

<b>Title</b>	<b>Describe approaches to, and models of, addiction treatment, and explain and apply an approach for a selected model</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>6</b>

<b>Purpose</b>	<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 approaches to addiction treatment, models of addiction treatment, and ongoing support. They are also able to explain and apply a culturally appropriate treatment approach for a selected model of addiction treatment.</p>
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<b>Classification</b>	Health, Disability, and Aged Support > Mental Health and Addiction Support
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<b>Available grade</b>	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>.
- Babor, T.F., & Higgins-Biddle, J.C. (2001). *Brief intervention for hazardous and harmful drinking: A manual for use in primary care*. Geneva: World Health Organization; available at [http://www.who.int/substance\\_abuse/publications/alcohol/en/index.html](http://www.who.int/substance_abuse/publications/alcohol/en/index.html).
- Hester, R. K., & Miller, W. R. (Eds.). (2003). *Handbook of alcoholism treatment approaches: Effective alternatives* (3rd ed.). Boston: Allyn and Bacon. Mental Health Commission – Te Kaitātaki Oranga; <http://www.mhc.govt.nz>.
- Matua Rāki. (2014) *A Guide to the Addiction Treatment Sector in Aotearoa New Zealand*. Wellington: Matua Rāki; available at <https://www.matuaraki.org.nz/uploads/files/resource-assets/a-guide-to-the-addiction-treatment-sector-in-aotearoa-new-zealand.pdf>.
- Matua Rāki. (2016) *Mental health and addiction screening and assessment guideline*. Wellington: Matua Rāki available at <https://www.matuaraki.org.nz/resources/mental-health-and-addiction-screening-and-assessment-guideline/363>
- 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; available at <http://www.health.govt.nz>.
- 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>.
- Prochaska, J. O., & DiClemente, C. C. (1982). 'Trans-theoretical therapy: Toward a more integrative model of change'. *Psychotherapy: theory, research and practice*, 19(3), 276–288.
- Rollnick, S., & Miller, W. R. (1995). 'What is motivational interviewing?' *Behavioural and Cognitive Psychotherapy*, 23, 325–334.
- 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/>.

- 4 This unit standard cannot be assessed against in a simulated environment. For assessment, candidates must demonstrate competence in the workplace through paid or unpaid employment, or in placements in a service provider workplace negotiated by an education provider.

- 5 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. (Refer *Let's get real: Real Skills for people working in mental health and addiction*, and *Real Skills Plus Seitapu – Working with Pacific Peoples*).
- 6 In outcome 2, the selected model can be selected by the candidate.
- 7 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.
- 8 Mental health and recovery is more than the absence of mental illness and/or addiction. Concepts of wellbeing and recovery are different for every person and refer to living a satisfying, hopeful and meaningful life, even when there are ongoing limitations and challenges caused by mental health and/or addiction. (From the *Monitoring and Advocacy* report of the Mental Health Commissioner, Auckland).
- 9 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.
- 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*).
  - *Approaches to addiction treatment* include inpatient treatment (which may include withdrawal management), intensive community treatment, community treatment, residential treatment programmes, evening treatment programmes, therapeutic communities, special treatment settings (e.g. within correctional facilities), and opioid substitution therapy, harm reduction, counselling.
  - *Models of addiction treatment* include The Wheel of Change model (Prochaska and DiClemente, 1982), Brief Intervention (Babor, T. F., & Higgins-Biddle, J. C., 2001), any Twelve-Step Programme, motivational interviewing, outlining a course of action for recovery, Recovery Oriented Systems of Care, 5 Step Method Family Intervention (Copello, Orford, Templeton and Velleman, 2010), pharmacotherapies.
  - *Natural supports* refer to any assistance, relationships, or interactions provided to a person accessing 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.
  - *Support strategies* in the context of this unit standard refer to a broad range of plans, actions, and treatments which may be remedial, therapeutic, or restorative in nature, and that aim to maintain, improve, or restore a person's independence and/or interdependence; utilise the person's existing strengths; and, where possible, utilise the resources of the local community. Support strategies provided

for people accessing mental health and/or addiction services may include their natural supports.

- *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 approaches to addiction treatment, models of addiction treatment, and ongoing support.

#### Performance criteria

- 1.1 The key features of each approach to addiction treatment are described in accordance with the references.
- Range evidence is required for two approaches.
- 1.2 The philosophy of models of addiction treatment is described in accordance with the references.
- Range evidence is required for two models.
- 1.3 The application of models of addiction treatment with people and/or their natural supports is described in accordance with the references.
- Range application of models may include but are not limited to – collaborative goal-setting with people accessing addiction services, support strategies for positive outcomes for them and/or their natural supports; evidence is required for two models.

### Outcome 2

Explain and apply a culturally appropriate treatment approach for a selected model of addiction treatment.

Range evidence is required for two individuals accessing addiction services, one of whom must identify as Māori, each with a different substance use and/or gambling disorder, with a different approach used with each of them.

#### Performance criteria

- 2.1 The selected model of addiction treatment is explained in accordance with organisation's model of care.

- 2.2 A treatment approach to support the treatment of the person to achieve their goals is applied in accordance with the selected model of addiction treatment and in accordance with the organisation's model of care.

<b>Planned review date</b>	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	21 July 2011	31 December 2019
Revision	2	17 May 2012	31 December 2019
Review	3	26 July 2018	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	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](mailto:info@careerforce.org.nz) if you wish to suggest changes to the content of this unit standard.