

Weaving the threads of wellbeing together

Mental Health, Addiction, Disability Nurses
responding with hope for the future

Conference Workshops Final

The 6th International Conference of Te Ao Māramatanga
New Zealand College of Mental Health Nurses Inc.



www.nzcmhn.org.nz

Wednesday 2nd October 2019

WOW is the word in Wellington. We have a superb suite of **12 workshops** for you to choose from. Several great opportunities to learn more skills to weave into your practice.

Following receipt of your registration we will contact you to discuss your workshop options. At a glance these are as follows:

ONE FULL DAY WORKSHOP: 9-3pm

- Workshop 1: **Solution Focused Therapy** *with Paul.*

SIX HALF-DAY MORNING WORKSHOPS: 9-12noon

- Workshop 2: **Assessment and treatment of substance use disorders** *with Moira and Blair.*
- Workshop 3: **Making contact with psychosis: weaving together the threads towards a humane approach** *with Matt.*
- Workshop 4: **Equally Well** *with Catherine and Helen.*
- Workshop 5: **Disability Nurses Branch workshop** *with Henrietta, Chris, Sandy, Prudence, Kim, Carl, Wendy & Catherine*
- Workshop 6: **On the frontier of mental health nursing: Are we fit for the future?** *with Debra, Helen and Jane.*
- Workshop 7: **Mahi tahi tatau ki nga tohutohu, We will work together in what we are achieving** *with De'arna and Simon.*

FIVE HALF-DAY AFTERNOON WORKSHOPS: 1-3pm

- Workshop 8: **Primary Mental Health and Addiction Credentialing Programme** *with Lois.*
- Workshop 9: **NESP- Nursing** *with Wendy.*
- Workshop 10: **Mental health, addiction, disability nursing- now and future** *with Chrissy, Henrietta, Louise and Suzette.*
- Workshop 11: **Which came first the addiction or the mental health problem?** *with Velda and Simmi.*
- Workshop 12: **Working with lived experience using co-design principles** *with Brody.*

One full day workshop: 9-3pm

WORKSHOP 1: Solution Focused Therapy

Objectives

On completion of this workshop participants will:

- have a basic understanding of the background and therapeutic position of solution focused (SF) brief therapy in relation to other therapeutic interventions.
- understand the SF therapist or practitioners' position in the therapeutic relationship.
- understand the basic SF interventions or techniques including (but not restricted to): SF openings, pre session change, problem free talk, scaling, exceptions, coping questions, miracle question, preferred futures, between session tasks and feedback, subsequent SF sessions, SF endings, sessions and therapy.

Limited to 25 people.

Facilitator: Paul Hanton. M.A.SFBT. Reg MBACP Accred. Dapaanz accredited supervisor.

Paul has been a solution focused practitioner for over a quarter of a century having worked in a variety of settings including, psychology departments, NGO's, prisons and young people's services. Paul has also written many articles, chapters in books and a couple of his own books. Paul has a real interest in the social justice aspects of providing therapy and supervision and sees solution focused practice as a way of ensuring that the expert agenda does not override the needs of the people that come to services. Paul also has a social media profile on Twitter: <https://twitter.com/SFBT1> and his own YouTube channel: <https://www.youtube.com/user/BaddersPaul>



For a fuller picture of Paul's writings please see: https://www.researchgate.net/profile/Paul_Hanton

'Paul has been a leading figure in the development of solution focused brief therapy in the UK. Though his original 'specialty' was work with drug and alcohol users he expanded his repertoire to include any person in difficulty or any person wanting to get more out of life or work. He will be a major asset to the growing group of solution focused practitioners in New Zealand'.

Six half-day morning workshops: 9.00-12.00

WORKSHOP 2: Assessment and treatment of substance use disorders

Workshop objectives:

Part 1. Common drugs and their effects

Part 2. Identifying use disorders

Part 3. Understanding pharmacological interventions for the treatment of substance use disorders

Part 4. Treatment planning

Facilitators: **Moira Gilmour (NP) & Blair Bishop (NP)**

Moira Gilmour, Nurse Practitioner (NP)

Moira Gilmour is a Nurse Practitioner (NP) working at Addiction services for Capital & Coast DHB in Wellington. She has 20 plus years working in the mental health and addiction field. She has a background of experience in general medicine. Moira has a strong clinical focus on working in partnership with clients referred to service with complex mental health and addiction issues.

