

**MINUTES OF THE TE ROOPU TUPU TAHI HUI HELD ON
TUESDAY 1 JUNE 2010 IN ROOM 2, SEMINAR CENTRE,
BRAEMAR CAMPUS, NELSON HOSPITAL AT 10.00AM**

Chair

Carol Gowan

Present

Lorraine Eade, David Hough, Merrill Brunt, Lynda Sigglekow, Robyn Byers, Hilary Genet, Rita van Iddekinge (NMDHB); Cheryl Thompson (SF Marlborough); Jane Kinsey, Martin Kane (Nelson Bays PHO); Moira McLeod, Peter Rees (Te Ara Mahi); Michele Parkin (Consumer Representative, Marlborough); Janie McIntyre (Gateway Housing Trust); Susan O'Connell (SF Nelson); Warren Sadd (MH Consumer Advocacy); Carmen Lynskey, Ron Keown (Richmond NZ); Jos van der Pol (Compass/Kotuku); Jo Johnson (Te Whare Mahana); Sarah Preece (Mental Health Support Services); Katrina Martin (CARE Marlborough); Mary Ellis (Health Action Trust/The White House); Lois Millar (St Marks); Eileen Varley, Debbie Christie (Addiction Services, NMDHB);

In Attendance

Gaylene Corlett (NMDHB)

Apologies

Jenny Martin (Care Solutions), Rachel Davis (Te Awhina Marae)

Karakia:

Linda Sigglekow

1. Welcome and Introductions

Carol welcomed everyone to the meeting.

2. Minutes of Previous Meeting

The minutes of the meeting held on 20 April 2010 were accepted as a true and correct record once the following changes are made:

- Page 4 – Mental Health Promotion, third para first line change to “The MOH funded 7.2FTE...”.
- page 4 – Mental Health Promotion third para 5th line change to “...Mental Health Foundation but they had limited resources.”
- page 4 – Mental Health Promotion third para 3rd line from bottom change to “The gap in Mental Health Awareness Week in Marlborough...”.

3. Matters Arising from Previous Minutes

Terms of Reference – noted the TOR has been altered after the last meeting. Agreed the phrase under Membership “open to all consumers...” to be removed. Discussion around the Kaupapa Maori Health but agreed to leave in at this stage.

4. Jane Kinsey, Nelson Bays PHO

Jane gave an overview of the Nelson Bays PHO. Formed in 2004 as a charitable not for profit organisation. The PHO has a Board of 10 people – an independent Chair, 3 community representatives and 3 provider representatives and 3 Maori).

PHOs are generally funded by MOH, with four main funding streams - capitation funding (comes through PHO to general practice to allow them to lower their fees); management; health promotion and access. Health promotion is around keeping people as healthy as possible. This involves working with organisations outside of general practice, working with people in the community to get them to be self empowered to look after their own health. Role is to get providers/services information known to GPs and other health providers. Access is getting better access for all people, especially Maori and low social economic areas. Have other services like ACC contract for falls prevention, MSD contract for Strengthening Families, primary care strategy, nutrition etc.

The PHO retains local GP data themselves which can be shared with the DHB and others. This is useful in terms of evaluation and monitoring of programmes. The PHO provides education to support different groups like pharmacy, GPs etc to enable delivery of quality health care services. If anyone is interested in possible workforce support contact Jane.

The PHO produces a fortnightly electronic newsletter called Be Well which is available on www.bewell.org.nz.

The PHO has developed a health directory which lists service providers. This is also available online. It is updated monthly and reprinted annually. It was noted that GPs use the online version regularly. NGOs to contact Jane or Tanya White if they wish their service to be listed in the directory. Tania's email is Tanya.White@nelsonbayspho.org.nz

The PHO is also able to assist providers with things like designing pamphlets, printing pamphlets, assistance with website design etc.

An MOU/agreement is developed between the PHO and organisation to work with each other in an Alliance environment. Meet annually on business plans etc. Copies of the agreement were handed out.

The PHO has a Maori Health Coordinator (Luke Katu) available to advise providers on how to access Maori health.

Workforce development – Lorraine to talk to Jane about possibilities of utilising funds for training. To be added to the workforce calendar.

