



The Werry Centre for Child and Adolescent Mental Health Workforce Development

E - Bulletin

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Welcome to the Werry Centre e-bulletin

Director's Note

These have been challenging times for Werry Workforce and our colleagues in the ICAMHS sector, particularly our whanau in Christchurch. Nationally we see the on-going effects of the global recession impacting on DHB and NGO workforce activities. We note reduced training and travel budgets, cut backs in trainee positions, and reductions in funding for consumer participation. Given the significant length of time required for effective workforce development, such short term measures will have significant consequences for recruitment and retention of staff in the years ahead. It is highly likely that we will see a reduction in the pool of qualified workers able to offer services to the steadily increasing numbers of infants, children and adolescents needing services. We believe this makes the role of the Werry Centre even more important as a shared, national resource that can efficiently resource the ICAMHS sector and continue to work on the long term perspective while services manage the challenges of the moment.

>> Website Links



www.werrycentre.org.nz



www.realjobsforrealpeople.org.nz



Christchurch team at the Christchurch office opening (left photo - with Debbi Tohill (National Manager) and Sue Treanor (Director) based in Auckland. Right photo - Christchurch Team – from left to right, Tania Williams (Project Support/Administrator), Bronwyn Dunnachie (Senior Advisor), Rachel Lawson (Project Leader - Eating Disorders), Trish Lumb (Family/Whanau Advisor), Karen Moke (Mental Health Placement Advisor)

Fortunately all is not gloomy. Times such as these are fertile grounds for innovation and optimising success (and of course we are all about strength based approaches in therapy and services!) Werry Workforce is an enthusiastic partner working alongside regions, organisations and consumers to develop and sustain effective services. The successful uptake of service improvement models like CAPA in conjunction with the Real Skills Plus CAMHS competency framework is showing improvements for consumers and their families. Our regional engagement and national training events are delivering to front line staff in DHBs, primary health, community and iwi providers in a cost effective ways. You can see more information about these in the body of this newsletter and on our website: www.werrycentre.org.nz.

Other key developments for our sector include increased recognition of the effectiveness of early intervention for problem behaviours in the first years of life. Government is recognising the benefits of interventions such as the Incredible Years and Triple P parent programmes and several documents have recently been released which put the need for early intervention at the centre of attention.



www.rise.org.nz



www.werrycentre.org.nz/IYNZ



You can find links to these key documents on the [Sector Resources and Publications page](#) of the Werry Centre website:

- *1000 Days to get it Right for Every Child: The effectiveness of public investment in New Zealand children*, Infometrics Ltd, for Every Child Counts, 2011
- *Every Child Thrives, Belongs, Achieves, The Green Paper on Vulnerable Children, Ministry of Social Development*, 2011 (Response by 28th February 2012)
- *Improving the Transition: Reducing Social and Psychological Morbidity during Adolescence*, report from the Prime Minister's Chief Science Advisor, 2011
- *Mental Health and Addiction Service Development Plan (MHASDP): Draft Paper for stakeholder engagement*, Ministry of Health, 2011 (Response by 30 August 2011)

I hope that you find this newsletter informative and that you will contact me (s.treanor@auckland.ac.nz) or members of the Werry Workforce team if you would like to know more.

Warmest regards,



Sue Treanor
Director Workforce

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Incredible Years Update

The Parent Management Team have been very busy over the past 6 months. There continues to be a high level of demand for training in the Incredible Years parent programme across the country. An exciting development has been the recent collaboration between The Werry Centre and Ministry of Education, which has led to an



increase in the number of basic trainings provided, to meet the needs of those within the Ministry wishing to deliver the parent programme. The total pool of trained parent group leaders in New Zealand is now close to 900. A large focus for the team has also been on providing follow up Supervision Days across the regions to support newly trained clinicians in their group delivery skills.

We were also delighted to have offered the second New Zealand Peer Coach training in late July, to continue to grow the regional sustainability of Incredible Years. Cultural responsiveness continues to be a key priority. The annual Maori cultural leaders hui was held in April and was very successful in generating a lot of good ideas in relation to future developments to improve IY Parent group delivery with Maori whanau. We also hosted the annual Pacific Fono this month.

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Eating Disorders Special Interest Groups

The Werry Centre is pleased to offer several online special interest groups for professionals working with consumers with eating disorders. Special interest groups have been set up for OTs, Nurse, Dietitians, Medical Staff and Psychologists. Special interest groups offer an opportunity to network with colleagues and share resources.

Please contact Rachel Lawson, Project Leader, Eating Disorders on r.lawson@auckland.ac.nz to be added to the groups or with any ideas for further online groups.

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Training for Specialists in the Diagnosis and Treatment of Children & Adolescents with Autism Spectrum Disorder

In 2009/10 the Werry Centre was contracted by the Ministry of Health to develop a training package for specialist clinicians, specifically pediatricians, psychiatrists and psychologists, involved in the assessment, diagnosis and treatment of children and young people with Autism Spectrum Disorder (ASD). Essential

to the Autism Spectrum Disorder Specialists' Training is the New Zealand Autism Spectrum Disorder Guideline (NZASD Guideline; Ministry of Health & Ministry of Education, 2008).

Having piloted the training in 2010 several amendments were made to the original training package which included compacting the training into a two day workshop and ensuring the content included an in-depth coverage of the key developmental stages of children and adolescents, the pediatric, psychological and psychiatric perspectives and a good array of actual clinical examples. The Werry Centre was very fortunate to engage three leading experts, Dr Matt Eggleston, Child & Adolescent Psychiatrist, Jenny Gibbs, Clinical Psychologist, and Dr Andrew Marshall, Developmental Pediatrician to assist in revising the content and who were also able to facilitate various topics in the workshop.

