

## NEWS THIS MONTH

By Chris Taua

### INSIDE THIS ISSUE

1. News this month
2. Presidents comment
4. Research grant
5. Conference report  
Auckland seminar
6. Coming events
8. Regional contacts

Season greetings to you all, and this is the last newsletter of 2006. I can't believe the year has passed so quickly yet so much has occurred over this time. As I reflect back over our newsletters for this year, a lot has certainly happened and the college has been quietly and at times not so quietly active. A key event this year has been the election of our new College President; Heather seems to have settled so easily into her role. 2006 has also seen the final vote for the ANZCMHN to remove NZ from their title. Members have been representing the college in many projects and working parties. You can read the acknowledgments of these members in the combined President and Vice President Report after this section.

This issue is sadly but importantly dedicated to Rita McEwan, a nurse elder many of you will have known, who passed away on 22<sup>nd</sup> November 2006. Thelma describes Rita's involvement so well in the following ...*"Rita is one of our nurse elders in recent years and made a donation to the College which became the Rita McEwan scholarship. She was there in the early days of Te Ao Maramatanga in 1980s, encouraged us to join with Australia, and encouraged us when it was time to stand on our own feet. She made a very significant contribution to psychiatric mental health nursing in this country from Matron at Porirua to work for the then Department of Health nationally and internationally, and a host of other roles. She was proud of being a psychiatric nurse; she was also something of a character with that psych nursing humour and enjoyed socialising"*. A great nursing leader who will be missed.

The research grant has been awarded. The recipient of this is Helen Hamer. Congratulations Helen on achieving this award, obviously very well deserved and we wish you the best with your research. Read more about this in Brian's report later. Also included in this newsletter is a conference report from Stacey Wilson. Thanks for this Stacey, certainly sounds like a conference worth considering for next year.

To conclude is my usual reminder re the submission of short articles that might be of interest for publication in the newsletter. Keep sending those new initiatives, unusual / humorous / challenging events occurring in your workplaces that might appeal to College members? Please contact me if you want help formulating these. Easiest contact is at [tauac@cpit.ac.nz](mailto:tauac@cpit.ac.nz).

Keep safe and happy, I look forward to working for you all again in 2007. Go well and best wishes for the festive season.

## Presidents Comment

*By Heather Casey and Thelma Puckey (vice president)*

### Thank you.

The National Committee would like to acknowledge and thank members who have undertaken work on behalf of Te Ao Maramatanga this year.

Firstly, there are those that are in ongoing roles and College representatives:

Chris Hatton, Hamilton, Webmaster

Bev Hodder, Clinical Reference Group, Mental Health Commission

Mark Smith, Nurse Practitioner Advisory Committee

Chris Taua, Christchurch, Newsletter Editor, and Sam Kelly (Coming events)

The Committee wishes to especially acknowledge the contribution of Tish Siaoosi (Auckland), who has recently resigned as Secretary of Maori Caucus, a role she has had for the past ten years. Tio Sewell (Waikato) has agreed to undertake this role in the meantime.

We also want to thank the Conference Committee in Waikato for their fantastic efforts in organising for our inaugural conference in 2007. Great to see the call for abstracts.

Secondly, there are members who are representing the College for specific projects and working parties:

Maria Baker (Far North), & Carol Seymour (Auckland): National Depression Initiative,

Kaye Carncross, (Wellington) Indemnity insurance working party

Carmel Haggerty (Wellington): Designing our services workshop, MH Commission,

Frances Hughes, NGO sector

Hineroa Hakiaha (Wairapa), Nani McClusky (Wellington) & Tio Sewell on behalf of Maori Caucus with Te Rau Matatini dual competencies project,

Ian McLauchlan, (Wellington): Advisory group to the Police Taser project,

Duncan Milne for Auckland & Thelma Puckey for Wellington at the Police Tasers briefings,

Brian Phillips, (Wellington) National Mental Health Sector Standards

Gail Phillips (Christchurch): Self-harm & suicide prevention collaborative project,

Thelma Puckey, Clinical Algorithms, Royal Australian & NZ College of Psychiatrists

Thirdly, we wish to thank members who gave feedback on the various discussion and consultation documents such as DHBNZ Nursing & Midwifery Framework, MH Commission Futures consultation, and PECT/CTA review of MH programmes. Our thanks also go to members who've contributed to the newsletter and MH nurses Yahoo group across the year.

