

**MINUTES OF THE TE ROOPU TUPU TAHI HUI HELD ON
TUESDAY 20TH APRIL 2010 IN THE OLD BOARD ROOM, WAIRAU HOSPITAL,
BLLENHEIM**

Chair

Carol Gowan

Present

Warren Sadd, David Hough, Peter Rees, Carmen Lyskey, Ron Keown, Sonia Tafilipepe, Michele Parkin, Elaine Elbe, Mary Ellis, Alison Graham, Katrina Martin, Sarah Preece, Hilary Genet, Martin Kane, Lynda Sigglekow, Susan O'Connell, Cheryl Thompson, Carol Gowan, Lorraine Eade

In Attendance

Gaylene Corlett (NMDHB)

Apologies

Janie McIntyre, Lois Millar, Robyn Byers, Ryan Papps, Rita Van Iddekinge, John Gawith, Tipene Taylor, Rob Somerville, Jos van der Pol

Karakia

Lorraine Eade

1. Welcome and Introductions

Those present were welcomed to the meeting.

2. Minutes of Previous Meeting

The minutes of the meeting held on the 9th March 2010 were approved as a true and correct record.

3. Matters Arising from Previous Minutes

Terms of Reference – changes noted. Members asked that the TRTT minutes rather than a report be sent to CPHAC as there was concern the report may not contain details about NGO activities. Carol reiterated what was discussed at the last TRTT meeting, where she stated if NGOs wanted something specific in the report they were to contact her. It was agreed that members who wish information to be included in the report to raise it at each TRTT meeting or contact Carol direct. It was noted that CPHAC wish to receive a report rather than minutes. It was noted that TRTT minutes are on the DHB website so CPHAC members can have access to them if they wish. It was noted the Terms of Reference were emailed out two weeks ago asking for comments back to Carol by last Tuesday. It was agreed to make an addition to the Terms of Reference under Process number 3 add to the end of the sentence: “and placed on the NMDHB website once they have been approved at the following TRTT meeting”. And under the same area number 4 add “Any items that TRTT members would like to be included in the CPHAC report to be raised at the TRTT meeting or forwarded to the Chair directly”. Under Purpose, first bullet point, a member asked for the word “involved” to be changed – no suggested alternative was given. The third bullet point under Purpose needs clarification around ‘network’ – agreed change to “the membership of Te Roopu Tupu Tahī”.

Noted the Terms of Reference will not go to CPHAC's meeting next week, but to the following one. CPHAC meetings are now every two months (as opposed to 6 weekly as previously). Carol to ensure any feedback from CPHAC is passed onto the members of TRTT. Noted the Terms of Reference are to be reviewed annually.

4. Workforce Development

- A Fieldworker from SF Nelson attended a psychosis conference in Auckland. Susan O'Connell attended a two hour course on leadership. Susan informed members of a wide range of community courses that are advertised through the Nelson Community Support Service Network. Susan to provide details to Gaylene for circulation.
- Blenheim has a similar system regarding available courses from the wider community sector – Cheryl to send information to Lorraine.
- Advocacy Services have engaged Jos van der Pol to hold non violent de-escalation training in Blenheim.
- SF Marlborough are to hold family to family support training on May 15th.
- A First Aid Course will be held on Thursday in Nelson – one place is still available.

5. Sharing Resources for Workforce Development

Lorraine went through the Mental Health and Addiction Workforce Report.

- NVCI de-escalation – Learning & Development are working on developing a module called conflict resolution.
- First Aid – Sonia to have Katrina (Witherlea Mental Health) contact Lorraine regarding exploring the possibility of the Blenheim NGO sector attending Witherlea first aid group training.
- Informed Consent – Sonia to forward information on informed consent which could be used as self reading to Lorraine. Also noted Health & Disability group (Trish Benven/Lachelle Walker) hold informed consent training for free. Lorraine to follow up.
- Eileen Varley will present to TRTT on 1 June about addictions and co-existing disorders.
- Treaty of Waitangi – Lorraine to follow up on Mauri Ora Associates online training programme.
- Multi Ethnic Council (in terms of cultural training) – Evie McCauley may be a link. Also Sonny Elesona. Refugees as Survivors could provide training but there is likely to be a cost attached. Refugee & Migrant Centre in Nelson may also be a link. Training needed around engagement/responsiveness.
- DBT Basics – Lorraine to follow up with John Gawith.
- Privacy/confidentiality/informed consent – Trish Benven and/or the Community Law Centres.
- Let's Get Real – training not required, but identification of links to website containing information would be useful.
- Recovery – noted there is recovery assessed as part of certification standards, H&D standards, Tier One Mental Health Service Specifications and new Provider Specific Terms and Conditions. Consistency in approach would be useful. Possible trainers identified as Lois Boyd (DHB), Jos van der Pol, Case Consulting, SISSAL.
- Legislative day and a practical day – Sonia to check with Robyn if others can attend. Would cover Mini State Examination, risk assessment, mental illness, addictions, recovery, MHAct, Health & Disability standards.

