HAERE MAI

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

Starting February 2024

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 TBC – starting mid-late Feb
- **Ko Awatea – Middlemore Hospital TBC**
- 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 FEB 2024 places are limited

The programme covers the following:

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)