Peter Rees (Te Ara Mahi) commented that their service works hard with GPs to get information on their service known, however when GPs refer patients to them, the NGO has to pay the GP to get information on that client. This is difficult as the information is needed for risk management. This barrier hinders their ability to put clients into workplaces. Peter to talk to Jane around PHO assistance to resolve this issue.

5. Addictions and Co-Existing Disorders

Eileen Varley and Debbie Christie from the DHB Addiction Services presented on Co-existing Mental Health and Substance Use Problems.

For the past five years Addiction Services have been building relationships with Mental Health and Addictions. They currently look after clients with both mental health and addiction issues. In 2008 extra funding was provided to pilot Co-existing Disorders. This proved successful.

Biggest issue for them is around recruitment as staff need knowledge in both areas.

MOH have put as priority assessing mental health and addictions.

Debbie started off the presentation with a short video clip.

Discussion was held on methadone. It was noted that the longer a client is on methadone the more stable they are. Addiction Services are working with GPs to gain a better understanding of this as in some cases it is better to keep a client on methadone for the rest of their lives than cope with the issues that arise when taken off it. It is the most researched drug internationally – is very safe to use. Noted those on methadone are those addicted to opiates with more and more clients being addicted to prescribed medication.

Debbie finished the presentation with a short video clip on marijuana.

The presentation is available from Gaylene.

6. Issues, Information, Conferences and Celebrations

DHB

- Lorraine has sent out a Sustainable Housing Trust leaflet to Marlborough providers. Applications for shared ownership of healthy homes – there are six or seven homes available in Marlborough.
- Focus meetings are held in Nelson and Blenheim (Nelson monthly and Blenheim every 6 weeks). Meetings are a chance for consumers, families etc to discuss issues that concern them with support workers, Witherlea etc. Merrill to send dates to Richmond NZ. Merrill to send out information via Gaylene to the network. Noted Nelson meeting to be held at 1pm on Wednesday 2 June at the Volunteer Centre, 50 Halifax Street, Nelson.
- DHB mental health have shortage of Medical Officers. Have two vacancies and are still advertising.
- Youth AOD position in Motueka – difficulty in recruiting to this position. Will be readvertised.
- DHB going into time of restructure at different levels – more information will come out soon. Rutherford Group has completed review on adult psychogeriatric services. Noted a national document from the Ministry outlines recommendations, major of which is psychogeriatric should be in mental health services and not health of older people. Due to be released in June.
- Feedback received from Mental Health Commission's project looking at collaboration at Admission Unit and some of the NGO services. This research has been completed and feedback will be available in August for comment.
- A project on providing services for those with high and complex needs has been completed nationally. NMDHB did not participate. Will be released in August.
- Robyn Byers to attend the Mental Health Advocacy Coalition (MHAC) meeting for the last time in June. Will no longer be funded by the Ministry. Noted this is the only forum where an array of stakeholders get together regionally to discuss

mental health issues on a quarterly basis. Robyn to feedback that NGOs are concerned that there will not be the forum for feedback from regions.

- Sensory modulation to reduce trauma of inclusion and being admitted – reorganisation in the admission and Te Pahi areas has started. The programme is set up by OTs. An implementation plan is being written. Have received huge support from consumers nationally.
- Robyn felt privileged to speak at Te Whare Mahana's 20th birthday celebrations. Was a lovely occasion.

MH Consumer Advocacy Service

Members have just completed de-escalation training and this has been implemented in the House successfully.

Health Action Trust/Kotuku

Noted the de-escalation training was attended by a number of providers.

Gateway Housing Trust

Now reporting live to PRIMHD. Data onboard for all residential services. Working on community services. Taking a while to enter data.

Rutherford

Mention was made of the newspaper article in the Marlborough Express regarding mental health services. It was disappointing to see the wording led Care Marlborough care workers to think they were going to lose their jobs. Noted there were statements in the article that were media interpretation. Peter Rees said those NGOs that were approached for the story were very cautious about what they said and said nothing that was not already public knowledge as part of Rutherford. Peter feels the article is good to get the message out there that services are going to be affected. Lorraine said the article took the story out of proportion. Lorraine informed the meeting that as reports are completed by the Rutherford Group there will be a media release.

