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Mental Health Nurses Section,  
New Zealand Nurses Organisation  
Magazine 2016



July 2016.

### **Chair Report 2016**

Time is speeding by and it is amazing that we have had the shortest day of the year. The work of the committee continues with regular meetings/teleconferencing ensuring the requirements of NZNO Colleges and Sections' are met.

There has been the chance for committee members to develop relationship with others including representing the committee with NZNO at the meeting with Te Ao Maramatanga under the Memorandum of Understanding and attending the section at the meeting of NZNO regional council and college and section chairs in Wellington in March.

I have also been asked to attend the Waikato regional meeting to discuss the Mental Health Nurses Section to continue to build those relationships this June.

We are considering the AGM and the best way forward, we will keep you posted. We are keen to get a quorum to sign off various work and continue to engage with our members. This is all part of the progression to college. This progression relies on your involvement. We hope you find our Facebook page accessible and informative. The page has current information regarding Mental Health Both nationally and internationally, and over 200 participants.

We are a small committee and the transition from section to college status remains an ongoing process. We invite you to join our committee and be involved! Also, a reminder for those of you on our Facebook page to encourage others to join the Mental Health Nurses

Section – Phone NZNO on 0800 28 38 48 to register for the Mental Health Nurses Section. We welcome your participation.

Cheers Gina

### **We are on Facebook!! AND have 200 members and growing.....**

As a section we recognised the need to progress how we communicate to meet the needs of our members by updating the progress of the section via the social media platform of Facebook. The Facebook page has now been going for around 6 months and we have over 200 members and this number continues to grow daily! We aim to have the page as a supportive place for information to be shared and topics to be discussed in a productive and solution focussed way. You can find the NZNO social medial policy in documents on the page. The best way that Nurses can be a force for change is if we all unite with a common and shared goal so get in amongst!

JOIN our Facebook page, just click on this link and you are there!

<https://www.facebook.com/photo.php?fbid=10153851139227164&set=gm.932333476842847&type=3>

### **Editors Report**

The magazine is becoming snappy and chatty. We welcome your feedback.

To make it easier to access, we are also hyperlinking lots of information through this and our Facebook page. To open any one of the https: addresses in this magazine please shade the address, right click and it will say “Open Hyperlink” and click. This will take you straight to the site on the internet for further information.

The Mental Health Nurses Section has over six hundred members and we would love to invite all of you to become active and to have a voice. Please remember to join up as a member of our Facebook page <https://www.facebook.com/groups/932333176842877/> and to vote later on in the year re the new logo and for the changes required in our constitution to become the Clinical College of NZNO Mental Health. We can't do it without you!

***The benefits of becoming a NZNO college are related to credibility and the opportunity to be truly recognised as a nursing voice that will be heard locally and nationally.***

As Editor, I have developed a new section with some of the news items concerning current mental health. They are all linked by their https addresses to further information. These are all available on our Facebook page.

We need to be mental health nurses with a generalist, holistic approach to care. There is a high need for us to remain active in order to be positive change agents and increase the impact and visibility of mental health nursing. The World Health Organisation, (WHO) 2016 states; “At least 350 million people live with depression, and it is the leading cause of disability worldwide. It affects not only the person with depression, but their loved ones too”.

<http://www.who.int/topics/depression/en/>

We have a mandate to ensure that the voice of mental health nursing is heard.

Mary McMillan, Editor.

## **NZNO and the M.H. Nurses Section response to..., Ombudsman critical of hospitals”.**

As all who work in mental health and the nursing profession are acutely aware, last week the NZ Herald newspaper, and National Radio NZ had reports/news concerning unannounced visits to different care facilities both for those with mental health issues and elder care. I know I felt “shocked” by the very emotive language used by the New Zealand Herald, “Torture report....,” as a heading. What do you think?

[http://m.nzherald.co.nz/nz/news/article.cfm?c\\_id=1&objectid=11676620](http://m.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=11676620)

*Several hospitals have been accused of carrying out cruel and punishing practices, including prolonged and excessive use of mechanical restraints on elderly patients. Some health wards used excessive restraints on patients, while in other cases patients were being detained without proper procedures being followed, according to reports by the Ombudsman's office. The investigations into detention sites were carried*

*out by the Ombudsman under the Crimes of Torture Act, and involved a series of unannounced visits to hospitals.*

<http://www.radionz.co.nz/news/national/308919/ombudsman-critical-of-punishing-practices>

NZNO Chief Executive Memo Musa reaffirmed the 'recovery' approach to mental health is strongly supported by mental health nursing staff, and by NZNO. Memo Musa stated, "I strongly believe that mental health staff and District Health Boards want to do best by the communities that rely on them. The only approach that we as health professionals endorse is one that's humane, and upholds the human rights of those who give and receive care. The Mental Health Nurses Section and our colleagues Te Ao Māramatanga, the NZ College of Mental Health Nurses support the full statement Memo made (see link below). Please feel free and be active in these issues as we want to hear the positive and amazing care making positive changes to patients and whanau/families. Send us your feedback.

