

REPORT TO NZAP AGM, MARCH 2018

Public Issues

The year ending March 2019 has been a complex and busy year for the Public Issues portfolio.

Mental Health Inquiry

A substantial submission to the Mental Health Inquiry was contributed to by many members and John Farnsworth worked with me on the integration of contributions and the editing of the final document. He also provided much of the content for the sections on addictions, advanced age, research, mental health policy, and online health, and contributed substantially to the adult mental health area. Joy Hayward and Cindy Smith started the first draft, and numbers of others contributed to aspects of content and to proof-reading. Many other members such as Robyn Hewland and Andrew Jones worked on their own or branch submissions or attended the Inquiry meetings. I also spoke to our submission when the Inquiry panel held meetings in New Plymouth.

Many of our members were disappointed by the lack of an identifiable response to our recommendations, and the long wait for the advice of the panel to be put into action. It remains, however, a big achievement for an organisation with a small membership to have provided such a detailed submission that outlined mental health needs in developmental stages, from infancy to older persons, and suggested changes in a practical, holistic and integral manner.

Conferring with some of the more politically active members of NZAP I have concluded that we need to develop our relationships not just with politicians, but also with senior advisers and other staff in the Ministry of Health. Robyn Hewland is a member who takes every opportunity she gets to speak with people in influential positions about the need for more training of psychotherapists, more psychotherapists working with families and children, and psychotherapy training being available again in the South Island. It would be great to see more activity in regions to reach out to promote psychotherapy as a career option for people considering an education in psychology, counselling or social work and to the public interested in understanding more about psychotherapy. I am planning to meet with psychotherapy students at AUT in 2020 to speak with them about NZAP and their thoughts about membership and career development in our profession.

Media

All our press statements are available on the Scoop website: <http://info.scoop.co.nz/NZAP>. We pay a licence fee to Scoop for the privilege of using their website to release our statements. Statements were made on the following topics in 2018: Being Crazy About that Kid or Making that Kid Crazy (overcrowding in Early Childhood Centres); A Village for Every Wee One (a response to the publicity photo of the Prime Minister's baby); Māori models of health vital for the well-being for Māori (with contribution from Anna Fleming and Waka Oranga); Conversion Therapy (with Paul Wilson); Family Court Counsellors Needed; Use of Imprisonment in the Justice System (Utu, not Imprisonment); and the Mental Health Inquiry report.

I was interviewed by Stuff on a personal growth experience with Sally Anderson leading to a psychotic episode and also by Dale Husband of Radio Watea on prisons and the Justice system.

While a member, such as myself, is managing a busy full time private practice it is very difficult to respond in a timely fashion to issues that arise in the press or to requests from media. It may be that our Association can consider, at some future time, a contract to a media savvy and psychotherapy-informed part time or retired psychotherapist. I have been asked and received help at times from other NZAP members such as Sean Manning and Anna Fleming to make responses and it would be

great to grow the capacity of some of our members to give interviews or go on television because it is only by growing awareness of the difference that psychotherapy offers and makes that we can grow the mana of our profession.

Wellington branch invited me to speak about Public Issues at a branch meeting in July.

The Facebook page for the Child and Whanau Advocacy group is now open to the public and I also contributed to writing and updating NZAP documents for the new website. Although not within the Public Issues portfolio strictly, there has also been a lot of work liaising with insurance companies and individual members in the wake of the need to change our indemnity insurance provider to Crombie Lockwood.

Possibilities for raising our NZAP profile

- A psychotherapy day with free public events once a year (September 25).
- Forums of helping professionals where NZAP and Waka Oranga members dialogue on a theme, with small groups to follow.
- The new website which will say more about our members and will include videos and links to an active Facebook page.
- A Public Issues person in every branch to liaise with media, visit MPs and forward our press releases to local media etc.
- Tweets, blogs and videos from psychotherapists.

Report on the Privacy Forum

Dianne Hendey represented NZAP and NZPsS at the Privacy forum. NZPsS funded her to attend the forum. It is recommended by Dianne that NZAP members, especially those who work independently, should review their methods of ensuring security of data – either in paper form or electronically, and that NZAP may want to devise/commission some very specific training about how to ensure our security provisions meet legal requirements. This may also be taken up with our new indemnity insurer, Crombie Lockwood, who are willing to supply an adviser to present at one of our conferences.

ACC

Victoria Smith was invited to join the ACC Customer Advisory Sexual Violence Panel. Within this she has continued to do persistent advocacy for better provision of cyber security to protect clients' data and respectful treatment for clients in the assessment phase.

