



Tai Tokerau Primary Mental Health and Addictions Nurse Credentialing Programme

DRAFT Agenda 2023

Aim of programme:

Tēnā koutou and welcome to the Primary Mental Health and Addictions Nurse Credentialing Programme (PMHA-NCP). The aims of the programme are to enhance the competencies and confidence of primary health care nurses in their everyday practice when supporting individuals and whānau impacted by common mental health and problematic substance use issues.

We will also learn a lot from each other due to the stories we bring and our diverse roles within primary care, which may include School nursing, Corrections, Practice Nursing, Sexual Health and Community Nursing.

The programme is designed to increase:

- Confidence when working with people who present with signs of depression, anxiety, addiction and harmful substance use;
- Confidence to inquire about and address concerns about risk;
- Confidence in providing appropriate screening and brief assessment;
- Confidence to provide brief interventions;
- Confidence to provide ongoing monitoring;
- Confidence to promote self-management strategies;
- Confidence to engage with and support Māori, Pacifica, Asian, high needs populations, LGBTQIA+, and clients with disabilities who present with mental health and addiction issues;
- Familiarity with local referral pathways;
- Understanding of the concepts of resilience, recovery and wellbeing;
- Understanding of societal influences that impact on peoples' mental health journeys of recovery, and actively working to reduce stigma and discrimination; and
- Ability to participate in the delivery of integrated care and support of individuals and whānau who present with common mental health and addiction issues.

Key threads throughout programme include cultural perspectives, simple stuff can be powerful stuff, practical tools and strategies, and reducing stigma and discrimination.



Online learning modules to enhance learning:

You will receive an email from Te Ao Māramatanga (TAM)/ New Zealand College of Mental Health Nurses (NZCMHN) that will include a letter with login details for accessing the online system. Once logged in, e-learning packages are available to access prior to the particular study days. They are part of the programme of learning and included in the hours allocated for the course (and agreed by your employer).

The e-learning packages can be accessed from the front page of your PIO account. There are four packages available, and each take approximately 1.5 - 2 hours to complete. You can return to the e-modules at any time throughout the course:

- **Understanding Depression (to be completed before day 2)**
- **Understanding Stress & Anxiety (to be completed before day 3)**
- **Understanding Problematic Substance Use (to be completed before day 4)**
- **Transitioning Credential Programme Knowledge into Practice (to be completed before day 5)**

These modules are designed to provide some baseline facts and information to prompt your thinking about mental health and addiction and be further discussed and focused on during your programme days. For some of you this will be new knowledge and for some, a refresher or review of your existing knowledge, skills, and experience. At the end of each online module, there is an opportunity to provide feedback on them.

Once completed, these packages are still available to you for the year that your login is valid. If there are resources you want to go back and refresh or download, you will be able to do so at any time.

Free mobile health tools (apps) and websites to enhance learning for the programme:

<https://www.heartsandminds.org.nz/support-services-directory/tai-tokerau-directory>

<https://www.justathought.co.nz/>

[Learning Resources – Mahuru \(mahurumaori.com\)](#)

[Pūrāangi Māori | The Māori Alphabet \(twoa.ac.nz\)](#)

[Āke Āke • Kiwa Digital](#) (Tikanga Māori)

Evidence based (& regulated) website for mental wellness and problematic substance use:

<https://www.calm.auckland.ac.nz/17.html>

[Home | Healthify](#)

Te Ara Oranga – Methamphetamine help

MyWai is a new digital tool developed in Tai Tokerau that can be used either as an app or a web browser. MyWai lets people partner and connect with their health and Hauora team, include their whanau (if they want to!) see what is happening, what the plan is and what the next steps are in a way that is simple, easy and happens in real time. MyWai was made by whanau, for whanau. Self-Referral form is available at [MyWai](#)



Educational videos explaining the cycle of Meth Abuse, The Road to Recovery and Lets Make a change are available here [Educational – Te Ara Oranga \(northlanddhub.org.nz\)](http://northlanddhub.org.nz/Educational%20-%20Te%20Ara%20Oranga)

Support for Whanau:

Check out the 5-step Programme through Te Ara Oranga for affected family members where they have loved ones with addition problems.

<https://community.northlanddhub.org.nz/NoP/programmes/community-whanau-resources/>

Step 1 Tell your story

Step 2 Education

Step 3 How are you coping?

Step 4 Support

Step 5 What's next?

