



Kawerongo hiko

Te Pou e-bulletin

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

Kia ora e te whānau

This month saw the passing of Maaka Tauranga Tibble, MNZM, Ngāti Porou, an incredible man who made a huge contribution to the disability sector in Aotearoa New Zealand. For us at Te Pou and Blueprint for Learning, he made invaluable contributions to our mahi, including developing the kupu whaikaha, which was then later included in [Te Reo Hāpai](#) after discussion with Keri Opai, and subsequently [incorporated into the name for Whaikaha Ministry of Disabled People](#). Maaka Tibble was a leader and advocate, and through his work in the disability sector and public service, he lifted up people nationally and internationally.

Last week, Te Pou held a poignant event in Te-Whanganui-a-Tara to mark the end of 15 years of mahi in advancing disability workforce development across Aotearoa New Zealand. Due to an end in funding from Whaikaha Ministry of Disabled People, Te Pou is no longer able to continue our work in this area. Thank you to the sector providers and partners who are providing new homes for the programmes of work. We remain committed to doing what we can to support this mahi and the disability sector and will continue providing workforce development resources and training to the mental health and addiction sector. Read more about the Maintaining Moment event below.

This month also saw the official apology from the Prime Minister to the survivors of abuse in state and faith-based care over recent decades, following the Royal Commission of Inquiry into Abuse in Care. The inquiry clearly showed how these people were failed by

multiple systems for many years because nobody listened to them. It highlights the importance of listening to and truly hearing the voices of those who experience services and supports.

We must value, elevate and grow our consumer, lived experience, and peer support workforce, and ensure their voices and experiences are heard at every level and contribute to service development and delivery. It's also a timely reminder of the importance of supporting tāngata whai ora in a trauma-informed and mana-enhancing way.

Ngā mihi

Rae Lamb

Chief Executive

Te Pou and Blueprint for Learning



Te Pou news

Maintaining Momentum

As the Hīkoi mō Te Tiriti rolled through Te-Whanganui-a-Tara, Te Pou hosted Maintaining Momentum, an event to reflect on 15 years of our role in advancing disability workforce development across Aotearoa New Zealand. It was a bittersweet afternoon celebrating this mahi at Te Pou while also marking the end of our disability workforce development funding from December.

The mahi will continue, with the new kaitaki for each programme of work announced at the event with a gifting ceremony held to hand over each taonga to trusted sector providers and partners.

[Read more about Maintaining Momentum](#) to see the new homes for our disability work.



Addiction Leadership Day November 2024

The latest Addiction Leadership Day was also held last week, this time in in Ōtautahi, Christchurch at He Waka Tapu, a kaupapa Māori service provider.

Over 100 addiction sector leaders attended with the event theme, “Tutū maiea marangai, whakaterere ana Poupaka I When the easterly wind rises, Poupaka goes sailing” being beautifully reflected in the day’s presentations.

[Read more about Addiction Leadership Day here.](#)



Latest NZ Health Survey provides regional insights into mental health and substance use indicators

New data from the Ministry of Health’s New Zealand Health Survey (NZHS) show increasing rates of psychological distress, particularly for women. Young people aged 15 to 24 report the highest levels of distress. These findings reinforce the need to better understand the emotional experiences of children and young people through the proposed [prevalence study](#).

Regional data is available for the first time to help inform regional planning. The data shows rates of psychological distress are highest in the Northern region. Substance use also differs by region.

The Ministry of Health publish the findings of the NZHS through the Data Explorer, an interactive tool for exploring the data. [Explore the data here.](#) The Public Health

Communication Centre Aotearoa has produced a [briefing on smoking prevalence and trends](#), based on the latest data.

[Visit the Te Pou website for more information about measuring population mental health and substance use, current data and gaps.](#)

Why data matters video

Te Pou has created a short, animated video to help the mental health and addiction workforce understand PRIHMD (Programme for the Integration of Mental Health Data), why it is important to accurately collect the required data and how it can improve outcomes for tāngata whai ora and whānau. The video tells the story of a single person, Bob and his journey through mental health services. It shows what data is collected at each point throughout his journey and how this data makes a difference to Bob's wellbeing and to our mental health services.