Moira has a strong interest in the complex physical and mental health effects experienced by many people with long-term alcohol and substance dependent problems. She is passionate about the role of the addiction nurse and sees many career opportunities for nurses in the addiction field. Moira has been involved in research projects including Re-feeding syndrome, the effects of alcohol on bone density, and the use of disulfiram in the client population experiencing alcohol use disorder.

Blair Bishop, Nurse Practitioner (NP)

Blair has been working in a clinical capacity for addiction and mental health services in the Wellington region since 2004, with a focus on treating substance use difficulties, thought disorder, mood disorder and the impacts of complex lived experiences. He completed his Clinical Master of Nursing degree in November 2017, achieving first class honours.

In March of this year he was ascribed the Nurse Practitioner scope of practice by the New Zealand Nursing Council. Blair is employed by the Capital and Coast District Health Board Addiction Service where he works across the service as part of the multi-disciplinary team.

Blair has a particular interest in opioid use disorder and as part of his Masters' degree he undertook research to understand perspectives of people receiving buprenorphine/naloxone for the treatment of opioid use disorder. Blair's research, titled 'Readiness and recovery: *Transferring between methadone and buprenorphine/naloxone for the treatment of opioid use disorder*', was published in the International Journal of Mental Health Nursing last year.



Blair Bishop

WORKSHOP 3: Making contact with psychosis: weaving together the threads towards a humane approach

The workshop will:

- discuss the ability to understand psychosis through a phenomenological meaning- based approach that embraces the knowledge of the person with the experience and the role of the MH nurses in walking alongside the person;
- be an opportunity to explore the concept of ‘Dissociachotic’: the emerge, and evaporation, of psychosis as a response to the threat, and safety, in the human to human relationship.

Facilitator: Matt Ball, Mental Health Nurse Practitioner

Matt is a Mental Health Nurse Practitioner and psychotherapist. He was awarded the ACMHN Mental Health Nurse of the year in 2017 for bringing alternative approaches in the public mental health system in South Australia to working with people labelled as experiencing psychosis.

Matt has developed the explanatory framework - ‘Dissociachotic’ – a concept that explains and provides understanding of how ‘psychotic’ realities are better understood through a dissociative lens; both emerging and evaporating within the human to human relationship.

Matt is founder and co-director of The Humane Clinic (www.humaneclinic.com.au). More recently he convened Re-Awaken Australia with Stephanie Mitchell (Humane Clinic) in partnership with Oryx Cohen (National Empowerment Centre, USA) and PJ Moynihan (Digital Eyes Film, USA). Re-Awaken was a 5 day international event that focussed on compassion, connection and meaningful action to shift paradigms in Mental Health, Trauma, and Addiction(www.reawakenaustralia.com.au).

His work is informed by his lived experience of madness and un madness - both in his personal and professional journey.



Matt Ball

WORKSHOP 4: Equally Well

The disproportional physical health statistics of mental health consumers in comparison to the general population is an area of growing concern in providing and developing nursing and healthcare services. Publications such as 'Equally Well' by Te Pou provide a strategic framework to assist health providers to improve assessment and management of the physical health of people accessing mental health and addiction services.

This workshop will provide health professionals the opportunity to critically reflect on their own practice and use a self-assessment tool to review holistic services for tāngata whaiora and whanau from an organisational perspective. Feedback from workshop participants will be shared, analysed and explored from an organisational perspective and areas for future development recommended to increase positive outcomes and experiences for tāngata whaiora and whanau accessing mental health, addiction and disability services.

Specific aims of this workshop:

- 1) Provide an overview of the equally well initiative and the journey over the past 5 years.
- 2) Provide the opportunity to critically reflect on their own practice and use a self-assessment tool and challenge organisational barriers.
- 3) To identify recommendations for future development to increase positive outcomes and experiences for tāngata whaiora and whanau accessing mental health, addiction and disability services

Facilitators: Catherine Fuller and Helen Lockett

Catherine Fuller is a senior nurse lecturer at Whitireia NZ. Catherine has a background in primary care and has worked at Whitireia as a senior nurse lecturer for the past 9 years. Catherine currently co-ordinates the postgraduate mental health and addiction certificate and specialty practice intellectual disability course.

WORKSHOP 5: Disability Nurses Branch workshop

This workshop aims to further develop understanding the complexity of needs when supporting individuals who have an intellectual disability and the achieving equitable mental health support and end-of-life care are complex issues – particularly when working alongside people with intellectual disability.