Fourthly, our thanks to the Branch chairs and committees as well as contact people for their activities and efforts in growing the College in the different regions. Frances Hughes (Wellington) and Tony O'Brien generously assisted and participated in the July Policy School with College of Nurses Aotearoa. Frances is donating a policy scholarship to the College and this will be featured in the first issue in 2007. The Committee also wants to acknowledge the outstanding contribution of Tony O'Brien (Auckland), the inaugural President who stepped down from this role midyear to concentrate on his PhD. Since then Tony has undertaken some significant projects on behalf of the College including the Taser campaign, facilitating the DAO practice guideline working group and the DAO guidelines, and the submission to the Confidential Forum for former psychiatric patients.

**A Fresh Look  
at Nursing ...**

**College  
Conference**

**2007  
Waikato**

Lastly in terms of acknowledging significant contribution to the College in 2006 there are the members of the National Committee and the Boards.

National Committee members are:

Hineroa Hakiaha - Kaiwhakahaere

Chris Lyall - treasurer

Jacque Kidd - secretary

Brian Phillips - registrar

Maori Caucus chair - Tish Siao

Nani McCluskey, Suzette Gisler and Helen O'Sullivan

Board chairs and members are a central component of the College infrastructure, and enable the College to be responsive to professional issues facing mental health nurses. A big thanks you to all, as without your input the College would not be in such a strong position to advocate for mental health nursing.

The Research Board - Brian McKenna (chair), Daryle Deering and Brian Philips

The Professional Practice Board - Suzette Gisler (chair), Helen O'Sullivan and Kaye Carncross.

The Education Board - Thelma Puckey (chair), Barbara Lowen, Richard Renwick, and Carmel Haggerty

#### **Update for the end of the year.**

In terms of news since the last newsletter, there have been a number of activities happening:

- Maori Caucus has nominated members onto each of the boards. Tio Sewell is joining the professional practice board, Hineroa Hakiaha the research board and Nani McCluskey the education board.
- Diane Irwin from Tairāwhiti will be joining the committee following Tish's resignation.
- A Practice Board vacancy is advertised on the website
- PECT transition feedback from Committee and member collated and sent
- Shelly Gunther has accepted the role of assistant registrar
- Helen Hamer has been awarded the College Research Scholarship
- Tony O'Brien has represented the College at the Confidential Forum
- Thelma and Heather have met with David Chaplow (MoH), Robyn Shearer (National MH workforce project), Glen Barclay (PSA), Ruth Harrison (MHC), Sandy Brimblecombe (PECT transition project manager) on behalf on the college continuing to develop national networks. We will report on these meetings in the next newsletter.

November also saw the passing of Rita McEwan, a significant figure in the development of MH Nursing here in New Zealand. She will continue to be remembered in the College through her generous donation, which is the Rita McEwan Scholarship. Kate Prebble from Auckland has kindly offered to write an obituary for Rita and this will be a tribute to Rita's contribution and very much part of the history of MH nursing in New Zealand. The college was represented at Rita's funeral, sent a card to Rita's family, and will make a donation to her chosen charity.

Finally we are pleased to say that the college continues to increase its membership on a monthly basis. It is now 2 years old and in a strong position to move forward into 2007.

Many thanks to all members. Best wishes & Merry Xmas.



*Taranga Te Kumete  
o  
Te Ao Maramatanga*

## Results of the Te Ao Maramatanga Research Fund.

By Brian McKenna, (Chairperson)

In November the Research Board of Te Ao Maramatanga completed the application process for the inaugural research fund introduced by the College. The full amount of the fund of \$3000 went to Helen Hamer. Helen is currently employed as a Nurse Consultant at the Auckland District Health Board and a Senior Lecturer at the University of Auckland. Helen is a PhD candidate studying the service users' journey towards citizenship within a recovery paradigm and the implications for mental health nursing practice. The application was not related to her PhD, rather focusing on anxiety.

