

# TE AO MĀRAMATANGA

New Zealand College of Mental Health Nurses Inc.

**CELEBRATION OF OUR 20 YEAR ANNIVERSARY 2004 - 2024**

## 20th Anniversary Messages and Reflections

**Dame Margaret Bazley**  
**First Patron**

*I wish you well for your conference and your 20th anniversary celebrations. This is a great time of celebration for the college and well done to the nursing leaders that have continued to make this happen. On this occasion, I am unable to join you as I will be travelling at this time. All the best.*

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### Past Presidents and Kaiwhakahaere

**Anthony (Tony) O'Brien Inaugural President 2004- 2006 and Fellow**

*Te Ao Māramatanga was developed by a group of professionally committed mental health nurses after seeking recognition within the Australian and New Zealand College for Aotearoa as a sovereign State, and in particular for the bicultural nature of Aotearoa. College members from Aotearoa advocated for this change, and when it was not accepted, we took up the challenge to develop our own College within Aotearoa. Key to the initial negotiations was Erina Morrison who at the time was Vice President of the Australian and New Zealand College.*

*Once we made the move, in 2004, it was my privilege to serve as inaugural president. In that role I was supported by a committee of dedicated mental health nurses and by Māori Caucus. I remember this period as one of great optimism and satisfaction. There was a sense that Te Ao Māramatanga now had a mandate to advocate for mental health and nursing in a way that reflected our unique cultural context. Te Ao Māramatanga has always provided a context of collegiality, of mental health nurses working together to address important professional and socio-political issues.*

*As inaugural President I formed many close relationships that have endured over the years. Since the inauguration of the College many other mental health nurses have served as president and in other leadership roles. These nursing leaders continue to influence mental health and nursing in Aotearoa. Te Ao Māramatanga has provided the collegiality and forum for mental health nursing leaders to develop their negotiation and leadership skills.*

*Please accept my best wishes for a successful conference, my gratitude for the opportunity to share this reflection, and my acknowledgement of the critical work you all do to sustain our profession and to improve mental health care for those we care for.*

**Ngaa mihi**  
**Tony O'Brien**

## **Heather Casey – Past President 2006–2010 and Fellow**

*I had the privilege of undertaking the role college president from 2006 to 2010. I was very humbled to be selected and to have the opportunity to contribute to our profession as registered nurses working in mental health, addictions and intellectual disability services. Undertaking this was one of the biggest learning curves in my working life. I remember being very nervous many a time but what I recall with gratitude is the generosity of college members. They forgave me my trembling voice and were always there to offer support and advice.*

*There was great expertise amongst the membership and I often called on this expertise as the college contributed to national standard settings and discussions. I believe strongly that if we don't identify what and how we practice then other professions and organisations will happily do this for us! Our voice as college members needs to stay strong and at the forefront of the College.*

*In the early days I quickly realised that there was a lot to do and that contributions were voluntary and often squeezed in among work and family commitments. I firmly believe the college needs to keep building their infrastructure to enable meaningful contribution to professional discussions. The employment of various roles dedicated to college business has been of enormous benefit to the college, the professional discussions but most importantly the people who we see.*

*There were many highlights during the 4 years I served however some of the most notable were the appointment of a College Patron, updating the standards of practice, establishing an education programme, employed a college secretary, developing MOUs with agencies and consumer organisations, press releases as a college and jointly with other professional groups and establishing and gaining funding for the Primary care Credentialing programme.*

*Most of all through was being part of a group of people who are passionate and care about what they do. Enjoy the conference and each other.*

**Heather Casey**

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## **Hineroa Hakiaha – past Kaiwhakahaere, past Vice President, Current President and Fellow**

*Kia ora Tatou katoa*

*It was an honour and privilege to be the Kaiwhakahaere for Te Ao Māramatanga. I had big shoes to fill, especially at the time I had to convince myself that I could do job. At that time I was living at home in Whakatane and so I belonged to the Waikato, Waiariki Branch. I had the good fortune to be under the guidance of the likes of Erina Morrison Ngatai, Tio Sewell, Rangitamata Kinita, Briana Pickering, and Rehu Murchie whom worked at Rotorua Hospital or the Waiariki Polytechnic, and, Erina was the DAMHs at Lakes DHB. Within this Branch, was, a comradery or Whānaungatanga relationship within in this roopu of people that I really could relate to. They were genuinely, like minded caring people, that I have never seen or felt, existed, only within my whānau.*

