

Engaging Pasifika cultural competency training calendar – new training dates

Le Va's Engaging Pasifika cultural competency training programme lifts the responsiveness of services by equipping the workforce with tailored knowledge, skills and attitudes to effectively meet the needs of Pasifika families. Part of the *Let's get real* suite of tools, the blended online and face-to-face programme focuses on the foundation knowledge, skills and attitudes required to work with Pasifika people and their families. Visit the Le Va website to view the training calendar and register: www.leva.co.nz/training-education/engaging-pasifika

Southern ICAMH/AOD forum

Werry Workforce Whāraurau are hosting a forum for Southern Infant, Child and Adolescent Mental Health Services (ICAMHS) and Alcohol and other Drug (AOD) services across sectors using the DHB Telepaeds network on 13 October. This forum will focus on professional supervision and trauma informed care. For further information contact Bronwyn Pagey: b.pagey@auckland.ac.nz

Resilience documentary screening

Werry Workforce Whāraurau are partnering with local services to offer a further screening of the 'Resilience' film and a presentation which will focus on trauma informed care. These will be held on 26 October in Christchurch and 21 November in Whangarei. For more information visit: www.werryworkforce.org

ICAMHS/AOD national forum

In Dunedin on 10 November, Werry Workforce Whāraurau is hosting a national forum for ICAMHS and AOD services. The forum will be presented in two parts: the morning will focus on assessment and intervention for people working in ICAMHS and AOD services and may be of interest for people working in NGOs, schools and primary mental health services. The afternoon will be a presentation on transgender people and considerations for people working in health services. For more information visit: www.werryworkforce.org



ICAMH/AOD Sector Leaders' Day

Werry Workforce Whāraurau will be holding the third ICAMH/AOD Sector Leaders' Day for the year on 8 December. This will focus on mental health and AOD concerns for children and young people. For further information visit: www.werryworkforce.org

Supporting Parents Healthy Children (COPMIA)

Registrations are open for training on Single Session Family Consultation on 31 October and 1 November. The workshop is open to people who have completed one of the Single Session Family Consultation workshops that were held earlier this year. For more information contact Karin Isherwood k.isherwood@auckland.ac.nz

Making a difference: mental health research symposium

Te Pou, Auckland University and AUT are hosting a one-day symposium which will create an opportunity to profile some of the research being undertaken in the sector. The event aims to bring service users, mental health professionals, students and researchers together to share research that can contribute to better outcomes for people using mental health services, with potential improvements for service delivery.

1 December 2017 – 9.30am-4.30pm

Venue: AUT, North Campus, Building AF – Room AF116, 90 Akoranga Drive, Northcote, Auckland

The event is free. To register your interest contact info@tepou.co.nz

Registration closes 24 November.

How the workforce centres are supporting you

October – December 2017

Here's an update on a range of initiatives and activities from New Zealand's mental health and addiction workforce centres to support your workforce development needs.

This quarter we share updates and activity happening during October – December 2017 from Matua Raki, Te Pou o te Whakaaro Nui (Te Pou), Le Va and Werry Workforce Whāraurau.

1. Resources

A guide to reducing or stopping mental health medication

In collaboration with the *Equally Well Collaborative*, Matua Raki has recently published *A guide to reducing or stopping mental health medication*. This guide has been developed in response to concerns expressed by people who have been prescribed mental health medication. Their concerns were about the difficulties and distress many experience when trying to reduce or stop taking the medication. The experiences of people taking medication are poorly recognised in mental health research literature. This guide acknowledges those experiences and provides some practical tips for managing distress and medication discontinuation symptoms.

For more info contact ashley.koning@matuaraki.org.nz



Alcohol and Drug Outcome Measure (ADOM)

The new ADOM aggregated data report will come out in December, please see our reports page: www.tepou.co.nz/outcomes-and-information/adom-reports/182. We have also designed an A4 poster for reception areas to inform tāngata whai ora about ADOM. This is also available on the Te Pou website. More initial training and refresher training is planned.

Health of the Nation Outcome Scales (HoNOS)

Further resources are being developed to support people using specialist mental health services to understand routine outcome measurement using HoNOS. Published resources can be found here: www.tepou.co.nz/resources/vari/428, or hard copies can be requested by emailing training@tepou.co.nz

Matua Raki's Working with Māori e-learning tool is now live

Working with Māori is an interactive tool aimed to increase the cultural competency of our health workforce with a specific focus on mental health and addiction. The

purpose of this tool is to equip health workers with increased knowledge and understanding of working effectively with Māori clients and whānau to improve health outcomes.

The three parts to the module include: key points in Māori and settler history, including the Treaty of Waitangi; an overview of health terms and Māori health statistics; mental health and addiction for Māori. This module is an introduction to give context and relevance to the following two modules currently being developed. The tool is accessible from the Matua Raki website: www.matuaraki.org.nz/initiatives/cultural-competency/144

Let's get real refresh

Te Pou, on behalf of the Ministry of Health, is leading a project to refresh the *Let's get real* framework. The overall aim is to ensure *Let's get real* is fit for purpose now and into the foreseeable future. Through a survey during September, Te Pou gathered feedback on which aspects of *Let's get real* may need to be updated. A summary of the themes from this survey will be available later in October.

