



TE WHĀNAU O WAIPAREIRA

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TE WHĀNAU O WAIPAREIRA

MENTAL HEALTH STRATEGY



TE WHĀNAU O WAIPAREIRA MENTAL HEALTH STRATEGY

FOREWORD

“Oranga whānau Oranga tangata”

Good mental health is the right of everyone. But all too often, as many Māori can attest, that right is diminished and replaced by dampening of spirit, loss of confidence, anguish, mistrust, isolation and muddled thinking. Sometimes lowered mental health is the natural sequence of an event that cannot be avoided. For the most part when the event is over, the spirit will lift. But when, for whatever reason emotional distress continues, sharing the distress with others can be beneficial if not life-saving.

Mental health as distinct from mental ill-health, is part and parcel of all health concerns. And, by the same token, mental ill-health can accompany any illness or unusual event. Te Whānau o Waipareira Mental Health Strategy recognises the importance of a whole-of-person approach to health so that the mental and physical dimensions are addressed at the same time. To that end the Strategy does not compartmentalise mental health but sees it as integral to health generally and emphasises the need for all who work in health and social services to have skills and knowledge about mental health, as they do about other aspects of health.

The Strategy also places importance on whānau as drivers of good health and sound mental health. Whānau Ora is as much about mental health as it is about physical fitness or good parenting or inclusion, or whanaungatanga. Whānau are seen to hold the key for sustaining good health and modelling behaviour. ‘Investing in whānau makes long term sense.’

When a mental disorder or severe mental distress is evident, access to specialist services and expertise will be necessary. Ideally, that expertise should be available within the Waipareira teams so that there is a timely and joined-up response. But when external expertise is necessary, pathways between specialist treatment and frontline care should be clear with ongoing two-way communication. The Strategy places importance on collaboration as key to addressing mental health concerns. No single agency or service has all the answers all the time.

Ensuring that the Waipareira teams are ready and able to take mental health into account in all their services and programmes will require additional resources. The potential of respite care, ongoing professional development, and community innovation to minimise mental ill-health will be realised when funding for services appreciates fully the many ways in which mental health can be enhanced. In the past there has been a tendency to equate mental health with specialist services. That perspective is out of date. Instead mental health is everyone’s concern and Waipareira wants to ensure that it will have the capability and knowledge to achieve the best possible outcomes for all its people.

In order to ensure that their services and programmes will be beneficial, Waipareira also endorses the importance of research that will lead to the implementation of new programmes, the development of relevant outcome measures, and the achievement of wellbeing for both individuals and whānau. Similarly, the Strategy acknowledges the significance of open communication within Waipareira as well as with other services and agencies. And while today’s challenges might be uppermost, there is clear recognition that changes in Māori demography, environments, and economies will bring with them a need for fresh approaches to mental health in the future.

The eight priorities identified in the Strategy – whānau, services, capability, collaboration, resources, research, communication and a futures focus – are important for ensuring that Waipareira will be ready to help whānau in West Auckland enjoy good mental health at home, at work, with whānau and with friends.

To that end, Te Whānau o Waipareira Mental Health Strategy offers the prospect of a new era for Māori in the realisation of enduring health and mental wellbeing.

Emeritus Professor Sir Mason Durie, 2019



ACKNOWLEDGEMENTS:

The Waipareira Mental Health Framework is the result of partnerships, collaborations and the coming together of whānau, kaimahi and experts from all areas of mental health in West Auckland.

First and foremost we need to thank the many whānau of West Auckland who were part of the research underpinning this framework. Your fearless wisdom and experiences have shaped the direction for everything we want to aspire for in how our services support our community.

Secondly we would like to acknowledge the kaimahi and kaiārahi of Te Whānau O Waipareira – the ones who walk with our whānau every day, and who have immeasurable knowledge about what is required to be mentally strong and healthy. Without your input this framework would not have been possible.

We would also like to thank the West Auckland mental health providers who were part of our research journey which resulted in the research publication Kimihia te Hauora Hinengaro. Your wealth of insight and willing partnership made it possible for us to achieve a collective understanding of West Auckland issues around mental health.