The workshop will:

- discuss the prevalence, assessment approaches and considerations when responding to the mental health needs of this vulnerable population - Dr Chris Taua & Sandy Smith
- explore legal parameters and accessible tools that inform the engagement of nurses with end-of-life conversations and processes for people with intellectual disability and those in their network of care – Kim Fuller & Prudence Lennox
- talk about workforce development - Informed by results of a recent NZ National Survey about the roles of IDD (Intellectual and Developmental Disability Nurses) and hear about two unique post graduate specialty papers – provided by Whitireia (Carl Harding, Wendy Trimmer & Catherine Fuller) and the University of Otago, Christchurch (Dr Henrietta Trip)

Facilitators:

Henrietta Trip, RN, PhD (Otago)



Is a Senior Lecturer, Centre for Postgraduate Nursing Studies, University of Otago, Christchurch. She is also Co-chair of the Canterbury Disability Provider's Network, Chair of the National Disability Nurses Branch, New Zealand College of Mental Health Nurses, and Committee Member of the IASSIDD Health SIRG (Special Interest Research Group, International Association for the Scientific Study of Intellectual and Developmental Disabilities)

Dr Chris Taua

Director of Pumahara Consultants, Honorary Senior Lecturer, The University of Queensland

Sandy Smith

Senior Community Mental Health & ID Nurse for Hawkes Bay Tairāwhiti.

Prudence Lennox



Prudence has had a range of nursing roles nationally and internationally including senior leadership and management positions tailoring supports for people with a disability.

Kim Fuller



Kim also has an extensive 30 years of nursing experience here and abroad. Kim is also a director on the Manaia PHO Board representing the Community Advisory Group advocating for people with disabilities for the last nine years.

Carl Harding, Wendy Trimmer & Catherine Fuller

Carl is the ID Service Educator, Intellectual Disability in the Mental Health, Addictions & Intellectual Disability Service, Wellington. Catherine works together with Carl and Wendy, Programme Manager, at the School of Health, Whitireia.

WORKSHOP 6: On the frontier of mental health nursing: Are we fit for the future?

Workshop outline

To provide a forum for mental health nurses to critique and discuss future practice that meets the aspirations and of He Ara Oranga.

Implementation of He Ara Oranga requires health professionals to make a quantum shift from current to future ways of working. This half day workshop provides an opportunity to revisit our roots as mental health nurses, critique and discuss how we weave the current threads of what we currently do and re-imagine nursing practice of the future and curricula that will support change. Discussion - philosophical and practical - is focused on the broader themes of least restrictive care, our obligations within the UN Convention on rights, therapeutic use of the law, trauma, and alternative ways of understanding psychological distress such as the power, threat, meaning.

Facilitators: Debra Lampshire, Helen Hamer and Jane Barrington

The presenters have combined decades of experience in the delivery of clinical interventions, systems change and reorientation of the workforce, leadership in nursing, lived experience and the delivery of curricula through education and supervision to promote contemporary and future practice.

WORKSHOP 7: Mahi tahi tatau ki nga tohutohu, We will work together in what we are achieving.

Aim of workshop: To work together to advocate for better health outcomes and engagement for Māori in mental health and addictions services.

An interactive and narrative workshop exploring practical solutions when working in partnership with tāngata whaiora and their whānau. The importance of recognizing the distinctive ohoware (trauma) that represents for Māori which is reflected in New Zealand statistics. A reflection on Māori whānau will inform collective discussion around the barriers to accessing services and how to implement whānauora (healthy communities) and advocacy for Māori.

Facilitators: De'arna Sculley and Simon Phillips



De'arna Sculley



Simon Phillips

De'arna Sculley- Ko Tainui Waikato, *Ngāti Apa*, Pākehā toku whānau. Currently employed as a Nurse educator at Whitireia New Zealand, recent completion of Masters in Professional Practice with a leadership endorsement. Twenty years of experience in working in mental health and addictions services. My recent research and work is driven by a deep passion to improve the inequalities for Māori communities.

Simon Phillips-*Ko Taranaki te maunga, ko Aotea te waka, ko Whanganui t awa, ko tangahoi te hapu, ko Ngati Ruanui, Te Atiawa, Ngapuhi mea Ngati Whatua aku Iwi, ko Putiki, ko Taiporohenui, ko Otamatea, ko Te Whare Marie, ko Maraeroa Marae ki Ukaipo Hiato Nga Hau E Wha aku Marae, ko Simon Phillips taku Ingoa.*

I am married to Marama for forty-five years, we have three adult whanau; Luana, Daniel, Che and they have given us nine wonderful moko / grandchildren, we all live in Titahi Bay Porirua near one another.

