Co-existing Addiction and Mental Health Problems (CEP) Project

Integrating service delivery and treatment options for service users and consumers
CEP Project

- Sponsor: Dr David Chaplow, Chief Advisor and Director of Mental Health, Ministry of Health
- Dr Helen Warren and Susan Scofield appointed as National Co-ordinators
- Implementation via Matua Raki and Te Pou
- Good support from both Mental Health & Addiction sector leaders (C.D.s and Managers)
Expectation:

Te Kōkiri (The Mental Health and Addiction Action plan 2006 – 2015)

7.17 Develop a coherent national approach to co-existing mental health and substance use/abuse disorders.
CEP Project Overview

• To assist mental health and addiction services to become more co-existing problems ("CEP") capable, with the 2 key documents supporting this
• Services consider Gap analysis, process mapping and planning tools
• Identification of CEP ‘champions’, experts, enhanced practitioners and services
• Infrastructural support, ie supervision networks
• Training and post training follow-up
• Information clearinghouse
National Project Methodology and Actions

• Workshops in each region
• 2 documents developed: *Te Ariari o te Oranga* (Todd 2010) (clinical framework), &
• *CEP Service Delivery – Integrated Solutions* (Systems development)
• Note NSF is CEP focussed
Phase Two

Matua Raki National Programme Coordinator

CEP Information Clearing House

Regional Workshops with Clinical Leaders, Service Managers, NGO Boards/Leaders

Mental Health & Addiction Funders and Planners

Tools and Techniques – Te Pou

Regional Workforce Coordinators

Tertiary & Private Training Providers: DHB & NGO Training Coordinators
Phase Three

Regional Pool of CEP Enhanced Practitioners

Training of Mental Health & Addiction Practitioners

CEP Practitioners local/regional Supervision Groups
Service Delivery for People with Co-existing Mental Health and Addiction Problems - Integrated Solutions

- Tool for service leaders, planners & funders
- Compiled as a means to ensure sustainable change
Integrated Solutions

1. **Client Centred:**
   - Systems focus on the client

2. **Service Development:**
   - How does the service configuration reflect a CEP-capable service?

3. **Integrated Systems of Care:**
   - Incorporating the best each service has to offer

4. **Workforce Development:**
   - Skills, knowledge
Te Ariari o te Oranga, The Assessment and Management of People with Co-existing Mental Health and Substance Use Problems

Dr Fraser C Todd, 2010

• Updates the 1998 ‘The Assessment and Management of People with Co-existing Substance Use and Mental Health Disorders’ co-authored by Dr Fraser Todd, Prof. Doug Sellman & Dr Paul Robertson

• Companion document to the Ministry’s 2010, ‘Service Delivery for People with Co-existing Mental Health and Addiction Problems - Integrated Solutions’
Te Ariari o te Oranga

• Clinical framework - 7 key principles:
  - Cultural considerations
    - Well-being
      - Engagement
    - Motivation
    - Assessment
    - Management
    - Integrated care
Real Skills and CEP

• Supporting a system to enhance CEP capability
CEP capability means integrated practice (care) and increasing cultural fluency
Te Pou and the Coexisting Problems Project (CEP)

- CEP project supports *Let’s get real* implementation

- *Let’s get real* implementation provides opportunity to include CEP

- Tools and Techniques

- Regional workforce development co-ordinators

www.tepou.co.nz
Let's get real

- Framework of knowledge, skills and attitudes
- Evolved through stakeholder engagement
- 7 Real Skills
- Framework for workforce development and quality improvement
The seven Real Skills

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<thead>
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<th>Working with service users</th>
<th>Working with Māori</th>
<th>Working with families/whānau</th>
<th>Working within communities</th>
<th>Challenging stigma and discrimination</th>
<th>Law, policy and practice</th>
<th>Professional and personal development</th>
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Values
- Respect
- Human rights
- Service
- Recovery
- Communities
- Relationships

Attitudes
- Compassionate and caring
- Genuine
- Honest
- Non-judgemental
- Open-minded
- Optimistic
- Patient
- Professional
- Resilient
- Supportive
- Understanding
Let’s get real and other competency frameworks

- Real Skills Plus CAMHS (Practitioner level only)
- Real Skills Plus Seitaupu (for anyone working with Pacific people)
- DAPAANZ competency framework
- Individual health professional competency frameworks

Let’s get real
REAL SKILLS FOR PEOPLE WORKING IN MENTAL HEALTH & ADDICTION

The seven Real Skills

- Working with service users
- Working with Māori
- Working with families/whānau
- Working within communities
- Challenging stigma and discrimination
- Law, policy and practice
- Professional and personal development
Let’s get real enablers

- Let’s get real Overview
- Guide for Managers and Leaders
- Team Planning Tool
- Human Resources Tool
- Education tool
- Learning modules x 23

www.tepou.co.nz
Tools and Techniques

- Key principles of process redesign
- Map services from the perspective of service users
- Use PDSA improvement cycles
- To understand individual response to change in the context of a team
- Demand and capacity
Documents

Key documents available electronically at:

• http://www.moh.govt.nz/moh.nsf/indexmh/service-delivery-coexisting-mental-health
• *Print copies of Te Ariari O te Oranga* requests can be placed through Wickliffe at moh@wickliffe.co.nz or call 04 496 2277
• *Let’s get real* www.tepou.co.nz