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’
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?
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?
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”
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"
ACHIEVING OUR GOALS

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

1. WHĀNAU
2. SERVICES
3. CAPABILITY
4. COLLABORATION
5. RESOURCES
6. RESEARCH
7. COMMUNICATION
8. A FUTURE FOCUS
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 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
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
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
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
POU TARĀWAHO HINENGARO

THE WAIPAREIRA MENTAL HEALTH FRAMEWORK

THE AIM

WHĀNAU ORA

THE GOALS

WHAKAPIKI MAURI
WHAKAWĀTEA HINENGARO
WHAKAMANAWA

THE ACTIONS / CATALYSTS

WHĀNAU SERVICES CAPABILITY
COLLABORATION RESOURCES RESEARCH
COMMUNICATION A FUTURE FOCUS

THE VALUES

RESPECT AROHA
TINO RANGATIRATANGA EMPOWERMENT

Te Whānau o Waipareira | Te Pou Tarāwaho Hinengaro | The Framework