Victoria has also continued attending the Mental Health Liaison Group meetings. Victoria reports that an external Māori-led project is to be created to report on the setting up of a Kaupapa Maori service for Sensitive Claims Clients. The move to increase cultural capability is ongoing to increase cultural capability amongst ACC staff, and to increase awareness amongst the Māori population of services and entitlements that are available to them. There is also a plan to develop a pathway for Māori practitioners to develop and provide services to Māori.

Victoria raised the issue of encryption of reports as these are not accepted through the ACC portal. The head of the ACC IT department is to be invited to come and speak with ACC's Mental Health Liaison Group at the first meeting of 2019, in March.

Victoria continues to meet with Gillian Pow, the ACC Liaison Psychologist. "Overall I can report that I now feel that ACC are listening to the concerns of those that are doing the Supplying and Provision of services to ACC and feel very positive for the changes that are likely to take place in the future. It now feels more like a partnership," says Victoria.

AHANZ (Allied Health Association of NZ)

Victoria has also represented NZAP at a meeting of AHANZ in November 2018 and has agreed to continue to attend these meetings when possible. Her training as a social worker as well as a psychotherapist gives her a passion for the work of Allied Health.

Allied Health Workforce Workshop, Ministry of Health

Victoria also attended an Allied Health Workforce workshop at the Ministry of Health in February 2019. Jacqui Manley from PBANZ also attended this meeting.

There was a presentation by Emmanuel Jo, Health Workforce Manager of Analytics. Emmanuel presented several models he and his team had developed for looking at workforce numbers, demographics, and data pertaining to the medical profession throughout the country. This is big data and gives them the ability to predict changes for funding/training/education needs and procurement required throughout the country, looking into the future. There had obviously been a huge amount of work put into it and Emmanuel won a national award for excellence in analytic design in 2017.

His team are keen to develop similar models for Allied Health professions. The revised HPCA is going to require Allied Health professions to collect data in the future. This presentation was an introduction to the Allied Health personnel who attended as to what might be required and the uses such data can be put to.

Victoria noticed that on Emanuel's list of Allied Health Registered Professions, psychotherapists were the smallest group and were last on the list. His data showed that psychotherapists had gone from 570 in 2014 to 521 in 2018. Jacqui Manly said that she thought the actual figure was closer to 620 in 2018.

NZAP members would do well to get prepared for this requirement by the revised HPCA Act. The sort of information the Ministry would be interested in would be some form of ID such as registration number, five years of data, areas that practitioners work in, their gender, client numbers, ethnicity etc.

Martin Chadwick, the newly appointed Chief Allied Health Professions Officer, introduced himself to the group. He has had a long experience in Allied Health; however, he had only worked for the Ministry for 50 hours at the time of the meeting.

There was a sense of hope that with this newly created position at the Ministry and the influence of lobby groups such as AHANZ and the Primary Allied Health Alliance, there could be positive relationships with positive outcomes for Allied Health in New Zealand over the next few years. There was strong encouragement for the Allied Health professions to develop a strong trust base and to work together.

Child and Whanau Advocacy Group

In August 2018 Sarah Robins and Kiri Kamo attended the third International Childhood Trauma Conference in Melbourne. The Conference was a great success and the level of attendance by some very influential speakers in Childhood Trauma was high. Further to the amazing information on offer directly from the line-up of esteemed presenters was the video streaming service offered at a small extra cost following the conference. This service gave access to almost all of the keynote speakers' videoed presentations and to most of the Masterclass sessions. Watching each one of those gives you a certificate of attendance and therefore counts as professional development. This service is available through until August 2019.

Sarah would highly recommend anyone who works in the area of child trauma to look to attend and/or perhaps think about presenting a paper at the next conference, 2-7 August 2020.

The Child and Whanau Advocacy group pre-conference day was well attended and was stimulating. A name change (previously Child and Adolescent Issues) was voted on and adopted. Dianne Lummis, the President of NZ Association of Child and Adolescent Psychotherapists, presented a literature review on the “Efficacy of Child Psychotherapy” which was very informative especially in relation to the statistical distortions in findings of some psychological research. Miranda Thorpe provided profound insight into the effects of prolonged nappy use on psycho-sexual development. Lynne Holdem spoke about her experience in developing community based interventions for children growing up with a parent with mental illness or addiction and working with an attachment focus.

There will be no event this year organised by CWAG as there are currently two events organised by NZAP in 2019. Whilst Sarah talked directly to Peter Fonagy and he agreed to come and talk in Christchurch in 2019, this event did not receive the backing required and so Sarah passed it on to another event organiser.

Last year both the Infant Mental Health Association and the NZ Association of Child and Adolescent Psychotherapist had their conferences. We were represented at both Conferences by our members. We are working to continue to have a close working relationship with both of these groups.

Lynne Holdem
Chair, Public Issues