FREE Collaborative Mental Health and Addictions Credentialing Programme (est. 2012)

Starting February 2025

Every day as a primary health care nurse you are the first point of contact for people with mental ill health and substance use issues. Build your kete and enhance your practice.



What does it involve?

- five in person study days + online learning : Dates 5th February,5th March,2nd April,7th May,2nd July
- **Whenua Pupuke Building – North Shore Hospital**
- Practice development support (five small group supervision sessions between study days)
- Ongoing reflective practice with support
- Recognition of enhanced practice by professional body (Te Ao Māramatanga New Zealand College of Mental Health Nurses)

For more information or to enrol, contact Lara Dowse on 021 811 882 ldowse@comprehensivecare.co.nz. Enrol by February 2025 places are limited

Day One

- **Common Mental Health presentations in Primary care (Introduction to therapeutic relationships, Stress(ABC, problem-solving, self-care) and Rating scales**
- **Consumer perspective: Lived experience of Mental health issues and recovery**

Day Two

- **Gender and Sexuality**
- **Trauma Informed care**
- **Distress Tolerance and Mindfulness**
- **Neurocognitive disorders in the Older Adult**

Day Three

- **Cognitive Behavioural therapy – A tool to use in practice**
- **Focussed Acceptance and Commitment Therapy**
- **Youth Mental health (Assessment, Brief Interventions and Referral Pathways)**
- **Suicide prevention and assessment and management of risk**

Day Four

- **Pacific Lens on Mental health**
- **Asian Perspective on Mental health**
- **Effective Engagement with Maori**

Day Five

- **Low prevalence disorders (Understanding Bi polar disorder,**

Psychosis, personality disorders, support and ongoing care impact of ACE & recovery model)

- **Addiction and Alcohol (withdrawal management)**

AUCKLANDPHO comprehensive care THE CAUSE COLLECTIVE FOR THE GENERATIONS EAST HEALTH TRUST primary health organisation National Hauora Coalition

ProCare Tāmaki Health Te Whatu Ora Health New Zealand