

Friday 14th September
Stream F
11.30am – 12.50pm

The Aotearoa addiction workforce wellbeing survey: She'll be right!

Klare Braye, Clinical Advisor, Ministry of Health
Paul Hanton, Clinical Project Lead, Te Pou o te Whakaaro Nui

Worker wellbeing is gaining increasing traction as we recognise that to provide the best service to tangata whai ora we must have a workforce who are well. In 2017 the addiction workforce was invited to participate in a worker wellbeing survey. This was a collaborative project between Matua Raki, NADA and NCETA following on from David Bests work on the wellbeing of alcohol and drug counsellors in Australia. Nearly 350 clinicians, support and management workers in New Zealand (and a further 300 in NSW, Australia) participated in an anonymous online survey.

Findings provided insights in to the personal and professional characteristics of respondents, the structure of the organisations within which they worked and individual and workplace factors that influence worker wellbeing. Over 75% of respondents were aged over 40 years, were employed full time (87%) and had worked in the addiction sector for less than five years (36%). Indicators of quality of life, resilience, engagement, job satisfaction and confidence were generally high, although so to were workloads and job stressors. Bullying and intimidation were evident.

This presentation highlights significant findings from the survey, including individual and workplace factors that enhance or challenge worker wellbeing. Recommendations for future workforce development and workplace strategies to support a healthy, safe and secure workforce are offered.

Presenter biographies

Klare Braye has had the privilege of working in the addiction sector for over 25 years in a variety of roles. Until recently she was supporting workforce development with Matua Raki including the exploration of worker wellbeing. She currently works with the Ministry of Health as their Clinical Advisor – Addiction and maintains a small independent practice.

Paul has worked in the AOD, Mental Health and HIV fields in both Aotearoa and UK for over a quarter of a century and comes from a lived experience background. A qualified therapist (Solution Focused) and author, Paul has been lucky to work in all aspects of AOD from needle exchanges to planning and funding. He is currently a clinical project lead in Te Pou o te Whakaaro Nui.

Three heads are better than one: a new gambling harm group-work programme

Sean Sullivan, Director, ABACUS
Rachel Scaife, Operations Manager for Te Wairua Services, Odyssey
Sue Hohaia, Manager, The Salvation Army Oasis

A new gambling harm education and group-work programme has brought three organisations, Abacus, Odyssey and Oasis (Salvation Army) together to develop and deliver

a new programme. It begins with a three-part presentation, 'Everything you wanted to know about gambling and gambling harm'. This is conducted over three consecutive evenings weekly. Everyone is welcome to this event, with interested attendees including those with self-interest, concerns about family/whanau, employers, those interested in professional development, or anyone merely curious or seeking knowledge. Privacy is respected for these education sessions, and anyone can attend anonymously. However, a number of counsellors are available on each night, and anyone wishing to complete a screen or talk to facilitators are assured of confidentiality.

Following on from this, a further opportunity is provided for participants to participate in a six week 'coping skills' group. Two groups are available; the first is provided for those who have experienced gambling harm directly, and the other for family/whanau affected by the gambling of someone close to them.

This pilot has been a welcome opportunity for our three organisations to work more closely together, and for this to be evaluated. Following on from this, it is planned that the programme will be offered as a resource to gambling harm services to deliver or adapt to deliver in their own communities, with the hope that this will be an added resource for all practitioners working in any way with gambling harm.

Presenter biographies

Sean is a registered psychologist specialising in addictions, research and motivational training. He was instrumental in development of problem gambling treatment services in NZ in 1992. Sean is one of the foremost trainers and researchers in problem gambling in Australasia and has published and presented worldwide. His Doctorate developed a brief (EIGHT) screen for problem gambling that is used internationally. His experience includes being a lecturer and researcher at Auckland Medical School, a lecturer at AUT University, and guest lecturer at Weltec. He is a director of ABACUS with responsibility for research, and provides counselling for clients affected by addictions.

Rachel is the Operations Manager for Te Wairua Services, Odyssey. Rachel has worked in the alcohol and drug field for the past 20 years both here in New Zealand and the in UK. Since moving to New Zealand eleven years ago, Rachel has worked in a variety of settings including residential settings, and managing a peer/clinician partnership, before leaving in 2016 to become the Operations Manager for Te Wairua Services, Odyssey. Rachel is passionate about ensuring that clients get the best possible experience, and values-lived experience within the work place.

Sue Hohaia has been working in the gambling field for the last 10 years. She began with the Gambling Helpline, where she held management positions over four years, and has been in the role of Manager with The Salvation Army Oasis, Auckland, since December 2012. Prior to that, Sue was involved with Lifeline for twelve years in various roles, including delivering the LivingWorks suite of suicide awareness programmes.

Connecting Midland

Eseta Nonu-Reid, Regional Director, Midland MH&A

Belinda Walker, Information Project Coordinator, Midland MH&A

Steve Neale, Workforce Planning Lead, Midland MH&A

Akatu Marsters, Business Support Coordinator, Midland MH&A

This presentation will introduce our respective roles and how these roles connect. Connections are pivotal to ensure the views of our stakeholders are well represented at a local, regional and national level.

We will describe the diverse regional network groups that provide strategic advice and direction to the Midland Clinical Governance and Portfolio managers group. As an example of how this works we will showcase the collaboration and integration undertaken to develop the regional addiction model of care. We will focus on the substance abuse legislation component of this model.

Real people, real time, real voices.

Presenter biographies

Eseta Nonu-Reid, Registered psychiatric nurse with over 40yrs of mental health & addictions experience

Belinda Walker , Been involved in the sector for over 25yrs in the sector from service user to senior management

Steve Neale, AOD Practitioner, manager and commissioner over last 25yrs in NZ and the UK

Akatu Marsters, 8 years' experience I MH&A providing administration to support to team, region and regional activities

Catch before you fall: a discussion of HPA's work that supports Screening and brief interventions

Sinead McCarthy, RN, Senior Advisor, Alcohol Harm Reduction Team, HPA

Kim Allen, Senior Researcher, Alcohol Harm Reduction Team, HPA

The New Zealand Health Survey shows that the numbers of people reported their drinking decreased from 84% in 2006/07 to 79% in 2016/17. However, hazardous drinking hasn't changed significantly from 2015/16 to 2016/17 (Ministry of Health). Beyond the health consequences of drinking hazardously, the harmful use of alcohol brings significant social and economic losses to individuals and society at large.

The goal of the Health Promotion Agency's alcohol work programme is that 'more New Zealanders drink at low-risk levels or choose not to drink'. Part of this includes supporting primary health and other settings through early intervention and prevention initiatives.

This presentation will look at some of these initiatives that focus on brief interventions and the connections that enable people to make informed choices around their self-care. This includes understanding the audience and their unmet need.

Presenter biography

Sinead McCarthy is a senior advisor in the Health Promotion agency, working in the Alcohol Harm Reduction team. Sinead is new to working this side of health within a crown agent, having worked clinically for the past 26 years as a Registered Nurse. These have included Emergency Departments and Mental Health units. Originally from Ireland, she has settled in New Zealand for the past 10 years with her Kiwi husband and 2 boys whose ethnicity is a much debated topic.

Kim Allen is a senior researcher in the Health Promotion Agency, working in the alcohol space. Prior to this, Kim has worked for a number of New Zealand government agencies including the Ministry of Social Development, ACC and the Department of Labour.