

Mental Health Development Newsletter  
Issue Seven – September 2006

**Physical Health Project**

The aim of this project is to address some of the issues which impact on the physical health of people with serious mental health problems.

A working group made up of clinicians from within the DHB is developing a guideline regarding how best to address the potential physical health side effects of atypical antipsychotic medication. This includes a physical health monitoring programme as well as ensuring service users get access to advice regarding nutrition and exercise. The guideline is close to completion and expected to be introduced within the adult mental health services over the next two to three months.

A programme to improve engagement with primary care for people with serious mental health problems is expected to take place later in the year.

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**Infant Mental Health**

Infant mental health is a term which is used to describe the social, emotional and mental health and well being of our youngest children. A specific focus of this field of work is the infant-care giver relationship.

Whilst this is an area that is gaining increasing attention nationally and internationally, there is no national guideline regarding the development of services to support infant mental health.

The Mental Health Development Team has therefore commissioned a project aimed at looking at issues in relation to the development of infant mental health services in this area. The project is being undertaken by a group of local experts led by Dr Sally Merry.

The aim of the project is to undertake an information review and analysis in order to

identify key issues in relation to the development of infant mental health services in Counties Manukau. It includes a:

- Stocktake of current services within Counties Manukau that have a role in supporting and improving caregiver/infant interactions (this includes services funded by health, welfare and education)
- Review of national and international best practice
- Analysis of issues in relation to the development of infant mental health services in Counties Manukau with specific reference to the needs of Maori and Pacific Peoples.

The results of this project are expected by the end of the year and will be used to help guide future service planning.

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**Community Living Service (CLS)**

The CLS Service Improvement Group, responsible for improving service delivery, provider collaboration and partnerships between the services and service users, has begun to review the CLS Collaboration Agreement and Service Description. Once the review is complete and changes made reflecting best practices, the Strategic Management Group will be reconvened to endorse the changes and re-sign the Collaboration Agreement.

The Personalised Solutions Training package has been successfully redelivered to CLS and MCS? staff. Further opportunities for delivering the training package will be pursued.

The CLS Evaluation is being undertaken by the MHDT in partnership with REAMHS - the CMDHB Research Evaluation and Audit Mental Health Services Team. Recent developments include extensive service and

consumer consultation on the evaluation process. The findings and processes of the evaluation will be made available to the sector in an attempt to increase learning and service improvement opportunities.

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### **NGO Reporting Project**

The NGO reporting project has continued to gain momentum. New reporting requirements have been built into the NGO contracts and discussed with NGO Provider managers. The IT architecture has been built to enable the straightforward and 'error free' reporting process for all contract service types to occur.

CMDHB has developed a Privacy Impact Framework which covers protocols to ensure the collection, storage and reporting of personal health information complies with the Privacy Code.

The MHDT will be coming out to Providers soon with the electronic reporting submission files and an education package to implement the reporting process and demonstrate uses of the information. Progress has been made in determining the safest means of electronically transferring NHI sensitive information.

The NGO IT Reporting project informs a larger collaborative move to help the MH sector in CMDHB better understand and use service delivery information to improve outcomes for service users. Work will progress on this over the coming months.

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### **Vocational Peer Support Forum**

As we reported in our last newsletter, our work to develop the peer support role in Counties Manukau is currently focused on creating employment opportunities for PSS graduates and maintaining and further developing their confidence and skills to provide peer support. So far, 7 peers have been appointed to work on either a full or part time basis in the Cottage. The enormous hope and commitment shown by the 24 graduates who applied for the Cottage posts

stress the importance of CMDHB's responsibility to offer continuing vocational support to all graduates who are hoping to take up a peer support role in the future. This is one of the reasons why we are now at the early stages of supporting people with lived experience to set up a peer led vocational forum to further develop the peer support role across Counties Manukau.

Although people with lived experience will set out their own vision for the Forum as they come together, early discussions have highlighted its potential for:

- Creating the vision for peer support in CM;
- Giving peer support an identity and voice across Counties Manukau;
- Developing peer support leadership;
- Providing training and supervision;
- Setting standards for peer support in Counties Manukau;
- Providing expertise to CMDHB and providers.

As part of its potential role to provide and support peers to access vocational training, the Forum, once established, will have responsibility for utilizing a learning and development fund in 2006-7, that will be available once training needs have been identified. The Forum will also be invited to develop recommendations and submit proposals to CMDHB for funding to maintain its role and functions over the coming years.

*For further information about the Vocational Peer Support Forum please contact Nicola Woodward on [WoodwaN1@middlemore.co.nz](mailto:WoodwaN1@middlemore.co.nz)*

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### **AOD Collaborative Development Forum**

As a step in its process for developing a new AOD Plan in 2006-7, CMDHB has contracted with Odyssey Trust to provide administrative support to set up a new Counties-wide AOD Collaborative Development Forum.

Specifically, the role of the Forum is to support the development of creative new ways for service users and carers, families/whanau and other community

members to meaningfully participate in the development of the sector. This includes strategic planning, as well as designing, delivering and evaluating AOD services.

In order to inform the Forum's brief; a scoping of current approaches to user involvement will be completed. This will seek to identify 'home grown' examples of good New Zealand practice and include an international literature review. Once completed, the Collaborative Forum will be guided by the outcomes of the scoping exercise in its call for proposals to pilot new ways of strengthening AOD service user involvement in Counties Manukau. As pilots get underway, they will themselves contribute to developing CMDHB's new AOD Plan by creating the means for people with lived experience to actively participate. However, it is envisaged that, subject to evaluation outcomes, CMDHB will seek to develop and maintain the most effective initiatives in order to strengthen and sustain involvement as the AOD Plan is implemented over the coming years.

*For further information about the AOD Collaborative Development Forum please contact Nicola Woodward on [WoodwaN1@middlemore.co.nz](mailto:WoodwaN1@middlemore.co.nz)*

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### **Update on Mental Health Development Team**

It is with regret that we have to announce that, after 2 years with MHD team, Ross Phillips leaves on the 25<sup>th</sup> August. Ross will be taking up a new position as Project Manager with Auckland University at the Werry Centre, Child and Adolescent Workforce Development. The Team wish Ross all the best for the future!