

Convention Centre, Palmerston North

Friday, 2 May 2008

Primary Mental Health In MidCentral



Handbook & Programme Guide

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Acknowledgements

Conference Organiser: Shirley-Anne Gardiner, Manager—Planning and Accountability, MidCentral DHB

Mihi Whakatau and Kia Whakawatea led by Shane Ruwhiu, Maori Health Advisor, Funding Division, MidCentral DHB

Workshop Facilitated by Mary Wills, Mental Health Portfolio Manager, Hawkes Bay DHB

Mary has purchased community and primary care services for 17 years in the U.K., Australia and New Zealand. Her interests are community development, long term service development and public health.

Mary has a B Com. Masters in Management and Masters in Public Health. She is currently senior portfolio manager at Hawkes Bay District Health Board.



**Primary Mental Health
In MidCentral**

Welcome

MidCentral District Health Board is excited to host MidCentral's first Primary Mental Health forum and workshop.

This forum and workshop is being held to take a snapshot and stocktake of current and planned Primary Mental Health services within MidCentral District.

The forum will identify national and local initiatives with the goal of ensuring that MidCentral is aware of the emerging issues of adequate resourcing and networking for sustainability.

I would like to welcome our guests and delegates. The conference has received overwhelming support and the calibre of presentations is extremely high. I am sure you will all gain valuable insight and I hope that you leave the forum inspired and able to pass on the knowledge you gain.

Once again I would like to thank you for attending what I am sure will be an excellent learning experience and a stimulating event.

