

Title	Describe mental health and addiction issues, and the potential impact of co-existing issues		
Level	4	Credits	5

Purpose	<p>This unit standard is designed for mental health and/or addiction support workers.</p> <p>People credited with this unit standard are able to describe: mental health issues, addiction issues, and the potential impact of co-existing mental health and addiction issues.</p>
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Classification	Health, Disability, and Aged Support > Mental Health and Addiction Support
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Available grade	Achieved
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Guidance Information

- 1 Legislation relevant to this unit standard includes:
 - Children, Young Persons, and Their Families Act 1989;
 - Criminal Procedure Act 2011;
 - Criminal Procedure (Mentally Impaired Persons) Act 2003;
 - Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996;
 - Health Practitioners Competence Assurance Act 2003;
 - Intellectual Disability (Compulsory Care and Rehabilitation) Act 2003;
 - Mental Health (Compulsory Assessment and Treatment) Act 1992;
 - Misuse of Drugs Act 1975;
 - Oranga Tamariki Act 1989;
 - Privacy Act 1993;
 - Protection of Personal and Property Rights Act 1988;
 - Substance Addiction (Compulsory Assessment and Treatment Act) 2017;
 - Vulnerable Children Act 2014.

- 2 New Zealand Standards relevant to this unit standard include:
 - NZS 8134.0:2008 *Health and disability services Standards – Health and disability services (general) Standard*;
 - NZS 8134.1:2008 *Health and disability services Standards – Health and disability services (core) Standards*;
 - NZS 8134.2:2008 *Health and disability services Standards – Health and disability services (restraint minimisation and safe practice) Standards*;
 - NZS 8134.3:2008 *Health and disability services Standards – Health and disability services (infection prevention and control) Standards*.
 - New Zealand Standards are available at <http://www.standards.co.nz/>.

3 References

- American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorders DSM-5* (5th ed.). Washington, DC: American Psychiatric Association; available at <http://www.psych.org>.
- Matua Raki. (2014) *A Guide to the Addiction Treatment Sector in Aotearoa New Zealand*. Wellington: Matua Raki; available at <https://www.matuaraki.org.nz/uploads/files/resource-assets/a-guide-to-the-addiction-treatment-sector-in-aotearoa-new-zealand.pdf>.
- Matua Raki, Te Pou. (2013). *Te Whare o Tiki – Co-Existing Problems knowledge and skills framework*; available at https://www.matuaraki.org.nz/uploads/files/resource-assets/Te-Whare-o-Tiki_Coexisting-Problems-knowledge-and-skills-framework.pdf.
- Mental Health Commission – Te Kaitātaki Oranga; Ministry of Health. (1998). *Guidelines for Clinical Risk Assessment and Management in Mental Health Services*. Wellington: Ministry of Health in partnership with the Health Funding Authority. Available at <http://www.mhc.govt.nz>.
- Ministry for Culture and Heritage, (updated 17-May-2017), *The Treaty in Brief* available at <https://nzhistory.govt.nz/politics/treaty/the-treaty-in-brief>.
- Ministry of Health. (2008). *Let's get real: Real Skills for people working in mental health and addiction*. Wellington: Author; available at <http://www.health.govt.nz>.
- Te Pou o te Whakaaro Nui, Le Va, Pasifika within Te Pou. (2009). *Real Skills Plus Seitapu – Working with Pacific Peoples*. Auckland: Author; available at <http://www.tepou.co.nz>.
- The Werry Centre. (2014). *Real Skills Plus ICAMHS/AOD, 2014. A Competency Framework for the Infant, Child and Youth Mental Health and Alcohol and Other Drug Workforce*. Auckland: Author; available at <http://www.werryworkforce.org/sites/default/files/pdfs/Real%20Skills%20Plus%20Dec%202014%20170315.pdf>.
- Todd, F. (2010). *Te Ariari o te Oranga: The Assessment and Management of People with Co-existing Mental Health and Drug Problems*. Ministry of Health available at <https://www.health.govt.nz/publication/te-ariari-o-te-oranga-assessment-and-management-people-co-existing-mental-health-and-drug-problems>.
- The Waitangi Tribunal and the Treaty of Waitangi/Te Tiriti o Waitangi, available at <https://www.waitangitribunal.govt.nz/treaty-of-waitangi/>.

