

How the workforce centres are supporting you

October – December 2016

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 from Matua Raki, Te Pou o te Whakaaro Nui, Te Rau Matatini and The Werry Centre.

Talking therapies

The final three guides of the *Let's get talking* toolkit are now available on the Te Pou website.

- Therapy: A guide to evidence based talking therapies – the matrix, brief interventions and cultural relevance.
- Review: Progress and outcome measures to support effective talking therapies delivery.
- Practice support: Competencies, training and supervision for talking therapies delivery.

Visit the Te Pou website to find out more: www.tepou.co.nz

Handover

A special child and youth edition of *Handover*, the Te Pou nursing newsletter is out now with a great range of articles covering the great work being done by nurses in child and youth focused services.

Visit the Te Pou website to subscribe and have *Handover* delivered direct to your inbox: www.tepou.co.nz/subscribe

1. Resources

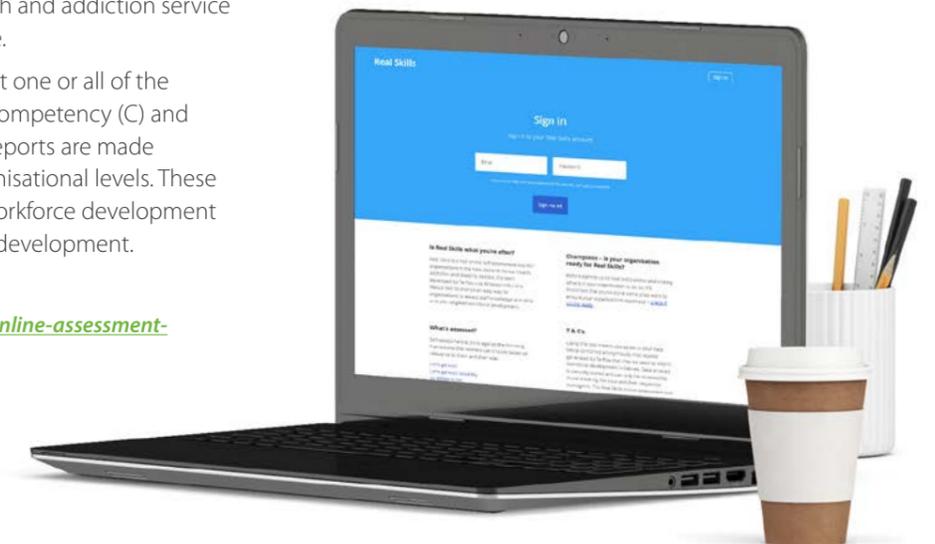
Real Skills

The Real Skills: Online assessment tool enables people working in the mental health, addiction and disability sectors to assess their knowledge and skills in relation to a number of frameworks.

- *Let's get real.*
- *Let's get real: Disability.*
- Te Whare o Tiki – co-existing problems knowledge and skills framework.
- Competencies for the mental health and addiction service user, consumer and peer workforce.

Workers can assess themselves against one or all of the frameworks to identify their areas of competency (C) and areas that need development (ND). Reports are made available at individual, team and organisational levels. These reports can then be used to inform workforce development initiatives and individual professional development.

Visit the Te Pou website to find out more: www.tepou.co.nz/resources/real-skills-online-assessment-tool/750



Engaging Pasifika cultural competency training calendar | Multiple 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-careers/engaging-pasifika/calendar

Reducing seclusion and restraint | 21-22 November

Te Pou will be supporting the national safe practice and effective communication (SPEC) training forum on 21-22 November in Christchurch.

For more information please contact Lois Boyd, email lois.boyd@tepou.co.nz, or Caro Swanson, email caro.swanson@tepou.co.nz

Addiction Leadership Days | 24 November 2016, 23 March 2017

The next Addiction Leadership Day will take place at Rydges in Christchurch on 24 November, and the date for the Wellington event has been set for 23 March 2017.

For more information please contact tanya.cook@matuaraki.org.nz

Te Hau Mārire

For people working with Māori experiencing addiction-related harm

Te Rau Matatini will be supporting Turuki Health Care's investment in competence and growing its capability as first responders to address mental health and addiction-related issues as well as suicide prevention. We will also be working with The Salvation Army to support their commitment to increasing their capability with Māori responsiveness. Te Rau Matatini continues to support current scholarships, scholars and work based placements.

For further information about Takarangi and Te Hau Mārire contact Terry Huriwai, programme manager Te Hau Mārire, terry.huriwai@teraumatatini.com

Communities of practice: solution-based; tools-focused

Communities of practice tend to emerge in response to a common interest or position and play an important role in forming members' participation in, and orientation to the world around them. They provide a setting in which the Māori workforce will have their professional identity enhanced and where development will occur with examples of locally led excellence. Te Rau Matatini will be supporting Te Taitokerau communities of practice hui **Friday 2 December** in Rawene – Nau mai Haramai.

For further information about this hui contact Maria Baker, workforce innovations manager, maria.baker@teraumatatini.com



Supporting the Asian addiction workforce

Matua Raki's newest team member, Kun Zhang, is translating some of Matua Raki's resources and Health Promotion Agency (HPA) information into Asian languages. These resources will soon appear on the HPA website. Matua Raki is also supporting the development of a recovery stories booklet in Asian languages, which will soon be released.

Check the HPA website for updates soon: www.hpa.org.nz

Real people share their recovery stories

Real people share their recovery stories is a collection of personal stories from real people, and their different journeys to recovery from addiction to alcohol or other drugs. The booklet was launched at the Addiction Leadership Day in Auckland, held on 20 July, and has been distributed widely through addiction and mental health services.