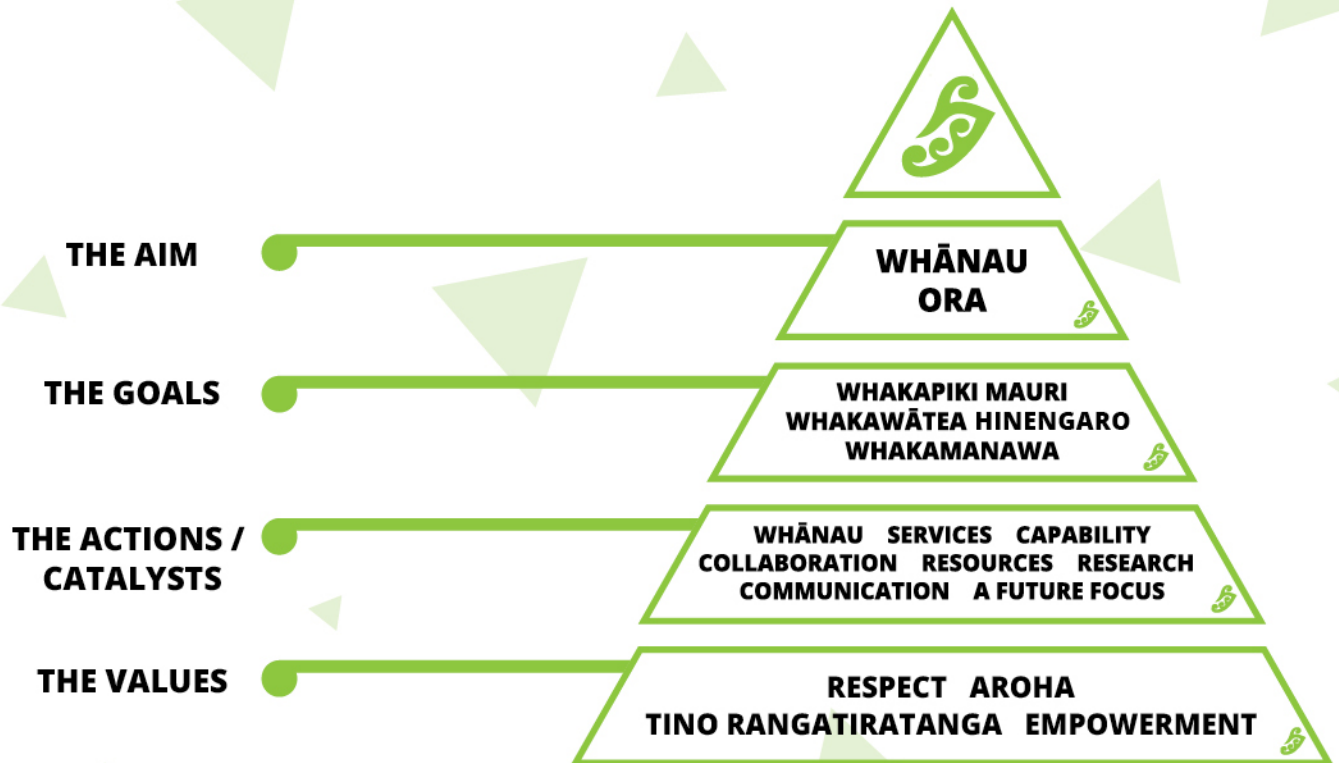
Last, but certainly not least, we would like to thank Sir Mason Durie, for adding his extensive expertise and passion to this project, patiently guiding us at every step and leading the Waipareira frontline in the discovery of their own values around mental health.

Ngā mihi nui ki a koutou katoa!



POU TARĀWAHO HINENGARO

THE WAIPAREIRA MENTAL HEALTH FRAMEWORK





TE WHĀNAU O WAIPAREIRA

KOKIRITIA I ROTO I TE KOTAHITANGA

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KIMIHIA TE HAUORA HINENGARO

THE RESEARCH



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THE RESEARCH



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INTRODUCTION

"It's about walking alongside people so that you give them the courage and the strength to be able to resolve their own issues without you stepping in and having to do it for them. That is Whānau Ora."

