

<b>Title</b>	<b>Describe common substances, gambling and other behavioural addiction issues in New Zealand and their effects.</b>		
<b>Level</b>	<b>4</b>	<b>Credits</b>	<b>8</b>

<b>Purpose</b>	People credited with this unit standard are able to describe: common substance and behavioural addiction issues in New Zealand, and their effects on people accessing addiction service and their whānau and family.
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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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<b>Entry information</b>	
<b>Recommended skills and knowledge</b>	Unit 26984: <i>Describe mental health and addiction issues and the potential impact of co-existing problems.</i>

## Guidance Information

1 Legislation relevant to this unit standard includes:

- Oranga Tamariki Act 1989 (Children’s and Young People’s Well-being Act 1989);
- Substance Addiction (Compulsory Assessment and Treatment) Act 2017;
- Crimes Act 1961;
- 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;
- 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 from <https://www.standards.co.nz>.

### 3 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>
- Babor, T.F., & Higgins-Biddle, J.C. (2001). *Brief Intervention for Hazardous and Harmful Drinking (AUDIT): A Manual for Use in Primary Care*. Geneva: World Health Organization. Available at: [https://www.who.int/substance\\_abuse/publications/audit\\_sbi/en/](https://www.who.int/substance_abuse/publications/audit_sbi/en/)
- Le Va, Pasifika within Te Pou, The National Centre of Mental Health Research, Information and Workplace Development. (2009). *Real Skills plus Seitapu – Working with Pacific Peoples*. Auckland: Le Va. Available at: <https://www.leva.co.nz/resources/lets-get-real---real-skills-plus-seitapu---working-with-pacific-peoples-le-va>
- 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>
- Prochaska, J. O., & DiClemente, C. C. (1982). Transtheoretical 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 & 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>

- Todd, F.C. (2010). *Te Ariari o te Oranga: The assessment and management of people with co-existing mental health and substance use problems*. Wellington: Ministry of Health. Available at: <https://www.health.govt.nz/system/files/documents/publications/te-ariari-o-te-orang-teariari-13-04-10.pdf>

#### 4 Definitions:

*Addiction* – termed ‘*substance use disorder*’ in DSM-5 since 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.

*Addiction service user* refers to a person accessing services in a mental health or addiction setting. Service users may also be known as consumers, clients, patients, tūroro, or tangata whai ora in particular contexts and settings.

*Common substances* refer to depressants, stimulants, cannabis, opioids, hallucinogens and novel psycho-active substances.

*Effects on people with addiction issues and their whānau and family* refers to physical, social, cognitive, cultural and/or spiritual, and psychological effects.

*Relationships* refers to interactions with family and whānau, friends, peers, co-workers, or community volunteers. In a specifically Māori context, it may include but is not limited to: kaumātua, kuia, tohunga, whānau, iwi, and hapū.

*Behavioural addiction issues* can refer to gambling, internet, gaming, work, food, sex, risk-taking, shopping.

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## Outcomes and performance criteria

### Outcome 1

Describe common substance-use disorders in New Zealand, their effects on people accessing addiction services, and their effects on whānau and family.

Range evidence is required for three common substance-use disorders in New Zealand, one of which is alcohol.

### Performance criteria

1.1 Common substance-use disorders in New Zealand are described in terms of their classifications under DSM-V.

1.2 The effects on people with addiction issues that result from common substance-use disorders in New Zealand are described in accordance with the references.

Range evidence is required of two effects on addiction service users for each addiction.

1.3 The effects on whānau and family of addiction service users as a result of common substance-use disorders in New Zealand are described in accordance with the references.

Range evidence is required for two effects on whānau and family supports for each substance-use disorder.

## Outcome 2

Describe common behavioural addiction issues in New Zealand, their effects on people accessing addiction services, and their effects on whānau and family.

Range evidence is required for three common behavioural addiction issues in New Zealand, one of which is gambling.

## Performance criteria

2.1 The effects on people accessing an addiction service as a result of common behavioural addiction issues in New Zealand are described in accordance with the references.

Range evidence is required for two effects on people accessing an addiction service for each addiction issue.

2.2 The effects on the whānau and family supports of people accessing an addiction service as a result of common behavioural addiction issues in New Zealand are described in accordance with the references.

Range evidence is required for two effects on whānau and family supports for each addiction issue.

## Outcome 3

Describe how addiction issues can develop.

Range three factors contributing to the development and maintenance of addiction issues.

## Performance criteria

3.1 Factors are described in terms of developing problems.

Range factors may include but are not limited to – anxiety, stress, trauma, adverse childhood experiences, distress, low mood, learned behaviour and/or modelling.

3.2 A range of common behaviours that may be demonstrated by people accessing addiction services are described.

Range behaviours may include but are not limited to – hiding the behaviour, denial of problems with the behaviour, personal control and loss of control of the behaviour and minimising the behaviour.

3.3 Actions that may be taken to support people with addiction issues are described in accordance with the references.

Range evidence is required for a minimum of three actions.

<b>Planned review date</b>	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	21 July 2011	31 December 2021
Review	2	MM 2020	N/A

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