



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

Earlier this month, we welcomed the landmark announcement by Minister Doocey of investment in a [child and youth mental health and addiction prevalence study](#) - the first for Aotearoa New Zealand.

Over the past two years, Te Pou, with many partners, has successfully changed the narrative from investment in a single, one-off survey which was seen as too expensive, to a collective call for a series of interconnected prevalence studies which is more appropriate and affordable. The government announcement provides a great example of what can be achieved when we work together.

Our work at Te Pou is grounded in data. We use data throughout our work programmes to help people better understand and contribute to improving the experiences of tāngata whai ora and their whānau accessing mental health and addiction services on a daily basis. In this month's e-bulletin, our strategic lead Dr Helen Lockett talks more about the collaborative approach to changing the narrative around epidemiological studies and the importance of continuing this collaboration in the future.

This month also saw the welcome announcement that the [new Mental Health Act](#) has been introduced to the house and is now publicly available. This is

crucial work to modernise how compulsory mental health care is provided, as a last resort, in Aotearoa New Zealand to support a more rights-based and recovery approach. We encourage people to read the bill and make submissions during the public consultation process.



Ngā mihi

Rae Lamb



Te Pou news

Designing a contemporary approach to prevalence studies

Former Te Pou board member, the late Professor Richie Poulton, ignited our drive for robust data. Richie likened the absence of up-to-date data on the prevalence and impact of mental health and addiction issues to ‘going to the South Pole with the map that Shackleton used.’ He also spoke to the need for a contemporary approach – it’s not a survey, it’s a study; with a focus on working collaboratively and in partnership with stakeholders. This imprint continues to guide our advocacy efforts, as we recognise and celebrate the depth of local expertise that can help drive this work.

[Read more about our approach to prevalence studies.](#)

Workforce data and information webpage

Te Pou regularly describes the workforce delivering alcohol and drug, forensic, and mental health services in Aotearoa New Zealand. This includes information to understand the workforce size, role composition, challenges like vacancies and turnover, and characteristics like age and ethnicity. We have now consolidated 10 years of reports about the NGO and Health New Zealand Te Whatu Ora (former DHB) workforces onto one webpage. This information can be used to get a better understanding of your workforce and compare it to others in the sector. Te Pou can support you to do this.

[Access the workforce data and information webpage here.](#)

Physical health equity micro-credential – letters of support still needed from organisations

We are extending our current letter appeal by two more weeks. It is critical that we can show NZQA how much a qualification like this is needed by our sector.

Te Pou has been working with Toitū te Waiora and Careerforce to develop a new physical health equity micro-credential for mental health and addiction support workers. To get us to the next stage of the process, Careerforce needs to provide evidence to NZQA of how a micro-credential on this topic will meet the current needs of organisations and the support workforce.

Organisations that want to show their support for this qualification need to send a letter of support to Careerforce by Friday 8 November 2024. [Find out how to submit a letter of support here.](#)

CPSLE competencies roadshows kick off Te Tai Tokerau Northland

Last week, Malcolm Mckenna and Caro Swanson were in the stunning north with their Consumer, Peer Support and Lived Experience (CPSLE) competencies workshop roadshow. In Kaikohe, we joined an enthusiastic and skilled group of CPSLE workers for a day of sharing insightful and profound kōrero on what our values look like in our work, using the competencies in practice and what we love about our roles. It was a really inspiring day with so much wisdom shared and loads of laughs as well. Thanks Kaikohe, we appreciate your generosity and openness! And thanks to Arataki Ministries for hosting us.



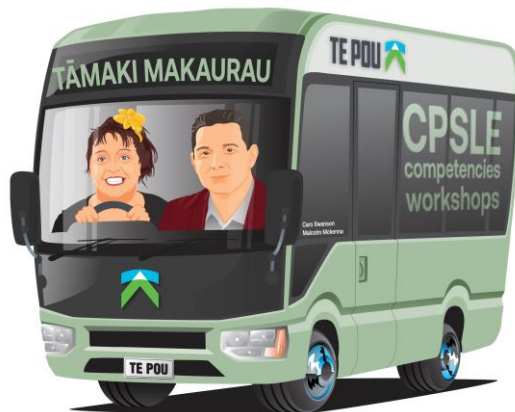
Caption: Malcolm Mckenna and Caro Swanson from the Te Pou lived experience team at the CPSLE competencies roadshow in Kaikohe.

CPSLE competencies roadshow heads to Tāmaki Makaurau

The next leg of the CPSLE roadshow takes the team to Tāmaki Makaurau Auckland for two workshops. 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.