(Kaimahi, West Auckland mental health provider)

The establishment of the Waipareira mental health framework has its own whakapapa – its own journey, which lies within the journey of the West Auckland Māori community. This journey has its roots in the early experiences of urbanisation for Māori, the point in time when whānau from all around Aotearoa embarked on voyages from their traditional rohe, to new lives in New Zealand cities. The stories that unfolded from this movement - stories of displacement, of barriers and challenges, of new allegiances, hope and resilience - have shaped the West Auckland that we know today: A place that is known for the over-representation of suburban high-deprivation indexes, of complex social problems and communities that experience real struggles, every day. Yet, this is also a place that is vibrant, full of colour and diversity, a place of growth and hope. It is here that our kaumatua banded together to call for the kind of services that this newly emerging community needed. It is here also that our kaumatua went one step further than merely advocating for the things that were needed in West Auckland, and instead went to work to construct the services that were lacking, to address the needs that were unmet. This, is the story of how Te Whānau o Waipareira evolved – a strong, and self-determined approach to community need; which is also the story of how this new mental health framework has evolved.

In 2014, kaimahi and leadership within Te Whānau o Waipareira started a conversation to see if existing services in the community of West Auckland were providing for the mental health and wellbeing needs of Māori whānau. Anecdotal evidence at that time delivered a picture of contract-driven, inappropriate and siloed approaches, which saw many whānau in need of mental health services fall through the gap. For Te Whānau o Waipareira the larger question of “what kind of service would best cater for the needs of West Auckland whānau?” remained unanswered.

With the launch of Wai Research, the Waipareira research unit, at the end of 2014, the need to gather evidence around the issue of mental health service delivery drove the development of the first internal research project. With funding from a New Zealand Health Research Council Māori Health Research summer studentship, Wai Research produced a literature review that focused on Kaupapa Māori models of therapy and mental health services. Completed in 2016, the literature review delivered a first, targeted insight for Te Whānau o Waipareira, on models, frameworks and practices that focus on kaupapa Māori - or Māori centred - mental health delivery.



The findings from the literature review provided the basis for shaping the next research project, which was a qualitative exploration of the practices, models and relevance of kaupapa Māori service delivery of a range of services in West Auckland. Kimihia Te Hauora Hinengaro – Pathways to Mental Health became an 18-month exploration of mental health service experience and delivery within West Auckland, and was funded by the New Zealand Health Research Council. Interviews with tangata whaiora, whānau and service providers resulted in new knowledge around the understanding, application and relevance of kaupapa Māori mental health approaches – it provided us with new, previously unheard voices, which told stories of navigating a system that does not always match tangata whaiora or whānau needs, or mirror them for who they are as Urban Māori. It revealed complexities and diversity, and the foremost message that a “one-size fits all” system will not work, no matter how steeped in kaupapa Māori it may be.

The findings from Kimihia Te Hauora Hinengaro were disseminated back to the providers and kaimahi, with the aim of highlighting themes that crossed over between service providers, to build bridges of commonality. For Te Whānau o Waipareira this established a springboard for engaging our own frontline kaimahi - not just in the sense of feeding back the that research they contributed to, but moreover to work together to map out the way forward from theory to practice, or from research to implementation.

To enable this, the next stage of the framework development centred around the engagement of Waipareira kaimahi with the research findings from Kimihia Te Hauora Hinengaro, in the form of a workshop with all frontline, led by Emeritus Professor Sir Mason Durie, one of the most influential and experienced thinkers and writers around Māori models of health and wellbeing. During this session kaimahi worked through establishing values, aims and catalysts that they see as foundational for delivering mental health “the Waipareira Way.” The resulting framework provides our roadmap for operationalising our own, evidence informed kaupapa Māori approach, where kaimahi are the key to work out how we can apply our framework “on the ground” to our community.