Sincerely,
Brian Hayward

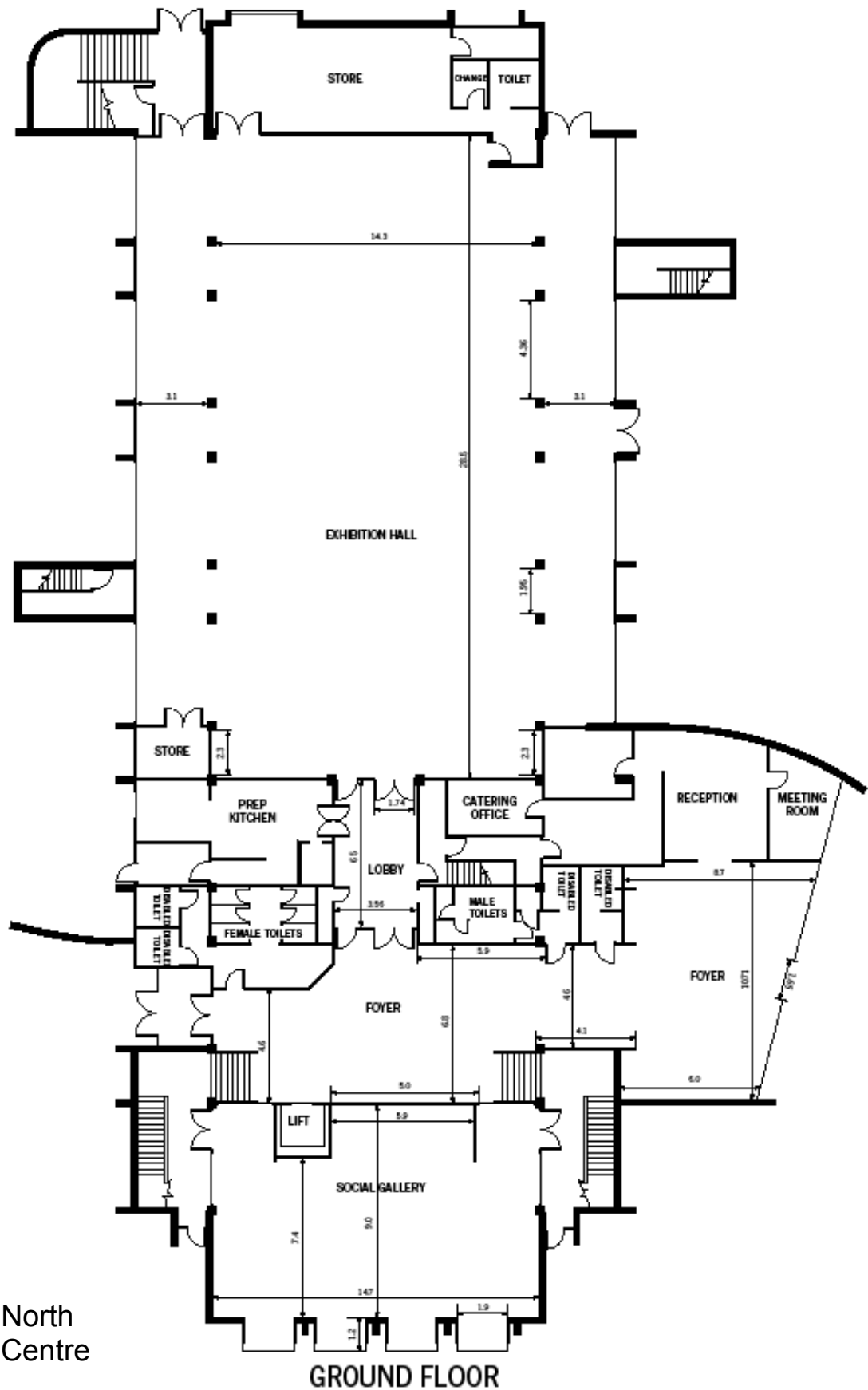


Brian Hayward
*Forum sponsor
Mental Health and Addictions Portfolio Manager,
Funding Division
MidCentral District Health Board*



**Primary Mental Health
In MidCentral**

Venue Floor Plan



Palmerston North
Convention Centre

Programme

8:30am Registration desk open. Pre-session tea and coffee available Bar Gallery, Level 1 Floor

9:00am. **Mihi Whakatau** Conference Room, Level 1

Shane Ruwhiu, Maori Health Advisor, Funding Division, MidCentral DHB

9:15am **Ministry of Health's National Primary Mental Health Pilot Project - Evaluation and Findings**

Professor Tony Dowell, Primary Health Care and General Practice, University of Otago - Wellington

9:45am **Enabling Primary Health Care to Promote Mental Health and Respond to the Needs of People with Mental Health and Addiction Problems: Update from the Ministry of Health**

Dr Sarah Dwyer, Senior Project Manager, Mental Health Policy & Service Development, Ministry of Health; and Nemu Lallu

10:15am **Work and Income: 'Working New Zealand'**

Jacqui Ferrel, Regional Contracts Manager, Ministry of Social Development

10:30am Morning tea Bar Gallery, Level 1 Floor

11:00am **Youth e-Therapy** Conference Room, level 1

Karolina Stasiak, Study Manager Youth e-Therapy Project, and Matt Shepherd, Clinical Psychology Doctorate student; Auckland University

11:45pm **Community Based Technology Partnership Programmes in Primary Mental Health**

Anil Thapliyal, General Manager, Lifeline Aotearoa

Programme

12:30pm Lunch

Bar Gallery, Level 1 Floor

1:00pm **Planned Services**

Conference
Room, Level 1

Depression Service Plan

*Jeanine Corke, Depression Project Manager, MDHB;
and Christine Zander, Manager, Manawatu Supporting
Families*

1:15pm

**STePS 2 GO - Specialist Treatment for Early
Psychosis Service**

*Dr Andy Aston, Consultant Psychiatrist; Julie Woon,
Community Psychiatric Nurse and Brent Cooper
Social Worker; MidCentral Health*

1:45pm

Promoting Mental Health is Easy – Yeah Right!!!!

*Pauline Brown and Daniel Kawana, Public Health
Services, MidCentral District Health Board*

2:00pm **PHO Initiatives—Existing and Planned**

Otaki PHO Update

*Dawn Wilson and Pam
Anderson*

Manawatu PHO - "Primary Mental
Health Care Liaison"

*Chris Alderdice, Feona Pula
and Frances Guthrie*

Tararua PHO - "Inner Strength
Project"

*Michelle Lilo and Frances
Guthrie*

Manawatu/Horowhenua PHO Update

Lethe Gaskin

Continued on next page....