The roadshow will be in Counties Manukau on Tuesday 19 November and West Harbour on Friday 22 November. More dates and locations across the motu will be announced later.

[Register to attend a CPSLE roadshow workshop here.](#)



Lived experience research forum

Te Pou invites you to join us for an enriching lived experience research forum on Wednesday 4 December in Tāmaki Makaurau Auckland. Hosted by Te Pou's lived experience team and AUT, this event offers a meaningful opportunity to engage in wānanga and whanaungatanga, fostering connection and shared learning. Contribute to the important conversation on mental health and well-being research. Whether you're a researcher, or community member, your voice is valued. Morning tea and lunch will be provided.

When: Wednesday 4 December, 10am to 3:30pm

Where: AUT North Campus, Room AJ100

[You can register for the forum here.](#)

If you have any questions please contact us at livedexperience@tepou.co.nz

New guidelines to assess cognitive impairment available

Health New Zealand Te Whatu Ora have released Aotearoa New Zealand's first guidelines to identify and support people with cognitive impairment who access alcohol and other drug (AOD) services.

These guidelines were produced by Te Pou in conjunction with sector partners.

Cognitive impairment may impact up to 80% of people accessing alcohol and other drug (AOD) services, but it frequently goes unrecognised. Recognising a person's cognitive impairment and understanding their strengths is important for tailoring support and working in partnership to improve treatment outcomes.

[The guidelines can be accessed from the Health NZ website.](#)



Whakaohooho manawa ora: Cognitive screening and support in alcohol and other drug services

Aotearoa New Zealand practice guidelines published

Te Hau Toka and Te Pou partnership benefits youth

Youth Mental Health First Aid (MHFA) Aotearoa launched last June in Queenstown, thanks to a partnership with Te Hau Toka, who gave funding to enable Te Pou to adapt and rollout the programme.

Youth MHFA is for anyone who works with, teaches or cares for young people aged 11 to 18. The two-day workshop equips adults with the skills, knowledge and confidence to recognise and respond when a young person is experiencing a mental health crisis or challenge. Te Pou holds the license for MHFA Aotearoa in New Zealand.

Over the past year, the inaugural group of 13 accredited Youth MHFA instructors has delivered nine workshops in schools and five in community settings to 155 people in the Southern Lakes region. There are now 36 accredited Youth MHFA instructors (who have completed one of Te Pou's five-day new instructor trainings) and 512 trained Youth MHFAiders (who have completed a two-day workshop).

Fiordland College in Te Anau is a success story, having trained all of their staff - including teachers, librarians, administrative staff and the school caretaker - in the programme. [Read more about the impact Youth MHFA is having in Fiordland.](#)



Caption: Some of the Fiordland College staff proudly holding their Youth MHFA Aotearoa certificates.



Caption: from left to right: some of the Fiordland College staff who have trained in the Youth Mental Health First Aid Aotearoa programme - teacher Alice Prestidge, dean

Vaughn Filmer, guidance counsellor Fiona Humphries and librarian Cassie Thomson.

HoNOS Family dashboards Aotearoa: a story of hope

The first Health of the Nation Outcome Scales (HoNOS) family dashboards Aotearoa launched earlier this year, replacing localised quarterly PRIMHD reports for Health New Zealand Te Whatu Ora districts. The dashboards provide interactive outcome reports for all mental health teams in CAMHS, adult and older adult services.

Mark Smith, programme lead of outcomes and information at Te Pou, has written about the launch of the dashboards and the opportunity they represent for services in Aotearoa. [Read more about the HoNOS family dashboards Aotearoa.](#)

HoNOS family training

Training for HoNOSI trainers

The Health of the Nation Outcome Scales for Infants (HoNOSI) has been developed as a routine outcome measure to support clinicians who work to improve the emotional and social wellbeing of infants and young children (aged from birth to 47 months).

HoNOSI aims to:

- inform treatment decisions by highlighting unexpected progress or deterioration for infants/young children
- document the progress of the infant/young child and make overt changes
- facilitate discussion of infants and young children's presentation among clinicians.

HoNOSI became mandated for collection for infant mental health services from 1 July 2024. However, there is an urgent need for more HoNOSI trainers. Te Pou is providing free online training for potential HoNOSI trainers on Wednesday 6 November 2024, from 9.30am to 3.00pm.

[Register for HoNOSI training.](#)

Training to use the HoNOS dashboards Aotearoa

The HoNOS family dashboards Aotearoa replace the local Te Whatu Ora district reports previously sent by email. One dashboard is available for HoNOS and HoNOS65+ and another for HoNOSCA. Join Sandra Baxendine and Mark Smith for an interactive session on how to get the best out of the dashboards. The free online training is Wednesday 13 November from 10.30 to 11.30am.