The applications were reviewed independently by three members of the Research Board. The decision to support Helen's work was unanimous. What impressed us was that this study is part of a platform that will inform those working with service users experiencing anxiety in its many guises. We wish Helen well with the research and look forward to its eventual publication.

Attached is an overview from the successful application:

*"The diagnosis and management of chest pain and panic symptoms is relatively neglected and if not treated it can become chronic and develop into panic disorder that has an adverse effect on the person's quality of life, general health and psychological wellbeing. Therefore it is important to examine how the individual and the family can be supported in recovery from this mental disorder. Aims of the research are to examine the main concern and management of an individual with panic disorder, affects on quality of life, client's perspective of their condition, treatments, service utilisation and characteristics of clients accessing treatment. This research is primarily qualitative with complementary quantitative data input. Thirty participants will be interviewed, recruited with the assistance of clinical psychologists and physiotherapists working in the private sector. This study will inform mental health nursing practice and their contribution to the implementation of the second national mental health plan (Ministry of Health, 2005)."*



Successful applicant Helen Hamer and Research Board Chairperson Brian McKenna at the presentation of the award.

## Conference report

By Stacey Wilson (lecturer Massey University)

### Celebrating Excellence - Conference Report

*A mental health focused conference, co-hosted by Auckland University, the Mason Clinic and the Mental Health Nursing Section of the New Zealand Nursing Organisation*

The second conference to be hosted by the NZNO mental health nursing section was held in Auckland on the 26<sup>th</sup> and 27<sup>th</sup> of October, 2006. The theme of "excellence" was touted to be an opportunity for health professionals from throughout the mental health sector to share their ideas about what works, and the challenges that confront us all. Approximately 80 people working within the fields of mental health prevention, primary care, Non-Government organisations, clinical practice, education and research attended and participated with enthusiasm and the usual collegial high spirits associated with mental health service innovation and delivery.

The conference was opened by the first key-note speaker, Dr Brian McKenna. Brian delivered a frank and informed over-view of leadership within mental health with a focus on developing and retaining excellent nursing leaders to facilitate participation and innovation in the future. During the first day, issues pertaining to leadership, working in collaboration across our multidisciplinary teams and critically examining how staff safety can lead to better outcomes for the consumers was discussed rigorously. Further presentations examining attitudes and competence were excellently balanced alongside innovative case studies and exemplars from clinical practice.

Day two began with the second key-note speaker, Manny Down. Manny is a leader and spokesperson for people-centered health policies. His presentation was engaging and highlighted the superb innovation and excellence occurring within the NGO sector, by consumers and with consumers. The leading edge being undertaken to advance a recovery focused mental health sector. A variety of presenters followed including re-examining cultural safety, holistic wellbeing approaches with family, critical examination of recently introduced MH Smart and HoNOS frameworks and a variety of research in relation to pharmacological options and treatment approaches.

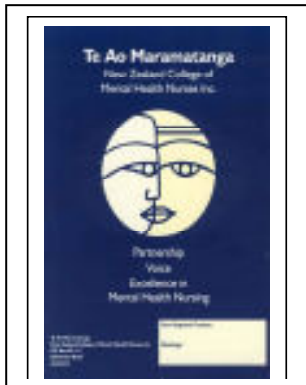
Participation, talk, humour and sharing of ideas, experiences and achievements were constant throughout the two days. The conference was tremendously well organised and facilitated, there was first-rate nourishment provided over the two days and the company was terrific. This annual conference is well worth keeping your eye out for in 2007.

## Report from Auckland branch seminar

By Helen Hamer

The Auckland branch held their inaugural seminar "Perceptions of mental illness in the media" at St Luke's Community Mental Health Centre, on Tuesday evening 21/11/06. It was a great success. Thirty five people attended to hear the valuable and thought provoking insights from the 4 panelists.