Visit the Matua Raki website to order a copy: www.matuaraki.org.nz/resources/real-people-share-their-recovery-stories/688

Aunty Dee online wellbeing tool

Le Va's wellbeing app [Aunty Dee](#) aims to help young people cope with stressful life experiences by providing structured problem solving in a self-reflective way.

The evidence-based tool is based on cognitive behavioural therapy and has had good uptake in child and adolescent mental health settings. Users can send a copy of their solutions and plan to themselves and a friend, parent, teacher or therapist, so it becomes a tool for all to help give support. The website also has useful evidence-based tips for common problems faced by teenagers.

Aunty Dee was featured in the June edition of Superu's *What Works* publication, which looks at how digital tools might be used by and for young people to provide user-centred wellbeing support services in safe, effective and engaging ways.

Visit the Le Va website to download a copy of *What Works*: www.leva.co.nz/library/leva/what-works-going-digital-to-deliver-wellbeing-services-to-young-people-insights-from-e-tools-supporting-youth-mental-health-and-parenting

Try the app at www.auntydee.co.nz

Guidelines for engaging with Pasifika youth

Following the national Growing Pasifika Solutions #GPS2016 conference, Le Va developed the Pasifika Youth Participation Guide. The guide outlines nine guidelines to support services and organisations to effectively engage, using an authentic youth participation approach to work alongside Pasifika young people. The guidelines are based on the three themes of the conference: radical acceptance + absolute inclusion leads to full participation.

Visit the Le Va website to download the guide: www.leva.co.nz/library/leva/pasifika-youth-participation-guide

Early intervention in psychosis services

Te Pou hosts a community of practice for staff working in early intervention in psychosis services. The group provides an opportunity to ask questions and share thoughts with your peers.

Visit the Te Pou website if you're interested in joining: www.tepou.co.nz/initiatives/community-of-practice/172

Journal of Indigenous Wellbeing: Te Mauri-Pimatisiwin

The Journal of Indigenous Wellbeing: Te Mauri - Pimatisiwin is a peer-reviewed, open-access, scholarly online journal that shares multi-disciplinary indigenous knowledge and research experience amongst indigenous professionals, academic and community leaders/groups. Since its launch in July 2016 there have been 16,171 online visits. Our Spring issue is due for release in December 2016.

For more information about the journal visit www.journalindigenousewellbeing.com

Te Rau Matatini Publications

Te Rau Matatini have recently released the following documents: He Puna Whakaata; Manaaki: Mana Enhancing and Protecting; Māori Mental Health Nursing: Growing our Workforce.

Visit the website to access these documents teraumatatini.com

2. Awards

Equally Well wins TheMHS award for innovation and excellence

The Equally Well collaborative scooped the top prize in the Physical Health and/or Primary Care category at the TheMHS Learning Network Awards in Auckland, held from 23-26 August. TheMHS is the largest mental health and addiction services conference in Australia, New Zealand and the Pacific, and is held in New Zealand every eight years.

Visit the Te Pou website to find out more about Equally Well: www.tepou.co.nz/initiatives/equally-well-physical-health/37

Cutting Edge Award Winners

Matua Raki offered two awards at the Cutting Edge Conference in Rotorua, held from 7-10 September. The winners were The Problem Gambling Foundation of New Zealand, who won the Workforce Innovation Award for initiatives that led to the concept of social justice permeating their service. The winners of Matua Raki's New and Emerging Researcher award went to Vicky Totua, Karen Fraser and Karen Henke of CADS Auckland, for their study on the use of sensory modulation as a tool within the specialist area of withdrawal management.

Visit the Cutting Edge Conference website to find out more: www.cmnzl.co.nz/cutting-edge-2016

3. Training and events

Allied health leadership day | 3 November 2016

Te Pou's next Leadership Day will be held in Auckland on 3 November, for allied health professionals working in mental health and addiction services. This day will provide attendees with opportunities to network, discuss issues current to allied health practice in mental health and addiction services, and explore practice initiatives that allied health professionals in leadership are currently involved in.

Visit the Te Pou website for more information and to register: www.tepou.co.nz/events/allied-health-leadership-day/1054

Te Pou national outcomes and information – Making it matter 2016 | 4 November 2016

Te Pou is hosting this forum to support the collection, use and understanding of mental health and addiction information and outcomes. This year's forum, held in Wellington, will focus on developing leadership in information, and be of particular interest if you're a planner and funder, service leader, quality improvement specialist, chief executive, clinical director, outcomes leader/champion, or a budding outcomes leader/champion.

Visit the Te Pou website for more information and to register: www.tepou.co.nz/events/te-pou-national-outcomes-and-information---making-it-matter-2016/996

Single Session Family Consultation training | 14-15, 17-18 November 2016

The focus of this workshop is on engaging with and attending to the needs of family/whānau members in service contexts where the primary client is usually an individual (for example, adult mental health and AOD services). This two-day training will be delivered by The Bouverie Centre in Christchurch and Auckland in November, at no cost, however application criteria will apply and places are limited.

Visit The Werry Centre website for more information and to register: www.werrycentre.org.nz/events/2016-11

Co-existing problems | 15 November 2016

Co-existing problems training continues to be offered by Matua Raki on request. Advanced practitioner training will be held in Hamilton on 3 October and in Dunedin on 15 November. Pathways will be offering four courses as part of their professional development programme in October, and Whanganui DHB will be hosting an introductory course in December.

For more information please contact Ashley Koning, email ashley.koning@matuaraki.org.nz

Child trauma focused training day | 17 November 2016

A child trauma focused national training day will be held in Wellington on 17 November.

Visit The Werry Centre website for more information: www.werrycentre.org.nz

