



Career Pathways and Advancement: Te Mahi o Te Rau Matatini

Te Rau Matatini provides innovative and sustainable workforce solutions and advancement of indigenous wellness. Te Rau Matatini is committed to the above via workforce development solutions that:

- are quality driven and based on cultural and clinical responsiveness
- are collaborative
- inform the Ministry, national bodies and wider community of national trends
- enhance best practice and service responsiveness to whanau, and
- support Māori aspirations and add value to the Māori workforce.

A multi strand approach -

Topatopahia te rere o te Waka (Effective Interventions Workforce Development programmes) was established in 2008 in partnership with Matua Raki, the Addiction Treatment Workforce Development Centre with funding from the Ministry of Health. It is part of a new workforce development initiative for people working with whanau who have been through, or are currently in, the Justice system with Alcohol and Other Drug (AOD) issues. Topatopahia te rere o te Waka programmes include:

- Hoe Tahī: Scholarships are open now. Applications close 28 November 08 for the 2009 academic year
- Hoe Rua: Work-based Placements - Registrations of Interest open early November 2008
- Hoe Toru: Field Secondments - Application upon request
- Hoe Wha: Problem Gambling Scholarships - Open soon

The Henry Rongomau Bennett (HRB) Scholarship Programme was extended to support the addiction workers in 2007. This has resulted in the addiction sector being awarded 18 scholarships since this time.

When the Effective Interventions came on stream in 2008 it brought about a growth in capacity with 91 scholarships being awarded. This result illustrates the contribution to the development of the Addiction Sector; development that extends to all levels and across the full range of the Addiction Sector's workforce.



The Effective Interventions and Problem Gambling Scholarship team, Pam Armstrong, Seru Tiquatabua and Tracey Potiki

The strategic focus of Te Rau Matatini embraces a whole systems approach that recognises the importance of the current mental health and addiction workforce, systems, infrastructure, relationships, professional bodies, the tertiary education sector, broader health and social services linkages.

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Editorial

The 2008 year is drawing to a close

Our sector has had a busy year. This edition reports on some of the projects underway. Effective Interventions scholarships are available through Te Rau Matatini. The NCAT publication, launched recently in Wellington, lays a foundation for the vision of the addictions sector in New Zealand. Our consumer leaders are recognized for their work.

As ever there are reviews; national, regional and local projects and people on the move, all signs of a vibrant and active sector.

This year we have made some societal gains in raising people's awareness of alcohol-related harm. The ALAC Social Marketing campaign has had an impact and we report on the Alcohol Drug Helpline activities in this edition.

For us as a community though, it appears that harder times are approaching. The global economy is impacting on New Zealand and on the people that use services. We have a new Government. Our work convinces us that the Crime and Justice argument would be better to be discussed in terms of rehabilitation rather than punishment - will the new government be interested in this perspective?

And as in previous years, we move into the Christmas season with the knowledge that this not always an easy time of year for the people we see in services. For those making or maintaining changes, Christmas can be stressful. For families, it is equally stressful, as partners and children watch their loved ones letting loose. We know that there will be violence and arguments and over-indulgence. Our sector will continue to support people through their difficulties.

From all of us at ADANZ, we wish you all a restful holiday season and look forward to working with you again in the New Year.

Cate Kearney

Investing in Addiction Treatment

The National Committee Addiction Treatment (NCAT) has recently launched their new publication, Investing in Addiction Treatment, to provide planners and funders, purchasers and policy makers with an up to date summary of current best practice, along with key trends and issues in addiction treatment.

Investing in Addiction Treatment includes information that will assist the reader who has a limited understanding of addiction to gain a better understanding of the complexity and nature of addiction, including problem gambling, who needs addiction treatment and what an optimal treatment system might be. It covers treatment philosophies and principles such as Harm Reduction, Recovery, and more. It considers Kaupapa Māori and Pacific treatment models and some of the issues related to funding, family and whānau needs, are also included.



Multiple and combined treatments are covered along with withdrawal management and the various specialist treatment that can be required for different needs. Information extends over individual population needs to the essential elements involved in continuing care.

NCAT is the national voice of the addiction treatment sector. NCAT provides expert advice on treatment for alcohol, other drugs, and problem gambling and strongly supports the key challenges identified in Te Kokiri: The Mental Health and Addiction Action Plan 2006-2015 with particular emphasis on supporting improved availability and quality of addiction services to those New Zealanders who are affected by addiction issues.