- Documentation training would be useful in terms of compliance, case notes, outcome reporting.
- NMDHB Human Resources (Heather Smith) could be an opportunity in terms of appraisals, supervision, staff management, training. Susan to put to Volunteer Nelson (Bernie) regarding getting someone in to do training although there may be a cost. Susan to send details out to members.
- EMA (Employers Manufacturers Assoc), Lets Get Real – online learning.

Need to look at frequency of training, ie monthly?

Possible free training venues available – Te Ara Mahi (seats 35), SF Marlborough (seats 12), SF Nelson (seats 15), Kimi Hauora Wairau PHO (seats 15), community link at Work & Income Blenheim (seats 30), ACC (seats 30), Nick Smith rooms (seats 50), Marlborough Community Centre (seats 30), Gateway Nelson and Marlborough (seats 10).

DHB Learning & Development have a mentoring toolkit and a mentoring agreement which is available to assist providers in the next phase of the Workforce Information Report. Lorraine has details.

Agreed that the website should identify a list of all mental health and addiction policies, and then if providers want further detail, they can contact the relevant holder of that policy for a hard copy. Agreed the workforce development calendar and template will be put on the website.

Primary Mental Health – both PHOs have had an increase in workforce funding over the last two years. Both PHOs have run some successful training for the primary care sector, and they are currently working on their workforce development plans for next year. Access to the training is through PHOs.

Career workshops – contact at NMIT is Grant McNeil for career expos.

It was noted that Mental Health NGOs are the only sector currently that can access free training through NMDHB Learning & Development. This has been very helpful. Suggested a person from the DHB Learning & Development attend TRTT meeting in June – need to acknowledge support, guidance and assistance they have given to TRTT.

Lorraine is now the contact for the workforce calendar and will have an update for the next meeting. Please forward any training both requests and training offered to Lorraine. Those NGOs that have workforce development plans are to send them to Lorraine.

6. Issues, Information and Celebrations

Care Marlborough and the Whitehouse held a successful combined trip to Pelorus.

Health Action Trust went to the opening of the new stadium at Saxton Field, Nelson putting out mental health messages about exercise - “raising your mood for 12 hours takes 20 minutes of exercise”.

Workshop on Like Minds to be held on 4 May. If popular response, will look at inviting the Mental Health Foundation back for further workshops.

SF Nelson - Carers writing group produced calendar for 2010. Theme is Year of the Tiger.

Kimi Hauora Wairau PHO - starting in May, have an anxiety management clinic which is contracted to Relationship Services. This includes a course of therapy for 6 sessions for those with mild to moderate conditions. Referrals are through GP or Alison at the PHO.

Nelson Bays PHO - Brief Intervention service has new premises on corner of Nile and Alton Streets. Offering up to four sessions for those with mild to moderate conditions. Referral through GP or Maori organisations. Service is also available in Motueka, and the PHO are looking at providing service in Tapawera.

SF Marlborough are renting rooms fortnightly for half days in Picton (have four rooms available). Anyone needing access to the Picton community can rent the rooms for half days – cheap rates. Contact Cheryl Thompson for more information.

8. Mental Health Promotion

Members of the Te Tau Ihu Mental Health Promotion Network gave a presentation on achievements to date and plans for the future.

Hilary Genet, Mental Health Promoter employed by the DHB gave a brief background on health promotion. Their scope includes problem gambling, AOD, violence, and Te Rito intervention in terms of mental health. Health promotion is about population health – looking at it from a wellness perspective as mental wellbeing is very important to health promotion.