More information Noleen Chaney – AOD Educator

Programme Hours:

We expect nurses submitting a portfolio for credential to have accessed a minimum of **45 hours of professional development over 6 months** relating to the content outlined in the learning objectives, which include:

- 6 sessions of professional supervision (individual or group) and a requirement that nurses participate in at least 4 of these (4 hours minimum).
- The remaining 40.5 hours consist of a programme tailored specific to Northland.
- There is an additional 8 hrs of online learning modules that has been endorsed by the College.

Programme Delivery:

Although it would be ideal for the programme to be delivered in-person, we understand taking time away from practice may be prohibitive. We would like to balance in-person and online opportunities, which provide participants with opportunities for:

- Extended discussions with speakers, to gain confidence and enhance a range of therapeutic skills through practice and feedback.
- Making collegial connections and learning from the experience of peers.
- Exposure to locally relevant speakers to develop and enhance consultation and local referral networks.

Every effort will be made to make the programme accessible, such as the possibility of hotel accommodations for those in the Far North. Travel arrangements for those in Whangarei up to Kaikohe. On-line options for those in remote locations. Please talk with us and we will try to do whatever we can to make the programme accessible.

A Memorandum of Understanding will be sent to Practice Managers regarding their support of the nurses completing the program and scheduling Extended Visits.

Feel free to contact Lori Peters, the Primary Mental Health Coordinator at Mahitahi Hauora PHE at lori.peters@mahitahihauora.co.nz or call the main office at 09 438 1015 and ask to speak with anyone on the Mental Health Team.



Day One

Topic: Whanaungatanga & Program Foundations

Date: Wednesday, 22 November 2023

Location: Mahitahi Hauora PHE, Ratu Room, 28 Rust Ave, Whangarei, 0112

Time	Session	Presenter
09:00 – 09:15	Mihi whakatau	Whaea Annie (Confirmed) Annie.Fox@mahitahihauora.co.nz
09:15 – 10:00	Whanaugatanga	Erana Peita (she/her) (Confirmed) Whanau Engagement & Innovation Partner Erana.Peita@mahitahihauora.co.nz
10:00 – 10:30	Welcome: Brief introduction to the programme (<i>Complete MI on Importance & Confidence of Mental Health Skills</i>)	Lori Peters (she/her) (Confirmed) Primary Mental Health Coordinator Lori.Peters@mahitahihauora.co.nz
10:30 – 11:00	Morning Tea	<i>(Use this time to complete MI questionnaire)</i>
11:00 – 11:30	Stepped Care Model for Primary Health	Susan Jordan (she/her) (Confirmed) Health Improvement Practitioner Team Leader Susan.Jordan@mahitahihauora.co.nz
11:30 – 12:00	Credentialing Explained	Lois Boyd & Valerie Williams (Confirmed) Te Ao Maramatagna/New Zealand College of Mental Health Nursing) credentialing@nzcmhn.org.nz
12:00 – 12:30	Supervision and Self-Care	Brett Smith (he/him) (Confirmed) Triage Partner Brett.Smith@mahitahihauora.co.nz
12:30 – 13:00	Lunch	<i>(Vegetarian, Vegan, Gluten-Free and other dietary options available upon request.)</i>
13:00 – 14:00	Lifestyle Medicine: Diet/Gut-Brain Connection, Exercise, Sleep, Stress	Hannah McCarrison/Bella (Confirmed) Professional Lead – Dietetics Hannah.McCarrison@northlanddhd.org.nz
14:00 – 14:15	Afternoon Tea	
14:15 – 15:15	Lived Experience: Mental Health and Recovery Consumer Perspective	Trevor Hitchcock (Consumer) (Confirmed) Janeen Prohl (Family) Mental Health & Addictions (NDHB) Trevor.Hitchcock@northlanddhd.org.nz Janeen.Prohl@northlanddhd.org.nz
15:15 – 15:30	Closing	Erana Peita (she/her) (Confirmed)



Day Two

Topic: Engaging with Priority Populations

Pre-learning: Please complete Understanding Depression module before Day Two

Date: Wednesday, 6 December 2023

Location: Te Kona- Digital, Business & Learning Hub, Kohekohe Room, 74 Guy Rd, Kaikohe 0405