*In 2003, it was the separation of the New Zealand Branch of mental health nurses from the Australian, New Zealand College of mental health nurses. It was also the year that myself Tio Sewell, Mark Smith, Suzette Poole, not sure if Erina was part of that roopu whom were made Fellows of ANZCMHNs, importantly, Frances Hughes was our guess speaker for our oration. It was also my final year in the Waiariki district as my kotiro and I moved to the Wairarapa and she came a taura at Massey University, and I started my new mahi as the Senior Māori Advisor for the Mental Health Commission. I became part of the Wellington Branch with the likes of Nani McCluskey, Thelma Puckey, Chris Walsh and Tony Dal Din.*

*As the Kaiwhakahaere my priority was the College Standards. In particular Te Tiriti o Waitangi and Cultural Safety. How do we as Te Ao Māramatanga demonstrate Te Tiriti in practice? At governance we have a board that is 3 Māori and 3 Tauwiwi. We also have a President role, and equivalent Kaiwhakahaere role, to demonstrate true partnership in decision making.*

*We also have a Kaumatua role for tikanga process to occur at Board level and attending different rohe hui we a kept safe and engage with iwi appropriately. These processes and conditions are also part of our constitution.*

*Supporting of Māori Caucus members across the motu. Supporting Huarahi Whakatū programme, which is a Māori PDRP program that has been supported by Te Rau Ora 2007, and continues today.*

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### **Daryle Deering Past President 2010 –2014**

*I was the former vice president and elected in 2010 to replace the outgoing President, Heather Casey. This time included the major earthquakes and the hundreds of after-shocks in Christchurch – my home.*

*My initial reflections were of College colleagues during this time and their leadership and collective passion for mental health nursing and of making a difference for people experiencing mental health issues, and their families and whānau. Ron Baker, Kaumatua, Hineroa Hakiaha, (current President) and Tish Siaosi Kaiwhakahaere and Māori caucus members were instrumental in the continuing development of the partnership (National Committee and Māori Caucus) approach of the college.*

*The role of Immediate past-president provided continuity and Mel Green in the role of Vice President and treasurer played an important role in strategic direction as did Jo Harry in her manager role (see Credentialing below).*

*Dame Margaret, our Patron was instrumental in my decision to enter mental health nursing and during my time as President, her wisdom and support were invaluable. Dame Margaret was in Christchurch for a period of time following the earthquakes and we were able to regularly meet for dinner.*

*A key Māori Caucus initiative was: Tuia Te Ao Mārama (The Oral History Project) an oral history project comprising recordings of Māori mental health nurses who practised from 1950 to 1990 in Aotearoa NZ.*

*It was an honour to award peer nominated mental health nurses as Fellows. The first biennial Whetū Kanapa Award ceremony honouring career long contributions in the field of Māori mental health nursing as acknowledged by their peers was held in conjunction with the College's Biennial Wānanga. This inaugural award ceremony was held at Tangatarua Marae in Rotorua in 2012 with an investiture of five inaugural recipients.*

*In 2014 a further four nurses were honoured at a special ceremony evening held Makaurau Marae, Mangere, South Auckland. Boards were part of the structure of Te Ao Māramatanga – Education, Practice and Research – they were since disbanded.*

*Face to face regional meetings by a contracted mental health nurse identified professional development needs and helped with connections with mental health nurses.*

*In 2011 Te Ao Māramatanga New Zealand College of Mental Health Nurses was successful in obtaining innovation funding support from Health Workforce New Zealand to develop and test the implementation of a Primary Care Nursing Mental Health and Addiction (MH&A) Credentialing Framework. The credentialing process was implemented with a registered nurse at East Tamaki Healthcare in Auckland and eight registered nurses at Manaia Health Primary Health Organisation (PHO) in Whangarei. Heather Casey was the inaugural Credentialing Director and Jo Harry was the inaugural manager.*

*Of concern during this time was that data published by the Ministry of Health suggested that use of the Mental Health (Compulsory Assessment and Treatment) Act was increasing in New Zealand. Information contained in the Office of the Director of Mental Health Report for the 2011 calendar year) showed the highest rates of compulsory care since the Ministry began publishing figures in 2006. In particular, the use of community treatment orders, showed a steady increase since 2009. In a guest editorial in the February 2013 College Newsletter, Dr Tony Obrien stated that this overall increase was concerning given the "closer to home" strategic direction of the Mental Health Commission outlined in the Blueprint II documents. It is of note that on 1 October 2024 the Mental Health Bill was introduced to the House of Representatives. This Bill, if passed, will repeal and replace the Mental Health Act. Of note was that Tony was a co-chair of the Expert Advisory Group.*