A draft refreshed version of the *Let's get real* framework will be developed and distributed widely within the health sector for feedback in January 2018.



Real Skills

Real Skills is an online workforce development tool which brings together a range of mental health, addiction and disability knowledge and skills frameworks including: *Let's get real*, *Let's get real: Disability*, Te Whare o Tiki, and the *Competencies for the mental health and addiction service user, consumer and peer workforce*. It does this by enabling workers to assess themselves against the performance indicators at different levels within the various frameworks, and then using the results to inform a personal professional development plan. Individual results can be combined to inform whole team development plans. Visit the Te Pou website to find out more: www.tepou.co.nz/initiatives/real-skills-online-assessment-tool/183

Users recently took part in a short survey to help us find out more about their experience of using the online tool. These survey results will be used by Te Pou to improve the use and relevance of the tool in the coming months.

Te Hikuwai: Resources for wellbeing

Te Hikuwai: Resources for wellbeing is a brief intervention resource that has been developed by Te Pou to support primary health services to deliver effective talking therapies using a stepped care approach. This work is part of the *Let's get talking* programme.

The aim is to support primary care services to deliver brief interventions to people presenting with early and mild-to-moderate signs of mental health and/or addiction problems (level one and two of stepped care).

The resource includes 20 topics related to mental health and addiction problems and includes:

1. printable 'wellbeing prescriptions': designed to look like and be used by GPs as a prescription to recommend appropriate web-based self-help resources to patients
2. self-help resources: additional written resources for patients that can be printed and used 'free standing', without needing online access or to be referred elsewhere.

The prescriptions and recommended resources are intended to help support people to understand and make changes to their thinking, behavior and relationships, to relieve distress and improve their wellbeing. If you would like more information about this, please contact: jo.vanLeeuwen@tepou.co.nz

Weaving our own way to prevent suicide

One component of Le Va's national '*FLO: Pasifika for Life*' Pasifika suicide prevention programme, is supporting local grass roots groups to deliver suicide prevention initiatives from within their own communities. We're delighted to report that the final reports for these initiatives are complete and publicly available. The reports showcase how the projects have collectively been woven together to form a strong and resilient fabric for suicide prevention for Pasifika. Visit the Le Va website to find out more: www.leva.co.nz/our-work/suicide-prevention/community-leadership

Trauma informed care

Werry Workforce Whāraurau have launched a set of e-learning modules which provide learners with an awareness of the impacts of trauma, as well as an introduction to trauma informed care service delivery. These are accessible at: www.werryworkforce.org/elearning

Supporting Parents Healthy Children

The New Zealand website is continuously being added to, so keep an eye on new resources for tamariki and rangatahi (children and young people) plus parents and professionals here: www.supportingparents.nz

New national suicide prevention training programme: LifeKeepers

Le Va has been working with key stakeholders and the Ministry of Health to co-design and develop a home-grown national suicide prevention training programme for all New Zealanders. The programme, LifeKeepers, is funded by the Ministry of Health and was launched in September 2017.

LifeKeepers gives people the skills to recognise and support those at risk of suicide. Visit the new website to find out more about this free new programme - who it's for, when it's coming, what training will look like and why it's needed: www.lifekeepers.nz



3. Events

The Substance Addiction Act 2017

The Substance Addiction (Compulsory Assessment and Treatment) Act 2017 (the Act) comes into force on 21 February 2018, replacing fifty-year-old compulsory treatment legislation. To help the addiction and allied workforces prepare for the introduction of the new legislation, Matua Raki has been supporting the Ministry of Health to inform the workforce about the Act, develop practice guidelines, provide training and ongoing sector support.

A second training day for authorised officers will be held in Auckland in late October. A training day for approved specialists and responsible clinicians will be held in Wellington on 1 December with the main focus of the day being on carrying out capacity assessment within the terms of the Act. Face to face training will be supported by role specific e-learning modules. An initial introduction to the Act e-learning module is available through: www.matuaraki.org.nz. For more information, contact: ashley.koning@matuaraki.org.nz

Addiction Leadership Day

Matua Raki's next leadership day will be held at the Novotel, Cathedral Square, Christchurch on 23 November 2017. Please register at: www.matuaraki.org.nz. Registrations will be open a month before the event.

Matua Raki's addiction peer and consumer workforce day

Matua Raki will host two more addiction peer and consumer days in 2017 with special guest 'recovery advocate', Mark Gilman (UK). These days are designed to strengthen the peer and consumer workforce. The dates for these days are:

- Auckland: Monday 20 November at Saint Columba Centre, 40 Vermont Street Ponsonby
- Christchurch: Friday 24 November, (venue TBC)

For more information contact: suzy.morrison@matuaraki.org.nz