I worked as a registered psychiatric and comprehensive nurse (Bridging) for twenty-three years at Porirua Hospital. I was fortunate to be there in the 70s when the acute wards doors were kept open during the day and the community services were evolving. I was Psychiatric District Nurse for nearly two decades where my clinical skills were secondary to my life skills that proved to be more important for the whaiora that had been inpatients for ten years plus. In 1992 I became the second Unit Manager for a specialist Kaupapa Māori Mental Health Service at Porirua Hospital – Te Whare Marie.

In 1996, I become a Planner and Funder in the health sector. I managed mental health and addiction service provider funding and performance monitoring. This included service and workforce development; planning, procurement and leading a wide range of simple and complex projects locally, regionally and nationally.

In April 2017, I accepted the role of chief executive officer Maraeroa Marae Health Clinic at Maraeroa Marae Association Incorporated, Waitangirua, Porirua. The hauora service model is based kaupapa Māori and western medicine. It is wonderful to be working in my own community again were I have lived for over fifty years.

FIVE AFTERNOON WORKSHOPS: 1-3pm

WORKSHOP 8: Primary mental health and addiction credentialing programme

Workshop outline:

Many nurses across Aotearoa are actively involved in either supporting and/or participating in the credentialing programme and we couldn't do it without you. If you are involved, this is an opportunity to meet with Lois, Tracey and the team to discuss the current programme, hear about and contribute to planned changes and its future development and meet others from around the country who are involved.

If you are not currently involved but interested in hearing how the programme works and possibly extend into your region, you are also very welcome to attend.

So, if you are a programme participant, co-ordinator, presenter or supervisor or just interested in knowing more about this positive, proactive and practice-based programme, please register to attend.

Facilitators: Lois Boyd, Director of Credentialing and reference group members

Lois has been the Director of the Credentialing Programme for the past 4 years, first as an interested board member and latterly in the director role. A mental health nurse for 30 years, Lois works as a freelance nurse consultant from her home in Nelson, on a variety of workforce focused projects.

She is a Fellow of Te Ao Māramatanga and passionate about the difference nurses can make, particularly in the best practice delivery of collaborative prevention and early intervention approaches.



Lois Boyd

WORKSHOP 9: NESP- Nursing

Workshop outline

The New Entry to Specialist Practice (NESP) – mental health and addiction nursing programmes have been supporting new graduates, and nurses new to mental health and addiction nursing, for over 20 years. This workshop will consist of the following:

- Sharing of initiatives from the four NESP providers;
- How we can collectively increase access for NGO nurses to NESP programmes; and
- Establishing a National NESP Nursing Coordinators Group.

This workshop will provide participants the opportunity to critically reflect on their own practice and develop strategies to enhance support to new NESP nurses from an organisational perspective.

Facilitator: Wendy Trimmer

Wendy Trimmer is a registered nurse with over 29 years' experience of working in the mental health sector, both as a nurse and educator. Wendy has a Master of Arts (Applied) in Nursing, has been teaching at postgraduate level since 2002, and is currently programme manager for postgraduate studies at Whitireia.

WORKSHOP 10: Mental health, addiction, disability nursing- now and future

Workshop outline

Come spend some time with nurse leaders to consider where we as mental health, addiction and disability nurses have come from and co-create ideas solutions that are needed to take us into the future. The outcomes of this workshop will help us to strengthen our professional voice, advocate for change and be at the forefront globally.

Facilitators: Chrissy Kake, Henrietta Trip, Louise Leonard & Suzette Poole

Chrissy Kake (RN; PGDip Mental Health Nursing), Kaiwhakahaere of Te Ao Māramatanga - NZCMHNurses.



Chrissy completed her nursing training at Whitireia Polytechnic in 1992, and has since been employed in various mental health nursing roles. Chrissy's career in mental health began at Porirua, Capital & Coast District Health Board, working at Te Whare Marie from 1993-2000. From the year 2000 she worked for the Crisis Assessment and Treatment Team (CATT) until 2010, where she worked at Te Haika, Mental Health Contact Centre until 2012. In 2012, she returned to Whitireia Polytechnic as a nursing tutor, teaching in the New Entry to Specialist Practice (NESP) mental health and addiction nursing programme. Since April 2019, Chrissy has been employed by Emerge Aotearoa, to work with Ara Poutama, Department of Corrections, in the Taitokerau community district office, Whangarei, as a mental health and addictions nurse.

