

# Te Ara Tauwhirotanga

*Pathways that lead us to act with kindness*

*Realising the aspirations of  
tangata whaiora, whānau and  
our community for mental health  
services across Lakes district*



**Te Whatu Ora**  
Health New Zealand  
Lakes

McMillan & Lockwood contracted to build new inpatient facility

**December 2023**

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Bay of Plenty construction company McMillan & Lockwood has been announced as the main contractor to build the new mental health inpatient facility.

Te Whatu Ora Group Director Operations for Lakes, Alan Wilson, says reaching this “exciting milestone” means construction will soon start at the Rangiuru Street site.

“The replacement of our mental health inpatient unit has been an important focus for Te Whatu Ora for some years. “

“A huge amount of work has been done to ensure the new facility meets the needs of our community and we are very pleased to have

reached this point,” Alan Wilson says.

McMillan & Lockwood began setting up the site in late November.

The pile of earth that was used to settle the ground beneath where the facility will be built will then be removed.

Construction is scheduled to be completed in late 2025, after which the testing, fit out, and staff familiarisation work will commence.

Following this, the mental health service will be able to begin operating from its new facility.

For more see Te Whatu Ora Lakes website under news and publications.

## Consumer Advisor Wi Te Tau Huata & Whānau Advisor Irene Moses

LinkPeople Consumer Advisor Wi Te Tau Huata (Ngāti Kahungunu) supports the incorporation of lived experience and a te ao Māori worldview into the design and development of mental health services in the Lakes region.

He was part of the team who co-designed Te Ara Tauwhiro-tanga - *Pathways that lead us to act with kindness*, the Te Whatu Ora Lakes mental health services model of care

framework, so Wi understands how to use the framework to influence systems' level change.

"Not many models of care have a Māori world view and lived experience at the heart of it – this is unique," Wi says.

As a Consumer Advisor, Wi attends clinical governance meetings at Whare Whakaue and change meetings regarding the new inpatient facility with the senior leadership team. He will then seek feedback – often one on one – from members of the wider Consumer Advisory Group.

"Because we are sitting with the people who make the decisions and being part of the change, we can help with embedding Te Ara Tauwhiro-tanga into secondary services and make better changes. This is hands on. We get to make changes we can see," Wi says.

Wi's work to embed the principles of Te Ara Tauwhiro-tanga into community services also involves training services and their staff about the model and how to align with its principles and values.

Wi's commitment to his mahi comes from extensive lived experience of institutionalised care, where he experienced the archaic treatments that are commonly talked about today. **Contd. Page 3**



### Whānau Advisor Irene Moses

LinkPeople's newly appointed Whānau Advisor Irene Moses (Ngāti Awa) works to embed the

importance of whānau into the mental health system and make sure the whānau voice is heard at every level of the system from entry to services, diagnosis, treatment and exit to the community.

Irene says empowering whānau to look after tāngata whaiora is important. If whānau are not supported with the re-

sources and skills to care for whānau members experiencing mental health challenges, it can become overwhelming. She often works alongside the LinkPeople Navigation team to help whānau access support they need and ensure it's the right support.

Irene was the Link People Clinical Housing Case worker for a year before this role. She supported people with high needs with their housing.

"I thought I really enjoy advocating for equity. It's something I'm passionate about especially for Māori, so I jumped at the chance to do the Whānau Advisor role. I also really look up to Wi in the mātauranga Māori space. I'm learning a lot in that space as well."

Irene says her lived experience is from a whānau experience perspective, working with her own whānau in the mental health space and making sure their rights are listened to.

"I did social work training because I didn't like the injustices of what was happening to our people in systems. I was looking for something where I could make change."

"Working in this space, this is where I believe I can make real change - that is hearing the voices of our whānau and making sure that voice gets to where it needs to go."

## Majestic old Pohutukawa tree will live on

The Mauri Ora project to replace the mental health inpatient unit completed another key milestone with the last building, a beautiful villa that housed the Mental Health Service for Older People for more than a decade, moving to Ranolf street.

