Mental health and addiction professional development and training options for primary health care practitioners

June 2015

Health professionals working in primary care play an essential role in identifying and managing common mental health problems such as depression and anxiety, and issues with alcohol and other drugs. In addition, general practice has increasingly been picking up responsibility for managing the needs of people with more serious and complex mental health and addiction problems, who have been referred from mental health and addiction services.

This booklet provides an overview of most of the professional development options available to support GPs and primary care nurses around New Zealand. Many of the training options outlined are available online, or through distance learning. There may be other options available in your area.

THE MINISTRY OF HEALTH provides access to a range of online vocational training modules for health practitioners including Alcohol ABC and ABC Smoking Cessation. The Alcohol ABC module is a short course for primary care practitioners designed to raise awareness of alcohol-related harm and promote the ABC Alcohol approach, which includes the following key elements.

- Asking patients about their alcohol use.
- Briefly advising patients who are drinking above recommended limits.
- Counselling patients to enhance their motivation to change.

The Alcohol ABC module is endorsed by the Royal College of General Practitioners.

MORE INFORMATION:

learnonline.health.nz

TE AO MĀRAMATANGA, the New Zealand College of Mental Health Nursing Inc. has a primary care nursing mental health and addiction credentialing framework and competencies for primary care nurses. The purpose of the framework is to enhance the mental health and addiction intervention capability of primary care nurses within their registered nurse scope of practice. Credentialed nurses become associate members of the college and gain access to the website, journal articles and other relevant information.

Te Ao Māramatanga also works with primary health organisations (PHOs) to assess the mental health and addiction training needs of their staff and support the PHO to access training, put new knowledge into practice, and then credential staff who demonstrate the competencies.

MORE INFORMATION:

www.nzcmhn.org.nz

THE UNIVERSITY OF AUCKLAND Department of General Practice and Primary Health Care, School of Population Health offers postgraduate inter-disciplinary courses suitable for GPs, nurses and other relevant primary health practitioners. There are two post-graduate courses in mental health, ***Primary mental health (POPLPRAC 702)*** and ***Infant, Child and Adolescent Primary Mental Health (POPLPRAC 754)***. These courses can be stand-alone, or as part of a postgraduate certificate, a postgraduate diploma, or a masters.

MORE INFORMATION:

www.fmhs.auckland.ac.nz – ***search 'future postgraduates'***

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In addition, the Goodfellow Unit is housed in the Department of General Practice and Primary Health Care. This unit has a long tradition of providing continuing professional development to GPs and other primary health care professionals. This includes the annual Symposium, a variety of face-to-face events, online training modules and other modalities including podcasts and webinars. Online education includes training in SPARX (an e-therapy programme for young people), a series on Foundations in Infant, Child and Adolescent Mental Health, and HEEADSSS Assessment (Home, Education, Eating, Drugs and Alcohol, Sexuality, Suicide and Depression, Safety). Professor Bruce Arroll is Director and Selena Armstrong (s.armstrong@auckland.ac.nz) is the General Manager of the Unit.

MORE INFORMATION:

www.goodfellowlearning.org.nz
make sure you sign in to the site to see the full range of courses.

www.sparx.org.nz/resources

THE UNIVERSITY OF OTAGO, Department of Primary Health Care and General Practice (Wellington) offers postgraduate diploma and masters courses in primary health care. The paper ***Mental Health and Illness in Primary Care*** is offered every two years as part of the primary health care programme. It provides a sound foundation for recognising and supporting people with common mental health issues. Distance learning options are available.

MORE INFORMATION:

Eileen McKinlay on 04 918 5621.

primarycare.distance@otago.ac.nz

WHITIREIA POLYTECHNIC offers a range of online continuing professional development courses for nurses.

Understanding Mood Disorders provides health professionals working in primary care settings with an increased understanding of common mood disorders, depression and suicide risk, and bipolar affective disorder, and primary interventions for mood disorders.

Primary Mental Health Care provides health professionals with an understanding of primary mental health care in New Zealand, common models of health and assessments, interventions used in supporting clients with mental health and addiction issues, and an introduction to relevant mental health legislation.

To experience the online learning environment there is a sample available, ***http://moodle.whitireia.ac.nz/pluginfile.php/285234/mod_resource/content/4/story.html***

MORE INFORMATION:

wendy.trimmer@whitireia.ac.nz

http://healthcpd.whitireia.e3learning.co.nz

THE WERRY CENTRE FOR CHILD AND ADOLESCENT MENTAL HEALTH delivers a range of workshops and professional development to primary care practitioners around New Zealand. Their training can be tailored on request, and focuses on supporting children and young people with mental health issues. Information about current workshops and courses, and who to contact, can be found on their website.

MORE INFORMATION:

www.werrycentre.org.nz

HEEADSSS assessment training (home, education/employment, eating, activities, drugs and alcohol, sexuality, suicide and depression, safety) was developed by the Werry Centre in collaboration with the Goodfellow Unit. The training combines face-to-face training and e-learning. Access to the online module is free and accessed via The Goodfellow Unit's website.

