



Kawerongo hiko

Te Pou e-bulletin

News, events, and the latest research for the mental health and addiction sectors.

Kohitātea January 2025

Kia ora e te whānau

Ngā mihi o te tau hou. Happy New Year. I hope you all were able to find some time to relax and rejuvenate over the summer break.

We know 2025 is likely to be another challenging year but I am optimistic about the mahi that is already underway and the possibility of new opportunities ahead.

Here are a few of the things we're working on this year.

- Continuing the consumer, peer support and lived experience (CPSLE) competencies workshop roadshow. Caro and Malcolm are in the South Island Te Waipounomu this week before heading back up to Taranaki and Whanganui, connecting with CPSLE colleagues across the motu and gaining valuable insights about services in these areas.
- The Ātea – Disability 101 facilitators were welcomed into the Blueprint for Learning whānau with a mihi whakatau last week after the workshop found a new home there. The workshop will be available again later this year.
- The updated *Let's get real* framework launches in April.

- There are over 500 Skills Matter-funded places available this year for post-graduate study in mental health and addiction.
- Continue to provide the training programmes for people who are new in their role as health improvement practitioners and health coaches.
- Adapting the Teen Mental Health First Aid programme for Aotearoa to give teenagers the skills and confidence to support each other and seek professional support.
- Supporting organisations to understand and use the available data to improve services and outcomes for tāngata whai ora and whānau.
- Working with organisations to understand and use their workforce data for effective workforce planning.

Our kaupapa is to provide evidence-based tools and resources to support the mental health and addiction workforce in Aotearoa to better the lives and outcomes for tāngata whai ora. If there are areas we can help in, things that would be helpful to you, let us know. You can always get [in touch with us via our website](#).



Ngā mihi

Rae Lamb



Te Pou news

Te Pou to offer Kia Mataara peer training this year

Te Pou is thrilled to announce that we will be bringing the highly successful Kia Mataara peer training to the Aotearoa consumer, peer support, and lived experience (CPSLE) workforce. This transformative training, originally developed and implemented by Pathways, is now being shared with Te Pou to offer to the greater sector.

Kia Mataara peer training is a unique programme that delicately weaves te ao Māori principles with CPSLE competencies, creating a rich and well-thought-out training experience specific to Aotearoa. This initiative promises to be a game-changer for our lived experience workforce, providing valuable skills and insights.

Stay tuned for dates and further details in our upcoming e-bulletins. We look forward to your participation and support in this exciting new chapter.

[Read more about the Kia Mataara peer training programme.](#)

Launch of the updated *Let's get real* framework is coming!

Te Pou is excited to announce that the updated *Let's get real* framework will be launched on Wednesday 2 April 2025. We would like to invite you to join us for this event. More details will be available soon.

A big thank you to everyone who has contributed to the update during 2024. Your support and contributions have been crucial in getting us to this point and bringing this mahi to life.

Following the launch, new resources and activities are planned to support you to utilise the framework to guide our work alongside tāngata whai ora and whānau.

Please add a placeholder in your calendar for Wednesday 2 April! Stay tuned for further information.

Addiction Leadership Day: Te Whanganui-a-tara Wellington, 26 March 2025

The [National Committee for Addiction Treatment \(NCAT\)](#), in partnership with Te Pou, invites you to register for the first Addiction Leadership Day of 2025, to be held on Wednesday 26 March at Te Papa in Te Whanganui-a-tara Wellington.

This event will be focused on relevant topics, bringing addiction sector leaders together. The agenda is currently being finalised. It will be sent to all registrants ahead of the day.

Registrations are now open but spaces are limited. Please register as soon as possible to secure your place. Please note that a maximum of three people from any one service may register. If you have any questions, please email tayla.williams@tepou.co.nz.