*In 2013, Te Ao Māramatanga and the Drug and Alcohol Nurses of Australasia jointly hosted a Mental Health and Addiction conference titled 'Close to Home' recognising the lived experience of many people, and their families and whānau, of the impact of experiencing substance use and mental health problems which are frequently intertwined.*

*The revised Standards of Practice were formally launched at the 2013 conference and it was envisaged that the Standards would underpin a certification process which would provide a vehicle for professional recognition of the specialist practice of mental health nurses. Perhaps certification will be revisited.*

*The College's voice on behalf of mental health nurses was strengthened in enhanced relationships with other nursing bodies and Ministry of health through membership of the National Nursing Organisations group and with consumers and nursing and other organisations through memorandum of understandings.*

*Discussions were held with the Disability nurses in regard to establishing a Branch within the College – this has now been established. Nursing Council consulted on registered nurse prescribing and this was established and the number of Nurse Practitioners practicing in the area of mental health began to grow.*

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**Suzette Poole– Past President 2017–2021, past board member, chair of Practice Board.  
Current secretary and Fellow**

*Kia ora koutou katoa*

*My journey with Te Ao Māramatanga New Zealand College of Mental Health Nurses has been and continues to be personally and professionally such a rewarding aspect of my life.*

*I recall going to a forum where Frances Hughes and Julia Hennessey were speaking – I think in the early of mid 1990s. That was my first experience of hearing about the Australian College of MH nurses. I spent some serving as the Waikato branch chair and we ran forums and events for this I was awarded a Fellowship into the Australian College in 2003.*

*In 2003, I was privileged to work with Tio Sewell, Julie and another lovely nurse from Bay of Plenty, Andy Walford, Denny Mc Nae and Hineroa Hakiaha on the 2003 Australian and New Zealand College conference in Rotorua. A highlight was the creative experience we used to develop the theme- Earth, Sky and No 8 Wire and from that emerged the art work of Rangī and Papa. Today this art work remains a taonga and is owned by the Rūnanga in Kirikiriroa. The college logo is the image of this artwork. Tio and I took Rangī and Papa- the artwork to Sydney, Australia to announce this conference. This artwork was encased in a large wooden box and no taxi van would take us the short 5min drive to the event from we were staying so we had to carry it up and down stairs all the way. We were determined to get the art work there. I remember we played loudly- Kotahitanga by Hinewehi Mohi at the conference of a couple of hundred nurses.*

*In 2004, Te Ao Māramatanga New Zealand College of Mental Health Nurses was born. The courageous mental health nursing leaders that took the final steps to end (sometimes referred to as divorce) the relationship with the Australian college are role models for us all. The relationship had served its purpose. My support of this momentous decision remains unchanged.*

*Around 2004–2005, the College Board approached me to join and I did so serving for a few years. I spent some time serving as practice board chair also. I recall work commencing on the advanced standards of practice and the beginnings of Huarahi Whakatū- PDRP*

*In 2007, a team of us from Waikato worked together to bring the newly formed college its first conference – the theme was A fresh look at mental health nursing. At this conference we contracted a person to design mind maps which we still have today and are on display at the 2024 conference. A great way to capture the moment.*

*In 2017, a team of us again from Waikato thought it would be a great idea to idea to run another conference and the theme was 'Surfing the Waves. The team included Mandy Shanley, Denny Mc Nae, Alice Te Are, Jax, and Rachael Cotter. We offered around 16 workshops. This was the first conference the college delivered without support of a conference event company. I still remember collating all the paper based registrations and juggling grandma duties whilst doing so.*

*Just prior to this conference I had the honour and privilege of going to the International Council of Nurses Congress in Barcelona, Spain. There I was joined by Heather Casey and Daryle Deering who were key note speakers.*

Frances Hughes was CEO of ICN at the time. Heather, Daryle and I ran a workshop about mental health nursing. We also spent some time dipping our toes in the Mediterranean Sea during conversations about the college. On my return I agreed to be considered for election as president and was successful. At the 2017 AGM held at the conference I have fond memories of accepting the presidency dressed in a beach shirt –to match the conference theme.

My tenure as president was blessed by the presence of Chrissy Kake as Kaiwhakahaere. We made a concerted effort to role partnership between Tauwi and Maori. I spent many hours connecting with Dame Margaret Bazley- Patron who generously shared her wisdom and guidance with me.

During that time as President I attended two Maori Caucus college Wānanga which were amazing experiences and in particular the hui in Porirua where Moana Jackson spoke. Staying on a marae is where I feel most at home.

The board spent time updating the strategic plan following the hui in Queenstown. During my tenure the college established the Addiction Nurses National Branch and the Disability Nurses National Branch and following the 2024 AGM the respective chairs will now be members of the College Board.

