



From the IIMHL and IIDL Update List

Welcome to this bi-monthly edition of Update 28 February 2019

IIMHL and IIDL organise systems for leaders to share innovations, network and problem solve across countries and agencies. The overall aim is to promote mental health and well-being for everyone. This includes developing leaders who can create the best possible conditions for mental health and well-being in all sectors across the life-span. Equally, it includes developing leaders who can deliver the best possible outcomes for people who use mental health, addiction and disability support services and their families.

Update allows the rapid transfer of new knowledge through sharing information about upcoming Leadership Exchanges, as well as key national documents, training and webinars. Please feel free to share this e-bulletin with others.

We would be delighted if you would join us on Facebook.



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IIMHL Feature - Aotearoa/New Zealand

Engaging With Consumers: A guide for District Health Boards Health Quality & Safety Commission

There is growing evidence to support the relationship between consumer engagement and improved outcomes from health care. However, one of the biggest challenges we face is how to measure and evaluate consumer engagement. Importantly, how do we measure success and what does 'success' look like? In New Zealand today, we know that consumers and providers both want to 'get it right' together.

Using this guide, the Commission looks forward to working with the sector and consumers to establish a quality and safety marker for consumer engagement as a way of monitoring progress and measuring success. In turn, consumers will feel more confident in the quality of the services they are receiving. Embedding consumer engagement in everyday practice and policy so it becomes the norm needs the drive and support of senior leadership and champions throughout the sector.

<https://www.hqsc.govt.nz/assets/Consumer-Engagement/Publications/DHB-guide/engaging-with-consumers-3-Jul-2015.pdf>

Other IIMHL Articles of Interest - Aotearoa/New Zealand

Reducing and Eliminating Seclusion in Mental Health Inpatient Services: An evidence review for the Health Quality and Safety Commission New Zealand Te Pou o te Whakaaro Nui, 2018

Seclusion is "where a consumer is placed alone in a room or area, at any time and for any duration, from which they cannot freely exit" ([Standards New Zealand, 2008a, 2008b](#)). It is a restrictive practice that New Zealand's mental health inpatient services are working towards reducing, and eventually eliminating. These services provide specialist care for people with mental health and/or addiction problems, and are delivered in 19 district health boards (DHBs).

The purpose of this review is to provide up-to-date information about reducing restrictive practices (seclusion and restraint) to help inform Health Quality and Safety Commission New

Zealand's Mental Health and Addiction Quality Improvement programme. This evidence review describes the current context for restrictive practices in mental health services, with a focus on the reduction of seclusion, and provides an overview of recent research and best practice resources.

<https://www.hqsc.govt.nz/assets/Mental-Health-Addiction/Resources/Reducing-and-eliminating-seclusion-in-mental-health-inpatient-services-Jul-2018.pdf>

Te Iti me te Rahi, Everyone Counts: Māori Health Workforce Report

Te Rau Matatini - McClintock, K., Stephens, S., Baker, M., Huriwai, T., 2019

Te Rau Matatini launched their Māori Health Workforce survey called *Te Iti Me Te Rahi: Everyone Counts* which will build on the knowledge previously gained through the Te Rau Matatini [Profiling the Māori Health Workforce 2017](#) report.

The *Te Iti Me Te Rahi: Everyone Counts* survey values all Māori who work in Non-Government Organisations, District Health Boards, Kaupapa Māori and mainstream services as their contributions count towards positive Māori health outcomes.

To read more:

<http://teraumatatini.com/news/m%C4%81ori-health-workforce-te-iti-me-te-rahi-everyone-counts>

O Le Taea Fou Dawn of a New Day

NZ Police, 2018

O Le Taea Fou is a strategy, an action plan and a commitment by Police to do what is right for Pasifika communities. The Strategy identifies key drivers of demand for Pasifika communities and outlines work in these areas, in partnership with Pasifika communities, to help reduce Pasifika crime and victimisation. Specific areas of focus within the Strategy include alcohol, youth, families, roads, organised crime, drugs, and mental health.

To view the Strategy in full:

<http://www.police.govt.nz/sites/default/files/publications/pasifika-national-strategy-2018.pdf>

Using On Track to Achieve System Change: A case study of Whanganui DHB Mental health and addiction services

Te Pou, 2018

The evidence presented is a snapshot of some of the transformation work Whanganui District Health Board has done to ensure their mental health and addiction system better meets their population's needs.