Programme

2:45pm **Multi-Systemic Therapy - Empowering Whanau**
Danelle Keith, MST Supervisor, Te Whatuiapiti Trust

3:10pm **Psycho-Oncology**
Dr Don Baken, Registered Clinical Psychologist and Research Coordinator Psycho-Oncology Service, School of Psychology Massey University

3:30pm Afternoon tea Bar Gallery, Level 1 Floor

3:45pm **Workshop** Conference Room, Level 1
Workshop facilitated by Mary Wills, Mental Health Portfolio Manager, Hawkes Bay DHB

- Coordination, Collaboration and Networking Group session
- Workforce Development

4:30pm Presentation of Findings from Workshop Group Leaders

4:50pm **Kia Whakawatea**
Shane Ruwhiu, Maori Health Advisor, Funding Division, MidCentral DHB



**Primary Mental Health
In MidCentral**

9:15am

Ministry of Health's National Primary Mental Health Pilot Project - Evaluation and Findings

Professor Tony Dowell, Primary Health Care and General Practice, University of Otago - Wellington

Tony Dowell is a General Practitioner in Wellington and Professor of Primary Health Care and General Practice at the Wellington School of Medicine, He has worked in general practice and primary care in New Zealand, the U.K. and Africa. He has a long standing research interest in mental health care and was a member of the Mental Health in General Practice Investigation or MaGPie study group. He is leading the evaluation of the Ministry of Health Primary Mental Health Initiatives and is a member of the New Zealand Guidelines Group responsible for the production of the forthcoming guideline "Identification of Common Mental Disorders and Management of Depression in Primary Care".

Presentation Synopsis

There is a high prevalence of mental health conditions in the New Zealand population. Many people with mental health conditions, particularly mild to moderate conditions are first seen in primary healthcare and general practice settings. Until recently there was no dedicated funding stream to support primary mental healthcare. There was recognition by the Ministry of Health that particular attention be given to the development of primary mental health services in New Zealand, leading to the funding of the Primary Mental Health Initiatives (PMHI).

This presentation describes the main findings from an evaluation of the 26 different initiatives funded so far.

Using results from interviews with patients and health professionals and service use data from 16,000 patients the evaluation will be discussed from the following perspectives:

Models of mental health care.

Workforce implications

Profiles of Service users.

Mental health outcomes.

Future developments.

Summary

The PMHIs have provided PHOs with an opportunity to develop and implement successful models of primary mental healthcare. These have been well received by all involved, particularly by service users.

Notes:

9:45am

Enabling Primary Health Care to Promote Mental Health and Respond to the Needs of People with Mental Health and Addiction Problems: Update from the Ministry of Health

Dr Sarah Dwyer, Senior Project Manager, Mental Health Policy & Service Development, Ministry of Health; and Nemu Lallu



Dr Sarah Dwyer

Senior Project Manager, Mental Health Policy & Service Development, Ministry of Health

Sarah has a background in child and family psychology, research, and public health. Prior to moving to New Zealand three years ago, Sarah lived in Brisbane, and managed the Every Family Initiative, which involved rolling out parenting programmes through primary care settings in order to decrease the prevalence of children's behavioural and emotional problems. She worked for a year as a Research Fellow in the Roy McKenzie Centre for the Study of Families, Victoria University of Wellington. She is now working (as a Senior Project Manager) in the primary mental health team at the Ministry of Health. Her role involves developing policy advice on the future direction of primary mental health care service delivery models and funding.

Presentation Synopsis

The primary mental health team's work programme has five main areas of focus to further develop primary mental health care: (1) ongoing support for and development of primary mental health initiatives, (2) the development of e-tools and e-therapies, (3) workforce development, (4) implementation of the best practice guidelines for the management of depression within primary care, and (5) developing policy advice about the future direction of primary mental health care. The key policy question addressed in the draft policy paper is: what is needed to enable the primary health care sector to better promote mental health and wellbeing, prevent mental health problems, and respond to the needs of people with mental health and addiction problems? It is proposed that the primary mental health sector take a stepped care approach, for which there is now evidence of clinical and cost-effectiveness. Principles underlying policy development will be outlined and some of the draft policy recommendations discussed.

Notes:

10:15am

Work and Income: 'Working New Zealand'

Jacqui Ferrel, Regional Contracts Manager, Ministry of Social Development



Jacqui Ferrel

Regional Contracts Manager, Ministry of Social Development

Jacqui has worked for the Ministry of Social Development for two years and has experience from local and central government. Jacqui's role within the Ministry is to purchase, monitor and evaluate training and developmental opportunities for Work and Income clients that will help them to achieve their employment goals. Work and Incomes new strategy 'Working New Zealand' is designed to assist those people in receipt of Sickness or Invalids Benefit that have expressed a desire to plan and move towards work.

Presentation Synopsis

Jacqui will update the forum on the implementation of Working New Zealand including Mild to Moderate Mental Health Services within the Mid Central region and discuss other health and disability services planned as part of this new strategy.

