

# How the workforce centres are supporting you

March – June 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 March – June 2017 from Matua Raki, Te Pou o te Whakaaro Nui, Le Va and Werry Workforce.*

## 1. Project updates

### Workforce planning and development

Te Pou will publish new guides in the *Getting it right* resource series, available on the website over the next couple of months:

- Workforce planning guide: Getting the right people and skills in the future workforce
- Developing your workforce: An overview of a systems approach to workforce development
- Training your workforce: Getting the most out of training and development

To better understand the mental health and addiction district health board (DHB) workforce a profile of employees in 2016 will be published. It provides an overview of demographic information such as age, gender and ethnicity of the mental health and addiction workforce.

### Early intervention in psychosis (EIP)

- Te Pou continue to provide e-learning modules from Orygen to selected practitioners in the sector via its EIP webpage, [www.tepou.co.nz/initiatives/early-intervention-in-psychosis-/164](http://www.tepou.co.nz/initiatives/early-intervention-in-psychosis-/164).

- We have established a community of practice using Loomio for people working in EIP. It's an opportunity to network with colleagues, share latest research and evidence, ask questions to problem solve jointly, and have discussions on practices or issues. If you are interested in joining this Loomio group, please email Frances Russell at [frances.russell@tepou.co.nz](mailto:frances.russell@tepou.co.nz).
- Te Pou have developed an infographic on EIP which is available on the Te Pou website, [www.tepou.co.nz/resources/first-episode-of-psychosis-as-recorded-in-primhd/779](http://www.tepou.co.nz/resources/first-episode-of-psychosis-as-recorded-in-primhd/779).

### Let's get real

*He Whakapāpā, he oranga: Engaging for wellbeing* is an e-learning module which provides people who work in mental health and addiction with an opportunity to learn and reflect on their values, attitudes, knowledge and skills and the role these have in practice – including in building relationships.

Visit [www.tepou.co.nz/letsgetreal](http://www.tepou.co.nz/letsgetreal) to learn more about the new e-learning module.

### Reducing seclusion and restraint

- Reducing seclusion and restraint continues to be a key area of focus with some very positive results being achieved in several services. Seclusion rates of Māori tāngata whai ora continue to be disproportionately high and will be a key focus for the team in 2017.
- In the next quarter, we will be connecting with services to find out how sensory modulation practices are used and supported as this is a key seclusion and restraint reduction strategy.
- We will also be publishing a fact sheet for families and whānau on seclusion, what they can expect and where to go for more information.

## Skills Matter

The year is well underway now for students in the Skills Matter programme. Te Pou continues to fund postgraduate clinical training programmes across the mental health and addiction sector. Skills matter supports over 300 students each year, and the programme is well supported by services and academic providers to enable the embedding of knowledge into practice.

*To find out more about Skills Matter, including which programmes are offered, please go to our website [www.skillsmatter.co.nz](http://www.skillsmatter.co.nz).*

## 2. Sector updates

### Substance Addiction Act

The Substance Addiction (Compulsory Assessment and Treatment) Bill had its third and final reading in Parliament on 15 February – find out more on the Parliament website, [https://www.parliament.nz/en/pb/bills-and-laws/bills-proposed-laws/document/00DBHOH\\_BILL68057\\_1/substance-addiction-compulsory-assessment-and-treatment](https://www.parliament.nz/en/pb/bills-and-laws/bills-proposed-laws/document/00DBHOH_BILL68057_1/substance-addiction-compulsory-assessment-and-treatment).

The new Substance Addiction Act (2017) will replace the Alcoholism and Drug Addiction Act (1966). This has significant implications for the addiction and mental health workforce; people with severe addiction and their family and whānau. Matua Raki will be working with the Ministry of Health to ensure the workforce is prepared and equipped to work with the new Act when it comes into force in 2017.

*For more information contact [ashley.koning@matuaraki.org.nz](mailto:ashley.koning@matuaraki.org.nz).*

## 3. Resources

### Easy access to resources via Le Va's new website

Based on sector and community feedback Le Va have redesigned their website. It's now easier to navigate from any device, with useful resources and tools focussed on Pasifika wellbeing. It also has integrated social media, so don't forget to join 35,000 others @LeVaPasifika on Facebook and twitter, [www.leva.co.nz](http://www.leva.co.nz).

### Depression fact sheets in Pasifika languages

Mental health literacy is important for working alongside Pasifika people and their families. Le Va has co-designed depression fact sheets with Pasifika clinicians and service users in different languages to equip mental health and addiction workers with more resources that Pasifika communities can engage with.

*Download at [www.leva.co.nz/resources/depression](http://www.leva.co.nz/resources/depression).*

## ADOM report

The second ADOM report will be produced in April 2017 and will explore changes in alcohol and other drug use (AOD), lifestyle and wellbeing and recovery scores amongst tāngata whai ora using AOD community based treatment services; the first report can be found here, [www.tepou.co.nz/outcomes-and-information/adom-reports/182](http://www.tepou.co.nz/outcomes-and-information/adom-reports/182)

## HoNOS tāngata whai ora resources - "You, your HoNOS and your recovery"

This project has been in progress through the latter part of 2016 and will continue into 2017. The purpose of this work is to develop HoNOS (Health of the Nation Outcomes Scale) information to support people who are using specialist mental health and addiction services. These resources provide an overview of HoNOS measures, and how ratings can be used.