This new publication is a very useful reference and is available on the NCAT (www.ncat.org.nz), Matua Raki (www.matuaraki.org.nz) and Te Pou (www.tepou.co.nz) websites. Hard copies can be ordered from www.ncat.org.nz

Work-based Placements (Hoe Rua programme): Dunedin experience

Moana House and Mirror Services are two Dunedin providers who have taken up the invitation from Te Rau Matatini to be an AOD host as part of the Hoe Rua programme. Claire Aitken, Director of Moana House, was enthusiastic about having two recruits onboard. If a service has identified a need or area of work to be developed, Hoe Rua and Hoe Toru were great opportunities. It was important, Claire said, for a service to have good orientation processes in place along with in-house training available for new staff. It could be a waste of an opportunity if an organization was not properly prepared and the new recruit was unable to use their time effectively. Claire went on to say that although the financial support is attractive you do have to invest some time and effort in settling a recruit in to an organization but the effort was well worth it for both the service as the employer and the new recruit and ultimately the sector.

Both Donna Thompson and George French started their placements at Moana House at the start of September this year. The placements are for six months and end in March 2009. Donna had been working as a Whānau Worker for a community organisation while studying at the Moana Training Institute. In her second year of study, gaining work-based placement allows Donna to be immersed in the addiction field with the knowledge and education that that brings. Donna's work includes slowly building up a client base working kanohi ki kanohi, face to face. The other important advantage for both

recruits is the level and quality of the support and supervision in their work and development.

George had been working as a Department of Corrections Officer and gave up his job after his application for a work-based placement was granted. He notes it was a brave thing to do at the time but it is proving to be very much the right decision. Since graduating with a degree in Social Sciences in 2006 George said "... I wanted to apply this qualification in a positive way and working in AOD seemed the appropriate place given my background. It is positive working with people at this stage in their journeys; you can see people achieve important personal goals. "George is also starting the Te Taketake training as part of his placement.

Both recruits identified the quality of training and supervision along with the full range of experience gained working across most areas in a treatment service as benefits. Both were also keen to get a placement within a bi-cultural environment. Becoming an addictions practitioner, fully qualified and registered with The Drug and Alcohol Practitioners' Association, Aotearoa-New Zealand (DAPAANZ) was the main objective for both and they felt they were well on the way. An additional benefit was the expectation that having the experience of the placement would also be an advantage when looking for a permanent position in March when the placement came to an end.

For more information about Te Rau Matatini programmes please visit: www.matatini.co.nz



*George French, Claire Aitken and Donna Thompson
TRM Intern 2008 Cutting Edge*



CDHB Countering Discrimination Awards

Face-to-Face

Christchurch Methadone Programme and ADANZ AOD Consumer Advisors

The CDHB Countering Discrimination Project Committee recently announced that the AOD Regional Consumer Advisors were second in the CDHB Specialist Mental Health Services Countering Discrimination Awards.

The following is an excerpt from the letter acknowledging the work being done within CDHB Mental Health Services to improve the consumer and family experience of these services.

The **Face-to-Face** initiative was undertaken by Consumer Advisors arranging meetings between a group of thirty-seven consumers and two staff from The Christchurch Methadone Programme to have **Face-to-Face** dialogue and discussions on policy development for the service. Question and answer time was an important part of this process.

"This quality initiative has been led by Consumer Advisors and created the opportunity for staff and consumers to work more collaboratively. By meeting face to face the group addressed literal and perceived barriers which can occur within service delivery. The involvement of medical staff is commended in this Consumer Advisor driven initiative. The partnership has strengthened the joint development of service direction and policy and is tackling the perceived "them and us" culture.

"Continuing these meetings and consolidating the work begun will provide further opportunities to progress and strengthen this project. These meetings have the potential to influence staff attitudes and behaviours on an ongoing basis and the project would be further strengthened by extending it to include all CMP staff over time."

Marc Beecroft, Regional AOD Consumer Advisor was the driving force behind this initiative. This is a great example of what can be achieved with consumer and service/NGO and Provider Arm collaboration. We congratulate Marc on this achievement.

Alcohol Drug Helpline News

Addictions Treatment Directory

The Addictions Treatment Directory has been updated and a 2008 hard copy of the directory is available from ADANZ. The online version of the directory is available at www.addictionshelp.org.nz

ALCOHOL DRUG HELPLINE

Callers

The impact of this year's hard-hitting television and radio advertisements for people with alcohol problems has undoubtedly contributed to the number of first-time callers to the Alcohol Drug Helpline.

The 2008 Helpline annual report showed that of the total of 16,000 calls received at the Helpline in the past year, 12,000 (75%) were from first-time callers.

The total number of calls represents a 5% increase on the previous year's calls, with the biggest rise in caller numbers occurring between April and June this year – immediately after the Alcohol Advisory Council (ALAC) television advertising campaign began.



