

# 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

## New adult mental health inpatient unit progressing

July 2023

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Our new purpose built, state of the art, adult acute mental health inpatient facility is one step closer.

A large amount of soil is now piled onto the Rangiora Street site and following a period of ground settlement the construction of the main build is expected to begin about October 2023. The first phase of the build began with stage one earthworks in October 2022.

The new building will have 16 bedrooms with futureproofing for a further four bedrooms. As well as lounges and a dining area it will include therapy areas and outdoor activity courtyards.

The completed building will also

include cultural elements designed by local iwi artists.

Rotorua's geothermal ground has provided unique challenges due to the extreme heat and gases. The building has been designed to account for these issues.

Early this year, a karakia and mauri stone blessing was performed which saw a stone from the ground works blessed and buried beneath the main entrance of the new unit to ensure a successful journey throughout the build.

The expected date of project completion, all going well is, 2025.

## Exciting to welcome new staff to mental health service

It was an exciting month for Te Whatu Ora Lakes Mental Health and Addiction Services with welcomes recently for a number of new staff in a range of positions.

Service Manager Esthe Davis said it was heart-warming to welcome the new staff to the team.

"It's a joyous day to welcome you all to the team. I'm very proud of what we do here. It can be tough work, people go above and beyond. We are looking forward to working with all of you."

Esthe spoke at both whakatau (welcome) about Te Ara

Tauwhirotanga the model of care which was gifted to mental health services by iwi and the whole Lakes community



*From left front: Leigh Gorringe, intern psychologist at Te Ngako; Bianca Taute, perinatal mental health support worker; Kelly Mitchell, admin team lead Te Ngako; Delta Kingi, psychologist PRIMHS; Heather Chase, Clinical Nurse Director.*

*Back from left: Troy Delamere, mental health support worker; Helen Ashby, nurse Acute Response Team(ART); Amanda Gallacher, nurse, acute team Te Ngako, Justin Wilson, psychiatrist.*

which describes what was important for mental health services.



*Front (left to right): Megan Walsh, Project Manager, Mauri Ora New Build,; Dhanya Kavukattu , nurse Whare Whakaue Inpatient Unit.*

*Back (left to right): Aji George, nurse Whare Whakaue Inpatient Unit, Bejoy Samson; nurse, Whare Whakaue Inpatient Unit; Nidhin Kuriakose, social worker, MHSOP, Jessica Bitcheno, nurse, iCAMHS.*

"We are very privileged to have that voice of the community to guide us as we go. At the heart of the model is kindness."



## Mental Health Awareness Week ...planning for September 18-24

Link People Peer Leader June Hare and Consumer Advisor Wi Huata are leading the drive to get Mental Health Awareness week off the ground in Rotorua.

They encourage providers to get involved in any way they can.

They want to expand this working group and get as many voices and representation as they can.

If you are keen to be involved please contact [june.hare@linkpeople.co.nz](mailto:june.hare@linkpeople.co.nz)



## Clinical Nurse Director secondment

Heather Chase has taken up a five month secondment to the Lakes Mental Health Clinical Nurse Director role to cover for Jo Price who has been seconded to Te Whatu Ora.

She is the Manager Mental Health Service for Older People in Waikato.

Heather says the secondment is a good opportunity to dip her toes into learning more skills and making new connections.

“Lakes MHS has a good reputation and it’s an opportunity to see how Lakes does things. And maybe I can bring something helpful to this area. I’d like to delve into whānau involvement and how Lakes is offering it here because there’s a real motivation to do it well amongst staff. It’s



acknowledged here how important it is to get it right.”

“Whānau involvement is part of Te Ara Tauwhiro tangata and what the community said was important for mental health and addiction services. I’m interested in how to put those ideas into practice.”

Heather trained in the UK at the University of Hull near Grimsby. She’s worked in the UK across the whole range of mental health services; including intellectual disabilities, forensics, primary care and adult inpatient services. She came to New Zealand in 2015 and worked in the memory service for about 18 months before becoming the Manager of Mental Health Service for Older People in Waikato.

## Introducing Margaret Crawford, ICAMHS psychologist in Taupō

Margaret Crawford has spent most of her adult life as a teacher and is bringing those skills into her work with children in Taupō’s ICAMHS team.

Margaret grew up in Taupō and left to train as a primary school teacher. She then moved into high school education teaching English for 15 years.

“I trained as a specific learning disabilities tutor and then had the opportunity to train as an assessor with the Learning Disabilities

Association of New Zealand.



Margaret completed a psychology post-graduate diploma and has recently completed her PhD and internship at the University of Waikato.

This was where she completed 1500 hours to complete her qualification.

She said she had already visited the primary and high schools she attended and was looking forward to collaborating with all schools.

## A lot of interest from high school students in mental health nursing and psychology



In early June, local high school students had an opportunity to listen to Lakes' clinical staff talk about their careers, share what is involved and answer any questions.



The mental health nursing presentations (left) attracted over 30 people and the psychology session (right) had over 50 students wanting to hear about these careers.

## Integrated Primary Mental Health and Addiction Services (IPMHA)

The Lakes integrated primary mental health and addiction service (IPMHA) continues to offer free mental health support in the Lakes District.

The purpose of these services is to improve population mental wellbeing by increasing access to effective support for people to address any thoughts, feelings, actions or social circumstances that are adversely affecting mental wellbeing. Health improvement practitioners (HIPs) and health coaches (HCs) can be accessed via general practice.



The Collaborative (Tūwharetoa Health, Te Arawa Whānau Ora, RAPHs and Pinnacle) have a collective vision to ensure this model is supporting our community. RAPHs HIP team (above) from Rotorua hosted a regional hui on May 10 for all IPMHA regional team members. With 42 people attending, it was a great opportunity for sharing kai, news, and hearing our stories. The focus was on worker well-being



and connection with colleagues from Tūrangi, Taupō, and Rotorua. Thanks to our venue hosts from Te Ao Marama, Ohinemutu and our speaker Rev. Raharuhi Koia.

Te Tumu Waiora Collaborative Leadership team was also hosted in early July by Tūwharetoa Health within Te Whariki Aroha's beautiful whare. The Te Arawa, Pinnacle and RAPHs leads came together to explore ongoing service development for HIPs and HCs.

Our Te Arawa Whānau Ora Manu Tāpiki team has been working hard to design interactive workshops to support whānau in their journey to transformation.

Workshops include: Wairuatanga, Rongoā, Tuhituhi, Mindfulness. For more information, or to book in to one, download the Manu Tāpiki app today – available in the play store and App.