This publication represents an example of translational research in action. For Wai Research and Te Whānau o Waipareira, translational research means that all research has to be steeped in the interests and participation of the community that we serve. Translational research has to give voice to the community, and those that are at the forefront of working within the community. It has to be research that ultimately results – as quickly as possible – in outcomes that are in accord with the aspirations of the community, and the increased well-being of the community. The process of getting to the stage where we have our own, foundational mental health and wellbeing framework is how research can contribute to best outcomes in our community, but always with our community and driven by their agenda, rather than irrelevant research agendas.





THE RESEARCH

KAUPAPA MĀORI MODELS OF PSYCHOLOGICAL THERAPY AND MENTAL HEALTH SERVICES, 2016

The aim of this research project was to gain understanding of what current kaupapa Māori models and approaches have been documented in literature and in practice, in order to provide a base of knowledge from which to start thinking about the context of mental health provision.

The review focused on published literature specific to Māori and international indigenous peoples and mental health, and the findings were thematically organised.

A number of key findings were taken from the review, which informed the Waipareira thinking of what would be needed going forward to designing a mental health service for the Māori West Auckland community:

1. There is a statistically supported imperative to develop a ‘fit-for-purpose’ service, as seen in the alarming rates of mental illness prevalence and low utilisation of services by Māori
2. The literature suggests that a main reason for the ongoing poor mental health for Māori is the lack of therapies and services that cater for cultural contexts that differ from the norm
3. Despite the existence of Māori frameworks of health, there is still a predominance of the Biomedical Western approach to assessment and treatment of mental health for Māori, and where Māori models are taken into account, there is friction between the clinical and cultural approaches
4. There is a critical deficit of a culturally safe workforce, in that Māori health professionals in the mental health field are disproportionally low to the need of the Māori population.
5. There is a gap in current research around the efficacy of therapies provided by kaupapa Māori services.



KIMIHIA TE HAUORA HINENGARO - PATHWAYS TO MENTAL HEALTH, 2018

The second research project around Māori mental health was scoped in response to the findings from the literature review, and aimed to provide a community-relevant exploration of what Māori elements were incorporated into therapeutic services within West Auckland, and how they addressed the needs of tangata whaiora and their whānau. Four West Auckland service providers participated in this project, and 45 interviews were conducted with kaimahi, tangata whaiora and their whānau. The resulting kōrero was thematically organised and enabled us to see the perspectives and needs across the community – from tangata whaiora to their supporting whānau, and the frontline health workers.

The resulting analysis highlighted a diversity of approaches and needs, which is matched to the urban multi-cultural context of the West Auckland community. The research identified key issues:

1. A focus for the individual needs of tangata whaiora is critical; rather than a focus on adhering to rigid models or mechanisms of provision.
2. Merging of the cultural clinical interface: For maximum best outcomes the clinical and cultural components of service delivery need to work holistically and in partnership.
3. The application of culture to a mental health setting is neither consistent, nor well understood across the services.
4. Cultural and ethnic diversity: It cannot be assumed that all Māori will embrace the same level of cultural therapy or that their Māori culture will take precedence over other cultures they may embody.
5. Environmental drivers: Mental health services alone will not be enough to improve the mental health status of the West Auckland community. The role of socio-economic, educational and behavioural factors must be considered in any approach.
6. Resourcing: A lack of resourcing throughout services is a common theme, with severe limitations on service delivery and staff capacity and capability.
7. Integration: Given the size and diversity of the urban environment and the complexity of needs of ta ngata whaiora, integration across social services is needed to provide holistic, wrap-around service delivery.
8. Urban realities: There is a lack of understanding of the implications of the urban environment on cultural identity.





KIMIHIA TE HAUORA HINENGARO RESEARCH PROJECT:

What Are The Opportunities For West-Auckland
Kaupapa Māori Service Delivery?