It was noted that there is a need to keep service users informed.

Noted in article statements around anticipated increase in crime and suicide rates was disappointing - undermined the amount of work already done by mental health providers.

7. Workforce Development

Noted Te Pou "Let's Get Real" putting it into practice workshop available if providers interested in attending. Noted is available online with DVDs etc. If no one else interested will hold workshop in Golden Bay. Email Jo if interested to attend.

Kotuku are holding a 4 day advocacy training course at the end of June, with people from outside of the district paying to attend. This will allow local people to attend for free!

Mental Health Foundation provided two workshops around stigmatisation for providers. Very well attended.

Workforce calendar – Lorraine concerned some providers may not get the calendar by email due to the size. Email Lorraine if you wish to receive it – usually send to mental health NGO provider managers. Noted the calendar is also on the DHB website under Mental Health Planning/Workforce. Reminder to use the calendar for upcoming training NGOs may be holding that others can attend. Lorraine thanked providers for supplying information for including in the calendar.

Robyn to attend last Mental Health Foundation meeting in June (term of office up) – will pass on thanks for them holding the stigmatisation workshop in Nelson.

Learning & Development

Sue Seymour joined the meeting to allow Te Roopu Tupu Tahi to acknowledge their thanks to Learning & Development (Carrie) for the support and help given in terms of Te Roopu Tupu Tahi workforce development. It was acknowledged that mental health and addictions are the only group that get this support from Learning & Development.

Mentoring policies – Lorraine gave background on mentoring policies the DHB have to provide mentoring to students, staff etc. DHB is okay with providers using these policies to adapt for their own service. Lorraine to attach mentoring policies to next workforce calendar.

8. Reports from Cluster Groups, Special Interest Groups, Other Networks

Hilary Genet, Top of the South Mental Health Promotion Network, informed the group that Health Action Trust have funded the consumer representative position on the network. Minutes of the network meeting are available from Hilary. The minutes will also be added to the DHB website.

Motueka Mental Health Network Group to meet soon. New manager started this morning. Susan O'Connell to clarify work being done around Mental Health Awareness Week regarding seasonal workers. Susan to email TRTT group with relevant information.

Top of the South NGO Group met this morning. Some of the items discussed were implementation of Rutherford report, upcoming contract negotiations and media. Keen to get collaboration going. Peter asked that this be noted in the CPHAC report.

9. Collaboration and Consolidation

A meeting will be held after Te Roopu Tupu Tahi to start discussions on collaboration and consolidation. Some providers are already looking at collaboration. Discussions held about possibility of utilising DHB NZ's national procurement – looking at taking advantage of any discounts that may be available. Agreed be a standing agenda item.

10. Mental Health Planning and Funding Report

Report noted.

- Workplan – Agreed need to think about key projects for 2010/11 year. Ideas on key projects to be sent to Lorraine for further discussion at next meeting. Lorraine to put out specific request for this.

- Rutherford – media release has been completed. Further discussion to be held after Te Roopu Tupu Tahī with NGO providers.
- Targeted Youth Health Service will be up and running in 2010.
- Suicide pilot has been rolled over for further 2 years with stronger focus on primary.
- Lorraine mentioned changes are occurring within the DHB, within Ministry and for providers.

Jo Johnson commented that Te Whare Mahan no longer has an NVCI trainer. Noted it was expensive to train a trainer. Queried what is available in Nelson and whether a trainer could come to Golden Bay.

Robyn Byers commented that Sonia has resigned from the PRIMHD position. Discussion held on PRIMHD costs – noted Lorraine sent out to providers (A4 sheet of costs). Noted Wild Bamboo appear to be a good IT provider if providers don't have any data collecting system already in place.

11. Any other Issues

Nil.

10. Next Meeting Topics

Please forward any topics for the next meeting to Carol or Gaylene.

Close:

Carol Gowan

Meeting closed at 1pm.

The next meeting will be held on Tuesday 20 July in the Board Room, DHB Office, Nelson Hospital.