



Helen Mason

Healthy, thriving communities, *Kia Momoho Te Hāpori Ōranga.*



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Shadowing in CAMHS (Child and Adolescent Mental Health Service)

Recently I had the opportunity to shadow some of the CAMHS team. It was great to get the invitation and they had a great programme for me. I thoroughly enjoyed each of the sessions that I attended.

As I entered the offices, I noticed what a welcoming environment it is; bright, well organised and inviting. The team have clearly put a lot of effort into creating an environment that is positive and welcoming for their clients.

At the start of the day, in the multidisciplinary triage meeting, I was struck by the team's professionalism and collegiality. I was impressed with the problem solving that took place at the meeting, and how an agreed way forward was developed.

In the perinatal meeting, I was reminded of how remote and disadvantaged some of our population is, and was impressed with the team's 'whole-of-system' approach to providing support and care.

At the Incredible Years parenting programme, I was so impressed with the parents attending; how they had been thinking about and applying the principles and skills they had been learning. I really appreciated them agreeing to me being there to get an insight into the programme.

Later in the morning, the combined team meeting heard a speech from a nine-year-old ex-client of CAMHS. It was inspirational. He is an absolute credit to his family, and to the work of the team who have shown this young boy that he has the skills to make the most of his life.

The last session of the day featured two case reviews. They were very challenging cases, in a field where there is very little national or international literature. Through the work of the team, great progress has been made by these two high need clients. It was a demonstration to me of the great skills we have in the Bay.

Overall, I was struck by the team's dedication, professionalism, openness to discussing things with me, and clear focus on doing the best for our clients.



Some members of the CAMHS Team (from left): David Gilmour, Caroline Henry, Nicola Cassidy, Amber Fletcher, Bernice Roulston, Ross Mackay, Katheryn Summers, Julia Henderson, Nicola Chadwick, Anja Theron, Caleb Putt, Angela Daysh

Clinical Research Awards

I was delighted to attend the 2016 Research Awards. The awards this year attracted 15 applications and over the course of the evening we heard presentations from the six finalists.

The presentations were all excellent, very well presented and featured very interesting work. Selecting the winners would have been a difficult job for the judges. The range of research topics was broad: keyhole surgery (Brad Chittenden); end of life care in dementia (Fiona Miller); throat swabbing for rheumatic fever (John Malcolm); community surveys (Stephen Twitchen); helping families with their children's difficult behaviour (Dianne Lees); and the link between physical health and anxiety in the elderly (Bronwyn Copeland).

Dianne, who is a clinical psychologist, won the 2016 Clinical Research Award for her research topic "Arresting bad, making good. Giving hope to problem kids."

In second place was paediatrician Dr John Malcolm and summer research student Liam Walsh, with their research on "Māori Boys Winners in Throat Swabbing Stakes with Decreasing ARF".

The awards are made possible through the generous support of the BOP Medical Research Trust.

I was really struck by how much work each of the finalists had put into their research, by their professionalism, and their commitment to improving the services our communities receive.

We hope to see even more applicants for next year's awards.



At the 2016 Clinical Research Awards from left, Professor Peter Gilling, Liam Walsh, BOPDHB Board Chair Sally Webb, Dianne Lees, CEO Helen Mason and Dr John Malcolm.

"Research is formalized curiosity. It is poking and prying with a purpose." - Zora Neale

Hurston (1891 -1960) American novelist, short story writer, folklorist, and anthropologist.