Jan Gordon-Walters, Consumer Advisor at Rodney Adult Mental Health Services: Waitemata DHB kicked-off the panel discussion with a first person account and



**Free Posters Available.**  
Contact Tony on  
[a.obrien@auckland.ac.nz](mailto:a.obrien@auckland.ac.nz)

overview of stigma and discrimination. Jan also gave examples of reportage that adversely affects those people in recovery from mental illness.

Brian McKenna presented the research on the media coverage of homicide by people with mental illness, with some thought provoking conclusions about the media's role in perpetuating stereotypes.

Ingrid Leary (producer and documentary maker TV3) discussed the systemic industry issues for reporters and documentary makers when addressing stigma and discrimination in their reporting, and she concluded with excellent suggestions for the College to consider when developing a communications strategy.

Gerard Vaughan from the 'Like minds-Like mine" campaign gave an excellent overview of their reducing discrimination research activities, and concurred with Ingrid in the difficulties and successes in portraying mental illness in the media.

The audience was a mixture of college members, their families, and consumers. Feedback confirmed that this was a wonderful seminar, and that this event should continue to provide the opportunity for mental health nurses and their wider community to debate and discuss the topics of clinical and professional interest. Seminars are planned to be held 3 times a year.

Some examples of audience feedback:

- "I thought the seminar was very informative. It was good to see so many numbers there and I am sure when word gets around numbers will only increase".
- "Just wanted to say how fabulous the session was and more sessions at that level would be great".
- "Thanks for the informative seminar. I thought the seminar panels were fantastic, and each of them gives difference perspective regarding the same issue".
- "Thank you so much for organizing last night's informative presentation. My daughter and I could not stop talking about it".
- "It was an excellent topic and I really got a lot from it. My colleagues here are sorry they missed it, so hopefully there will be a groundswell. It prompted me to chase my registration. Cheers for organising it and getting such a high calibre of speaker".

## Alzheimers (NZ) Conference

*By Robyn Peel*

*Manager Services and Information, Alzheimers New Zealand National Office*

*Ph: 04 381 2362 Fax: 04 381 2365 Mobile: 021 1454724*

*Website: [www.alzheimers.org.nz](http://www.alzheimers.org.nz)*

Alzheimers New Zealand is hosting their National conference in Wellington in April 2007. The theme for the conference is *Dementia Across the Ages*. This looks at dementia across time (past, present and future) and dementia across different age groups (such as how children are affected and younger-onset dementia).

They will have four international dementia experts as keynote speakers. One of these keynote speakers is Professor Rhonda Nay, who is the Professor of Gerontologic Nursing at La Trobe University in Melbourne, Australia. She should be of interest to nurses, as she will be talking about quality dementia care. More details about Professor Nay and the other keynote speakers can be found on the website -

[www.alzheimers.org.nz/conference.php](http://www.alzheimers.org.nz/conference.php)

***Alzheimers New Zealand 20th Anniversary (1986-2006)  
Alzheimer's Centenary - 100 Years of Alzheimer's disease***

## Regional News

### Auckland Branch news (Tony O'Brien)

Thanks to those members who contributed to the College submission to the Confidential Forum for inpatients of the former psychiatric hospitals. The responses brought to light a side of the former institutions that is not frequently seen: that of nurses working under difficult conditions to provide humane and sympathetic care. The submission, which is on the College website, contains both anecdotes and opinions which provide a context to the wider issue of the experiences of former patients. The Forum members were very receptive to our submission.

***A FRESH LOOK AT NURSING IN THE MENTAL HEALTH & ADDICTIONS SECTOR  
IN AOTEAROA NEW ZEALAND***

**19 & 20th July 2007**

**Venue Novotel in Hamilton**

Conference organisers: Six Hats: Amanda Graham

The Waikato Branch is organising the inaugural conference for Te Ao Maramatanga.

