



# PRIMHIS newsletter



## **Issue 1 April 2015 - Newsletter**

Hello and welcome to the first newsletter from PRIMHIS (the Primary Mental Health Intervention Service) for Lakes DHB. Most of you will know and utilise PRIMHIS but for anyone who is new, we are the Primary Mental Health Intervention Service. We are a brief intervention team able to provide up to six sessions of psychological intervention for patients with any mild to moderate mental health and addiction (MH&A) concerns. We are funded through the secondary system so it doesn't cost the patient to come and see us. Generally we see your patients in your practice, this does help decrease the stigma and discrimination that can unfortunately still happen for those presenting with MH&A issues.

This regular newsletter will include some education around a MH&A issues, stats, and aims to keep you up to date with any emerging issues.

### **REFERRALS**

The referral process into Single Point of Entry (SPOE) is going well. We receive all referrals for the service and have a multidisciplinary meeting each morning to discuss each referral with care and to ensure that the service provided matches the person's need. This could mean the patient may need secondary care such as Te Ngako, or is the right fit for PRIMHIS.

All referrals need to be emailed to:  
[MH&AS.SinglePoint@lakesdhb.govt.nz](mailto:MH&AS.SinglePoint@lakesdhb.govt.nz) for any

queries contact either Sophie on (07) 343 7756 or Alana on 027 836 1760.

### **Who's on the PRIMHIS team?**



**Wilma Foster:** Line manager for Single Point of Entry (SPOE) / PRIMHIS

I did my initial nursing training here at Rotorua in the late 70s, when we still had the beautiful old training building across the road.

Most of my working life has been in the Waikato, 12 years on the crisis assessment team, but more recently I was involved in the pilot for home-based treatment in the Thames/Coromandel area which I found very exciting.

My interest in mental health has grown throughout the years. It is a time of change currently with services aiming to build on resilience and to build awareness on how to keep ourselves well mentally.

The early intervention that the PRIMHIS service offers here in Lakes helps to eliminate stigma and discrimination; care involves the GP from the onset and treatment is available in the early stages so that people are given the tools to keep good mental health. I am very proud to be part of this team.



**Alan Russell:** Psychiatrist for SPOE/ PRIMHIS and CATT

Dr Russell provides consultant support to PRIMHIS alongside SPOE and CATT. Dr Russell attends the multi disciplinary team meetings in both SPOE and PRIMHIS.

Dr Russell is available for psychiatric assessments that can be in the GP practice or the person's home. He is also available for advice, via email, on cases not already in secondary care such as Te Ngako.

**Jenny Collier** RGN, RPN, PG Cert HSc, PG Dip CBT  
0.6 FTE PRIMHIS



I like to think that a 'can do' attitude underpins my practice and I take pride in providing an efficient, flexible service.

I generally work within a Cognitive Behavioural Therapy (CBT) framework to assist people in their understanding of what's happening

for them, so that they can realise their own potential to bring about some change either in their thinking and /or what they are doing. The emphasis is on enabling each person to become his or her own therapist.

It's all about helping people feel 'unstuck' in whatever situation they find themselves in and to help minimise/tolerate the associated distress.

I work with Western Heights Medical centre and also at Hinemoa House. I am stepping back at Ngongotaha Medical centre after having been there for six years, having recently reduced from full time to three days each week. Ngongotaha is the practice that PRIMHIS started operating from.

Although I am employed by the DHB, I have been told (and believe this myself) that relationships with the general practice are very similar to those of a practice nurse, so I certainly feel included as an integral part of the team there.

**Lorraine Ward:** PRIMHIS nurse 0.1 FTE



I am a Registered Nurse who has worked in mental health for over 30 years in a variety of roles. I work approximately 0.3FTE in PRIMHIS covering Westend Medical Centre and The Three Lakes Clinic. I have also covered other surgeries on an as needed basis. My main role is Mental Health Hospital Liaison Nurse. I have a Post Graduate Diploma in Mental Health Nursing and am currently completing my Post Graduate Diploma in Cognitive Behavioural Therapy through Otago University. I have also completed training in other therapies such as ACT, Motivational Interviewing and Solution Focused Therapy. I enjoy working in primary mental health where I can utilise the skills I have to assist others to learn how to manage their own mental wellness.

**Cathy Sheely** 0.8 FTE Registered nurse with 30 years' experience.



I have a BA psychology and Masters in Nursing. I currently do clinics at Rotorua medical group, Korowai Aroha Health Centre, Ngati Pikiao Health Services and Tipu Ora

I am passionate about primary mental health and working with people. While I explore mental illness and symptomology my focus is on holistic health with the focus on the person rather than the dysfunction.