[Register for the HoNOS dashboards training.](#)

Applications closed for disability grants

The final disability training grant round closed at midday on Thursday 24 October.

This was our last disability grant round, given the decision from Whaikaha – Ministry of Disabled People to no longer fund the disability grants.

Kaitiakitanga Bicultural Supervision postgraduate programmes with Te Wānanga o Aotearoa

This year, Te Pou worked with Te Wānanga o Aotearoa to provide 10 Health New Zealand Te Whatu Ora funded scholarships to taura engaged in the one-year [Kaitiakitanga Bicultural Professional Supervision postgraduate programme.](#)

Kaitakitanga uses a mātauranga Māori approaches to supervision as the focus of the programme.

The scholarship recipients were 10 registered health professional kaimahi working in a diverse range of health-funded organisations, with immense commitment to their mahi, their whānau, hapu, iwi and communities. As kaitiaki/supervisors, their engagement in the programme will positively impact the development of the kaimahi they support and the hauora of the people in their care. Pai te mahi.

Hear the latest progress on our update of the *Let's get real* framework!

We have gained extremely valuable input from engagements across the health sector to inform the development a draft of the updated *Let's get real* framework. Thank you to everyone involved in this mahi. You have helped to shape this framework to reflect our communities in Aotearoa.

We have two opportunities coming up to know more about the proposed changes to the existing *Let's get real* to ensure it is current and relevant for our workforce.

Join us 12 noon to 12.45pm on November 13, and 12 noon to 12.45pm on November 18. [Register here to learn more and be part of this update.](#)



Upcoming events and workshops

Maintaining momentum: reflecting on 15 years of disability workforce development

For 15 years, Te Pou has played a pivotal role in advancing disability workforce development across Aotearoa New Zealand. We invite you to join us in reflecting on our journey, sharing the resources and knowledge we've developed, and ensuring the momentum we've built continues to support the disability workforce. This hui is an opportunity to:

- reflect on our journey: review significant milestones and achievements from Te Pou's 15 years of service
- share knowledge and resources: Gain access to valuable tools, including the newly developed Hi 5 Wellness Plan
- maintain momentum: engage with sector leaders and professionals in discussions on how the learning and resources can continue to influence and support the workforce.

[Learn more and register for the online session of Maintaining Momentum here](#)

[Learn more and register for the in-person session of Maintaining Momentum here](#)

Workshop series – Barriers and Pathways to a Good Life: Autism, Positive Behaviour Support (PBS) and Fetal Alcohol Spectrum Disorder (FASD)

Te Pou has partnered with [Te Whāriki o te Ara Oranga](#) and [New Zealand Disability Support Network](#) (NZDSN) to deliver a new professional development workshop series, designed for the disability and health workforces. Barriers and Pathways to a Good Life: Autism, Positive Behaviour Support (PBS) and Fetal Alcohol Spectrum Disorder (FASD). The hui, hosted by Whāriki, is part of the implementation of the [Equitable Access to Wellbeing Framework \(EAW\)](#).

The final workshop in the series will be held next month.

Workshop 3 – He Aka Hui | Fetal Alcohol Spectrum Disorder (FASD), the Hidden Disability: Building Skills and Professional Development for the Disability and Mental Health Workforces

Delivered with FASD-CAN, this workshop will help to enable the disability and health workforces to understand the need for specialised knowledge about FASD and identify best-practice approaches and strategies to support people with FASD to have a good life.

When: 14 November, 10am to 12 noon

[Register here for He Aka Hui | FASD Building Skills and Professional Development](#)

Recordings of workshop series available

The first workshop, *He Aka Hui | Titiro whakamuri, kōkiri whakamua (Looking back to move forwards): Autism and Neurodiversity Trends and Potential*, delivered with [Altogether Autism](#) on 22 August was attended by well over 100 people. [Watch the recording of the Autism and Neurodiversity Trends and Potential workshop.](#)

The second workshop, *Leadership in Positive Behaviour Support (PBS)*, was held on 19 September with over 100 people from the health, disability, and community sectors joining. [Watch the recording of the Leadership in PBS workshop.](#)



Sector news

Service users in academia symposium 2025

AUT is bringing back the service user academia symposium for the 10th year, following a break due to Covid. We welcome anyone involved with, interested in, or aspiring to create co-produced and/or service user-led teaching and research initiatives in mental health and addiction. The call for abstracts opens on 1 November 2024.

Save the date – 20 to 21 November 2025, City Campus, Auckland University of Technology.

[Find out more about the symposium](#)