

Te Ara Tauwhirotanga

Pathways that lead us to act with kindness

Realising the aspirations of tangata whaiora, whānau and our community for mental health services across Lakes district



Te Whatu Ora
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Staff learning about Matariki



Presenter, educator and composer Hone Hurihanganui (Ngāti Tahu-Ngāti Whaoa, Ngāti Tūhourangi, Ngāti Whakaue, Ngāti Porou, Ngāi Tāmanuhiri) presented to Te Whatu Ora Lakes staff on Matariki recently.

Staff learned about Matariki including the stars in the constellation, how we celebrate it and the relationship between Matariki and wellbeing.

The monthly wananga is a proactive step to improve the ability of mental health and addiction staff to work with Māori.

“Wānanga is a proactive way of developing approaches to resolve inequity for Māori.

“It’s an opportunity for staff to shape and reshape their practice considering the importance of Māori philosophies,” Hone says.

New senior staff at Mental Health and Addiction service

Clinical Nurse Specialist for ART (Acute Response Team)

Tara Rooney has a Masters in Advanced Nursing with a focus on leadership and service



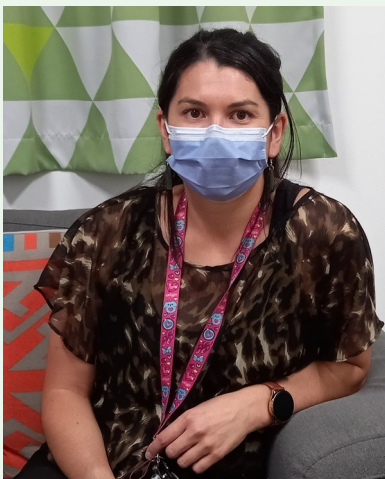
Development. Her role is a newly established role of CNS in the ART team. She hopes to also be an educational

resource for nurses in other areas of the hospital and NGOs.

“As a new role it’s a really neat opportunity to make it what I think it could and should be. It’s starting from scratch; there’s a lot that can be done. I’m hoping to reduce apprehension and make people feel more comfortable supporting people with mental health concerns.”

Newly appointed iCAMHS Psychologist Moana Billot

Moana (Ngāti Kuri, Te Rarawa and Ngāti Porou) grew up in Pukenui in the Far North. She did her undergraduate Bachelor of Social Science degree in psychology and tikanga Māori at Waikato University. She has a Masters in Psychology and did her thesis on building social skills for adolescents with autism spectrum disorder.



Moana says she loves working with children and has developed a real passion for it.

“I like helping children build their skills. Children are sponges and pick up everything going on around them.

It’s really satisfying mahi when you see kids do something for the first time and their face lights up and they are so excited. Or when a mother looks so relieved and tells you that instead of screaming, their child asked for what they wanted. It’s the best part of being a psychologist.”

iCAMHS Clinical Psychologist Amber McAllister

Amber (Ngāti Whakaue, Ngāti Raukawa) has a Doctorate in Clinical Psychology from Massey University in Auckland. She completed her clinical internship in 2020 at the Centre for Psychology, the psychology clinic attached to Massey University.



She believes that being a psychologist is a privileged position.

“We have a job where people share their most vulnerable experiences and they put their trust in you. It is a real privilege.”

Mental Health Clinical Nurse Educator in Emergency Department Renee Marsters

Renee’s new CNE role is a new non-clinical role developed to build the capability of ED nursing staff to effectively work alongside psychologically distressed patients. The roles were established by the Ministry of Health to improve the experience and treatment of people presenting to ED in distress.

Renee says it’s an education role, where she will be able to clinically coach and mentor all staff in ED to build their confidence and skill to work with patients presenting in distress to ED.



Supervision for support workers ensures quality service

Mental health and addiction support workers in the Whare Whakaue Inpatient Unit now have access to group supervision sessions like their clinical colleagues.

Facilitators of the supervision, Nurse Practitioner Dianna Last and PRIMHIS Clinician Paul McCann say supervision is an effective strategy for developing the workforce and improving services.

As integral members of the professional team, support workers needed to have the same access to support, they say.

“The Unit is a challenging environment to work in and supervision provides a space and time for staff to be supported. Support workers are such an important part of the team. They are right there giving patient care and are exposed to the same things we are. It’s exciting and cool for mental health and addiction support workers.”



