

Credentialing News



Te Ao Māramatanga
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Iti noa ana he pito mata

From the withered tree a flower
blooms

Welcome to this edition of Credentialing News! Please feel free to distribute, as there are many useful resources, and it might encourage your colleagues to consider credentialing in the future too. Also, feel free to let us know about resources you come across in your mahi, that we can share with others.

Resources

The following resource is a guide with descriptions of Mental Health and Wellbeing apps including 'Calm' for meditation, 'SAM' for Anxiety management, 'Smiling mind' for mindfulness and over 20 more.

This guide will help you pick the best app for yourself or the person you are advising. It gives you important information such as if they are free, how they work and who could benefit from them.

<http://www.ourhealthhb.nz/assets/Uploads/Health-and-Wellbeing-Apps-booklet.pdf>

New Research

Family Members' perspectives of hope when supporting a relative experiencing mental health concerns

This research paper looks at the role of hope for the family members of those experiencing mental health concerns. They conducted qualitative individual interviews. Nine family members were interviewed, and three main themes were found during cross-analysis. These included understandings of hope, factors that diminish hope and factors that nurture hope. Click the link below to read the full paper to learn more about supporting the family of those with mental health concerns.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/inm.13185>

Professional Development

Whāraurau is running a De-escalation online workshop. The workshop is on the 25th of July and could provide you with four professional development hours. The workshop will help you to identify behaviours that 'push our buttons', strategies to help you retain self control in high emotion situations and much more.

<https://wharaurau.org.nz/events/de-escalation-20230725>