

Title	Support a person accessing mental health or addiction services to develop, follow and review a wellbeing support plan		
Level	4	Credits	8

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 types, components and strategies of a culturally appropriate wellbeing support plan for a person accessing mental health or addiction services; engage with a person accessing mental health or addiction services and, when available, their whānau to consider, prepare and develop a wellbeing support plan; and support a person accessing mental health or addiction services in a culturally appropriate manner, and when available, their whānau to follow and review the stated aims and objectives of a wellbeing support plan.</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 from <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>.
- Mental Health Commission – Te Kaitātaki Oranga; <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. (1998). *Guidelines for clinical risk assessment and management in mental health services*. Wellington: Ministry of Health in partnership with the Health Funding Authority.
- 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>.
- Ministry of Health. (2015). *Supporting Parents, Healthy Children*. Wellington: Ministry of Health; available at <https://www.health.govt.nz/publication/supporting-parents-healthy-children>.
- 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>.
- The Waitangi Tribunal and the Treaty of Waitangi/Te Tiriti o Waitangi, available at <https://www.waitangitribunal.govt.nz/treaty-of-waitangi/>.
- United Nations Convention on the Rights of Persons with Disabilities available at <https://www.un.org/development/desa/disabilities/convention-on-the-rights-of-persons-with-disabilities/convention-on-the-rights-of-persons-with-disabilities-2.html>.
- World Health Organization and Calouste Gulbenkian Foundation. *Social determinants of mental health*. Geneva, World Health Organization, 2014, available at http://apps.who.int/iris/bitstream/handle/10665/112828/9789241506809_eng.pdf;jsessionid=130D37BE67E3CBD9E59FFDCD234019A4?sequence=1.

- 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 Support should aim to: be mana enhancing and maintain, or restore, a person's sense of tino-rangatiratanga (self-determination and independence) and/or interdependence; utilise the person's existing strengths; uphold the person's human rights; and – where possible – utilise the resources of the local community.
- 6 Support provided for people accessing mental health and/or addiction services may include natural supports, which refers to any assistance, relationships, or interactions provided by family and/or whānau, friends, peers, co-workers, or community volunteers.
- 7 Practice must reflect appropriate values, processes, and protocols in relation to working with Māori and Pacific peoples and/or people from other cultures, in a range of settings and environments.
- 8 All practice and support must reflect the values, attitudes, and the performance indicators of the seven Real Skills of Let's get real. This includes both the Essential and Enhanced levels of the seven Real Skills.
- 9 This unit standard cannot be assessed against in a simulated environment. It is required that people seeking credit for this unit standard demonstrate competence and are assessed in the workplace: through paid or unpaid employment, or in placements in a service provider workplace negotiated by an education provider.
- 10 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*.)
 - *Natural supports* refer to any assistance, relationships, or interactions provided to a 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.
 - *Organisation's policies and procedures* are the policies and procedures of the employing organisation of the candidate and include ethical codes, standards, and other organisational requirements.
 - *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.
 - *Wellbeing support plan* is a generic term used to cover the individual plans that are developed by service providers with people accessing mental health and/or addiction services and their natural supports, for service delivery. Different service providers may use different terms, for example 'recovery plan'. A wellbeing

support plan recognises the person accessing mental health and/or addiction services as the central focus. The choices and rights of the person accessing mental health and/or addiction services, and how these factors determine their independence, recovery and/or resiliency, and support are paramount to the implementation of a wellbeing support plan. The wellbeing support plan will also provide an outline of the tasks to be carried out by the support worker with the person accessing mental health and/or addiction services in a residential, community, or vocational setting.

Outcomes and performance criteria

Outcome 1

Describe types, components and strategies of a culturally appropriate wellbeing support plan for a person accessing mental health or addiction services.

Range content of the support plan may include but is not limited to the following social determinants of health – mindfulness, wellbeing, nutrition, employment, parenthood, physical health, relapse prevention, housing, connecting with friends and/or communities.

Performance criteria

1.1 Types of wellbeing support plans for a person accessing mental health or addiction services are described in terms of their key features.

Range evidence is required for two different types of support plans as used by own organisation, one of which must include the use of a Māori health model in supporting wellbeing.

1.2 Components of a wellbeing support plan are described in terms of their impact in supporting the person accessing mental health or addiction services to maintain wellbeing.

1.3 Strategies used in a wellbeing support plan are described in terms of supporting its implementation.

Range evidence is required for three strategies.

Outcome 2

Engage with a person accessing mental health or addiction services and, when available, their whānau to consider, prepare and develop a wellbeing support plan.

Range evidence is required for plans for three individuals accessing mental health or addiction services, one of whom must identify as Māori; evidence must include how the support worker has upheld their responsibility to integrate cultural awareness into the plan.

Performance criteria

- 2.1 Engagement is undertaken in partnership with the person and, when available, their whānau, and supports the person's self-determination of issues or aspirations that are significant to the person and their wellbeing.
- 2.2 Contributions are made to the development of a wellbeing support plan that clearly identifies the activities of self and other people, groups, or organisations who will provide support, and is in accordance with the organisation's policies and procedures.

Outcome 3

Support a person accessing mental health or addiction services in a culturally appropriate manner and, when available, their whānau to follow and review the stated aims and objectives of a wellbeing support plan.

Range evidence is required for plans for three individuals accessing mental health or addiction services, one of whom must identify as Māori.

Performance criteria

- 3.1 Support provided to follow the plan is linked to the plan's stated aims and objectives.
- 3.2 Support provided to review the plan's stated aims and objectives is in relation the person's current needs.
- 3.3 Support provided is culturally appropriate.
- 3.4 Support provided is in accordance with the organisation's policies and procedures.

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 2019
Revision	2	17 May 2012	31 December 2019
Review	3	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.