

## Concurrent Sessions

Thursday 19 September  
2.00 – 3.00pm

### ***Let's get real* - A Values Based Approach to Trauma Informed Practices**

Trish Gledhill, Programme Lead, Te Pou o te Whakaaro Nui

Rhonda Robertson, Project Lead, Te Pou o te Whakaaro Nui

Recognising the impact of values and attitudes in our practice can enhance our connection with people in need of support and form the basis for trauma informed approaches.

*Let's get real* is a framework that outlines the values, attitudes, knowledge and skills to work with people and their whānau with mental health and addiction needs

In 2018 *Let's get real* was refreshed following community, sector and lived experience consultation. The role of values and attitudes is strengthened, with a stronger focus on trauma informed approaches, recognising the stories of people and their whānau accessing services.

The values and attitudes of *Let's get real* promote trauma informed approaches. *Let's get real* indicators require workers to demonstrate an understanding of trauma, to respond in a trauma informed way and promote these practices for people they work with.

This presentation explores how values and attitudes influence our work and the experiences of people connecting with services. Drawing on the stories of those accessing services, it describes how *Let's get real* can be utilised to instil hope, provide compassion and promote resilience. This creates a shift in focus from 'what's wrong with you' to 'what's happened for you' as we recognise and acknowledge the impact of trauma on the lives of people accessing addiction treatment services.

#### **Biographies of presenting authors**

Trish is a registered Occupational Therapist, with broad experience in practice and leadership roles within education, mental health, addictions and social service sectors in Aotearoa and Australia. Recently, within Oranga Tamariki – Ministry for Children, her work as a Lead Advisor focused on trauma informed practices. Trish is also known as a founding trustee of Kina Trust, promoting family inclusive practices. Throughout her career Trish has maintained a strong interest in developing and supporting services that support her passion for the wellbeing of children and their whānau.

Her current role is Programme Lead Te Pou o te Whakaaro Nui for *Let's get real: Real Skills* for working with people and whānau with mental health and addiction needs.

Rhonda became involved in the alcohol and other drug consumer movement in the mid-1990s. Rhonda's passion for systems change influenced her study, a Bachelor of Arts degree (Sociology and Political Science) completed in 1999. Rhonda has been employed into designated lived experience roles since 2003, working in NGOs and DHB addiction services across Aotearoa,

New Zealand. Recently she was the National Consumer Advisor for the Salvation Army's Addiction, Supportive Accommodation and Reintegration Services.

Currently Rhonda is Peer Project Lead (Addiction) Te Pou o te Whakaaro Nui, responsible for leading a range of projects in the specialist addiction and related workforces. Rhonda is a member on the National Committee for Addiction Treatment and the Matua Raki Consumer Leadership Group.

## **A reflective practice framework: Mapping past, present and possible futures**

Wendy Talbot, PhD, Director, Adventurous Conversations Ltd

The ability to critically reflect on practice, identify limitations and address them effectively is important for addiction practitioners who want to be responsive to their wellbeing, to taurira (clients), the wider community and their professions.

This presentation introduces a reflective framework designed to help practitioners evaluate and refine practice. It highlights several key areas that shape professional practice such as life events, values and beliefs, professional, political and cultural views and theoretical approaches to treatment. Each area, when mapped onto continuums, gives a current picture of practice and shows the developments over time.

The framework also includes reflective questions that explore and evaluate other areas that impact on practice. For example, how do practitioners respond to different cultural, social or political perspectives? How do they notice and attend to power, gender and privilege?

Together, the map and questions provide a multidimensional perspective from which to review practice, identify issues and highlight areas for further development. It is a practical, user-friendly resource that can be used for individual and team reflection in supervision and professional development situations.

### **Biography of presenting author**

No Ngāti Rongowhakaata me Ngāti Pākehā nga iwi. Wendy leads Adventurous Conversations Ltd, an organisation focused on effective, values-based communication and relationships through consultancy, training and supervision. She spent 20 years as a counsellor, family therapist, trainer and professional supervisor and 10 years teaching counselling and professional practice in undergraduate and postgraduate programmes. As part of her doctorate, she developed Reflexive Audiencing, a process for couples to reflect on and review their relationship conversations. The value of reflection as a means of refining personal and professional practice is an ongoing interest. In particular, for counselling, training, supervision and organisational contexts.

## **The demonising of Meth – breaking down traditional treatment barriers**

Andrew Munro, Meth Help Team Coordinator, Odyssey House Christchurch

Julie Nelmes, Meth Help Team Counsellor, Odyssey House Christchurch

A stereotype has been perpetuated by the media of people using ' P ' as being thin and pale, bedraggled person on the street with wounds on their face, crazy eyes, rotten teeth etc. Including moral assumptions of deviance, criminal and immoral behaviours.

The Meth Help Team is a national phone service that works with people experiencing problems with meth and/or family members. It understands the importance of creating a welcoming, flexible, assessable, anonymous and non-judgemental space.

We have developed a service that has simplified the whole process of being able to access support by breaking down traditional treatment barriers that have often resulted in further stigma. The first phone call can be utilised to, engage, assess, reconnect, support, refer and triage the caller's immediate needs and assess appropriate treatment models. We are only a phone call away by calling 0800 Meth Help.

Moving forward we have developed:

- A peer lead educational support group specific to meth.

Face to face counselling for those living in Canterbury.

Providing education and work in collaboration and cohesively with other services.

Reconnect to family, friends and supports.

Family/system work.

Reflective practice model includes consumer participation and feedback.

Further, we will share what we have learnt through our work and the practical ways that we have broken down the barriers of stigma and engage meth consumers and family in treatment.

Biographies of presenting authors

Andrew is the Meth Help Team Coordinator, Odyssey House Christchurch for the past 12 months.

Prior to this, I have worked in Melbourne for 7 years for Odyssey House Victoria specializing in Alcohol and drug for families and young people. I am a Clinical Social Worker and I have also worked extensively in specialist mental health services.

I am passionate about horse riding and enjoy travel and new experiences.

Julie is a Meth Help Team Counsellor for Odyssey House Christchurch. Previously, I have worked as a drug and alcohol counsellor for a helpline and for brief intervention counselling services.

I have had lived experience of meth and I am proud to have remained abstinent from meth for over 10 years. I am a addictions trained counsellor and come with a wealth of knowledge and understand the struggles, alongside the highs and lows of recovery and treatment services.

I am married and a mother of two children. I am passionate about motor bike riding and own a, T120 Triumph Bonneville.