Theme	Description	Opportunity
Whaiora Focus	Ensuring that services focus on the needs and expectations of tāngata whaiora	Health outcomes meet the expectations of tāngata whaiora
Cultural/Clinical Interface	Ensuring that both cultural and clinical options for care are available	Comprehensive care is provided
Culturally Inspired Interventions	Appreciating that cultural modes of care will vary	Innovative and bespoke cultural models are developed
Cultural and Ethnic Diversity	Increasing cultural and ethnic diversity will impact on the mode and method of service delivery to Māori	Cultural and ethnic diversity is considered as part of treatment and care plans
Environmental Drivers	Services alone are unlikely to impact rates of disease	Consideration as to the broader drivers of mental ill health
Resourcing	Adequate and sustainable resourcing is required	Resourcing to maximise health outcomes
Integration	Integration with other social services providers is imperative	Addressing broader social issues as a means of promoting mental health outcomes
Urban Māori Realities	Urban realities are drivers of Urban Māori culture	Using urban culture as a driver of mental health outcomes





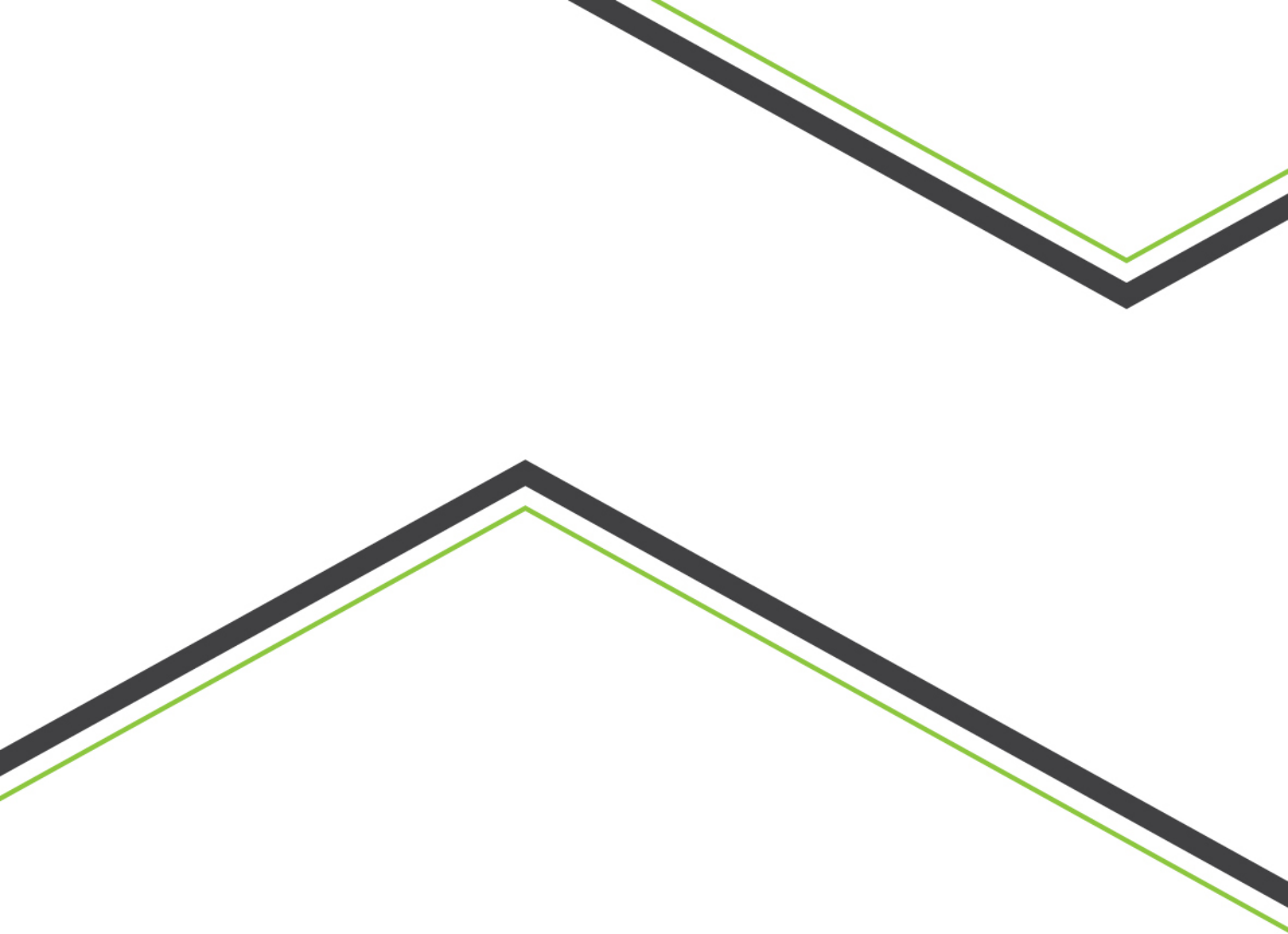
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TE POU TARĀWAHO HINENGARO