Henrietta Trip, RN, PhD (Otago)



Is a Senior Lecturer, Centre for Postgraduate Nursing Studies, University of Otago, Christchurch. She is also Co-chair of the Canterbury Disability Provider's Network, Chair of the National Disability Nurses Branch, New Zealand College of Mental Health Nurses, and Committee Member of the IASSIDD Health SIRG (Special Interest Research Group, International Association for the Scientific Study of Intellectual and Developmental Disabilities)

Louise Leonard- Chair of National Branch of Addiction Nurses- Te Ao Māramatanga -NZCMHNurses



Louise has worked in the Alcohol and Drug field for the past 2 decades, in a variety of roles. She entered the field while living in Australia and returned to New Zealand in 2004 to take up a role with the Community Alcohol and Drug Service (CADS) in Hamilton. She began post graduate study in 2005 and completed her Masters in 2010. She was endorsed as a Nurse Practitioner in 2012, as New Zealand's first NP with Addiction as her area of practice. In January 2013 she was appointed to an NP role with CADS Hamilton, a role she has held for the past 6 years and continues to find stimulating, challenging and rewarding. As well as her full time role, Louise was a clinical tutor for Otago University's post graduate addiction paper and an NP assessor for UoA. She is the Chair of the newly established Addiction Nurses branch of Te Ao Māramatanga and is an active member of NP NZ. As well she is Chair of the Midlands Needle Exchange Trust and as such sits on the national board for Needle Exchange.

Suzette Poole- (RN-MH, P.Grad. Dip Forensic Psychiatry, Master of Nursing), President and Fellow of Te Ao Māramatanga -NZCMHNurses, Clinical Advisor: Mental Health, for the Waikeria Mental Health and Addiction Service project, Ara Poutama Aotearoa - Department of Corrections.



WORKSHOP 11: Which came first the addiction or the mental health problem?

Workshop outline

This workshop looks at results from a research thesis that examined the practices and attitudes of a local CADS workforce in relation to consumers with co-existing mental health and addiction problems.

Objectives

- Reflection on current practice when working with individuals with mental health and addiction problems
- Understand current framework of care for coexisting problems
- To be able to navigate across systems for best practice care and treatment
- Participants will be able to identify their educational needs to enhance practice

Facilitators: Velda Raybone-Jones and Simmi Parmar

Velda Raybone-Jones



I graduated as a mental health nurse in 1995 from the University of Wolverhampton. I worked in a variety of roles in a variety of settings including consult liaison, acute mental health inpatient nurse, inpatient detox unit, community addictions nurse and day program before coming to New Zealand in 2004. I initially lived in Hamilton for a year before relocating to Queenstown where I spent the next 12 years. My first role in Queenstown was as a community mental health and addiction nurse, giving me the mix of caseload that I enjoy and acknowledging that addiction and mental health are often interrelated. I also worked as a brief intervention CNS, DAO and manager. I completed my MSc at Otago in 2016 before returning to the Waikato and taking up the charge nurse manager role of CADS. Outside of work my interests are travel and experiencing new adventures.

Simmi Parmar



I graduated as a comprehensive nurse in 2006 from the University of Auckland. I have worked in a variety of settings here and in Canada. I have a post-graduate diploma in health science from the University of Auckland. I have been working in the mental health and addiction field for the past 10 years and currently working at CADS Hamilton as a Clinical Nurse Specialist. Ideally, I would like to work towards supporting marginalised communities and improving health care accessibility to these populations. My areas of interest are card making and travelling. I enjoy spending time with my boys - husband Kirn and sons Ari (4) and Ira (10months).

WORKSHOP 12: Working with lived experience using co-design principles

Workshop outline

Purpose:

1. To support primary health staff to work alongside people with mental health and/or addiction issues
2. To gain an understanding of co-design principles
3. To hear from a lived experience leader to install hope for health professionals working with people with Mental Health & Addiction issues

Facilitator: Brody Runga



Brody has worked in various roles across both mental health and addictions services over the last decade, and now supports various organisations acting as an independent consultant, facilitator and trainer. A lot of his career has been involved in supporting lived experience initiatives such as DRIVE Consumer Direction, Te Kete Pounamu and Recovery College, working with various stakeholders and groups of people living with mental distress and substance use challenges.

Brody is passionate about creativity for well-being, and supports Tufuga Arts Trust in Counties Manukau. He is currently studying towards a Bachelor degree in Maori Visual Arts