Notes:

11:00am

Youth eTherapy

Karolina Stasiak, Study Manager Youth e-Therapy Project, and Matt Shepherd, Clinical Psychology Doctorate student; Auckland University



Matt Shepherd

Clinical Psychology Doctorate student, Auckland University

Ko Taranaki te Maunga
Ko Tokomaru te Waka
Ko Pukearuahea te Marae
Ko Ngati Tama taku hapu

Matt is currently completing a Doctorate in Clinical Psychology at Auckland University. He has worked in a clinical role as a Social Worker for the Consult Liaison Team at Starship Hospital for the last six years. Matt has also worked with at risk youth and their whanau in a number of community settings and is excited about this current research project.



Karolina Stasiak

Study Manager Youth e-Therapy Project, Auckland University

Karolina (MA in Psychology) has recently completed a PhD project on the development of adolescent-specific computerised CBT (supervised by Dr Simon Hatcher and Dr Sally Merry, Department of Psychological Medicine, University of Auckland). Previously, Karolina has been involved in research projects on the use of outcome measures with adolescents in CAMHS and children's perspectives on domestic violence interventions. Currently she is working as a study manager on the youth e-therapy project led by Dr Merry.

Presentation Synopsis

Computerised Cognitive Behavioural Therapy (CCBT) is a generic term given to a number of delivery methods of CBT via an interactive computer interface. This talk will include a brief overview of the developments in CCBT research highlighting the need for developmentally appropriate solutions for adolescent-specific treatments. Key findings from Karolina's PhD study, which looked at the feasibility and acceptability of an adolescent-specific CCBT for mild-to-moderate depression, will be summarised. What will follow is an outline of the study currently underway on youth e-therapy led by Dr Sally Merry. Included in this will be a discussion about what the processes are to ensure that it is appropriate and acceptable to Maori rangatahi and their whanau.

Notes:

11:45am

Community Based Technology Partnership Programmes in Primary Mental Health

Anil Thapliyal, General Manager Lifeline Aotearoa



Anil Thapliyal

General Manager, Lifeline Aotearoa

Anil has worked in a variety of leadership roles ranging from organizational management, researcher to being a practitioner in the Mental Health & Disability sector in New Zealand since 1993. Anil remains active in the area of capacity building and mental health services development in the NGO sector. His multi-disciplinary background includes being investigator for Ministry of Health commissioned projects on policy and work force development.

He actively participates in various governance roles in the primary mental health sector and is the establishment Advisory committee member of Centre for Asian Health Research and Evaluation (CAHRE) at the Faculty of Medical and Health Sciences located at the University of Auckland. He is also a senior international advisor to the Centre for Applied Research and Evaluation International Foundation (CARE IF) located at the Centre for Psychiatry in the UK and member of Primary Mental Health workstream group at the Northern District Health Board Support Agency in Auckland, New Zealand. He is current chair of primary mental health IT clinical advisory reference group in New Zealand, which oversees development of informatics-based Primary Mental Health systems.

Anil is General Manager of Lifeline Aotearoa which is the largest telephone and informatics based service provider of Primary and Secondary Mental Health services in New Zealand.

Notes:

1:00pm

Depression Service Plan

Jeanine Corke, Depression Project Manager, MDHB; and Christine Zander, Manager, Manawatu Supporting Families



Jeanine Corke

Depression Project Manager, MidCentral District Health Board

Jeanine joined the Funding Division in February 2003 as the Portfolio Manager for Mental Health and Public Health. Jeanine has built a strong relationship with mental health stakeholders and established the Local Advisory Group, which comprises representatives from providers of mental health and alcohol and drug addictions services. This relationship has been instrumental in developing the mental health sector, across the continuum.

Jeanine is currently project leader for MidCentral's Depression Service Plan. Prior to joining MidCentral, Jeanine worked in a policy capacity for a number of government agencies including Ministry of Social Development, the Ministry of Pacific Island Affairs, and the Ministry of Health.

Jeanine currently works part time for MidCentral DHB and lives in Hawkes Bay.



Christine Zander

Manager, Manawatu Supporting Families

Presentation Synopsis

By 2020, depression will be the second largest killer after heart disease according to a World Health Organisation report on mental illness released in 2001. For New Zealand the outlook is also bleak, up to one in four women and one in ten men can expect to experience depression at some time in their lives.

Delays in accessing care may increase the severity of the condition, cause poorer response to treatment, and may result in long-term unwellness and ongoing problems. Without appropriate treatment, an episode may last six months or more. With treatment, 70 to 80 percent of people will recover much sooner.