These were developed in collaboration with consumer leads/ advisors and sector expertise (specific to the service setting).

- HoNOS/HoNO65+ has been finalised and published on the Te Pou website, [www.tepou.co.nz/resources/information-about-honosca-honos-and-honos-65-for-people-who-use-mental-health-services/428](http://www.tepou.co.nz/resources/information-about-honosca-honos-and-honos-65-for-people-who-use-mental-health-services/428)
- HoNOS-secure (for those being supported by forensic mental health services) is nearing release.
- HoNOSCA – work is in progress to compile two resources, one specifically for parents/carers and one tailored as a youth friendly resource.
- HoNOS-LD (for dual diagnosis intellectual disability and mental health services) will be progressed in 2017.

## PRIMHD resources

PRIMHD is designed to capture information about services being delivered for tāngata whai ora in mental health and addiction services. At an aggregated level this information provides a national picture of services delivered and how this is changing over time. These resources were published in 2016 and are intended to support the workforce to enhance the quality of the information which is routinely collected in PRIMHD.

- The guide to PRIMHD activity collection and use is a resource designed specifically to improve the consistency of how activity codes are used. This details each code in detail, and includes case scenarios to assist people interpret how and when relevant codes apply. This can be downloaded from the Ministry of Health website, [www.health.govt.nz/publication/guide-primhd-activity-collection-and-use](http://www.health.govt.nz/publication/guide-primhd-activity-collection-and-use).
- The Information and utility resource is designed to improve consistency of information in PRIMHD by increasing general awareness in the workforce about this valuable dataset. This is available on the Te Pou website, [www.tepou.co.nz/resources/primhd-information-and-utility-resource/719](http://www.tepou.co.nz/resources/primhd-information-and-utility-resource/719).

## Real Skills

Real Skills: online assessment tool has been moved to its own page within the Te Pou website to make it more visible and easier to access for users.

Visit the Te Pou website to find out more, [www.tepou.co.nz/initiatives/real-skills-online-assessment-tool/183](http://www.tepou.co.nz/initiatives/real-skills-online-assessment-tool/183).

## Supporting Parents, Healthy Children

The new website is continuously being added to, so keep an eye on new resources for tamariki and rangatahi (children and young people; parents and professionals) here, [www.supportingparents.nz.org](http://www.supportingparents.nz.org).

## Wellness survey

Worker wellbeing in general, is receiving increasing attention. However, little is known about the wellbeing status of the addiction workforce. Matua Raki, in partnership with Network of Alcohol and other Drugs Agencies (NADA); National Centre for Education and Training on Addiction (NCETA) and Flinders University are examining addiction worker wellbeing, quality of life and resilience, and associated contributory factors. Findings from the study will improve our understanding and provide valuable knowledge of the factors that contribute to worker wellbeing and quality of life. This will in turn inform organisations, managers and workers about improvements that will benefit services, addiction workers and clients. The survey will be sent out to the addiction workforce in the next quarter.

## E-learning: Screening and brief interventions for co-existing mental health and addiction problems

This e-learning module allows people to practice using a number of validated screening tools, alongside exploring appropriate brief interventions for working with CEP. This is a free e-learning package able to be accessed via the Matua Raki website, [www.matuaraki.org.nz/initiatives/e-learning/181](http://www.matuaraki.org.nz/initiatives/e-learning/181).

## 4. Upcoming training and events

### ADOM (Alcohol and Drug Outcome Measure)

Train the trainers ADOM training is in Christchurch on 8 May, and ADOM trainers refresher training is in Christchurch on 9 May. Book via the ADOM webpage, [www.tepou.co.nz/outcomes-and-information/alcohol-and-drug-outcome-measure/117](http://www.tepou.co.nz/outcomes-and-information/alcohol-and-drug-outcome-measure/117). There will be further training in Wellington and Hamilton later in the year so keep an eye on the website, [www.tepou.co.nz/events](http://www.tepou.co.nz/events)

### AMHOIC 2017

The 6th Australasian Mental Health Outcomes and Information Conference (AMHOIC) will be held from 28-30 June in Brisbane, Australia. Te Pou is a joint organiser of this event. The theme is "A shared vision: strengthening connections with information".

Learn more online, [www.tepou.co.nz/outcomes-and-information/amhoic/35](http://www.tepou.co.nz/outcomes-and-information/amhoic/35).