71% of calls were alcohol-related, and this was consistent throughout New Zealand. The proportion of alcohol-related calls has continued to increase since 2005 and increased most significantly this year, corresponding to ALAC's social marketing campaign.

Advertisements

ALAC Chief Executive Officer Gerard Vaughan said ALAC's monitoring of the advertisements showed 94 percent of all adults recalled seeing at least one of the three television advertisements. "What the Helpline figures show is that this high awareness is translating into help-seeking among our target audience of people who binge drink," he said.

The other drugs

The Helpline statistics for the past 12 months also show that cannabis retains its place as the most frequently called about other drug.



Cannabis is the most commonly called about other drug in the South Island, while methamphetamine (P) calls are more common than cannabis in Auckland.

By far the most significant change over the past year has been the 31% reduction in P-related (methamphetamine) calls, down from 1700 to around 1200. Most of the reduction has been in the last six months.

The Helpline analysis shows that the drop in P calls is a result of a fall-off in calls from "concerned other callers".

People aged between 25 and 60 are the most likely to have a problem with alcohol, with the biggest spike in the 35 to 44 year age group of males calling about themselves.

Other drug-related calls came primarily from the same age 25 to 60 age band, with most people seeking help for other drug problems aged between 35 and 45.

The greatest increase in calls is from the 45-60 age group and to a lesser extent from the 12-18 age group.

The staff

This year is the first that the Alcohol Drug Helpline is fully staffed by paid professionals. A year ago, the staff was a mix of paid employees and volunteers. Two paid professionals now cover the phones from 10am to 10pm daily, with an answering service operating outside those hours allowing callers to request a call back during operating hours. Emergency life-threatening calls are transferred/referred to 111.

Alcohol Drug Helpline Annual Report

Copies of the 2008 Annual Report will be sent to alcohol and other drug services in November.

Future

New initiatives planned for next year include a continuing care call-back service, revamping the Helpline website and Māori and Pacific initiatives.

In 2009, the Alcohol Drug Helpline will regularly send out updates to keep you informed on problematic alcohol and other drug use trends in New Zealand.

Disclaimer and Contact Information

Connections is the official newsletter of the Alcohol Drug Association New Zealand, funded by the 6 South Island DHBs.

Articles from the newsletter can be reprinted as long as ADANZ is acknowledged.

Contributions including letters are welcomed, however submission does not guarantee publication.

Contributors can enjoy reasonable liberty in the expression of their views.

Views and opinions expressed do not necessarily represent those of ADANZ. Contributions, comments or general correspondence regarding ADANZ Connection:

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South Island Regional Mental Health Network: Review of Progress against the South Island Alcohol and Other Drug Services Review - Overview

At the direction of the South Island Regional Mental Health Network (SIRMHN), the South Island Shared Service Agency Limited undertook a review of the progress made by each of the South Island District Health Boards (DHBs) and across the South Island region in implementing the May 2004 Strategic Framework for Service Development (the Framework). The Framework identified 21 Service Need areas and 106 Service Development Objectives. The aim of the Review was to identify progress made in implementing each of the Objectives. The Review was also to recommend to the SIRMHN a way forward with Objectives that had not been achieved over the 3.5 year implementation period.

SISSAL received feedback on each of the Objectives in the Framework from the South Island DHB Planning and Funding staff and Alcohol and Other Drug (AOD) service providers. From this feedback, it was identified that the South Island DHBs have made good progress in achieving, and continue to work towards, many of the Objectives in the Framework. The following is a list of these achievements:

- Increased screening and brief intervention in primary settings
- Improved access to assessment, referral and counselling services
- Improved access to Medical Detox through reduction of waiting times
- Improved integration and flexibility of service delivery

- Provided greater emphasis on intensive outpatient options for those with moderate to severe dependency
- Reduced or have no waiting times for methadone treatment post-assessment
- Greater delivery of flexible service packages
- Established AOD sector planning groups in each district
- Increased service partnerships between individual service components to deliver flexible service packages
- Made some increases in the level of culturally appropriate AOD services for Māori
- Made some improvement in access to AOD services for those living in rural areas
- Made some increase in Concerned Significant Other involvement in treatment



- Made some improvement in support to family/whānau members independent of the service user
- Made some increase in the capability of the AOD service workforce through enhanced training

The SIRMHN consider these objectives to be met and it is the individual DHBs responsibility to continue to progress these as they see fit.