When the project team heard the majestic old Pohutukawa had to be removed in order to achieve this milestone, they reached out to Scion to see if they could help restore the tree in some way.

Scion was very interested and organised to be at the site before the removal to take some cuttings and seed.

A karakia was held onsite for the Tā i te Kawa ceremony, before removal. The cuttings and seed from this rākau, will be used immediately and potentially in the future for the purpose of conducting research.

It is Scion's protocol that they record the location of the mother tree so any future research can be attributed back to that tree, whenua and iwi, and they can keep appropriate iwi personnel updated with what and when different actions/research is conducted.



*From left: Heidi Dungey, Scion Portfolio Leader, Establishing Indigenous Forests; Dave Gower Rudman, Facilities Manager ; Esthe Davis, Service Manager MHAS, , Megan Walsh, Mauri Ora Project Manager*

*Back left: Michael Bartlett, Scion Evolutionary Ecologist, Pathogen Ecology and Control*

Not only will this donation enable Scion to conduct essential research, but if the seed and cuttings do well, we intend to have the pēpi that were collected from this Pohutukawa replanted on site. So it will live on, and bless the staff and whaiora of the new facility for generations to come!

### ***Consumer Advisor Wi Te Tau Huata contd. from page 2***

“That gave me my passion to work in this area. I was very resistant to the mental health system. It wasn't until I went to Tokanui and Whaiora (a Māori ward) where I started to find recovery. “

“I was treated as a person. And they knew about whakapapa. It's similar to what we do here; being treated in a Māori way. That's what I'm passionate about,” he says.

Wi is on national forums for Māori with lived experience and presents to a range of

organisations and audiences, including, Te Ao Maramatanga (NZ College of Mental Health Nurses) Māori caucus hui and the Healing our Spirit Worldwide conference, held in Canada in September 2023, where people came from around the world to share and celebrate the healing power of traditional knowledge and cultures.

Wi was the LinkPeople Whānau Advisor for about four years before taking on the Consumer Advisor role earlier this year.



## Te Aka Whai Ora visits Mental Health and Addiction Service

Te Aka Whai Ora representatives from the Hāpaitia team visited Lakes Mental Health and Addiction Services last month to discuss the continuum of care for Māori.

The aim of the visit was to develop an understanding of how best Te Aka Whai Ora can support services that reflect matauranga Māori, cultural responsiveness, reduce inequities in the system and reduce barriers to accessing services for whānau.

The group was also interested in how lived experience and whānau voice are integrated into local services.

The visitors included: Principal Clinical Advisor Mental Health Carlee Logan and Te Kaihāpai Principal Advisor Lived Experience Dean Rangihuna who were joined by Lived Experience



Advisor Jordana Bealing and Principal Advisor Suicide Prevention Michael Naera.

The group heard presentations on; Te Ara Tauwhiroanga Model of Care, MHAS Māori Strategy, Lakes Cultural Assessments, the new inpatient facility Mauri Ora Build, Service Development: Te Toki Haumanu, Feedback Informed Treatment, Mana Ake and an overview of Lakes' kaimahi. They also visited Whare Whakaue inpatient unit.

## Psychiatrists hear about Te Ara Tauwhiroanga

The opportunity was taken at the Royal Australia New Zealand College of Psychiatrists (NZ branch) conference held in Rotorua in September to show case "Te Ara Tauwhiroanga.

Lakes Mental Health & Addiction Service staff held a stall which exhibited the plans for the new inpatient facility. There was also

a televised screening of the history and birth of Te Ara Tauwhiroanga.

Clinical Director Matira Taikato says presentations were delivered by Dr Kai Ropata, on the Advanced Directive research being conducted in Lakes and Clinical Psychologists Tori Watts and George



Furstenburg presented FIT (Feedback informed treatment) with some early results. Lakes MHAS is the only district using this programme.

Matira says the offerings made by staff was humbling.

"It was heartening to see the enthusiasm and excitement on the faces of all who

contributed.

A special mention to Te Aka Matua and to our Service Manager, Esthe Davis mauri ora, mauri tū for being a believer and for being staunch in her commitment to make our service the best it can be."