

How the workforce centres are supporting you

July – September 2017

4. Upcoming training and events

Addiction Leadership Day

Matua Raki's next leadership day will be held on 20 July at the Novotel in Ellerslie, Auckland. If you'd like to attend, register here: <https://www.matuaraki.org.nz/events/addiction-leadership-day-auckland/1005>

GPS Satellite Seminar Registrations Open

The GPS Satellite Seminars are focused on Pacific mental health and addiction workers. The first seminar in Auckland was held in June 2017. These seminars have been co-designed between mental health and addiction leaders and mental health and addiction workers. They prioritise cross-sector issues that are important for their region where integrated solutions are necessary. Suicide prevention and self-care were a high priority. Other satellite sessions will be in:

- Christchurch – 17 August
- Wellington – 6 September in collaboration with the Drua Pacific addiction network (and specifically focused on the addiction workforce)

Places are limited so register your expression of interest to a GPS session nearest you: <https://www.surveymonkey.com/r/J9NBQP8>

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

Annual Pacific Fono: 'Blaming my Brain'

Werry Workforce Whāraurau will be hosting a National ICAMHS/AoD Fono

Meeting the Challenges: Enhancing best practices working with Pacific children and their families experiencing developmental disorders. This free event will be held in Auckland on 20 September. It is open to all Pacific and non-Pacific clinicians who work with Pacific children and their families. For more information visit www.werryworkforce.org

Resilience: The Biology of Stress & The Science of Hope' documentary by Jamie Redford

Te Pou and Werry Workforce Whāraurau are hosting a screening of the documentary *Resilience: The Biology of Stress & The Science of Hope*. The screening will be at Victoria University in Wellington on 19 July, 5.30-8.30pm. Register now to secure your place at this event. Email alana.clark@tepou.co.nz

View the trailer: <http://kpjrfilms.co/resilience>

Registrations to attend the event in Auckland event on 13 July has closed. Email alana.clark@tepou.co.nz if you're interested in being on the waiting list.

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 July – September 2017 from Matua Raki, Te Pou o te Whakaaro Nui, Le Va and Werry Workforce Whāraurau.

1. Project updates

Supporting Parents Healthy Children

Emerging Minds in Australia have generously shared many resources since the launch of the New Zealand Ministry of Health SPHC Guidelines in 2015. Check out this link for free print and online learning resources: www.emergingminds.com.au/copmi-initiative.

The NZ Supporting Parents 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.supportingparentsnz.org

Practitioners who have completed the Single Session Family Consultation training

You are invited to participate in a train-the-trainer event in September/October. The training will help you learn to teach the Single Session Family Consultation model to your colleagues. If you are interested in attending, please contact Karen Isherwood: k.isherwood@auckland.ac.nz

Let's get real

Te Pou o te Whakaaro Nui (Te Pou) is undertaking a project on behalf of the Ministry of Health to refresh the *Let's get real* framework (Ministry of Health, 2008). The overall aim is to refresh the *Let's get real* framework to ensure continued relevance as a capabilities framework for the sector.

Te Pou will be seeking input from a wide range of stakeholders to see what should remain and what should change. There will be several opportunities to participate and support the refresh project, and you will hear more as the project progresses. We look forward to your input. The project will run until mid-December 2017, and we aim to have an updated framework ready to roll out in 2018.

Values informed practice is a resource for everyone working in mental health and addiction services. Values are central to all aspects of our practice. This resource aims to support individuals to recognise and reflect on the impact of values in their work, as well as stimulate discussion within teams, organisations and with people using services.

This resource is available on the Te Pou website www.tepou.co.nz. Print copies are available on request.

Real Skills Plus ICAMH/AOD evaluation

All ICAMH/AOD Services across sectors are invited to participate in a Real-Skills Plus ICAMH/AOD evaluation. This evaluation will outline the strengths and areas for skill development in your teams. Individual practitioners can also participate. An E-tool (E-Skills) has been developed for this purpose. For more information visit www.werryworkforce.org

Worker wellbeing survey

Matua Raki, in partnership with the Network of Alcohol and other Drugs Agencies (NADA), New South Wales; and the National Centre for Education and Training on Addiction (NCETA), Flinders University, South Australia, are examining addiction worker wellbeing, quality of life and resilience, and associated contributing factors.

Findings from the study will improve understanding and provide valuable knowledge of the factors that contribute to worker wellbeing and quality of life. The survey will be sent out to addiction practitioners soon. For further information email klare.brave@matuaraki.org.nz



2. Sector updates

Weaving our way to prevent suicide

One component of Le Va's national 'FLO: Pasifika for Life' Pacific suicide prevention programme is supporting local grass roots leaders, to deliver suicide prevention initiatives from within their own communities. We're delighted to report that all 17 projects Le Va have supported, and their final reports are complete.

Over the next month, Le Va will share the results and outcomes of each report. Showcasing how the projects have collectively been woven together to form a strong and resilient fabric for suicide prevention for Pasifika.

<https://www.leva.co.nz/our-work/suicide-prevention/community-leadership>

New national suicide prevention training programme

Le Va has been co-designing and developing a new home-grown national suicide prevention training programme for all people living in New Zealand. The programme, to be known as LifeKeepers, is funded by the Ministry of Health and will roll out over the next few months.