MidCentral DHB is concerned about the growing burden that depression has on its population and recognizes that timely and appropriate interventions can significantly enhance full recovery. Seen as an area of priority, the Service Plan provides a proactive response and strategic framework for service development over the next three years. The development of the Plan was informed by stakeholders from across the district.

Now in the phase of implementation Christine Zander, Chair of the Implementation group and Jeanine Corke Project Manager for Depression will discuss the future service development planned for the district.

1:15pm

STePS 2 GO - Specialist Treatment for Early Psychosis Service

Dr Andy Aston, Consultant Psychiatrist; Julie Woon, Community Psychiatric Nurse, MidCentral Health and Brent Cooper Social Worker, MidCentral Health



From left: Julie Woon, Brent Cooper, Dr Andy Aston

Dr Andy Aston

Andy is a Psychiatrist in the Early Intervention Service (EIS). He is British trained and has worked in the Manawatu and Wanganui areas for 20 years. He has experience in Forensic, community and acute psychiatry. Andy was involved as Director Area Mental Health Services and the Clinical Director in establishing the MidCentral Early intervention team. He has switched back to clinical work two days a week with EIS.

Presentation Synopsis

Early Intervention services for young people with new psychotic disorders are an international phenomenon driven by an excellent evidence base. MidCentral District has been hatching a service for 4 years which is now open to referrals. First referrals will be mostly from secondary mental health services but when the team is up to speed direct referrals from primary and community sources will be welcomed and encouraged. Early Intervention methods are neither surprising nor new. They are now well founded and specifically funded. Our district wide service will work with 14-25 year olds with a probable or confirmed psychotic illness (diagnosis is immaterial) from as early as possible in their presentation for at least 2 years. A key focus is to reduce the duration of untreated psychosis (DUP). The longer the DUP the more serious and long term secondary disabilities often become. The DUP in early studies was as long as a year; and three longer for untreated illness. Early Intervention services in NZ now report DUPs under a month using efficient early engagement. Ongoing help centres on sustained partnerships with client, family, community and primary care networks. The team will outline principles and functions.

Notes:

1:45pm

Promoting Mental Health is Easy – Yeah Right!!!!

Pauline Brown and Daniel Kawana, Public Health Services, MidCentral District Health Board

Pauline Brown

Public Health Services, MidCentral District Health Board

Pauline Brown, R.cp.N B.N., has spent the last 10 years in mental health promotion. In 1996 her first health promotion position was with Manawatu Schizophrenia Fellowship (now known as Manawatu Supporting Families) as a Health Promoter/Educator working with consumers, their families and communities to demystify mental illness.

In 1999 Pauline moved to MidCentral DHB Public Health Services as a full time Mental Health Promotion Advisor. This role included the promotion of positive mental health, suicide prevention and the Like Minds – Like Mine project. Currently working in .5 Mental health and .5 Cervical Screening health Promotion.



Daniel Kawana

Public Health Services, MidCentral District Health Board

Daniel Kawana, is the health promotion advisor – Māori health for the MidCentral Health region and works closely with Pauline Brown on conjoint projects, with a particular focus on reducing inequalities and improving access for 'at risk' communities to health services.

Presentation Synopsis

A short summary on where we have been in mental health promotion, where we stand at present and how we see, as health promoters, where we need to be in the future.

Notes:

2:00pm

PHO Initiatives—Existing and Planned Otaki PHO Update

Dawn Wilson and Pam Anderson



Pam Anderson

Team Leader/Community Mental Health Nurse, Otaki Primary Health Organisation
RN BN PGDipMHN PGCertPHC

Following a lengthy career in the finance industry, Pam chose to embark on a career in nursing. She practiced primarily in acute secondary mental health services until undertaking her current role with Otaki PHO in 2005. Pam is of the firm belief that mental illnesses such as depression and anxiety disorders can be managed well in the primary care environment and exacerbation can be prevented. She is a strong advocate for mental health consumers and has been instrumental in the development of the Otaki PHO mental health service. Pam is currently studying toward a Diploma of Primary Health Care with Otago University.



