

By endorsing the, we acknowledge the physical health inequities in people who experience mental health and addiction issues; and we are committed to taking action to achieve physical health equity. In particular, aligned with our commitment we believe that people with experience of addiction and mental health issues:

- ▶ be identified as a priority group at a national policy level based on significant health risks, poorer physical health outcomes and a higher prevalence of premature mortality
- ▶ have access to the same quality of care and treatment for physical health issues as the general population, and in particular to have the right to assessment, screening and monitoring for physical health and wellbeing that takes into account greater levels of risk
- ▶ be offered support to make the connection to how physical health interacts with mental health and addiction issues, and support to develop personal goals and changes to enhance physical wellbeing.

Nelson Marlborough DHB Equally Well Action Plan

- ▶ Action 1: Develop and implement a cardio metabolic screening and intervention tool for initially people prescribed clozapine. The emphasis being on not just screening but intervening and interventions being individually tailored. Currently being trialled within Secondary care. Completed forms and actions sent to person's GP. In Marlborough trialling this within general practice.
- ▶ Action 2: Create a new role 'Equally Well champion' to socialise and implement the cardio metabolic screening tool .o.4 RN position created within the Nelson/Tasman community teams. Review progress November 2019. Extend screening to people on other long-term antipsychotic medication.
- ▶ Action 3: Funding for Flu vaccines for those people with a serious mental illness or addiction who do not meet Pharmac criteria for funded flu vaccine.
- ▶ Action 4: All people using Specialist Mental Health and Addiction services are registered with a GP. Fund an initial extended appointment for those who are not registered and provide assistance with the identification documentation required in order to register with a GP. A special arrangement with MSD and PHO's has been locally negotiated.

Equally Well action plan target: 2020



These are the guiding principles of Equally Well
that we will adopt for implementation

