

Title	Describe family and whānau and other supports of people accessing mental health and addiction services.		
Level	4	Credits	10

Purpose	People credited with this unit standard are able to describe: family/whānau and other supports of people accessing mental health and addiction services; the impacts of mental health and addiction issues on family/whānau; and models for supporting family/whānau of people accessing mental health and addiction service.
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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:

- 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.govt.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>
- Camplin-Welch, V., & Lim, S. (2018). *Cross-cultural resource for health practitioners working with culturally and linguistically diverse (CALD) clients*. Auckland: Waitemata District Health Board. Available at: <https://www.ecald.com/resources/cross-cultural-resources/cross-cultural-resource-e-toolkit/>
- Community Liaison Committee of the Royal Australian and New Zealand College of Psychiatrists. (2000). *Involving families – Guidance notes: Guidance for involving families and whānau of mental health consumers/tangata whai ora in care, assessment and treatment processes*. Wellington: Ministry of Health on behalf of the Royal College of Australian and New Zealand Psychiatrists, the Health Funding Authority, and the Ministry of Health. Available at: <https://www.health.govt.nz/publication/involving-families>.
- Durie, Mason. (2001). *Mauri ora: The dynamics of Māori health*. Auckland & Oxford: Oxford University Press.
- Durie, Mason. (2004). Understanding health and illness: Research at the interface between science and indigenous knowledge. *International Journal of Epidemiology*, 33, 1138-1143.
- Jackson, K. (2006). *Fate, spirits and curses – Mental health and traditional beliefs in some refugee communities*. Auckland: Auckland Refugees as Survivors.
- Kina Families & Addiction Trust (2010). *The Supervisor's Guide: Integrating Family Inclusive Practice into Clinical Supervision for the Addictions Workforce*. Wellington: Matua Raki. Available at: <https://www.matuaraki.org.nz/uploads/files/resource-assets/family-inclusive-practice-supervisors-guide.pdf>
- 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>
- Ministry of Health. (1998). *Whāia te whanaungatanga: Oranga whānau – The wellbeing of whānau: The public health issues*. Wellington: Ministry of Health.

- 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>
 - Privacy Commissioner. (2011). *On the record: A practical guide to health information privacy*. (3rd ed.). Auckland: Office of the Privacy Commissioner. Available at: <https://privacy.org.nz/assets/Files/2206963.pdf>
 - Privacy Commissioner. (2017). *Health Information Privacy Code 1994 – Incorporating amendments and including revised commentary* (revised ed.). Auckland: Office of the Privacy Commissioner. Available at: <https://www.privacy.org.nz/the-privacy-act-and-codes/codes-of-practice/health-information-privacy-code-1994/>
 - 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>
- 4 Support should 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.
 - 5 Support provided for people accessing mental health and addiction services may include natural supports.
 - 6 The learner's 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.
 - 7 Definitions:

Cultural kinship refers to identification with a culture through birth, adoption, or genealogy/whakapapa.

Culture/cultural refers to the totality of attitudes, behaviour, beliefs, values, customs, and practices that are characteristic of, or favoured or held in common by, a particular society or social, ethnic, or age grouping. Culture is formed from factors such as age, ethnicity, language, disability, gender, occupation, organisational background, immigrant or refugee status, institutional care, religious or spiritual beliefs, sexual orientation, and socio-economic status.

People accessing mental health and addiction services may also be referred to as consumers, service users, clients, patients, tūroro, or tangata whai ora in particular contexts and settings.

Natural supports refer to any assistance, relationships, or interactions provided to a mental health and addiction service user by family/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. families and 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.

Outcomes and performance criteria

Outcome 1

Describe family and whānau, and other supports, for people accessing mental health and addiction services.

Performance criteria

1.1 Family and whānau is described in terms of a range of family and whānau structures, and cultural kinship concepts.

Range family and whānau structures may include but are not limited to – nuclear, extended, adoptive, blended, Te Hunga Takatāpui and Rainbows Communities (LGBTQI+), single parent, family and whānau of origin; evidence is required for three structures; cultural kinship concepts of family/whānau may include but are not limited to – Māori, Pasifika peoples, Asian, European/Pākehā, Te Hunga Takatāpui and Rainbow Communities; evidence is required for two cultural kinship concepts.

1.2 Family and whānau wellbeing is described in terms of key influences.

Range key influences may include - but are not limited to – urbanisation, migration, refugee or migrant experiences, experience of traumatic events including intergenerational trauma; evidence is required of a minimum of two key influences.

1.3 Family and whānau members' cultural understanding of, and responses to, mental health and addiction issues are described in accordance with the references.

Range evidence is required for the family and whānau of two people accessing mental health and addiction services.

1.4 The role that family and whānau and other supports can play in supporting the recovery and wellbeing of people accessing mental health and addiction services is described in accordance with references.

Range evidence is required for the role of two families and whānau and two other supports.

1.5 The benefits and challenges of working with family and whānau in supporting people accessing mental health and addiction services are described in accordance with the references.

Range evidence is required for two benefits and two challenges.

Outcome 2

Describe the impacts of mental health and addiction issues on family and whānau.

Range evidence is required for the family and whānau of two people accessing mental health and addiction services.

Performance criteria

2.1 The impacts of mental health and addiction issues on family and whānau relationships and wellbeing are described in accordance with the references.

Range impacts may include but are not limited to – anxiety, loss and grief, self-blame, attitudinal changes, shame, stigma, behavioural changes, separation; physical and mental health issues; evidence is required for two different impacts on each family and whānau.

2.2 The impacts of mental health and addiction issues on family and whānau are described in terms of family and whānau responses.

Range responses may include but are not limited to – engagement, tolerance, withdrawal, understanding, rejection, anger, grief; evidence is required for one response for each family/whānau.

2.3 The impacts of mental health and addiction issues on family and whānau are described in terms of family and whānau members' support needs when confronted with mental health and addiction issues.

Range support needs may include but are not limited to – cultural, emotional, learning, physical, social, spiritual, housing, financial, employment, relationships, transport, health literacy, inclusion; evidence is required for two different support needs for each family/whānau.

Outcome 3

Describe models for supporting family and whānau of people accessing mental health and addiction services.

Range models can include - but are not limited to – strengths-based and recovery-based models, stress-strain-coping-support model, Fonofale, Pōwhiri Poutama, Te Whare Tapa Whā, Te Wheke, Whānau Ora, or those those adopted by the learner’s organisation.

Performance criteria

3.1 Models for supporting family and whānau of people accessing mental health and addiction services are described.

Range description includes but is not limited to – rationale, objectives, applicability, context; evidence is required for two models that support family and whānau from different cultures.

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	21 July 2011	31 December 2021
Review	2	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.