Dawn Wilson

Manager, Horowhenua and Otaki Primary Health Organisations

Dawn has been working in the Primary sector for 5 years. She was offered the opportunity to work for the Otaki Community Health Trust on the development of the Otaki PHO, a challenge which she accepted, leaving the education sector to do so. Otaki PHO embraced the primary care strategy and is working towards their shared vision of a collaborative model of service delivery. Two years ago Dawn was given the opportunity to also manage the Horowhenua PHO which has been a rewarding experience. Within her role as PHO Manager she felt privileged to have the opportunity to assist in the development of the Otaki PHO Primary Mental Health Service. The success of this service she credits to the dedicated and skilled staff who work within it. More recently in partnership with key stakeholders and having approval from the MOH and MSD is to begin the roll out of the Horowhenua PHO Mental Health Programme. The development of this service is well underway.

Presentation Synopsis

The Ministry of Health Primary Mental Health Innovations Pilot has provided Otaki PHO with the opportunity to address the needs of those members of the Otaki community who are experiencing a mild to moderate mental illness.

This presentation will reflect on the Otaki pilot and explore the successes, challenges and opportunities.

2:00pm

PHO Initiatives—Existing and Planned

Manawatu PHO - "Primary Mental Health Care Liaison"

Chris Alderdice, Feona Pula and Frances Guthrie

Tararua PHO - "Inner Strength Project"

Michelle Lilo and Frances Guthrie

Manawatu/Horowhenua PHO Update

Lethe Gaskin



Chris Alderdice

Primary Care Mental Health Liaison Nurse, Manawatu Primary Health Organisation

Chris has been the Primary Care Mental Health Liaison Nurse, since June 2006, when the service first began. Chris originally qualified in the UK in 1996, and brings into the role clinical experience from working in areas such as Adult Acute, Rehabilitation and CPN work in both the UK and NZ. He has developed a particular passion for working in the areas of mild to moderate mental health, and is currently carrying out post graduate nursing studies at Massey University. Chris lives with his family in Palmerston North.

Lethe Gaskin

Primary Mental Health Co-ordinator , Horowhenua Primary Health Organisation

Ko Tongariro te Maunga

Ko Taupo Te Moana

Ko Te Arawa te Waka

Ko Ngati Tuwharetoa Te Iwi

Ko Lethe Gaskin ahau

Lethe Gaskin recently came to the position of Primary Mental Health Co-ordinator at Horowhenua PHO. Lethe left Aotearoa in 1980 as a qualified primary school teacher, then went on to study psychology in Melbourne in the '80s. She returned home in 2007, with experience as a qualified psychologist since 1990, having worked in community agencies, in specialist trauma centres for survivors of sexual abuse, in private practice. As well as her clinical understanding, Lethe brings to the Primary mental health project her experience in co-ordinating Carelink Counselling Services (Melbourne); the systemic development of an agency which assessed client needs and arranged the provision of clinical services. She welcomes the initiatives of both the MSD and MOH mental health programmes in promoting and supporting systemic, iwi, whanau and personal psychological health.

Mauri ora kia koutou!

2:45pm

Multi-Systemic Therapy - Empowering Whanau

Danelle Keith, MST Supervisor, Te Whatuiapiti Trust

Danelle Keith

MST Supervisor, Te Whatuiapiti Trust

Born and bred in Taranaki of Nga Ruahine descent. Background in Mental Health both CAMHS and Adult services including Maori MH. Also worked in community services with Rangatahi and advocacy services. Currently working for Te Whatuiapiti Trust as Supervisor of the recently established central MST AOD team. Passionate about better outcomes for Rangatahi and their whanau.

Presentation Synopsis

MST history in NZ and internationally. What is MST and what does it look like in practice? How is it currently set up in Aotearoa? What have been some of the outcomes? Why MST?

3:10pm

Psycho-Oncology

Dr Don Baken

Registered Clinical Psychologist and Research Coordinator Psycho-Oncology Service, School of Psychology Massey University



Dr Don Baken

PhD, PGDipClinPsych

Presentation Synopsis

The Psycho-Oncology Service was established just over two years ago and is the first service of its kind to be developed in New Zealand. This presentation will provide a brief description of the Psycho-Oncology Service including its purpose and who is eligible to be referred.

A summary will also be provided of the findings of some recent local research which was undertaken with people diagnosed with cancer. This will include the problems that they report and the prevalence of symptoms of anxiety, depression and general distress. These findings indicate that emotional issues are significant problems for a large proportion of people with cancer. Distress experienced by family members and people with chronic disease will also be discussed. The findings of the investigation of the validity of the screening tool that is used by the Psycho-Oncology Service will also be reported.

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