LifeKeepers can be thought of like first aid training, giving people the skills to recognise and support those at risk of suicide.

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, by visiting lifekeepers.nz

3. Resources

We are family - stories from family and whānau affected by someone else's use of alcohol or other drugs

Matua Raki have developed *We are family* booklets. These short booklets include stories about addiction and recovery - from the point of view of family and whānau of people experiencing addiction related problems. The stories have been graciously shared by families and whānau. The purpose is to help families and whānau connect with services and to know they are not alone.

The booklets will be available from the Matua Raki website www.matuaraki.org.nz after their launch at the Addiction Leadership Day on 20 July 2017.

Seclusion in mental health and addiction services: information for families and whānau

This information factsheet has been designed to give families and whānau members information about seclusion: what it is, why it happens and what they can do to help. It is available on the Te Pou website www.tepou.co.nz. Printed copies are available for use in mental health inpatient wards.

Working with Māori e-learning tool

Working with Māori, is an interactive cultural competency tool developed by Matua Raki. The aim of the tool is to increase the cultural competency of the health workforce, with a specific focus on mental health and addiction. The purpose of this tool is to equip health workers to increase their understanding of working effectively with Māori clients and whānau to improve health outcomes. The first of three modules will be available from 20 July on the Matua Raki website. www.matuaraki.org.nz.

Bridging the Gap: Young people and substance use

Matua Raki in collaboration with Werry Workforce Whānau have recently published *Bridging the Gap*. This is a resource for teachers, counsellors and youth workers who may be working with young people experiencing problematic substance use.

Bridging the Gap includes information about: youth development and culture; substances and their effects; managing intoxication and withdrawal; harm reduction; stages of change; professional communication and cultural considerations. The resource has been sent out to all intermediate and high schools throughout New Zealand. To order or download a copy visit the Matua Raki website <https://www.matuaraki.org.nz/resources/bridging-the-gap-young-people-and-substance-use/711>.



Talking Therapies

The Brief Intervention Resource (BIR) is part of the *Let's get talking* resources developed by Te Pou. These support primary health services to deliver effective talking therapies using a stepped care approach.

This aim of the BIR resource is to support the capacity and capability of primary care services to deliver brief interventions to people presenting with early and mild to moderate signs of mental health and/or addiction problems.

The prescriptions and recommended self-help 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. Guidelines to support practice staff in this approach are included in the resource.

Pamphlet for nurses experiencing problematic substance use

Matua Raki have created a pamphlet in consultation with the Nursing Council of New Zealand. This pamphlet guides nurses who use substances to get support from within their profession. The pamphlet will be available from the Matua Raki website at the Addiction Leadership Day on 20 July 2017 www.matuaraki.org.nz

Suite of Professional Supervision Guides for Nurses

Professional supervision is essential for nurses who support people experiencing mental health and addiction problems, along with their families and whānau, to thrive and experience wellbeing. It allows space and time to reflect on practice and professional identity. The guides developed in 2011 have been updated and include:

- Te Tirohanga a te Manu - "A bird's perspective": Professional Supervision Guide for Nursing Leaders and Managers.
- Te Tirohanga a te Manu - "A bird's perspective": Professional Supervision Guide for Nursing Supervisors.
- Te Tirohanga a te Manu - "A bird's perspective": Professional Supervision Guide for Nursing Supervisees.

The guides will be available on the Te Pou website in July www.tepou.co.nz.

Handover - Mental Health and Addiction Nursing newsletter

Handover is a newsletter for nurses who work in the mental health and addiction sector. The theme for Issue 39 is wellbeing, and it will be released in July. Included in this issue will be: coverage of the addiction nurse's day, *Let's get real* and wellbeing, nurse profiles and research updates.

The tenth issue of *Handover* (Issue 40) will be a special edition focused on stories that relate to recommendations noted in 'Mental Health Nursing and its Future: A Discussion Framework' (MoH, 2006). Stories will be about topics including leadership, mental health nurse practitioners, standards, skill mix,



clinical career pathways, professional supervision, education, research, recruitment and retention.

This edition of *Handover* will be released in September. If you are interested in writing an article, email either suzette.poole@tepou.co.nz or Caro Swanson caro.swanson@tepou.co.nz. Articles need to be 300-800 words, and can include photos.

Workforce planning and development

Te Pou has developed the new *Getting it right* series of workforce planning and development guides. The guides describe step by step processes and advice for people doing workforce planning, and training and development. Other resources in this series provide workforce planning templates, population projections and advice for using data in workforce planning.

These are available on Te Pou website <https://www.tepou.co.nz/initiatives/workforce-planning/15>

Workforce information

The DHB mental health and addiction employees: 2016 profile report provides demographic and service information. This report will be updated and published annually. Look out for the 2017 version in October/November on the Te Pou website www.tepou.co.nz

NGO Community Support Workforce

Te Pou and Platform Trust have developed a discussion paper *Fast Track – Challenges & Opportunities for the mental health and addiction community support workforce*. It highlights a number of issues that need to be addressed to help grow and develop the community support workforce. It is a companion to the earlier publication *On Track: Knowing where we are going* and is hoped it will generate discussion about these issues to inform future development of this workforce.

This will be available in July and for further information contact Emma Wood email emma.wood@tepou.co.nz