The advent and impact of Covid was strongly felt during my time as President and throughout that time the board continued to meet and share words of encouragement to nurses. Through this I witnessed the incredible dedication of Maori Mental Health Nurses to actively respond to supporting whanau and communities.

During my tenure I was thankful to work with a great operation team; Tracey Merlini, Helen Hamer and Regina Yhonjan. Lois Boyd- Director of the credentialling programme was instrumental in the college receiving substantial funding for this programme.

In 2019, alongside a great team of college members we delivered a conference in partnership with Weltec/Whitireia. The theme was “Weaving the threads of wellbeing together”. In 2021, we were unable to deliver the biennial conference due to Covid 19. In 2022, we decided to offer a hybrid conference with a small group in Nelson and the majority of participants online. The theme was Urungi Pae tawhiti Nau Mai Ki Rangiātea is Navigating the Future, Welcome to Rangiātea. The Nelson conference committee rallied the local community who provided gifts and spot prizes.

Therefore it is delight to bring to you a face to face conference in Auckland in 2024, with only a few choosing to attend online. This is significant given the time of austerity now faced by the Ministry of Health and resulting impact on nurses ability to gather and learn together.

In 2023, I decided to seek nomination to re-join the College Board as secretary and was successful and it is a delight to work with college leaders.

Throughout my involvement with the college as Tauwi I feel very privileged and grateful to have walked alongside inspirational nurses who committed to working in partnership and in respect of Te Tiriti o Waitangi. This is truly a unique and essential aspect of and our voice must continue to resound and permeate throughout to Aotearoa. A big thank you to Matua Ron Baker whose presence and support continues to influence and enable me to be the mental health nurse that I am today.

Happy 20th anniversary Te Ao Māramatanga and all the best for the next 20 years.

**Nga mihi nui Suzette**

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## Fellows and Whetū Kanapa

### **Dr Frances Hughes- Fellow**

**RN DNurs, CNZM, Chair Mental Health Assurance Group, Snr Research Fellow CHOPR Upenn (USA), Adj Professor QUT- Faculty of Health, School of Nursing (Australia)**

*On the 4th December 2004, I stood in parliament foyer when Hon. Annette King formally launched Te Ao Māramatanga, the New Zealand College of Mental Health Nurses. She mentioned that many of us had been on a long journey to establish the voice of mental health nurses in New Zealand, over many years.*

*We joined and separated from the Australian college of Mental Health Nurses, we developed standards, we conducted indicator research, and we established the importance and significance of Te Tiriti within context of our practice.*

*For the majority of us at that time we came out of a specialist mental health/ psychiatric nursing programme and registration. We fought for funding from the then RHA for new graduate and specialist mental health nursing programmes when our separate registration programmes ceased. We were strong then in articulating the place of the specialist mental health nurses, and impact of specialist education on the outcomes for those we provided care for. We had vision and direction, fire within us drove us to combat many obstacles, many within our own nursing profession.*

*I personally want to recognise Tony Obrien, Chris Walsh, Thelma Puckey, Kaye Carncross, Iona Edmonds, Kate Prebble and Erina Morrison-Ngati, from that day.*

*Whilst we must celebrate the progress the college has made over the last twenty years – we must not be complacent. Today more than ever specialist mental health nurses need to be front and centre in mental health policy, services, research environment and leading our academic post graduate mental health nursing programmes.*

*The consistent theme behind the impacts we have made is Leadership, having leaders where and when we needed them to tackle the challenges of the time. If we want to continue to be leaders in mental health and grow our membership we need to be relevant and tackle the issues that for many are uncomfortable, we must continue to be vigilant and tackle, discrimination, stigma, abuse and inequities. That means we speak out, we rally against injustice, we are the voice when there is resounding silence in the room.*

*I will never forget in the thick of making the case for college programme funding when I was in a key leadership role a wise person said to me “remember Frances – you cannot be a bystander in situations of injustice, leaders need to step in”.*

*The college has a key role in providing formal submissions not just in area of mental health but for mental health in societal issues – housing, justice, social development to name a few. If we are to continue to punch above our weight we need to be seen to be of importance and expand our influence.*

*We need the next generation of mental health nurses to be energised as we were 20 years ago when everyone said the college would not survive. They were wrong then, this is a testament to many of you here at this celebration, please don't forget your importance and as a collective group we have incredible power to achieve whatever we set our sights on. Do not underestimate the role the college can have to improve outcomes at individual, families, community and national level if we maintain our focus.*

*I am very proud of being one of your fellows and wish you well for the conference and we are here today because of the energy of many who worked tirelessly for the college over many decades.*

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