



## Primary Mental Health & Addictions Nurse Credentialing Programme for Enrolled and Registered Nurses & Nurse Practitioners in Primary Care

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.

### 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 & interventions;
- Confidence to provide ongoing monitoring, promote self-management strategies, understanding of the concepts of resilience, recovery and wellbeing;
- 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 societal influences that impact on peoples' mental health journeys of recovery, and actively working to reduce stigma and discrimination;
- Ability to participate in the delivery of integrated care and support of individuals and whānau who present with common mental health and addiction issues.

### The training commitment is:

Submission of a portfolio for credentialing after obtaining a minimum of **45 hours of professional development over 6 months**, 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 – over 5 monthly study days starting 22 November 2023
- There is an additional 8 hrs of online learning modules that has been endorsed by the College of Mental Health & Addiction Nurses

Feel free to contact Lori Peters, the Primary Mental Health Coordinator at Mahitahi Hauora PHE at [lori.peters@mahitahihauora.co.nz](mailto:lori.peters@mahitahihauora.co.nz) for more information on the programme.

Enrol now for the study days at <https://education.mahitahihauora.co.nz/w/>

See Study Day programme overleaf:



## Mahitahi Hauora

<b>DAY 1</b>	<b>Wednesday 22<sup>nd</sup> November 2023</b>
Location	Mahitahi Hauora PHE, Ratu Room <i>28 Rust Ave, Whangārei 0112</i>
Time	9am to 3.30pm
<b>Topic</b>	<b>Whanaungatanga &amp; Program Foundations</b>
<b>DAY 2</b>	<b>Wednesday 6<sup>th</sup> December 2023</b>
Location	Te Kona- Digital, Business & Learning Hub <i>Kohekohe Room, 74 Guy Rd, Kaikohe 0405</i>
Time	9am to 3.30pm
<b>Topic</b>	<b>Engaging with Priority Populations</b>
<b>DAY 3</b>	<b>Wednesday 14<sup>th</sup> February 2024</b>
Location	Mahitahi Hauora PHE, Ratu Room <i>28 Rust Ave, Whangārei 0112</i>
Time	9am to 3.30pm
<b>Topic</b>	<b>Children, Youth and Older Person's Mental Health</b>
<b>DAY 4</b>	<b>Wednesday 13<sup>th</sup> March 2024</b>
Location	Te Kona- Digital, Business & Learning Hub <i>Kohekohe Room, 74 Guy Rd, Kaikohe 0405</i>
Time	9am to 3.30pm
<b>Topic</b>	<b>Addictions</b>
<b>DAY 5</b>	<b>Wednesday 10<sup>th</sup> April 2024</b>
Location	Mahitahi Hauora PHE, Ratu Room <i>28 Rust Ave, Whangārei 0112</i>
Time	9am to 3.30pm
<b>Topic</b>	<b>Focused Acceptance &amp; Commitment Therapy &amp; Motivational Interviewing and Overall Series Review</b>