Paul and Dianna say supervision is an important part of professional practice development that helps to ensure ethical, quality service provision for service users and tangata whaiora who access mental health services.

Staff can share knowledge in the supervision and it can be translated back on to the floor.

“Support workers want to improve their practice too. Now they

have protected time for education sessions and to gain the knowledge and skills to improve their practice. It’s key for everybody to have support and feel part of the professional team.”

“Treating support workers as part of the professional team acknowledges that support staff, allied health, nursing, doctors and others are all equally valued within the team.”

Mental Health and Addiction Collaborative Design project update

The collaborative design project team (Te Ohu) ran wānanga and workshops in late 2021 and early 2022 to ask people what needs to change in existing mental health and addiction services so they work better for everyone, especially for Māori.

Thank you to all those people who contributed.

Your kōrero shared was extremely valuable and brought to life the essence of Te Ara Tauwhiro-tanga.

There were five ideas that came from the work-shops that stood out. People wanted:

1. More Te Ao Māori world view with alternative, holistic, and traditional healing practices
2. More engagement with whānau
3. More connection and communication between services and with consumers and whānau
4. Some form of community 'hub' offering immediate friendly and kind support
5. More lived experience/peer

workforce. Ngā Pou Matua (governance group) recommended that Te Ohu explore the idea of developing a community wellbeing hub which is under-pinned by Te Ao Māori and offers peer support, whānau engagement and connects people and services together.

This project is underpinned by Te Ara Tauwhiro-tanga.

In April 2022, Te Whatu Ora Lakes commissioned a feasibility study and business case to help decide whether this idea might go ahead.

The collaborative design project is funded by the Ministry of Health and sponsored by Te Whatu Ora Lakes.

A website dedicated to this project will soon be launched. This website will be the main communication portal moving forward. It will detail progress so far, and will invite you to take part in surveys.

Introducing Postvention Project Manager Deidre Orford

Postvention Project Manager, Deidre Orford's role is to implement the new Postvention plan.

Prevention of self-harm, suicide and support after a death by suicide requires a community response, she says.

"The plan is about the whole community working together and looking at what do we need, what more can we do to support the families."

Deidre engages with the community



and shares information about support that's available and ensuring there's no doubling up of services.

"It never ceases to amaze me what an honor it is to be invited into someone's hard stuff and be trusted in that space. It's fulfilling and rewarding because so often you hear... *it's so good to talk, I've never shared this before.*"

"And through that shared relationship you can feel people become lighter and stronger. To be a tiny part of that is an absolute privilege."

Next sector forum scheduled for mid-October 2022

The Mental Health & Addictions Sector Forum provides managers & team leads with an opportunity to network and receive updates on what is progressing in the Lakes MH&A sector. This October, our focus is on collaboration. Details to be confirmed. If you would like to present at the forum, or if you have any ideas on what you'd like to learn more about, please forward ideas to Rebecca Ripia rebecca.ripia@lakesdhb.govt.nz.

Activity Facilitators at Whare Whakaue spend quality time engaging with whaiora

Whaiora in the Whare Whakaue Inpatient Unit are loving the opportunities offered by three new activity facilitators.

Rawinia Te Rangipuawhe (Tūhourangi Ngāti Wāhiao, Ngāti Whakaue) centre, Matewai Raimona (Tūhourangi, Ngāti Wāhiao, Ngāpuhi) and Marlane Sherborne (left) have been supporting whaiora in their new roles.



The three spend quality time with whaiora, engaging them using activities such as cooking, gardening, creative arts, physical exercise, weekend outings, weekly shopping and many other life skills accomplishments. Rawinia says whaiora say they love the activities and having people that genuinely want to spend time with them to discover what their interests

are. More importantly people to connect with them on a deeper level to assist with their mental health recovery.

The facilitators encourage whaiora to cook regular lunches, dinners and breakfasts throughout their week.

They are currently working with management to create a new space on the unit which allows whaiora to cook and invite whānau for meals in a homely space.

Matariki was celebrated with karaoke, hangi and decorations made by whaiora, medical and support staff.

The facilitators say they plan activities with whaiora who come up with ideas ("we might prompt them") but whaiora come up with what they want to do and the facilitators work on making it happen.