This comprehensive training includes the principles of engagement for young people, information on mental health and substance use problems and suicide assessment. It is aimed at primary health care professionals including practice nurses, general practitioners, school nurses and counsellors, and primary mental health professionals.

MORE INFORMATION:

www.goodfellowlearning.org.nz
you will need to be signed in to see the HEADSSS module in the short course list.

SKILLS MATTER, a programme within Te Pou, provides funding for postgraduate training for new graduates and existing practitioners.

Through Skills Matter, Te Pou funds a limited number of places in postgraduate training for people working in mental health and addiction, including those working in primary care. To qualify for funding students must be currently employed as a registered health professional, in a defined mental health or addiction role sufficient to support the clinical component of the training programme, either by a mental health and/or addiction service or a PHO. The following courses were offered in 2015.

- New Entry to Specialist Practice: Mental Health and Addiction Nursing
- New Entry to Specialist Practice: Allied Mental Health and Addiction
- Core Skills for Specialist Practice in Infant, Child and Adolescent Mental Health and Addiction
- Clinical Leadership in Nursing Practice
- Assessment and Management of Co-existing Substance Use and Mental Health
- Postgraduate Diploma in Cognitive Behaviour Therapy (CBT)

MORE INFORMATION:

www.skillsmatter.co.nz

MATUA RAKI, the national addiction workforce development centre within Te Pou, provides a range of brief training courses on issues relating to addiction. The training can be designed for the specific needs of primary healthcare organisations on request. Training courses are available in areas such as:

- ABC alcohol screening and brief intervention
- addiction 101 training
- substance withdrawal management.

Matua Raki also produce a range of resources and guidelines to support those working with people who are experiencing addictions, such as the booklet 'managing your own withdrawal' (soon to be available in Samoan and Tongan as well as English), alcohol fact sheets (several languages) and alcohol standard drinks glasses for demonstration.

MORE INFORMATION:

Patricia Rainey on 04 381 6476

patricia.rainey@matuaraki.org.nz

www.matuaraki.org.nz

THE BEST PRACTICE ADVOCACY CENTRE NEW ZEALAND (BPACnz) is an independent, not-for-profit organisation that delivers educational resources and continuing professional development programmes to medical practitioners and other health professional groups. Bpacnz has five shareholders: ProCare Health, South Link Health, General Practice NZ, Pegasus Health Ltd and the University of Otago. Publications available on the Bpac website for health professionals were developed in conjunction with a clinical advisory group, which includes representatives from primary and secondary care.

Bpacinc developed an electronic decision support tool available to all GPs, and training modules, based on the 2008 New Zealand Guidelines Group publication Identification of common mental health disorders and management of depression in primary care. These modules are available through Bpacinc national, Ministry of Health, IT decision support contract.

MORE INFORMATION:

www.bpac.org.nz

BLUEPRINT FOR LEARNING is a national provider of learning and development for people working in mental health and social service sectors, including primary care. Blueprint offers a comprehensive range of training, including customised one-day workshops, NZQA approved and accredited mental health and addiction workforce certificate programmes, and sector-wide leadership training.

Blueprint training can be offered throughout New Zealand at a range of venues or, alternatively, Blueprint can come to you, delivering training to your team at your workplace. Workshops can be tailored to accommodate your specific workforce needs and includes a range of tops, such as:

- motivating change and circumstances of choice
- ABC alcohol change specialist training
- trauma 101 and trauma informed practice
- challenging behaviours

MORE INFORMATION:

Sonja Eriksen, business innovation lead,
04 381 6387 or 021 830 061

sonja.eriksen@blueprint.co.nz

www.blueprint.co.nz

COMPASS SEMINARS NZ deliver day-long seminars for professionals working with children and young people. Seminar topics include anxiety, sudden traumatic events and understanding and responding to aggression in young people. Training is offered in various locations nationwide.

MORE INFORMATION:

www.compass.ac.nz

LIFELINE AOTEAROA SUICIDE PREVENTION provide two workshops for people interested in developing suicide prevention skills, including people in professional health and education roles.

- SafeTALK is a half-day presentation that increases suicide awareness.
- ASIST is a two-day applied suicide intervention skills training.

These workshops are available nationwide.

MORE INFORMATION:

09 909 9207

ClaudineM@lifeline.org.nz

www.livingworks.org.nz

QPR NEW ZEALAND (Question, Persuade, Refer) provides online suicide prevention training and also face-to-face workshops to train organisations, community members and individuals in the use of suicide prevention strategies. Training is available nationwide.

There are two levels of courses.

- QPR Gatekeeper is a simple introduction course that includes suicide screening. Target audiences are lay people and professionals who have first contact with people at risk of suicide.
- QPR Advanced has more comprehensive content. It goes beyond first level screening to include suicide risk assessment, triage and safety planning and protective factors. Target audiences are for all professionals who work with people at risk of suicide.

MORE INFORMATION:

www.qpr.org.nz

Te Pou provides resources, tools and support to improve the workforce performance of mental health, addiction and disability services. Te Pou leads a range of initiatives designed to address workforce development needs. Te Pou incorporates Matua Raki (addiction workforce development).

www.tepou.co.nz

Te Pou
o Te Whakaaro Nui

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