Violence prevention & mental health care within an Aotearoa tertiary institution

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Karakia

Tutawa mai i runga
Tutawa mai i raro
Tutawa mai i roto
Tutawa mai i waho
Kia tau ai
te mauri tū, te mauri ora
ki te katoa
Haumi e, hui e, tāiki e

I summon from above,
I summon from below,
I summon from within and
the surrounding environment
The universal vitality and
energy to infuse and
enrich all present
Unified, connected and
blessed.
Whakawhanaungatanga
Key learning outcomes:

1. Replicate a developed violence prevention and mental health service specific to the needs of the student population

1. Identify developing initiatives to enhance the University community’s knowledge regarding violence prevention and mental health

1. Define specific groups who are overrepresented in mental health and violence statistics
The university of Waikato
Violence prevention
NZ sexual violence statistics

- 1 in 3 women domestic violence (Fanslow and Robinson, 2011)
- 2016 New Zealand Crime and Safety study (1 in 4 women)
- Māori and Pacific women
- People who are vulnerable (especially those with physical disabilities)
- 16-24 years high risk
- 9% reporting rate (New Zealand Police statistics, 2018)
Research in NZ tertiary institution - violence prevention

- NZUSA- Thursdays in black
- Otago University- Preliminary data
Violence prevention coordinator

- Prevention
  - Consent education
  - Responding to Disclosures training
  - Awareness strategies
  - Empowerment opportunities
  - ‘Flip the Script’ programme
Violence prevention coordinator

- Support
  - Advisory role to staff and students
  - Referral pathway
  - Assessment
  - Safety planning
  - Practical support
  - Refer
Violence prevention coordinator
The University of Waikato
Mental Health service
NZ mental health statistics

- 1 in 5 experience mental illness or significant psychological distress annually (He Ara Oranga, 2018)
- Māori and Pacifica have higher rates of mental illness and psychological distress than the rest of the population (HDC, 2019)
- Suicide rates of young people are the highest in the OECD
- 2017/18 data demonstrated the highest recorded suicide rate since 1999 (He Ara Oranga, 2018)
Student mental health in Aotearoa

- ‘Kei te Pai?’ report by the New Zealand Union of Students Associations
- ‘Youth 2000’ survey of secondary school students
The Mental health service

- How was the service developed?
- Key connections and relationships
Monitoring

- Improved mental state and health
- Assessment & screening tools
- Reduced risk

Intervention

- Interventions related to individual presentation
- Stepped approach
- Fostering self-management
- Advocacy

Care plan

- Collaborative
- Goal setting
- Safety planning
- Support networks
- Interventions related to individual presentation
- Stepped approach
- Fostering self-management
- Advocacy

Assessment

- Holistic and comprehensive
- Assessment & screening tools
- Te Whare Tapa Wha & Headss
- Strengths
- Collaborative
- Goal setting
- Safety planning
- Support networks
- Interventions related to individual presentation
- Stepped approach
- Fostering self-management
- Advocacy

Referral

- Self
- Student health
- University staff
- Secondary/ Tertiary health care providers
- Holistic and comprehensive
- Assessment & screening tools
- Te Whare Tapa Wha & Headss
- Strengths
- Collaborative
- Goal setting
- Safety planning
- Support networks
- Interventions related to individual presentation
- Stepped approach
- Fostering self-management
- Advocacy

Transition

- Improved mental state and health
- Assessment & screening tools
- Reduced risk
- E-learning
- Primary, secondary or tertiary services
- Caring contacts plan
REFERRAL SOURCE

- Medical centre: 31%
- Self: 40%
- University staff: 12%
- Secondary care: 5%
- Counsellors: 9%
- Other: 3%
Mental health training, education and health promotion

- Within student health
- Halls of Residence, residential assistant training
- Wider university staff training
- With student groups
Future initiatives (2020)

- Additional resourcing
- Education and training initiatives for both staff and students within the University of Waikato community
- Continue to build and maintain links with community resources and services
- Improve data collection to give an improved overview/snapshot
- Policy and procedures
Questions?
Kia whakairia te tapu
Kia wātea ai te ara
Kia turuki whakataha ai

Kia turuki whakataha ai
Haumi e. Hui e. Tāiki e!

Restrictions are moved aside
So the pathways is clear
To return to everyday activities