<https://www.tepou.co.nz/uploads/files/resource-assets/Whanganui%20DHB%20On%20Track%20case%20study%20final.pdf>

A Community Powered Report on conversations with 1000 young people on wellbeing

Action Station, 2018

Between 20 July and 7 August 2018, ActionStation gathered the views of more than 1,000 young people (aged 12 - 24) and a handful of youth workers and policy experts about what youth wellbeing looks like in Aotearoa New Zealand. To read more:

https://gallery.mailchimp.com/c4f6b2fca0e12e49c424dea9f/files/a57faa7f-1c5d-4822-b655-423ff2d17ec5/Nga_Ko_rero_Hauora_o_Action_Station_2018.pdf?utm_source=General+Subscription&utm_campaign=5fccbd5f60-EMAIL_CAMPAIGN_2018_06_24_10_39_COPY_01&utm_medium=email&utm_term=0_2bcd693428-5fccbd5f60-237768285

Aunty Dee

Website

Aunty Dee is a responsive web-based application designed to support Pasifika and Maori young people wellbeing. Based on CBT approaches to problem solving, Aunty Dee guides the user to identify real problems, generate solutions and then act, and also provides evidence based tips and information for common problems teens face. Aunty Dee is based in New Zealand. To view in full:

[https://www.auntydee.co.nz/?utm_source=General+Subscription&utm_campaign=e0df740a52-](https://www.auntydee.co.nz/?utm_source=General+Subscription&utm_campaign=e0df740a52-52-)

[52-EMAIL_CAMPAIGN_2018_07_11_09_00_COPY_02&utm_medium=email&utm_term=0_2bcd693428-e0df740a52-237768285](https://www.auntydee.co.nz/?utm_source=General+Subscription&utm_campaign=e0df740a52-52-EMAIL_CAMPAIGN_2018_07_11_09_00_COPY_02&utm_medium=email&utm_term=0_2bcd693428-e0df740a52-237768285)

Guidelines for Gender Affirming Healthcare for gender diverse and transgender children, young people and adults in Aotearoa, New Zealand

Transgender Health Research Lab, University of Waikato, 2018

Internationally and within New Zealand there has been a substantial increase in the demand for gender affirming healthcare over the past decade. The Youth'12 secondary school survey, estimated that approximately 1.2% of adolescents in New Zealand identify as transgender. It is likely that this level of referrals to health services will continue in the foreseeable future. This guideline has been developed following the recognition that New Zealand's previous good practice guide, Gender Reassignment Health Services for Trans People within New Zealand, which was based heavily on the World Professional Association of Transgender Health, Standards of Care, version 6 (WPATH SOC v6), requires updating to be in step with current practice and international guidelines.

<https://researchcommons.waikato.ac.nz/bitstream/handle/10289/12160/Guidelines%20for%20Gender%20Affirming%20Health%20low%20res.pdf?sequence=2&isAllowed=y>

National Maternity Monitoring Group

Ministry of Health, 2018

This publication informs discussion and assists New Zealand's maternity policy development.

- 1 Strengthening maternity services including more timely access and more equitable access to community based primary maternity care and services.
- 2 Providing better support for women and families who need it most, including better health and social support for young mothers and for maternal mental health and support for improving health literacy among vulnerable populations.
- 3 Embedding maternity quality and safety including further support for local clinical leadership and review, and meeting the Ministry's obligations under the New Zealand Maternity Standards.
- 4 Improving integration of maternity and child health services including improving transitions between health services through improved communication, coordination, and the use of information technology

[https://www.health.govt.nz/system/files/documents/publications/nmmg-annual-report-2017-jun18 - copy.pdf](https://www.health.govt.nz/system/files/documents/publications/nmmg-annual-report-2017-jun18_-_copy.pdf)

IIDL Feature - Aotearoa/New Zealand

Leading the Way in Accessible Information

Ministry of Social Development, December 2018

This guide gives the state sector guidance on how to increase accessibility to information through the use of inclusive language and design, and alternate formats such as New Zealand Sign Language, Easy Read and Braille. The guide will be used by government agencies that have signed up to the Government's Accessibility Charter.

http://apo.org.au/node/207706?utm_source=APO+Subscribers&utm_campaign=d191757968-EMAIL_CAMPAIGN_2018_12_03_02_58&utm_medium=email&utm_term=0_1452ee3b6b-d191757968-84393609&mc_cid=d191757968&mc_eid=b4de968ac2

Other IIDL Article of Interest - Aotearoa/New Zealand

Draft Disability and Learning Support Action Plan: Engagement A3s

Ministry of Education, 2018

This draft action plan was developed with input from a range of sources, including the 2015 Learning Support Update, and the Select Committee Inquiry into Identification and Support for students with Dyslexia, Dyspraxia and Autism Spectrum Disorders.

The draft plan covers four priority areas:

- improving the way children and young people are assessed for additional learning needs
- strengthening the range of supports for children and young people with disabilities and additional learning needs
- improving the way the education system responds to neurodiverse learners and gifted learners
- ensuring that learning support is resourced for increased support and delivery.

Specific proposals include developing screening tools to help identify learning needs when children start school and the creation of two new roles in the system, including a 'Learning support co-ordinator' within schools.

<http://apo.org.au/system/files/193776/apo-nid193776-1009961.pdf>

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Join IIMHL / IIDL

Leaders in any sector that can affect the conditions for Mental Health and Addictions and leaders in Disability services can join IIMHL or IIDL free by using this link:

<http://www1.iimhl.com/Join.asp>

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