### GPS satellite seminars

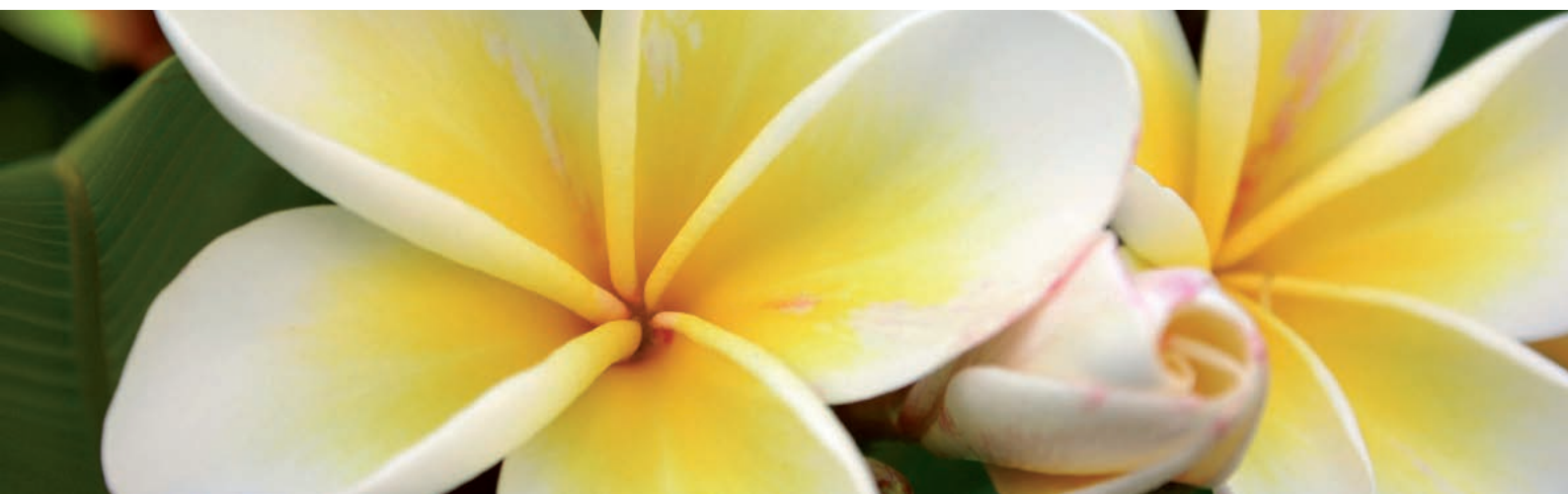
The purpose of the one-day 'Growing Pacific Solutions' seminars is to equip regional mental health and addiction workers with integrated solutions that support services and people to achieve the best possible outcomes for Pasifika people and their families. Save the date in your diary for the following regions: Auckland 26 May, Hamilton 11 July, and Christchurch 17 August.

To be involved, email us at [GPS@leva.co.nz](mailto:GPS@leva.co.nz).

### 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](http://www.leva.co.nz/training-education/engaging-pasifika).







### Cognitive impairment training

Dr Jamie Berry - senior clinical neuropsychologist and director at Advanced Neuropsychological Treatment Services in Sydney, will be providing training on recognising, assessing and responding to cognitive impairment in people accessing addiction services. Jamie will be holding 11 workshops throughout New Zealand between February and May.

*For further information and to register visit [www.matuaraki.org.nz/events](http://www.matuaraki.org.nz/events).*

### Addiction Leadership Days

Matua Raki and the National Committee for Addiction Treatment (NCAT) host Addiction Leadership Days three times a year in the main centres with the aim of bringing together leaders in the addiction sector workforce to facilitate professional networking and to add to current knowledge. The next Addiction Leadership Day will take place in Auckland on 20 July.

*For more information and to register go to [www.matuaraki.org.nz/events](http://www.matuaraki.org.nz/events).*

### Addiction Nurses' Symposium – 27 March, Hamilton

A free one-day symposium Journeying through practice in addiction nursing is for nurses working with people who have substance use problems/addictions.

*Find out more and register online, [www.matuaraki.org.nz/events/addiction-nurses-symposium-2017/1012](http://www.matuaraki.org.nz/events/addiction-nurses-symposium-2017/1012).*

### Research symposium

The 8th Addiction Research Symposium will this year be held in City Campus, Auckland University of Technology on 5 May 2017. This event is run in collaboration with the Universities of Auckland, Otago/Christchurch, Victoria, Massey, Auckland University of Technology and Matua Raki.

The Addiction Research Symposium provides a forum for New Zealand addiction researchers from all disciplines to meet and share their work. It also provides an opportunity for research students (PhD and Masters) to present and be supported by more experienced colleagues, and allows for focused discussions on issues of common interest to addiction researchers.

*For more information please contact [klare.brave@matuataki.org.nz](mailto:klare.brave@matuataki.org.nz).*

### National infant mental health training day

A practical and informative training day for those specialising in supporting infants and their families will be held at Parnell Community Centre, Auckland on 7 June. A range of speakers will present on areas of interest to workers in primary care, infant mental health specialist teams and care and protection services. The focus of this day will include infant vulnerability and risk, FASD, adverse childhood experiences (ACEs) and infant mental health service models. There will be opportunities to discuss implications for your work with colleagues and experts in the infant field.

*Please see the website for more details and to register, [www.werryworkforce.org.nz](http://www.werryworkforce.org.nz).*