Organising Committee

Convenor: Suzette Gisler

Secretary: Denny Mc Nae

Jeff Symonds, Karin Haganaars, Heidi Steyn, Robyn Boladeras, Mark Smith, Tio Sewell (Maori Caucus)

National Information Service and Resource Centre Coordinator  
Mental Health Foundation NZ

[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz); [kim@mentalhealth.org.nz](mailto:kim@mentalhealth.org.nz)

Kim Higginson DD (09) 300 7038

The Resource and Information Centre is located at 81 New North Road, Eden Terrace, Auckland. Open to the public from 9.00am - 4.30pm, Monday to Friday.  
Resource Centre Phone (09) 300 7030.

***Working to improve the mental health of all people and communities in New Zealand***

## Coming events

### International events

British Psychological Society Division of Clinical Psychology Annual Conference  
14th and 15th December 2006. Venue: Congress Centre, Great Russell Street, London, UK,

Website: <http://www.dcpconference.co.uk/> .

### Coming in 2007

12-14 March 2007, Waikiki, Hawaii

**Pacific Rim Conference on Disabilities.**

Proposals are accepted from all over the world and address best practices and innovation within the specifically chosen topical areas.

Contact: Steve Potts at <http://www.pacrim.hawaii.edu/>

30 April - 2 May 2007, Rotorua

**Enhancing our Com(mon)unity: social inclusion, mental health and recovery**

For more details contact [StandardsPlus@imaginebetter.co.nz](mailto:StandardsPlus@imaginebetter.co.nz)

27 May - 1 June 2007, Yokohama, Japan  
**ICN International Conference**  
**Nurses at the Forefront: Dealing with the Unexpected**  
Contact: <http://www.icn.ch/conference2007>

June 25 - 30, 2007, Italy  
**30th International Congress on Law and Mental Health: University of Padua.**  
Includes nursing papers. For further info see [www.ialmh.org](http://www.ialmh.org)

2007  
HRC Pacific Health Forum: (previously known as HRC Pacific Health Research Fonu)  
For more details email [dalofivae@hotmail.com](mailto:dalofivae@hotmail.com) or [nwichtmantou@hrc.govt.nz](mailto:nwichtmantou@hrc.govt.nz)

### Share your knowledge with the College:

**Contact Samantha: [samratkel@hotmail.com](mailto:samratkel@hotmail.com) with coming events**

## Regional Contacts

Auckland: Carole Seymour;  
[cseymour@adhb.govt.nz](mailto:cseymour@adhb.govt.nz)

Waikato: Jeff Symonds  
[symondsjeff@xtra.co.nz](mailto:symondsjeff@xtra.co.nz)  
[symondsjeff@waikatodhb.govt.nz](mailto:symondsjeff@waikatodhb.govt.nz)

Rotorua: Marita Ranclaud;  
[marita.ranclaud@xtra.co.nz](mailto:marita.ranclaud@xtra.co.nz)

Hawkes Bay: Helen O'Sullivan;  
[hm.osullivan@xtra.co.nz](mailto:hm.osullivan@xtra.co.nz)

Central District: Paul Hiscox;  
[P.Hiscox@ucol.ac.nz](mailto:P.Hiscox@ucol.ac.nz)

Wellington: Eileen Weekly;  
[eileen.weekly@ccdhb.org.nz](mailto:eileen.weekly@ccdhb.org.nz)

Christchurch: Gail Phillips;  
[phillipsg@cpit.ac.nz](mailto:phillipsg@cpit.ac.nz)

Dunedin, Chris Lyall;  
[christinelyall@ihug.co.nz](mailto:christinelyall@ihug.co.nz)

## Newsletter Group

Editor: Chris Taua [tauac@cpit.ac.nz](mailto:tauac@cpit.ac.nz)

Coming Events: Sam Kelly [samratkel@hotmail.com](mailto:samratkel@hotmail.com)

### Change of Address

Please notify the Registrar of changes to mailing &/or emailing addresses.

E-mail: [brian.phillips@woosh.co.nz](mailto:brian.phillips@woosh.co.nz) .

Remember your annual renewal of membership.

Contact the Registrar if you need assistance.

**NOTIFY THE REGISTRAR OF CHANGES TO YOUR EMAIL AND MAILING ADDRESS**