THE FRAMEWORK



**TE POU
TARĀWAHO HINENGARO**

THE FRAMEWORK

INTRODUCTION

This framework publication represents the key elements that were identified during the Waipareira frontline kaimahi workshop with Sir Mason Durie, held in March 2019.

The resulting Pou Tarāwaho Hinengaro – Waipareira Mental Health Framework was built from the process of:

1. Clarifying the definition of what we mean by “mental health”
2. Working with seven distinct questions around the values, theory and practice of mental health service delivery at Te Whānau o Waipareira
3. Establishing the aim, values and goals underlying this new Waipareira mental health strategy
4. Identifying the actions and catalysts for change that will operationalise the framework





MENTAL HEALTH

WHAT DO WE MEAN BY “MENTAL HEALTH”?

1.

Mental health includes Mental illness (disorder)

2.

Mental health includes Mental distress



3.

Mental health includes Mental wellbeing

4.

Mental health is part and parcel of all health: 'No health without mental health'



3.
Will collaboration be important to the Strategy and if so, who should be our collaborative partners?

4.
How can whānau increase resilience, strength and mental wellbeing for their people?

5.
What values (or principles) should underpin the Waipareira Mental Health strategy?

6.
What would be the most important thing for Waipareira to do in order to improve mental wellbeing for Māori in West Auckland?

7.
What needs to change so that mental distress can be alleviated or avoided?





SEVEN KEY QUESTIONS

1.
**How can Waipareira
best address the four
dimensions of mental
health?**

2.
**How can mental health
be integrated into the
wider Waipareira health
and social services?**





AIMS, VALUES AND GOALS FOR THE WAIPAREIRA MENTAL HEALTH STRATEGY

THE AIM:

WHĀNAU ORA - Flourishing Whānau

"All whānau in West Auckland will enjoy good health and wellbeing"





ACHIEVING OUR GOALS

What do we need to achieve our goals?
Actions & Catalysts for change:

- | | |
|------------------|-------------------|
| 1. WHĀNAU | 5. RESOURCES |
| 2. SERVICES | 6. RESEARCH |
| 3. CAPABILITY | 7. COMMUNICATION |
| 4. COLLABORATION | 8. A FUTURE FOCUS |

THE VALUES:

- Respect
- Aroha
- Tino Rangatiratanga
- Empowerment



THE GOALS:

1. Whakapiki Mauri:
The alleviation of mental distress and/or illness,
"Lifting the spirit"
2. Whakawātea Hinengaro:
The prevention of mental illness & distress,
"Clearing the way"
3. Whakamanawa:
The promotion of mental health and wellbeing,
"Building strength, resilience and wellness"



1. WHĀNAU

Whānau hold the key for:

- Nurturing future generations
- Looking after kaumātua & kuia
- Building resilience
- Entering te ao Māori
- Adopting a life course approach
- Modeling behaviour
- Staying healthy
- Working together

**“Investing in
whānau makes
long term
sense”**





2. SERVICES

All Waipareira services need to be able to address mental health along with the other dimensions of health.

Apart from inpatient services, specialist services should be delivered within an Non-Government Organisational context (rather than a District Health Board context).

All services
need to be:
Accessible
Affordable
Available

3. CAPABILITY

All health and social service staff need to be able to make a preliminary assessment of mental health.

There needs to be additional expertise in mental health assessment and care available within the team.