The predominant form of therapy I utilise is Acceptance and Commitment therapy. The main focus of this therapy is to learn to accept what is out of the person's control, and commit to changing those things that can be changed to make life more meaningful. Therefore I focus on the person's connection with themselves, others and their world, their key values and whether their behaviour is in line with those values.

**Lindy Van Der Merwe:** PRIMHIS OT: 0.8 FTE

I am an occupational therapist with experience in mental health for the past 18 years.

For most of this time I have been working as an occupational therapist in a community setting. For the last 3 years I have been working as a talking therapist at various GP clinics.



I have completed my certificate in CBT as well as completed training in various other talking therapy areas. My passion is to encourage and teach my clients ways and strategies to help them live their life to the fullest. I am

currently covering Westbrook, Ranolf and Ngongotaha clinics.

**Bronwyn Milson:** PRIMHIS psychologist 0.5 FTE

I have been a psychologist for 14 years with a background in brain injury. I cover Eurera and Central



Health clinics. I also pick up where psychologist input is needed following SPOE MDT. My background is CBT, ACT, Mindfulness and EMDR. I do have a passion for working with physical health issues impacting on one's mental health, as well as anxiety and trauma. I have been with

the PRIMHIS team since October 2013.

**Jo Price:** Clinical Nurse Specialist (CNS) PRIMHIS 1.0 FTE. PG Cert HSc.

I am a Registered Nurse with experience in mental health for the past 18 years. The CNS role is a new role to PRIMHIS. I am currently in my second year of



my Post Graduate Diploma in Cognitive Behavioral Therapy (CBT). I also have knowledge in ACT, Mindfulness and Motivational Interviewing. I cover Te Ngae and Owhata clinics. My CNS role also entails education within the primary sector, so I am available to practice nurses, GPs, or others around any mental health and addiction issues. I am also involved in service development for MH&AS to help the service continue to grow within the specialty of PRIMHIS and service wide development.

**Jacqui Gregory Taupo**



I have been practising as a Clinical Psychologist in the Taupo region for over nine years, and have been involved with primary mental health services in the Southern Lakes region in a variety of ways since the very first Ministry of Health pilot project in 2007.

I am very passionate about early intervention, and feel privileged to have the opportunity to work within the general practices in Taupo.

**Karen McGinley:** Clinical Nurse Manager Southern Lakes Community Mental Health & Addiction Service



I have worked for Lakes District Health Board for the last 14 years. I have worked in the inpatient ward, community both Rotorua and Taupo and PRIMHIS in Rotorua over this time. I am now based in Taupo, Turangi and Mangakino. I believe that the PRIMHIS team is an integral part in our service. We are able to quickly refer into secondary services or consult across both services to provide a service that is flexible and better meets the needs of our clients.

**Jill Robinson** 0.3 FTE PRIMHIS Registered Nurse.



I have worked in the field of mental health since completing my Bachelor of Nursing in 2000, having worked across a variety of mental health settings this has given me a wide and varied experiences.

I commenced working in my PRIMHIS role from January this year. I work one and a half days a week alternating between two GP practices in Taupo. I have a particular interest in motivational interviewing and CBT, and like to work in a collaborative style.

**Riona Baldwin:** Registered Psychologist working in PRIMHS 0.4 FTE



In Taupo two days per week. I am based in the two local colleges in Taupo and also in the local Youth Service Anamata CAFÉ. I have worked in various roles in mental health in Taupo since 2010. I primarily use a CBT framework; however adapt

my practice to the needs and presentation of the client at the time. I am particularly passionate about increasing access for youth into mental health services in the local community and thoroughly enjoy the opportunities my role provides for accessing youth who may not otherwise present, along with providing brief intervention services to support young people and increase their resilience and ability to manage challenging times in their lives.



**Christian Haug:** Consultant Psychiatrist working in Southern Lakes Mental Health & Addiction Service.

Originally from Germany, Christian has been with us for two years. He is

covering the PRIMHIS team in the southern part of the Lakes district. This is a recent appointment. Christian is very flexible with working across both primary and secondary services and is happy to liaise with GPs to provide a robust service for all our clients.

**Carlee Logan:** Carlee is based in Mangakino and works across the age continuum there as well as providing a primary service. She is a comprehensive Registered Nurse and has a long background in Mental Health Services both in the Mangakino and Waikato areas.

**Michelle Woodfield:** PRIMHIS psychologist 0.8FTE

I am employed by ARC Counselling Services, Taupo and deliver psychological services under their PRIMHIS contract to adults across two Taupo GP practices. I have been in this role since October 2013. Earlier this year I completed my psychology internship and gained registration as a psychologist. My background is in addictions and coexisting mental health issues.

## STATISTICS

For the month of **January** there were **145** referrals into SPOE, and 64 of those were directly distributed onto PRIMHIS. Some of those 145 people referred would have undergone an initial assessment (IA) by SPOE and so there would have been further PRIMHIS referrals following the IA.