4 Mental health, recovery and wellbeing are more than the absence of mental health and addiction issues. Concepts of wellbeing and recovery are different for every person and refer to living a satisfying, hopeful and meaningful life as each person defines that for themselves, even when there are ongoing mental health and/or addiction issues. (Adapted from the Monitoring and Advocacy report of the Mental Health Commissioner, Auckland).

5 Definitions

- *Addiction* is a generic term that includes substance (alcohol and other drugs, including tobacco) use disorders and gambling disorders. (Definition from Matua Raki – *A Guide to the Addiction Treatment Sector in Aotearoa New Zealand*).

- *Co-existing mental health and addiction issues* primarily refer to the presence of both mental health and addiction issues but can also refer to other issues including physical health, housing, relationship and disabilities. Co-existing mental health and addiction issues have in the past been referred to as 'co-existing problems', 'multi-morbidity', 'co-morbidity', 'dual diagnosis', and 'co-occurring disorders'.
- *Continuum of use* refers to levels of use: no use; social use; hazardous use; harmful use, mild substance use disorder; moderate substance use disorder; severe substance use disorder.
- The *DSM-5* classifies *disorders*; in this unit standard the term *issues* is used instead of 'disorders'.
- *Natural supports* refer to any assistance, relationships, or interactions provided to person accessing mental health and/or addiction services by family and/or whānau, friends, peers, co-workers, or community volunteers. In a specifically Māori context, natural supports may include but are not limited to – kaumātua, kuia, tohunga, whānau, iwi, and hapū.
- *Wellbeing* encompasses all dimensions of health: tinana (physical), hinengaro (mental and emotional), whānau (social), and wairua (spiritual) (*Let's get real*, glossary). In its broadest sense wellbeing refers to a person's level of good physical and mental health, and the extent to which they are enabled to live healthy and flourishing lives.

Outcomes and performance criteria

Outcome 1

Describe mental health issues.

Performance criteria

- 1.1 Mental health issues are described in relation to the DSM-5 classifications of mental health disorders.
- Range issues may include – mood disorders, anxiety disorders, psychotic disorders, personality disorders, eating disorders, adjustment disorders, disorders usually first diagnosed in infancy, childhood, and adolescence, dementia, delirium; evidence is required for a minimum of three issues.
- 1.2 One positive and one negative effect of classifying mental health issues are described in terms of their potential impact on a person accessing mental health services and their natural supports.
- 1.3 Mental health issues are described in terms of their potential impact on a person accessing mental health services and their natural supports.
- Range evidence is required for the potential impact of three mental health issues.

Outcome 2

Describe addiction issues.

Performance criteria

2.1 Addiction issues are described in relation to where they fit within the DSM-5 classifications of addictive disorders.

Range issues must include – gambling disorder;
issues may include – alcohol use disorder, cannabis use disorder, stimulant use disorder, opioid use disorder, poly substance use disorder, tobacco use disorder, intoxication and withdrawal;
evidence is required for two issues in addition to gambling disorder.

2.2 Substance use and/or gambling is described in relation to the continuum of use.

2.3 Addiction is described in terms of its potential impact on a person who accesses addiction services and their natural supports.

Outcome 3

Describe the potential impact of co-existing mental health and addiction issues.

Range evidence is required for three individuals accessing mental health and/or addiction services;
each person to have a different combination of co-existing mental health and addiction issues.

Performance criteria

3.1 Co-existing mental health and addiction issues are described in terms of their interplay and potential impact on a person accessing mental health and/or addiction services and their natural supports.

Planned review date	31 December 2023
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	18 March 2011	31 December 2011
Revision	2	15 September 2011	31 December 2019
Revision	3	17 May 2012	31 December 2019
Review	4	26 July 2018	N/A

Consent and Moderation Requirements (CMR) reference	0024
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Careerforce info@careerforce.org.nz if you wish to suggest changes to the content of this unit standard.