[http://www.nzno.org.nz/about\\_us/media\\_releases/articletype/articleview/articleid/2321/mental-health-patients-whanau-and-staff-deserve-dignity-and-respect](http://www.nzno.org.nz/about_us/media_releases/articletype/articleview/articleid/2321/mental-health-patients-whanau-and-staff-deserve-dignity-and-respect)

## **What's in the News!**

*"Exciting times for Registered Nurses with the Medicines Regulations for Registered Nurses & Nurse Practitioners soon to come in legislation. This will particularly support nurses working in the areas of long term conditions and in the rural and primary health sectors".*

Medicines (Designated Prescriber—Registered Nurses) Regulations 2016.

Nursing Council chief executive Carolyn Reed, said the passing of the regulations was a "source of great excitement to the Council and we hope it makes a big difference to patients".

<http://www.nursingreview.co.nz/news-feed/2016/rn-prescribing-a-legal-reality/#.V5Mfz0nsLmQ>

## Social impact bonds not the answer to anything.

6 July 2016

**Last year the New Zealand Nurses Organisation's Mental Health Nurses Section raised the concern that social impact bonds were a "solution looking for a problem".** Chair of the Mental Health Nurses Section, Gina Soanes says, "Today's announcement that this government's first social bond has collapsed, with negotiations breaking down and the provider walking away comes as no surprise to us". "Privatising mental health services and reducing people to "targets" and "outcomes" is not the way to create a nation where people with mental illness are supported to recover.

<http://www.radionz.co.nz/news/political/308026/government's-first-social-bond-collapses>

<https://nznoblog.org.nz/2015/09/14/social-bonds-for-mental-health/>

## Social service funds too precious to waste.

Lifeline Aotearoa says unless it can get help from the public as it will run out of funds by June 2017. The service has operated since 1964 and answers about 15,000 calls a month from people dealing with a range issues, specialising in helping those at risk of suicide.

Lifeline only has funding for another year. They need public support to remain viable.

<https://www.tvnz.co.nz/one-news/new-zealand/there-serious-questions-viability-entire-mental-health-system>

## Drug addiction sector questions meth epidemic claims

People working on the frontline of drug addiction services are saying we are not doing enough to address methamphetamine use in New Zealand. Gang leaders are saying the country is in the midst of a second P epidemic, but those working in addiction services aren't so sure. Dr Vanessa Caldwell, head of methamphetamine services at workforce development provider Te Pou, said rather than a second epidemic, we might be seeing those who have been using for some time becoming more visible as they develop problematic use. "It's the addiction treatment stats that are actually increasing," Dr Caldwell said.

**Table 1: Past-year amphetamine use in New Zealand for adults aged 16–64 years**

Year	Survey	Mode	Prevalence
2003	Health Behaviours Survey – Drug Use	Telephone interview	2.7% (2.3–3.3)
2007/08	New Zealand Alcohol and Drug Use Survey	Self-completed interview	2.2% (1.7–2.7)
2011/12	New Zealand Health Survey	Face-to-face interview	0.9% (0.7–1.1)
2012/13	New Zealand Health Survey	Face-to-face interview	0.9% (0.7–1.2)
2013/14	New Zealand Health Survey	Face-to-face interview	1.1% (0.8–1.4)
2014/15	New Zealand Health Survey	Face-to-face interview	0.9% (0.7–1.1)

Source: Ministry of Health 2007, Ministry of Health 2009; data from NZHS 2011/12, 2012/13, 2013/14 and 2014/15

*The 2014/15 Health survey showed amphetamine use is at 0.9 percent for those aged 16-64 - that's down from 2.7 percent in 2003. The survey found no change in prevalence since 2011.*

Retrieved from <http://www.newshub.co.nz/nznews/drug-addiction-sector-questions-meth-epidemic-claims-2016071613#ixzz4EdegcCCX>

## Theme announced for Mental Health Awareness Week

12 Jul, 2016

The theme for this year's Mental Health Awareness Week (MHAW) is Naturally Happy: connect with nature for good mental health and wellbeing. We'll be celebrating MHAW during 10-16 October.

<https://www.mentalhealth.org.nz/home/our-work/category/16/mental-health-awareness-week>

**Do contact us with your comments and suggestions. We are happy to start a "Letters to Editor" section.**

**Write to both:**

**Gina Soanes**

[Gina.Soanes@waikatodhb.health.nz](mailto:Gina.Soanes@waikatodhb.health.nz)

**Mary McMillan**

[Mary.mcmillan@sit.ac.nz](mailto:Mary.mcmillan@sit.ac.nz)