Time	Session	Presenter
09:00 – 09:15	Welcome Discussion on <i>Understanding Depression</i> module	Lori Peters (she/her) (Confirmed) Lori.Peters@mahitahihauora.co.nz
09:15 – 10:15	Effective Engagement With Maori: Maori Perspective on Mental Health	Hemaina Reihana-Tait (Confirmed) Te Hau Ora O Ngapuhi hemaima.reihana-tait@thoon.org.nz
10:15 – 10:30	Morning Tea	
10:30 – 11:30	Effective Engagement With Pasifika: Pasifika Perspective on Mental Health	Maurein Betts (Confirmed) Te Roopu Kimiora maurein.betts@northlanddhub.org.nz and Johnny Kunitau Fale Pasifika johnny@falepasifika.org.nz
11:30 – 12:00	Mindfulness and Grounding Skills	Lori
12:00 – 12:30	Lunch	<i>(Vegetarian, Vegan, Gluten-Free and other dietary options available upon request.)</i>
12:30 – 13:30	Effective Engagement With Asians: Asian Perspective on Mental Health	Sunday Tsoi (Confirmed) Counsellor, Family Therapist, Life Coach Nutritional Health Coach info@sundaytsoi.com
13:30 – 14:00	Supporting Tai Tokerau's People with Disabilities	Jonny Wilkinson (Awaiting Confirmation) Northland Tiaho Trust jonny@tiaho.org.nz
14:00 – 14:15	Afternoon Tea	
14:15 – 15:15	Supporting Tai Tokerau's Rainbow People	?Emmett Roberts (Emailed) Inside Out emmett@insideout.org.nz
15:15 – 15:30	Closing	Erana



Day Three

Topic: Children, Youth, and Older Person's Mental Health

Pre-learning: Please complete Understanding Stress & Anxiety module before Day Three

Date: Wednesday, 14 February 2024

Location: Mahitahi Hauora PHE, Ratu Room, 28 Rust Ave, Whangarei

Time	Session	Presenter
09:00 – 09:15	Welcome Discussion on <i>Understanding Stress & Anxiety</i> module	Lori Peters (she/her) (Confirmed) Lori.Peters@mahitahihauora.co.nz
09:15 – 10:15	ACE's & Developmental Physiological Brain Changes from Trauma Services available to those under 12 years old	Libby Jones (Confirmed) Jigsaw North libby@jigsawnorth.org.nz
10:15 – 10:30	Trauma and the Nervous System: A Polyvagal Perspective	Trauma Foundation 9 min Video https://youtu.be/ZdlQRxwT1I0?si=yUD30il2vsZfiCiW
10:30 – 10:45	Morning Tea	<i>(Vegetarian, Vegan, Gluten-Free and other dietary options available upon request.)</i>
10:45 – 11:15	He Kakano Ahau: Youth Community-based Mental Health Support Service	Terryann Clark (she/her) (Confirmed) t.clark@auckland.ac.nz
11:15 – 12:00	Youth Mental Health: Part 1 Managing Social Isolation, Eating Disorders, Gaming, Self Harm, and Practical Interventions	Ruby Tibbet and Rachel McGillan (Confirmed) Youth Space rachel@youthspace.co.nz ruby@youthspace.co.nz
12:00 – 12:30	Lunch	
12:30 – 13:30	Youth Mental Health: Part 2 Trauma Informed Care, Autonomic Nervous System Dysregulation and Helpful Strategies for Self-Regulation	Ruby Tibbet and Rachel McGillan (Confirmed) Youth Space rachel@youthspace.co.nz ruby@youthspace.co.nz
13:30 – 14:00	Family Violence: Assessment and Accessing Programmes	?Women's Refuge (Bernie to confirm) Tryphine house tryphinas@tryphina.org.nz
14:00 – 14:15	Afternoon Tea	
14:15 – 15:15	Neurocognitive Disorders in Older Adult	Rosalyn Matene (Confirmed) POPS- Psych for Older Person Service (need correct email address)
15:15 – 15:30	Closing	Bernie Hetaraka (Confirmed) Mental Health & Addictions Manager Bernie.Hetaraka@mahitahihauora.co.nz



Day Four

Topic: Problematic Substance Use

Pre-learning: Please complete Understanding Problematic Substance Use module before Day Four

Date: Wednesday, 13 March 2024

Location: Te Kona- Digital, Business & Learning Hub, Kohekohe Room, 74 Guy Rd, Kaikohe 0405

