

Title	Describe interventions and models used by mental health and addiction support workers when working with a person accessing mental health and addiction services.		
Level	3	Credits	4

Purpose	People credited with this unit standard are able to describe interventions and a model used by mental health support workers when working with a person accessing mental health services in a mental health setting; and describe interventions and a model used by addiction support workers when working with a person accessing addiction services in an addiction setting.
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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 and codes relevant to this unit standard includes but are not limited to:
 - Substance Addiction (Compulsory Assessment and Treatment) Act 2017);
 - Oranga Tamariki Act 1989; (Children’s and Young People’s Well-being 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 Amendment Act 2019;
 - Intellectual Disability (Compulsory Care and Rehabilitation) Act 2003;
 - Mental Health (Compulsory Assessment and Treatment) Act 1992;
 - Misuse of Drugs Act 1975;
 - Privacy Act 1993;
 - Protection of Personal and Property Rights Act 1988.
- 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;

All standards are available at <https://www.standards.co.nz/>

- 3 For assessment, candidates' practice must reflect appropriate values, processes, and protocols in relation to working with people from the dominant ethnic group i.e. New Zealand Pākehā/European as well as Māori, Pacific peoples and people from cultures who have re-settled here (migrants, refugees).
- 4 *Support* will 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 whānau, family and the local community.
- 5 Support provided to a person accessing mental health and addiction services may include natural supports, which refers to any assistance, relationships, or interactions given by family/whānau, friends, peers, co-workers, or community people.
- 6 References:
- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington DC: American Psychiatric Association. Available at: <https://www.psychiatry.org/psychiatrists/practice/dsm>
 - 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: [https://www.moh.govt.nz/notebook/nbbooks.nsf/0/2FE380C25ED2F1B34C25668600741EBA/\\$file/mentalra.pdf](https://www.moh.govt.nz/notebook/nbbooks.nsf/0/2FE380C25ED2F1B34C25668600741EBA/$file/mentalra.pdf)
 - Te Pou o te Whakaaro Nui & Ministry of Health. (2018). *Let's get real: Real Skills for people and whānau with mental health and addiction needs*. Auckland: Te Pou o te Whakaaro Nui. Available at: <https://www.tepou.co.nz/initiatives/lets-get-real/107>
 - The Werry Centre. (2014). *Real Skills Plus ICAMH/AOD, 2014. A competency framework for the infant, child and youth mental health and alcohol and other drug workforce*. Auckland: The Werry Centre for Child & Adolescent Mental Health Workforce Development. Available at: <https://www.werryworkforce.org/sites/default/files/pdfs/Real%20Skills%20Plus%20Dec%202014%20170315.pdf>
 - World Health Organization. (2018). *Fact sheets on sustainable development goals: health targets – Mental Health*. Geneva: World Health Organization. Available at: http://www.euro.who.int/_data/assets/pdf_file/0017/348011/Fact-sheet-SDG-Mental-health-UPDATE-02-05-2018.pdf
- 7 Definitions:
- *Addiction* – termed 'substance use disorder' in DSM-5 2013, recognises disorders that can result from the usage of ten separate classes of drugs (alcohol, caffeine, cannabis, hallucinogens, inhalants, opioids, sedatives, stimulants, tobacco, and unknown substances). DSM-5 combined the previous DSM-IV separation of substance abuse and substance dependence into a single category – substance use disorder – to create 11 diagnostic criteria.
 - *Clinical support* refers to assistance or interventions provided by people whose scope of practice is defined by the provisions of the Health Practitioners Competence Assurance Act 2003; also referred to as the 'regulated workforce'.
 - *Interventions* are actions taken to support a person accessing a mental health and addiction service, and are based on the principles of resilience, recovery, and/or wellbeing.

- *Models* include but are not limited to – strengths-based and recovery-based models, Te Whare Tapa Whā, Te Wheke, Whānau Ora, Fonofale.
- *Service* can mean both the provider of support to a person, including but not limited to – government agencies, non-government organisations, community trusts, community support workers, specialist units within DHBs; as well as the type of support offered, including but not limited to – cultural or clinical service, rehabilitation, housing, therapeutic interventions, counselling, crisis management.
- *Non-clinical support* refers to assistance or interventions provided by people whose scope of practice is not covered under the provisions of the Health Practitioners Competence Assurance Act 2003; also referred to as the ‘non-regulated workforce’, which includes care and support workers working in a range of residential, community, and home-based settings.
- *Setting* in the context of mental health and addiction means the place in which the service is carried out, including but not limited to – a psychiatric unit within in a hospital, community-based facility, local activity centre, home-based.

Outcomes and performance criteria

Outcome 1

Identify interventions and models used by mental health support workers when working with a person accessing mental health services.

Range evidence is required for three interventions and one model when working with a person accessing mental health services.

Performance criteria

- 1.1 Support worker interventions and the model are described in terms of their contributions to supporting a person accessing mental health services.
- 1.2 Support worker interventions and the model are described in terms of ‘point of difference’ between how clinical staff and support staff practice.

Outcome 2

Identify interventions and a model used by addiction support workers/staff when working with a person accessing addiction services.

Range evidence is required for three interventions and one model for an addiction service.

Performance criteria

- 2.1 Support staff/worker interventions and the model are described in terms of their contributions to supporting a person accessing addiction services.
- 2.2 Interventions and the model are described in terms of scope of own role as support staff/worker.

Planned review date	31 December 2024
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	9 December 2010	31 December 2012
Revision	2	15 September 2011	31 December 2021
Review	3	MM 2020	N/A

Consent and Moderation Requirements (CMR) reference	0024
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This CMR can be accessed at <https://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.