

Common things occur commonly Mental Health and Addiction in Primary Care



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Te Pou
o Te Whakaaro Nui

www.tepou.co.nz





Today

- Who we are... and what we do ...
- New policy impacting on your work ...
- The big ticket items ...
- Some ideas to make your day a little easier...



Our role as a national centre

- Putting policy into practice with the sector
- Informing future policy
- Researching what practice works, testing, then implementing
- Developing data, measures and best practice
- Change agents
- Systematic national improvements with locally lead solutions



The leading broad causes of health loss change over the life course

- In youth (15-24 years), the leading causes of health loss are **mental disorders (31%)** and injury (27%), with reproductive disorders also important for females.
- In young adults (25-44 years), **mental disorders (25%)** and injury (15%) are the leading causes of health loss, with reproductive disorders also important for females.

Health Loss in New Zealand: A report from the New Zealand Burden of Diseases, Injuries and Risk Factors Study 2006-2016

- Depression
- Anxiety
- Frequent unexplained medical symptoms
- Alcohol and Other Drug misuse
- Supporting longer term mental health service users with their physical health



What can you do ?

- Know the problem
- Have some quick wins
- Engage the patient
- Follow up- instil hope
- Trust your instinct
- Value your skills
- Trust yourself

- HEADSSS screening tool
<http://www.gpcme.co.nz/pdf/AdolescentHealthAssessment.pdf>



CHAT: Case-finding & 'Help' Assessment Tool



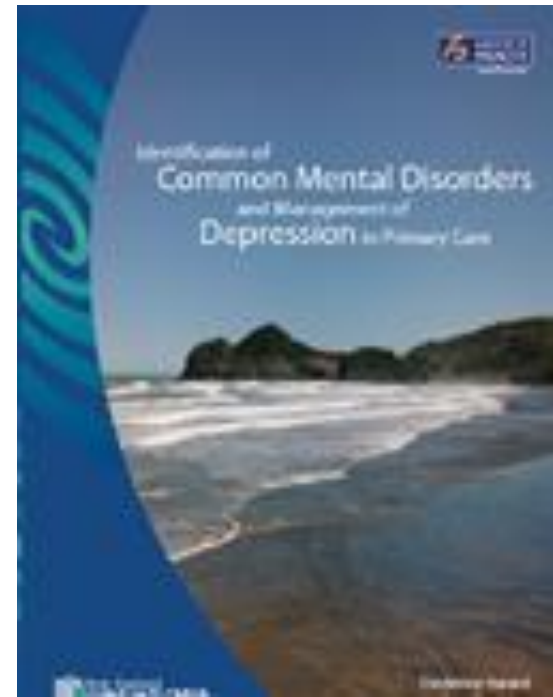
Lifestyle & mental health screening
assessment tool for use in primary care

- Smoking
- Alcohol misuse
- Other drug misuse
- Problem gambling
- Depression
- Anxiety
- Exposure to abuse
- Anger control
- Physical inactivity

Online resources

- www.beatingtheblues.co.nz e therapy CBT
- www.depression.org Sir John Kirwan resource
- www.thelowdown.co.nz for young people
- www.spinz.co.nz Information
- www.beyondblue.org.au/ Australia site 24/7
- www.calm.auckland.ac.nz Self help website - managing stress, anxiety and depression
- www.beehive.govt.nz/release/mood-diary-smart-phone-app-released apple app developed for Phobic Trust

- <http://www.health.govt.nz/publication/identification-common-mental-disorders-and-management-depression-primary-care>



Credentialing Project , NZCMHN inc.

- Competencies have been developed for generalist primary care nurses to enhance their knowledge skills and attitudes on screening, and brief intervention for mental health and addiction issues

<http://www.nzcmhn.org.nz/Credentialing/FAQs>

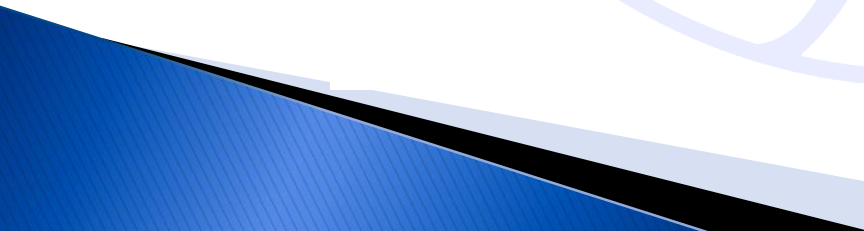


Te Ao Māramatanga
New Zealand College of Mental
Health Nurses®

Credentialing Framework

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- Barbara A. Carper (1978), "Fundamental Patterns of Knowing in Nursing", *Advances in Nursing Science*