The DHB employed 7.2 FTE for health promotion which, over a period, has reduced to 4 FTE. The Top of the South Mental Health Promotion Network was formed in October 2008 from a meeting looking at services to reduce stigma and discrimination. Responsibility for Like Minds Like Mine in this area was with the Mental Health Foundation but they had no resources. Gaps were identified, eg no mental health promotion in Golden Bay, Murchison etc. Meetings centred around how to fill the gaps, how to provide consumer representation and how to provide assistance to outreach areas. Terms of Reference were developed, and the group started looking at how to work collectively, how to work purposely together, how to approach professional development, how to strengthen health promotion principles and services. The Terms of Reference are still draft. Mental Health Awareness Week provided an opportunity to look at the various issues of mental wellbeing especially in the workplace. Since then, there has been quite a lot of activity in the Nelson region, especially with large workplaces. The gap in Marlborough has been picked up by SF Marlborough. This work has stalled a bit recently due to the reduction in staff and the general economic environment.

The group are now looking at where to go from here and who else should be part of discussions, focussing on AOD, gambling, family violence, and mental health in schools.

The draft plan for reducing stigma and discrimination in Nelson Marlborough was tabled. Members of Te Roopu Tupu Tahī were asked to forward any feedback to Hilary, Dave Hough or Lorraine. The group currently meets 6 weekly, with the next meeting to be held on 21 April. Network meetings are open to NGO service providers to attend. The minutes of the network meetings are available from Hilary. It was agreed that an update from the network be given at Te Roopu Tupu Tahī meetings under an agenda item of Health Promotion.

It was noted that there would be benefit for DHB Health Promotion staff to work with NGO service providers in assisting them with mental health promotion in the workplace and other non clinical health promotion meetings.

Hilary is also working with organisations looking at deprived areas, eg Picton (health), MSD, education, etc. Other areas being worked on are issues around elderly accessing health care, post natal depression, discrimination and stigma.

9. Mental Health Planning and Funding Report

- TRTT Annual Workplan – it was suggested that it was time to develop new projects, and this will be discussed further at the June meeting.
- PRIMHD – applications for connections for digital certificates are being sent out to NGOs. Noted NGOs have to be PRIMHD compliant by 30 May. The forms sent out to NGOs by Sonia are to be completed, signed and sent to Ryan Papps. NGOs have questioned whether they can combine connections to reduce costs. It was noted that Janie McIntyre from Gateway Housing Trust is the best person to speak to about connections as they are well on the way to reporting in the new system. It was noted that NGOs have to purchase the digital certificate at a cost of \$100 plus an ongoing monthly fee to update their systems. TelstraClear are putting together a package for smaller NGOs with the lowest fee being \$30 monthly fee. This proposal is being checked by MOH at the moment. The average ongoing cost to NGOs is likely to be around \$80-100 per month. Noted an email had been sent to NGOs from Sonia outlining the pilot. Sonia is only available until 30 September for the PRIMHD project and NGOs are encouraged to contact her for clarification if required. Sonia to give completed list of NGOs, IT providers etc to Lorraine at the end of May.
- SIRMHN Eating Disorders Report will not be released, however there will be a summary available.
- Rutherford – Service agreements are being completed before the end of the financial year. NGO consolidation meeting will be held on 8 April.
- Negotiations are being held with MOH to continue the Suicide Coordinator pilot. There is a possibility this may be extended for a further two years.
- Discussions are being held with MOH looking at trialling the Youth AOD pilot for primary mental health in Nelson given the high number of young people presenting to ED. The position is 0.5 FTE aligned with targeted youth health services currently in the process of being established.

It was noted the P&F TRTT reports will be short summaries in future as reduction in staff levels and Rutherford Initiative Group recommendations have impacted on Portfolio Manager time.

10. Any other Issues

Standing agenda items to include collaboration and consolidation as there is a need to have a forum to exchange ideas in an open manner (Rutherford). It was acknowledged that TRTT are somewhat hamstrung by not knowing the full recommendations of the Rutherford Initiative.

11. Next Meeting Topics

- Lorraine to invite Andrew Swanson-Dobbs, CEO of Nelson Bays PHO to June TRTT meeting. Christine Smith, CEO of Kimi Hauora Wairau PHO to be invited to next Blenheim TRTT meeting.
- Eileen Varley from DHB to be invited to TRTT to present on addictions and co-existing disorders.
- Carrie Graham from DHB Learning & Development to be invited to TRTT regarding training.

Close: Lorraine Eade

The next meeting will be held on 1 June in Seminar Centre, Braemar Campus at 10am.