[Register for Addiction Leadership Day here.](#)

Mental health and addiction support worker professional development grants

Late in 2024, Te Pou opened grant applications for the professional development of mental health and addiction support workers working in publicly funded non-government organisations (NGOs). The sector responded enthusiastically, and Te Pou was pleased to be able to fund a number of applications from across the motu. It has been a great

opportunity to see the different skill sets that support workers are looking to develop. [A summary of the grants that were funded for study in 2025 is available here.](#)

Mental Health and Addiction professional development grant for people of Muslim faith

A workforce development grant will be launching on Monday 3 February specifically for people of Muslim faith. Applicants for this grant will be people of Muslim faith who either want to pursue a pathway into the mental health and addictions sector or currently work in the sector and want to build on their existing qualifications. The grant will contribute to costs incurred in taking part in a learning activity towards careers in the MH&A sector.

Applications for the professional development grant will open on Monday 3 February 2025 and close at midday on Wednesday 19 March 2025.

[For more details and application process please see here.](#)



Upcoming workshops

Next steps for the CPSLE competencies roadshow

The Te Pou CPSLE team have been busy delivering CPSLE competency workshops around the motu. Next month, the roadshow is heading to Ngāmotu New Plymouth and Whanganui.

The focus of these events is to connect with the CPSLE workforce, share the potential of how you can incorporate CSPLE values and competencies into your daily mahi, and hear and learn from how you already do.

Find out more and register using the links below.

- [CPSLE workshop - Ngāmotu New Plymouth](#), Tuesday 18 February
 - [CPSLE workshop - Whanganui](#), Wednesday 19 February
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ADOM training

The next Alcohol and Other Drugs Outcome Measure (ADOM) training for those clinicians and practitioners wanting to become ADOM trainers will be held online on Thursday 6 March from 10am to 4pm.

[Read more and register for ADOM training here.](#)

Training for HoNOS family of measures

Te Pou has a range of trainings coming up for people who want to become a Health of the National Outcomes Scale (HoNOS) family of measures trainer. Individual training sessions will be held for each measure. The free training will be held online over three modules, run by Mark Smith.

- [Become a HoNOS65+ trainer](#) - Tuesday 11 February, 9.30am to 4pm
- [Become a HoNOSCA trainer](#) - Tuesday 25 February, 9.30am to 4pm
- [Become a HoNOS-Secure trainer](#) - Tuesday 18 March, 9.30am to 4pm
- [Become a HoNOS-LD trainer](#) - Wednesday 2 April, 9.30am to 4pm

- [Become a HoNOS trainer](#) - Tuesday 15 April, 9.30am to 4pm
- [Become a HoNOSI trainer](#) - Tuesday 29 April, 9.30am to 4pm

Te Pou will also be holding a free training session on how to use and get the most from the [HoNOS Dashboards Aotearoa](#). There are two dashboards available: a combined dashboard for HoNOS/HoNOS65+ and a second dashboard for HoNOSCA. These interactive dashboards replace localised quarterly PRIMHD reports for Health New Zealand Te Whatu Ora districts.

- [HoNOS family dashboards Aotearoa training](#) – Thursday 27 March, 11am to noon
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Substance use, intoxication and withdrawal management workshop

Te Pou is offering a workshop to help increase knowledge, skills, and confidence in knowing how to recognise and respond to intoxication and withdrawal when working in a clinical or community setting.

Workshops are designed for people who have previous experience and training to work in addiction services. For people without previous experience or training, it is recommended that [Addiction 101](#) is completed before attending a workshop.

The next substance use, intoxication, and withdrawal management workshop will be delivered online on 21, 24, 28 March 2025 (3 sessions) from 10am to noon.

Completing the workshops earns dapaanz points and there is no cost to attend.

[Find out more and register for upcoming workshops here.](#)





Sector news

Public Lecture | Dementia Risk Reduction for All

The University of Auckland is hosting a free online public lecture on dementia prevention on Thursday 27 February 2025. Population-Level Approaches to Dementia Risk Reduction (PLADRR) aim to reduce dementia risk across entire communities by emphasising collective action, equitable policies, and addressing inequities. In this lecture, leading PLADRR scientists will introduce the approach, share recent research and insights, explore future directions, and explain why PLADRR are crucial for tackling unequal dementia risk in Aotearoa New Zealand.

[Find out more about the UoA dementia prevention lecture.](#)



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