For the month of **February** there were a total of **173** referrals. Of these, 77 were for PRIMHIS, this included 41 initial assessments, phone calls or requesting further info.

## MY OUTCOMES

You may have seen the acronyms ORS and SRS noted in the GP file?

Outcome Rating Scale (ORS) scores and Session Rating Scores (SRS) are now routinely completed by PRIMHIS clients during most contacts, and the results are regular reported in clinical notes, and correspondence to other health professionals. The ORS is a measure of subjective wellbeing, and enquires about perceived personal, interpersonal, social and overall wellbeing; using an ultra brief four question visual analogue scale. This instrument is well researched and its results correlate highly with more comprehensive and time consuming measures of personal wellbeing. A total score of 40 can be achieved, scores below 25 are typically reported by patients who present with salient mental health symptoms, the average score of patients entering secondary mental health services is 18, and patients reporting a score below 10 are typically in need of



acute care. The SRS measure the quality of the clinician's alliance/working relationship with the client, as perceived by the client. This instrument also uses an ultra brief four question visual analogue scale to enquire about the quality of the relationship, agreement on goals and topics addressed, treatment approaches used, and an overall impression.

Current empirical evidence indicates that a total score of less than 36 out of a possible 40 is indicative of difficulties in the alliance that will likely impact negatively on treatment outcome. Such a score serves as a prompt for clinicians to enquire about clients' experiences in this regard. The PRIMHIS team's use of these instruments is embedded in a general Feedback-Informed Treatment (FIT) approach to providing clinical intervention. The FIT approach was developed to evaluate and improve the quality and effectiveness of behavioural health services. It involves routinely and formally soliciting feedback from clients regarding the therapeutic alliance, and outcome of care, and using the resulting information to inform and tailor service delivery. FIT is a pan theoretical approach, in other words it is utilised alongside other evidence-based treatment approaches. These can range from Cognitive Behavioural Intervention, to case management and psychopharmacological prescription. It has a strong empirical evidence base where multiple randomised controlled trials showed that the use of this approach doubles treatment "effect size" (reliable and clinically significant change); decreases treatment drop-out rates by as much as half; decreases deterioration in treatment by 33%; reduces hospitalisations and shortened length of stay by 66%; and significantly reduced cost of care. FIT is recognised as an evidenced based approach by NHS NICE, SAMHSA, Socialstyrelsen, and the APA.

### NEURO-ATTACHMENT SCIENCE

A few of our PRIMHIS clinicians have been lucky enough to attend a neuro attachment science workshop help by Nathan Mikaere. All aspects of the workshop have been based on research. It was a very interesting workshop about how the early development of the brain can effect the adult years.

Joanna Price, CNS PRIMHIS

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One thing I found interesting is the four parts of the brain and how we need to look at releasing endorphins – the fertiliser and not cortisol – the weed killer: The brain stem, limbic brain, mid brain and pre-frontal cortex. When we are under stress the brain stem releases cortisol and it makes it hard for one to manage day to day when an overwhelming amount of cortisol is being released.

So to have some balance and for one to engage their pre-frontal cortex – where this give us the ability to be empathic, make decisions etc we need to be engaging in an endorphin release activity. So what has been researched is that there are the top three things you can engage in to make sure endorphins such as oxytocin, dopamine and serotonin get released. The third being exercise, the second laughing and finally the top activity we can engage in is singing!

In terms of the people we see in PRIMHIS we generally look at behavior activation to help with endorphin release but it was interesting that laughing and signing were above exercise! We need to be releasing endorphins too as these aid in the laying down of myelin, or speed up the myelin process, where cortisol strips away myelin. (We do need a little bit of cortisol – as it is nature's way of getting rid of your bad idea)!

Another aspect of exercise is that engaging in it means your IQ goes up, there is less chance of degenerative disorders and also there are cognitive improvements. In regards to singing not only helping flood the brain with endorphins it also helps with children with ADHD (singing songs they like).

Furthermore of interest, the older we get the less plasticity we have which means it is harder to take on new information. There are four things that have been identified to reduce plasticity, with the acronym

#### **CATS :**

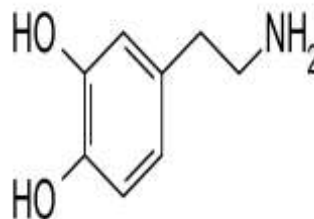
**C**affeine

**A**lcohol

**T**obacco

**S**ugar

Most interestingly is that sugars are the number one that most impacts on our plasticity. So the less plasticity you have increases the risk of neurological damage. Did you know one can of fizzy drink can widen arteries in your eyes? Plasticity can return by stopping the above.



*If you have something you would like considered for inclusion in the newsletter please send to:*

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