The video is available for services to use as part of induction or training processes. [Learn more about the Why data matters video here.](#)



HoNOS family of measures updates

HoNOS family 2025 training dates

Te Pou will be holding a series of Health of the National Outcomes Scale (HoNOS) family of measures training in early 2025 for people who want to become a HoNOS family trainer. Individual training sessions will be held for each measure: HoNOS, HoNOS 65+, HoNOSCA, HoNOS-secure, HoNOS-LD and HoNOSI. The free training will be held online over three modules.

[See the 2025 HoNOS family training dates and register here.](#)

HoNOS family national reports available

The latest national summary reports for HoNOS, HoNOS65+ and HoNOSCA are available. These reports cover the year between July 2023 and June 2024 with a focus on outcome changes, other measures (such as severity) and collection completion and validity.

[The national HoNOS family reports are available here.](#)

The infographic for the HoNOS national report indicates what is clinically significant at admission to the inpatient and community settings. Interestingly both inpatient and community have item 8 for HoNOS (other mental and behavioural problems) as the most clinically significant. Delusions/hallucinations rate second for inpatient settings, and depression rates second for community services.

[The HoNOS national report infographic is available here.](#)

HoNOS family completion report

The latest HoNOS family completion report shows that while inpatient collections are reasonably good, more effort and determination should be put into community-setting collections.

[View the HoNOS completion report for April to June 2024 here.](#)

ADOM updates

Training to become an ADOM trainer

The next training for people who want to become Alcohol and Other Drug Measure (ADOM) trainers and champions will be held online on Thursday 6 March from 10am to 4pm.

This training will cover the context of collecting outcome measures in the addiction sector, the information collection protocol, and how to use the ADOM information once it is collected.

The training is for clinicians and practitioners in addiction services who want to be trainers for ADOM.

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

Latest ADOM national report

The latest national ADOM report for the period July 2023 to June 2024 confirms the increasing use of ADOM by NGOs with three in five in (60%) of collections coming from the NGO sector. The report shows 37% of collections identified for Māori; three in five collections identified alcohol as the main substance of concern. Even when alcohol wasn't the main substance of concern, one in four identified it as the secondary concern.

[Read the full ADOM report 17 here.](#)

ADOM report infographic

The infographic shows the improvements people experience through our community addiction services, with improvements in the number of days people are using substances, improvements to their lifestyle and wellbeing, particularly mental health and their satisfaction with their recovery from treatment start to treatment end.

[See the ADOM report 17 infographic here.](#)

Support worker and CPSLE professional development grants

The latest round of funding for the support worker grant and the consumer, peer support and lived experience (CPSLE) grant has now closed. Many applications were received for both grants, which was very exciting to see. Applicants will be notified shortly whether they have been successful.

What's next for the updated *Let's get real* framework

As the end of the year nears, Te Pou is excited to share that we've wrapped up two online forums on the draft update of the *Let's get real* framework. A big thank you to everyone who participated, provided feedback, and helped make these sessions a success.

Missed the forums?

If you weren't able to attend the forums, the sessions were recorded. It's a great way to catch up on what was covered and to stay informed. We would love to hear your thoughts, even if you couldn't make it to the live sessions. [Watch the presentation here.](#)

What's next?

Keep going with your current work with *Let's get real* as the intent remains the same in providing better outcomes for tāngata whai ora and whānau. The updated framework will be available in **March 2025**. Keep an eye out for more updates and opportunities to engage with us on this important mahi.



Upcoming events and workshops

Substance use, intoxication and withdrawal management workshop

Te Pou offers a free 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 run online over three sessions from 10am to noon on 24, 28 February and 3 March 2025.

Completing the workshop earns dapanz points.

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



Sector news

Invitation to contribute to international research about restrictive practices

Researchers at Monash University in Australia are conducting an online survey to gain a better understanding of how different parts of the world classify and report various case scenarios related to restrictive practices in adult mental health inpatient settings.

They are inviting people with experience working in adult mental health inpatient settings to participate, including health professionals, lived experience and whānau workers/advisors, and researchers. The survey includes questions on sensitive topics.

[Learn more about the study and access the survey questions here.](#)

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