**“All staff
should have
mental health
skills and
knowledge”**





4. COLLABORATION

- Specialist mental health services
- Schools
- Oranga Tamariki
- NGOs
- Iwi
- Whānau Ora Commissioning agencies
- Local authorities & councils



**Collective
Impact**



5. RESOURCES

- Government funding to assist with professional development
- Funding to provide additional services (e.g. respite care)
- Funding to enable specialist availability in Waipareira
- Funding to support community wellbeing innovation

**Funding by
commissioning
agencies
beyond DHBs**



7. COMMUNICATION

- Within Waipareira
- With whānau
- With colleagues in other services
- To share knowledge
- To improve information transfer to and within whānau

**“Communication
is key”**





8. A FUTURE FOCUS

- Monitoring Māori demographic trends
- Forecasting economic and social trends across Auckland and Aotearoa
- A watching brief on global trends in mental health
- Aligning health needs with wider Iwi and Māori priorities



Readiness for
change



6. RESEARCH

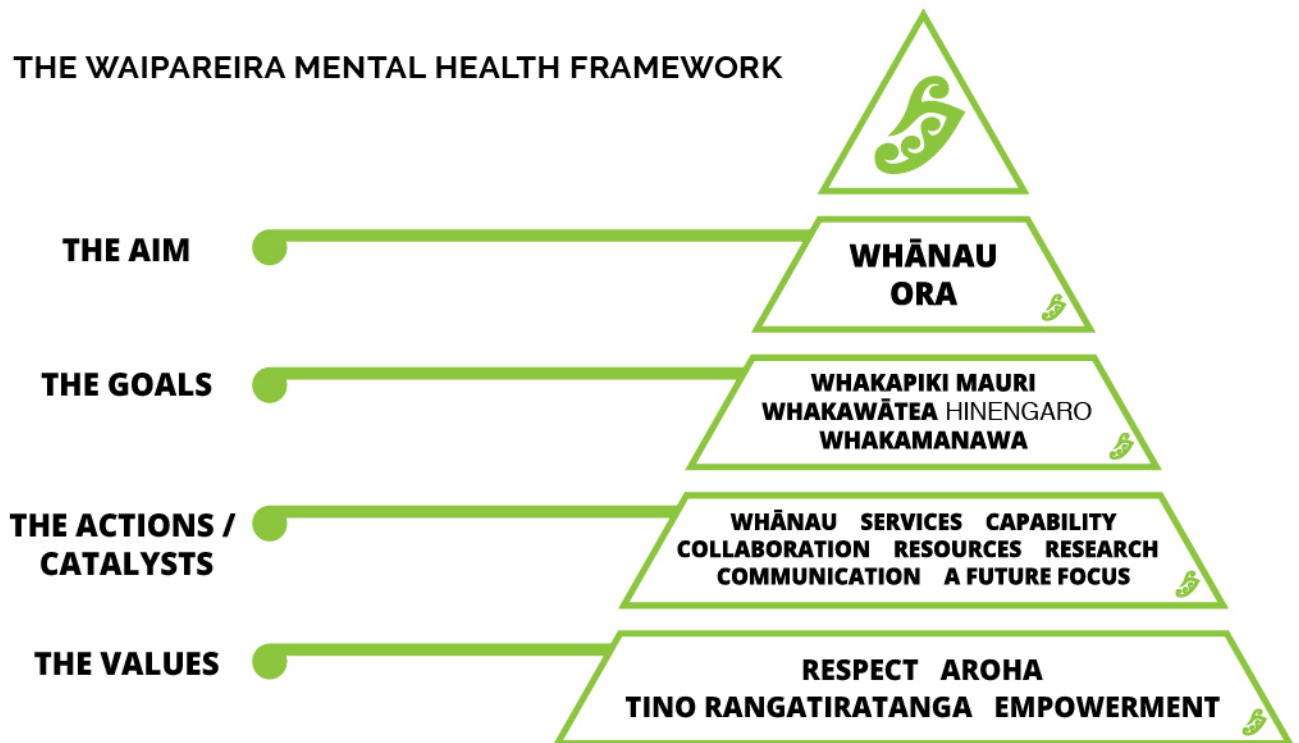
- Outcome measurement
- Māori wellbeing research
- New methodologies relevant to mātauranga Māori
- Translational research that has potential to improve whānau wellbeing

