

Te Ara Tauwhirotanga Pathways that lead to kindness

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



February 2022

Peer led projects approved

The Peer Support Workforce and Consumer Participation Framework have been approved by Lakes DHB Executive.

Consumer Participation Framework

This is a peer led project led by the Consumer Advisor and Consumer Advisory Group.

This framework is aimed at Mental Health and Addictions services and staff to help them to understand what consumer participation is and to explore ways to effectively facilitate consumer engagement/participation in all levels of the organisation.

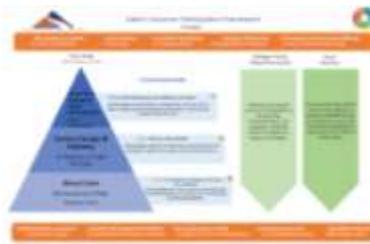
Next steps are to develop a Consumer Participation policy, and complete a roadshow.

Peer Support Workforce Project

This is a peer led project that involved working with people with lived experience and providers to develop opportunities for a peer workforce across Lakes mental health and addiction services.

The first task will be to employ a Peer Leader to support this process.

A cross-sector steering group to oversee the implementation of the PSW Framework will also be established.



Inside this issue:

Peer Support Forum... opportunities to employ peers 2

Primary Mental Health Forum hears about Te Ara Tauwhirotanga 2

Mental Health and Addiction Sector Forum 3

Te Arawa ki Tūwharetoa Collaborative Design Project 4

Noema contd. 4

New Clinical Nurse Specialist in Whare Whakaue Unit

Clinical Nurse Specialist at Te Whare Oranga Tāngata o Whakaue mental health inpatient unit, Noema Arnold (Ngāti Porou, Ngāti Kahungunu), says she's passionate about kaupapa Māori and



client-centred care.

"I believe these concepts are central to wellbeing and govern the way I practice."

Contd. Page 4

Peer Support Forum...opportunities to employ peers

The Peer Support Workforce project group presented to local service providers in November 2021 to introduce the opportunity for services across Lakes to employ peers.

the benefits of embedding peer workers in the workplace.

Guest speakers included two peers and an employer who each spoke about their experiences of either working in the Peer Support Worker space or employing peer support workers.

Feedback from this forum was very positive and support for this initiative continues to grow.



The forum provided an opportunity for senior managers and team leads from the sector to learn about the framework and

Primary Mental Health Forum hears about Te Ara Tauwhiro tangā



There was positive feedback from the primary mental health forum held in early December 2021. The forum provided a good opportunity for networking, integration and connection between organisations working in this space. It also provided context and history of how we came to be where we are now.

Each service had an opportunity to provide insight into what they offer. We had Gail Kelly from the Ministry of Health attend in person and Jo Chiplin from MoH also zoomed in to give the sector an update from a MoH perspective.

Mental Health and Addiction Service sector forum

“Te Ara Tauwhirotaunga *Pathways that lead to kindness* is the essence of what we do and how we deliver mental health services. It’s how we come to work every day.”

That’s what Haehaetu Barrett, Lifewise ki Te Arawa Kaiwhakahaere, told mental health and addiction providers from across the Lakes district at an update hui in October 2021.

As Michael O’Connell Lakes DHB Principal



- Te Arawa Whānau Ora’s Nga Kaihautu kaupapa Māori service
- Lifewise integration and application of Te Ara Tauwhirotaunga
- Perinatal (mothers and babies) mental health pathway from Tina Berryman-Kamp
- Residential review from Lakes DHB Principal Advisor Mental Health and



Advisor Mental Health and Addictions said, “it’s about living Te Ara Tauwhirotaunga rather than doing it.”

Haehaetu also stressed the importance of services working together across the sector.

The Lifewise team supported their presentation to the group with two beautiful and emotional waiata.

Updates included:

- An update on Te Ara Tauwhirotaunga projects from Lakes DHB Project Manager Rebecca Ripia
- Collaborative co-design project- a collaborative effort to identify practical changes to implement Te Ara Tauwhirotaunga from Marlane Sherborne and Rebecca Ripia.

Michael O’Connell

- Mauri Ora Mental Health Inpatient Unit- Jasmine Isaac
- Continuing Care (for people with addictions) from Johnny Mihinui (ARC) and Tepora Apirana (Lifewise)
- Consumer Participation Framework from Consumer Advisor Jordy Bealing and Marlane



Te Arawa ki Tūwharetoa Te Ara Tauwhirotaanga Collaborative Design project.

A new mental health and addiction sector project will work collaboratively with key stakeholders to identify priorities for practical change for local services in line with the model of care Te Ara Tauwhirotaanga.

Te Ohu (the project team) is Nikora Mihinui and Raimona Inia (Te Mau Aroha Incorporated), Marlane Sherborne (Consumer Consultant) and Rebecca Ripia (Te Ara Tauwhirotaanga Project Manager).

Project Lead Nikora Mihinui says the hui are held at Whakarewarewa Māori village to bring the project to life and enable the attendees to experience the essence of the project," she says.

A survey in August indicated that the ideal workshops would be groups of 10 people or less, wānanga/ brainstorm style, and groups within a service's own work group.

Marlane Sherborne says the team will make sure service users voices are heard and are part of the project.

Ngā Pou Matua, the governing group for this project consists of a wide range of iwi and

service provider representation service users and their whānau.

Te Ohu will present the key findings to Ngā Pou Matua who will then agree on the main priorities. These will be designed into projects for implementation into existing services.

The aim is to support services to improve equity



for Māori, enhance population wellbeing, be responsive to different people's needs and preferences and work seamlessly for the community.

Multiple wānanga/ workshops were held at the end of 2021 to gather the voices of the sector and community. Implementation staff will be on boarded early 2022. The findings will also be presented to the community. Thank you to those who participated and provided feedback so far.

CNS Noema Arnold cont. from page 1

"I enjoy looking at the wider context of tāngata whaiora and their whānau, to identify opportunities that can be utilised in treatment, and also look at potential barriers they may need support in overcoming to ensure their journey to recovery is supported. By role modelling this I hope to support our team to also look at the care we provide from a more holistic lens and support them to do this."

Noema says she looks forward to the opportunity she's been given and is motivated to ensure the care provided aligns with Te Ara Tauwhirotaanga –

our MH&AS model of care and meets the needs of tāngata whaiora, their whānau and our community.

"I think Te Ara Tauwhirotaanga is an awesome model and I want to help roll it out in the unit. It's about engaging tāngata (people), taiao (our environment) and tikanga (values) into the care we provide, supporting our clients to do things they really want to do, care that goes beyond their mental health treatment and supports them to live the life they want." See Lakes DHB's website for more information about Noema and Te Ara Tauwhirotaanga.