



Surfing the Waves

Mental Health and Addiction Nurses Responding in New and Innovative Ways

The 5th International Conference of

Te Ao Māramatanga- New Zealand College of Mental Health Nurses

10 & 11 October 2017

Hamilton, Aotearoa-New Zealand

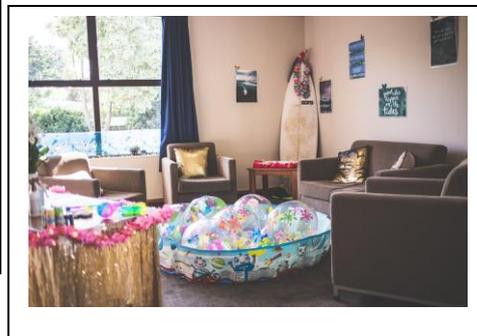
'Surfing the Waves'

Post conference reflection from the Convenor- Jaqueline Bell- Walsh

Wow!! Now that a little time has passed since the conference, I wanted to write a small reflection.

Thank you all for your contributions in making it a success. Anecdotal evidence from the multitude of conversations I had with people during and directly afterwards indicated that overall, the conference was well received. We certainly had fun creating a beach theme.

We had over 200 people registered. Our day commenced with a Powhiri followed by morning tea. Anne Brebner and Tish Siaosi then opened on behalf of the College. Dr John Crawshaw, Jane Bodkin and Carole Kennedy also provided opening speeches.



*We had inspiring keynote speakers. **Dr Frances Hughes**, who comes with experience from working in New Zealand, Australia and Geneva, gave a*

global perspective and spoke about the social difficulties and poverty over the world and the impact these have on mental health.

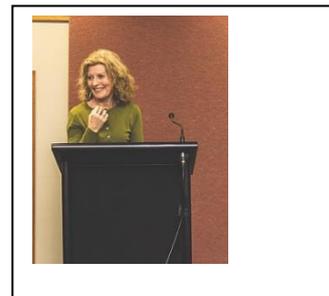
*Our second keynote, **Moe Milne**, was very thought-provoking. Moe talked about ways of health service delivery and challenged the concept of working from the “bricks and mortar” of community mental health offices and hospitals, towards spending more time directly with and within the communities we serve.*



***Karl Pulotu-Endemann**, proudly flew the flag for psychiatric nurses and questioned the current training pathway in our area of speciality.*



*Dr **Daryle Deering**'s presentation referred to the complexities of people presenting to services we tend to see now and the increase of co-existing problems.*



*Our last keynote speaker, **Gemma Griffin-Dzikiewicz**, made a huge impact with her personal story of a recent hospitalisation and the actual cost/benefit of this. She spoke about alternative ways that the cost of inpatient beds could be better distributed to meet the mental health needs of more people.*



The concurrent sessions were well attended. We heard from nurses working across a range of settings. Topics included: Mental Health Support Worker, Seclusion rates, DHB and Police working together about Methamphetamine, Primary Care Clinicians confidence, Rita, McEwan, Smoking cessation, Review of literature about treatment of borderline personality disorder, Mental Health First Aid, Welcoming NESPs, Primary Mental Health in Corrections, Primary Mental Health Outcomes, Eating Disorders, Collaborative Primary Mental Health Education, Physical care, Primary Mental Health and Addiction Credential Programme, Impact of Suicide on Mental Health Nurses, Nurses role in Metabolic Monitoring, Consult Liaison role,

Supporting women in secure mental health services, Nurse Practitioner reflections, End of life issues people with serious mental illness.

Feedback was all very positive, and it is great to see some innovative work happening out there. If any of these topics interest you, please feel free to email me and I can link you up with the presenters.

During tea breaks it was wonderful to go out to the area where the trade stands were, gather information and spend time chatting to others. We had several organisations really get into the beach theme: Wintec, Whitireia, PIO, Health Quality & Safety Commission NZ, Sensory Corner, Janssen, Te Pou o te Whakaaro Nui, Mātua Raki, PSA, Northland DHB, Southern DHB, Geneva and the College stand.



Our evening was a mix of formal and casual. Starting with a formal Fellowship ceremony that included Stu Bigwood, Lois Boyd, Maria Baker and Kaye McCauley being awarded Fellowships.



A delicious dinner was followed by casual down time, which saw many go to the photo booth to have a laugh and some crazy photo fun. Added to this there were a few games in store to keep the energy going.



The second day of the conference was full of knowledge and skills workshops:

- *Solution focused brief therapy,*
- *Whakawhanaungatanga- Māori mental health and addiction nursing communities of practice,*

- *A tool kit for self-care,*
- *Engaging Pasifika families and communities in mental health services,*
- *Fostering hope and building resilience through trauma informed care,*
- *Leadership,*
- *Theories of addiction and treatment,*
- *Working with people who hear distressing voices,*
- *Working with rainbow communities in ages care and mental health,*
- *Screening and brief interventions for substance use disorders across the life span,*
- *Equally Well,*
- *New life into a forgotten speciality- improving physical and mental health outcomes for people with intellectual disability, and*
- *Expanding your skills set with RN prescribing.*

I attended the Pasifika workshop which I found incredibly beneficial as well as fun, feedback from the other workshops was equally enthusiastic. The one complaint I did hear was that there was too much to choose from, and people wanted to go to workshops which were run at the same time.

Feedback from the evaluations was very positive about the conference and continues to stream in, particularly about the quality of the keynote speakers and the workshops. Nurses attending really enjoyed the beach theme. It certainly appears to have been a memorable event.

The level of support from our sponsors enabled us to deliver a great conference. Sponsors included: Waikato District Health Board, Te Pou o te Whakaaro Nui, Mātua Raki, PSA, Janssen, Foster Construction, Northland DHB, the University of Auckland, Loulous Spa and Salon, Automotive Solutions Cambridge, Pūniu River Care.

It was truly a privilege and pleasure work alongside the conference committee: Alice Te Are, Mandy Shanley, Denny McNae, Rachel Cotter, Roberta Clunie, Sarah Haldane, Trudy Tapsell and Suzette Poole. Thank you all!

Ngā mihi

Jacqueline Bell-Walsh

Convenor - Waikato branch chair

Te Ao Māramatanga: New Zealand College of Mental Health Nurses