The workshop was held on 9 & 10 June 2011 in Wellington. It was well attended by clinicians from across the country.

Overall, the evaluation results of this workshop were very positive and indicated that the workshop met its intended aims. It was clear that the experience and breadth of knowledge which Matt, Jenny and Andrew so willingly shared was well received by participants and brought the NZASD Guideline alive and illustrated the importance of a multidisciplinary and multi-agency approach to providing the best possible care for children, adolescents and their families experiencing ASD.

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Annual Training Days – Child Day held on 24th June 2011 at Waipuna Conference Centre, Mt Wellington

“Awesome Manaaki me matauranga kia ora.”
(Comment from an attendee at the Child Day)

The theme of the recent Child Day was Therapeutic Interventions for Children. More than 80 practitioners attended Child Day which proved to be an excellent opportunity to listen to an exciting line-up of presenters with a wealth of experience and skills in engaging and working with children. The day opened with a highly informative overview of brain development provided by Dr Louise Porteus, a Developmental Pediatrician. Our Kaumatua Rawiri Wharemate together with Janice Beasley, Maori Clinical Advisor set the therapeutic scene of working with children in a Whanau Ora context. This was followed by a relevant and sensitive presentation by Whakatane therapist Mark Alison on Trauma CBT for re-located children affected by the Christchurch earthquake. The afternoon opened with Judith Morris, Child and Family Therapist. The following comment aptly described the way in which Judith's

presentation was received: *“Emotionally disturbed children – to see a passionate therapist and learn from her metaphors and knowledge - excellent presentation, concepts relevant and threaded through effectively.”*

The afternoon continued with Dr Ruth Gammon who shared her learnings from working extensively with children with high needs using Wraparound Models of Care in San Francisco. Now the Clinic Director of the School of Psychology for Massey University, Ruth highlighted the importance of assessing and working with children holistically. The day was completed with a lively presentation from Occupational Therapists Kirsten O’Connor and Kunai Aiakha which demonstrated their innovative ways of engaging children. The comments below were typical of feedback received about the day .

“All presentations were useful and presented well. It has been practical and useful.”

“Some excellent resources and ideas in the presentations – useful things to take away and use.”

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Midlands Forum

A regional CAMH forum for the Midlands region was held in Rotorua on Thursday, 14 July 2011. This event was well attended by over 60 participants. CAMH/AoD clinicians from both DHB and NGO services presented on a variety of programmes and models of care currently in practise within the region.

The day began with a thought provoking reminder from Joyce Leevard our Werry Centre Youth Consumer Advisor on “What matters to us....a youth consumer perspective”. Mark Alison from Voyagers, Whakatane reported on some CBT Trauma Therapy he had undertaken with quake affected children from Christchurch. The funky crew from Whai Marama Youth Connex (Thames/Hauraki Cluster) shared some of their successes of running YOPMI (Youth of Parents with Mental Illness) Camps in the region. Clive James an OT from Tauranga CAMHS presented on some Effective Community Interventions including a highly regarded Equine Therapy programme being run in collaboration with Riding for the Disabled. The Poutiri Trust Cluster summarised Te Whare Tapa Wha, the Pounamu and Kina Māori Models of Care. Tairawhiti CAMHS presented on service accessibility issues and Lakes iCAMHS updated on some of their current projects including Maudsley Family Therapy. The day ended with Diane Lees and Sandra Patton from Tauranga giving feedback from parents on the Incredible Years Parenting Programme.

The highlight of the day had to be a presentation from the Werry Centre RISE recipient, Peneha Harrison who shared his very personal recovery story on a DVD he had made entitled, “Journey though Music”.

Peneha's talk and song were heartfelt.

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Stocktake Publications

The 2010 Stocktake of Infant, Child & Adolescent Mental Health/AOD Services Report is now complete and ready for downloading: http://www.werrycentre.org.nz/585/Stocktake_Publications

Special thanks go to all DHB & NGO child and adolescent mental health/AOD services that have contributed to this latest report.

The 2010 Stocktake, as well as all previous Stocktake reports are now available on CD and will be mailed out to all services that have participated.

If you would like a copy of the Stocktake CD please contact Noleen Tuck, Email: n.tuck@auckland.ac.nz; Tel: 09 369 5703

For all other Stocktake related queries please contact: Julliet Bir, Project Leader, Email: j.bir@auckland.ac.nz; Tel: 09 369 7326

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Welcomes

We recently welcomed two new staff members - Anita Winn-Robertson and Lisa Maughan.

Anita joined The Werry Centre this month as Project Support/Administrator to support various projects, including Triple P, CAMHS Sector and Training Days, E-Learning, and the website.

She joins the team from the Growing Up in New Zealand study, where she supported the research and management teams for several years, from the beginning of the Antenatal phase. Anita completed her Bachelor of Arts (Psychology) Degree at The University of Auckland, and has previously worked in a wide variety of support roles. Anita is passionate about children's mental health and development of pro-social behaviour.

Lisa joins The Werry Centre as Project Manager for the Triple P project. Most recently she has been an

international Triple P trainer. Lisa is very passionate about child and family wellbeing and is inspired to be part of a project disseminating Triple P in New Zealand and ultimately parents and children benefitting from this parenting support programme. Lisa is interested in people's wellbeing across the life span and has consequently worked as a clinical psychologist with children, adolescents, adults, and older adults.

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The Werry Centre Facebook page

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