Time	Session	Presenter
09:00 – 09:15	Welcome Discussion on <i>Understanding Problematic Substance Use</i> module	Lori Peters (she/her) (Confirmed) Lori.Peters@mahitahihauora.co.nz
09:15 – 10:15	Youth Addiction	Belinda Brophy (Confirmed) Rubicon Belinda@rubiconyouth.org.nz
10:15 – 10:30	Morning Tea	
10:30 – 11:00	Addiction and Alcohol Withdrawal Management	Rachel Beech/Sania Makaua/Francine McRae Timatanga Hou- Detoxification Service Dargaville Hospital (Confirmed) Rachel.beech@northlanddhb.org.nz
11:00 – 11:30	Te Ara Oranga	?Noleen Chaney (Emailed) AOD Educator- Te Ara Oranga Noleen.chaney@northlanddhb.org.nz
11:30 – 12:30	Supporting Families	Jade Caulfield (Confirmed) Yellow Brick Road- Kaihoke Jade@yellowbrickroad.org.nz
12:30 – 13:00	Lunch	<i>(Vegetarian, Vegan, Gluten-Free and other dietary options available upon request.)</i>
13:00 – 14:00	Suicide Prevention, Assessment, and Post-vention	Crystal Paikea (Prevention) (Confirmed) Crystal.paikea@northlanddhb.org.nz Luke Aekins (Postvention) Luke.aekins@northlanddhb.org.nz
14:00 – 14:15	Afternoon Tea	
14:15 – 15:15	Low Prevalence Disorders: Understanding Bipolar Disorder, Psychosis, Personality Disorders, and Recovery Model	? Joseph “Chommy” Kelly (Emailed) or Dr Peter Bramall Psychiatrist Northland DHB Joseph.Kelly@northlanddhb.org.nz
15:15 – 15:30	Closing	Lori Peters (she/her) (Confirmed) Lori.Peters@mahitahihauora.co.nz



Day Five

Topic: fACT and Motivational Interviewing

Pre-learning: Please complete Transitioning Credential Programme Knowledge into Practice module before Day Five

Date: Wednesday, 10 April 2024

Location: Mahitahi Hauora PHE, Ratu Room, 28 Rust Ave, Whangarei, 0112

Time	Session	Presenter
09:00 – 09:15	Welcome Discussion on <i>Transitioning Credential Programme Knowledge into Practice</i> module	Lori Peters (she/her) (Confirmed) Primary Mental Health Coordinator Lori.Peters@mahitahihauora.co.nz
09:15 – 10:30	fACT- Focused Acceptance and Commitment Therapy for Primary Care PART 1	Bruce Arroll (Confirmed) Professor of General Practice at University of Auckland Bruce.Arroll@auckland.ac.nz
10:30 – 10:45	Morning Tea	<i>(Vegetarian, Vegan, Gluten-Free and other dietary options available upon request.)</i>
10:45 – 11:45	fACT- Focused Acceptance and Commitment Therapy for Primary Care PART 2	Bruce Arroll (Confirmed) Professor of General Practice at University of Auckland Bruce.Arroll@auckland.ac.nz
11:45 – 12:30	Practice fACT	
12:30 – 13:00	Lunch	<i>(Vegetarian, Vegan, Gluten-Free and other dietary options available upon request.)</i>
13:00 – 14:00	Motivational Interviewing: Part 1	Tipene Pickett (Confirmed) MI Network of Trainers (MINT) Tipenepickett007@gmail.com
14:00 – 14:15	Afternoon Tea	
14:15 – 15:15	Motivational Interviewing: Part 2	Tipene Pickett (Confirmed) MI Network of Trainers (MINT) Tipenepickett007@gmail.com
15:15 – 15:45	End of Programme Evaluation Complete MI on Importance/Confidence of Mental Health Skills Q&A	Lori Peters (she/her) (Confirmed) Primary Mental Health Coordinator Lori.Peters@mahitahihauora.co.nz
15:45 – 16:00	Closing	Whaea Annie (Confirmed) Annie.Fox@mahitahihauora.co.nz



Group Supervision Sessions

(1:1 Supervision and/or Supervision for Māori/Pasifika also available upon request)

Lori Peters

Wednesday, 29 November, 11:30 - 12:30

Focus: Reflection on confidence of accessing Stepped Care system, utilizing lifestyle medicine to promote mental wellbeing, self-care or any of the other topic discussed on Day One.

Brett Smith

Tuesday, 12 December, 2:00 – 3:00

Focus: Reflection on effective engagement with priority populations, depression, or any of the topics from Day Two.

Susan Jordan

Thursday, 29 February, 10 :00 – 11:00

Focus: Reflection on children, youth & older person's mental health, stress & anxiety, trauma informed care, polyvagal theory, adverse childhood experiences (ACEs), or any of the other topics from Day Three.

Lori Peters

Wednesday, 27 March, 11:30 – 12:30

Focus: Reflection on problematic substance use, addictions, or any of the other topics from Day Four.

Brett Smith

Tuesday, 16 April, 2:00 – 3:00

Focus: Reflection on utilizing fACT and Motivational Interviewing from Day Five.

Susan Jordan

Thursday 25 April, 10:00 – 11:00

Focus: Reflection on transitioning credential programme knowledge into practice.

Lori Peters

Wednesday 1 May, 11:30 – 12:30

Focus: Final Reflection on any of the above topics preparation for submitting portfolio.