Also identified were Objectives that had not been achieved, and gaps and issues in AOD service provision within individual DHBs and across the South Island, including:

- issues regarding Medical Detoxification services
- issues regarding AOD residential care beds
- lack of mental health planned respite resources for people with co-existing disorders
- lack of aftercare/reintegration services

The second South Island Regional Mental Health and Addictions Strategic Plan supports the South Island DHBs in continuing to address the outstanding objectives identified in the review through the following four goals:

- Undertake reviews of service need versus service provision for identified service areas and user groups.
- Support regular forums that enable tangata whaiora to participate in the development, implementation and evaluation of Alcohol and Other Drug services.
- Support DHBs to align service delivery for people with co-existing mental health and substance use/abuse disorders.
- Support local DHB initiatives to strengthen linkages between primary health, mental health and alcohol and other drug services.

The Regional work plan for 08/09 prioritises reviewing the South Island Opioid Substitution Treatment Programme SPF.

SISSAL
Po Box 3877
Christchurch

Kina Trust news: Practitioner Pages go 'Live'



With the support of Matua Raki the Kina Trust's new Practitioner Pages are now 'Live ' on the Kina website!

Go to www.kinatrust.org.nz to see resources to further equip inclusive practices with clients, their families and social networks

- Access documents providing guidelines to FIP
- Download session examples from our FIP Guide
- Access FIP Assessments and tools
- Use links to related sites and resources
- See current training events

The intent of this project is to build inclusive practice across the sector by providing access to robust and credible materials.

Services are invited to contribute by contacting Kina Trust about resources that you find particularly valuable in your practice.

Contact Trish Gledhill, Kina Families and Addictions Trust.
PO Box 1106, Napier. Phone 06 8351731 or 021 247 6149

A Long Life

A passer by noticed an old lady sitting on her front step and said to her "I couldn't help noticing how happy you look, what's your secret to long life?"

"I smoke four packets of cigarettes. As well as that I drink a whole bottle of whiskey every week and eat only junk food. On weekends I pop loads of pills and sit round in cafes and bars and do no exercise at all."

"That's absolutely amazing" said the passer-by. "How old ARE you?"

Twenty-seven!"

Source unknown

Diary Notes

Australasian Professional Society on Alcohol and Other Drugs (APSAD) Conference 2008

23 - 26 November

Sydney Convention and Exhibition Centre, Sydney, Australia, APSAD 2008

Further information: <http://www.apsad2008.com/>

Issues in the evaluation of pharmaceutical interventions (NDARC seminar)

27 November

Sydney, NSW

Further information: <http://ndarc.med.unsw.edu.au/NDARCWeb.nsf/page/Seminar>

School of Addiction 2009

4 - 6 March 2009

The school to be jointly hosted by DAPAANZ and the Pacific Centre for Motivation and Change is to be held in Auckland from 2009. The biennial school is offered to experienced clinicians and practitioners in the field of addiction treatment.

DAPAANZ registered and associate practitioners can earn 30 points for their 2010 renewal applications. The tutors are:

Dr Chris Wagner, psychologist and associate professor at Virginia Commonwealth University and he will tutor on MI in groups.

Phyllis Tangitu, hugely respected teacher in mental health and addiction and she will lead a workshop on our working better with Māori clients.

Dr Ceri Evans, forensic psychiatrist from Christchurch and he will tutor on risk assessment and management of offenders with mental health and AODG problems.

For further information go to:

<http://www.matuaraki.org.nz/index.php?id=78>

To register go to:

<http://events.matuaraki.org.nz/event.php?id=25>

Addiction Treatment Leadership Day

12 March

Christchurch, venue to be confirmed

3rd Annual Conference of the International Society for the Study of Drug Policy

2 - 3 March

Vienna, Austria

Further information: <http://www.issdp.org/vienna2009/>

Harm Reduction 2009: IHRA's 20th International Conference

19 - 23 April, 2009

IHRA and the Conference Consortium are please to announce Harm Reduction 2009: IHRA's 20th International Conference – which will take place in Bangkok, Thailand from the 19th to the 23rd April 2009. These conferences have gone from strength to strength in recent years – attracting over 1,200 delegates from 90 different countries.

Further information: www.ihraconferences.net.

2009 Annual ATDC Conference

27 - 29 April, 2009

Hobart, Tasmania

For enquiries call Jane Barry on 03 6224 7780 or email conference@atdc.org.au

Mental Health events

Mental Health Foundation Calendar of events web address <http://www.mentalhealth.org.nz/page.php?p=47&fp=6&sp>



Useful websites

Australian Drug Foundation newsletter

<http://druginfo.adf.org.au/newsletter.asp?ContainerID=metamphetamine>

The Drug and Alcohol Multicultural Education Centre (DAMEC.) DAMEC's primary focus is to bridge the service gap by assisting and supporting Alcohol, Tobacco and Other Drug (AT&OD) service providers to make a difference to the way they access and service Culturally and Linguistically Diverse (C&LD) clients.

<http://www.damec.org.au/index.aspx>