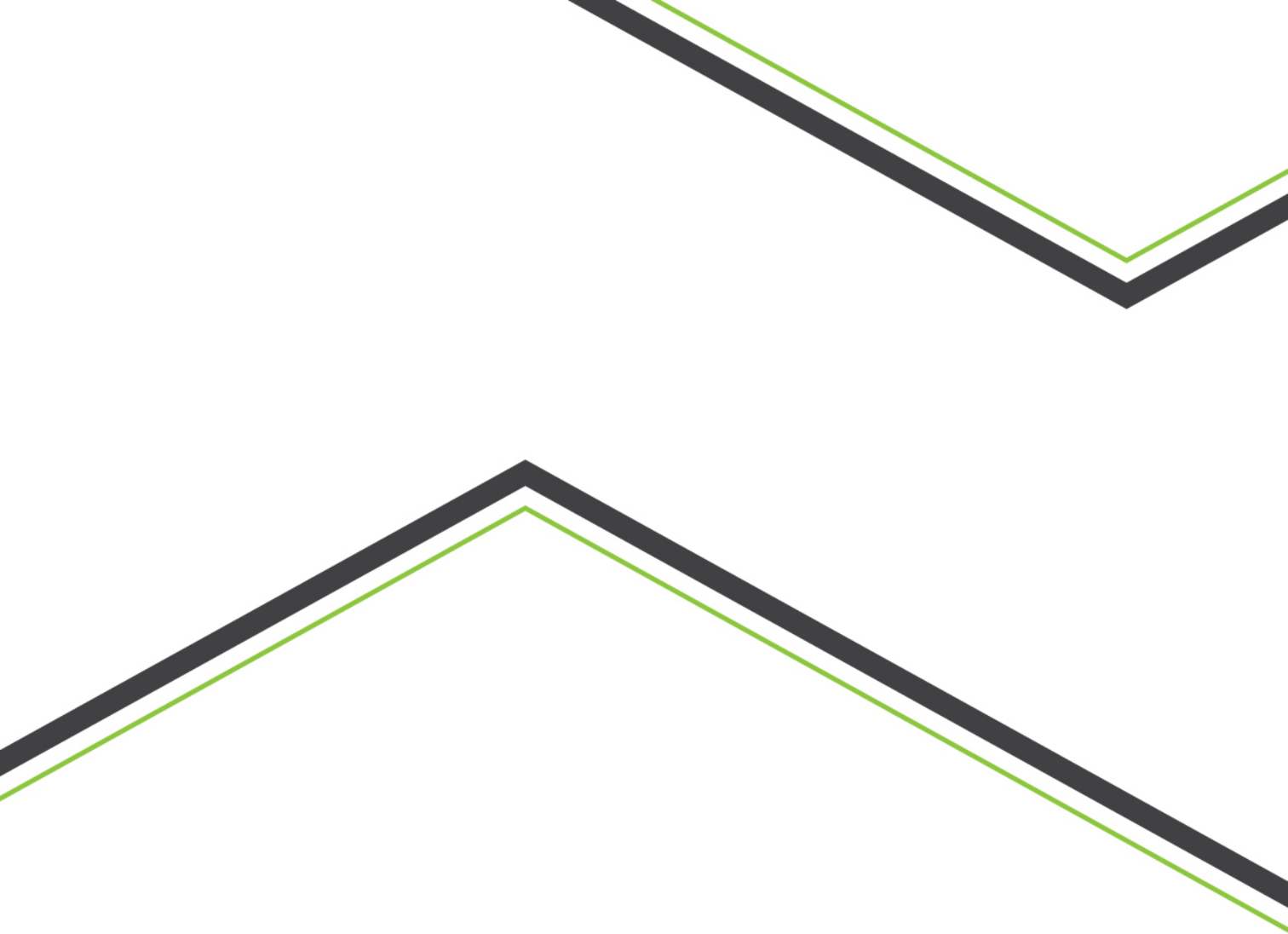
**In-house
research to
monitor quality,
generate
innovation, and
disseminate the
Waipareira way**



POU TARĀWAHO HINENGARO

THE WAIPAREIRA MENTAL HEALTH FRAMEWORK





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