Whanganui Mental Health and Addiction Services Update **January 24th, 2023**

This week
Items include Iwi Māori Partnership Board, workforce development opportunities, a reminder of Te Rau Ora resources and information plus news.

News

Te Oranganui Move. Some services have moved already and mental health and addiction services, Waiora Hinengaro are moving in the 2nd week of February at this stage. They are moving to the Criss Cross building Te Rito and CMH were in. The **Te Waipuna, the Medical Centre, is moving to 151 Guyton Street** and will be open there from the 30th January.

Co-response service with the police. James Middleton has accepted the role as Team and Project Lead and the next step when he starts is a plan of action to get the service delivered.

Bloods. This service Whanganui Community Living Trust is providing for mental health and addiction services clients and kaimahi is going well. Please use this service so we can keep it.

Regional Specialist Services. There is work being done on more accurate reporting from the specialist services like AoD rehab and Maternal Mental Health. There has been a small amount of funding allocated in the last budget to be spent on eating disorder services and we have gone with an increase in FTE for regional work.

Workforce and Learning Opportunities

The **Te Whatu Ora Professional Development Calendar** is out and available on the Te Whatu Ora Whanganui website and can be found under

Work with Us → Professional Learning and Development → Education Booklet

Leadership Days are not just for managers/leaders, they are of interest to all to see the bigger picture of services and meet others who work in the field. They are held 3 times a year in different main centres and the Wellington ones are noted below. If you get permission to go book ASAP as they often end up having waiting lists to attend. They are free from registration costs.

- **Leadership Day MICAMHAS – Wellington**
- 17th March 2023
- Book through Whāraurau website.

- **Leadership Day Addiction – Wellington**
- 30th March 2023
- Book through Te Pou website-events.
- Also: for those interested in Addiction research

- **Addiction Research Symposium – Victoria University**
- 13th February 9-5 sharing of research by several universities – free
- Book through Te Pou website-events.

- **High and Suicidal**
- Run on zoom by Barry Taylor these are new workshops in July looking at people who
- Book on Te Pou website- events or TaylorMade. There is a cost.

- **Mental Health Nurses Section of NZNO**
- Capacity in Mental Health Arena, Friday 24th March in Wellington

- **Cutting Edge Conference 2023**
- Held at Claudlands Hamilton this year 23-23 November.
- Put in diary or even better plan a presentation.

- **For those with grand plans**
  TheMHS Conference, Adelaide 15-18th August 2023. I have been to a TheMHS conference in Australia and one in NZ, can recommend them. Kaupapa for this year is Making Rights Real, a human rights focus.

Te Rau Ora (was known as Te Rau Matatini)

Te Rau Ora is a national organisation whose aim is to "*improve leadership, education, research and evaluation health workforce development and innovative systemic transformation. We strengthen Māori health and wellbeing through national negotiated and locally led solutions".*

Te Rau ora (used to be called Te Rau Matatini) has an extensive website with information and resources well worth a look if you want to extend your knowledge of Māori mental health.

Some of the resources to download include documents on:

- Trauma Informed Care for Māori
- Cybersafe for Indigenous youth
- Indigenous Insights Volumes 1 and 2 that talk about Māori health models.
- He Puna Whakaata - A value cards tool to work with tangata whaiora and whānau

Also, on the website are opportunities for professional development and training programmes and conferences.
The website also has the connection to the suicide prevention space the Centre for Māori Suicide Prevention.
You can sign up for their newsletter and they have an active Face book page and News section.
Try the online kēmu- health quiz!!!

Plus, for those nurses who can choose their PDRP options you can do it through Te Rau Ora- Huarahi Whakatū.

Iwi Māori Partnership Board

The Whanganui Iwi- Māori partnership board (IMPB) has been formally recognised under Te Pae Ora legislation and is named **Te Mātuku.**

From Te Aka Whai Ora website:

MPBs are the primary source of whānau voice in the system and influence regional strategies through Te Aka Whai Ora:

- *They will create an authentic vision and strategies for addressing their shared concerns and solutions to improve the health system.*
- *They will enable iwi, hapū and whānau to exercise rangatiratanga in their rohe.*
- *They ensure tangata whenua voices are heard and local health services reflect those who need and use them*
- *This will help build a stronger Māori workforce, support the growth in capability and capacity of hauora Māori healthcare providers, and encourage more innovation in services that deliver better outcomes for Māori.*