pm Afternoon tea or snack time for online participants

3.00 pm Fellowship Investiture ceremony of Te Ao Māramatanga New Zealand College of Mental Health Nurses

Hosted by **Menetta Te Aonui**. Vice President Te Ao Māramatanga

Guest speaker: Dr Maria Baker Ngāpuhi, Te Rarawa. Pouwhakahaere, Matua, Te Rau Ora.



Dr Maria Baker is the Chief Executive Officer of Te Rau Ora, a kaupapa Māori organisation focused on strengthening Māori health and wellbeing.

She gained her PhD in Māori Health and holds a number of nursing and mental health qualifications. Dr Baker has worked in Māori health for more than 25 years and has previously held senior positions focusing on Māori Health Workforce Development and Māori mental health.

She has experience working across a range of organisations including NGOs, Iwi, Māori organisations and district health boards.

Question and Answer time with speaker

3.30 pm Awarding of Fellowship to:

Mel Green
Louise Leonard
Kym Park
Tish Siaosi
Jane Simpringham
Dr. Henrietta Trip
Valerie Williams

5.00 pm Poroporoaki

Conference Sponsors

Te Ao Māramatanga New Zealand College of Mental Health Nurses and conference organising committee would like to express our heartfelt gratitude and thanks to the following organisations for their generosity.

- **National Nurse Educators group**
- **Te Ao Māramatanga New Zealand College of Mental Health Nurses, Primary Mental Health and Addiction Credentialing Programme** - Diamond Sponsor to support “Goodie Bag” . <https://nzcmhn.org.nz/credentialing/>
- **Whāraurau**- Platinum Sponsor for the conference handbook



Whāraurau is a national workforce centre for Infant, Child and Adolescent Mental Health at the University of Auckland which opened in Poutū te Rangi (March) 2003. We are based in Tāmaki Makaurau | Auckland, and we also have satellite offices in Whanganui-a-Tara | Wellington and Ōtautahi |Christchurch.

Whāraurau provides national training and workforce development within the infant, child and adolescent mental health (ICAMH) sector. We are funded by the government to deliver workforce development initiatives – through Auckland UniServices Ltd – to grow the capacity and capability of the infant, child and adolescent mental health/wellbeing and addictions workforce.

Whāraurau aims to improve the mental health of Aotearoa New Zealand infants, children, young people and the people that care for them by:

- providing training of a high quality to mental health professionals,
- promoting research in child and adolescent mental health,
- advocating for the mental health needs of children and adolescents in Aotearoa New Zealand,
- supporting the child and adolescent mental health workforce nationally.

The centre is involved in the development and promotion of evidence-based and evidence-informed approaches to mental health and wellbeing as well as supporting practitioners and services working with infants, children and adolescents throughout Aotearoa New Zealand. Staff at Whāraurau have expertise in many areas of infant, child and adolescent mental health.

- **Te Pou** - Platinum Sponsor for:

- the presentation by Dr Anne Brebner
- Celebration Event: Te Ao Māramatanga New Zealand College of Mental Health Nurses
- Primary Mental Health and Addiction Credentialing Programme
- sensory fidget items for the “Goodie Bag”
- donation of Blueprint pads and pens for the “Goodie Bag”.



Te Pou is a not-for-profit, national workforce development centre. We aim to improve the lives of people with mental health, addiction, and disability needs by connecting the people working with them, tāngata whai ora, tāngata whaikaha and their whānau, with knowledge, resources, training, and information. We are proud to partner with Te Ao Māramatanga and the Mental Health and Addiction Credentialing Programme for Primary Health Care Nurses.

