



2016

*Waka Hauora*

BEST CARE  
WHAKAPAI HAUORA  
CHARITABLE TRUST

EVALUATION



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## Contents

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Acknowledgement	1
Key Messages	2
Background	2
Project	2
Desired Outcomes	3
Deliverables	4
Participants	4
Roopu kōrero haumarū kaiawhina (safe talk group) establishment	5
Roopu kōrero haumarū kaiawhina resources	6
Roopu kōrero haumarū kaiawhina training	7
Resources and hold paepae wānanga	8
Youth space	10
Talk Tū	11
Conclusion	11
Infographic	12

## Table of Figures

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Figure 1. ASIST Workshop: Community Group Attendees	4
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## Acknowledgement

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He hōnore  
He korōria  
He maungarongo ki te whenua  
He whakaaro pai ki ngā tāngata katoa

On behalf of the Waka Hourua Māori and Pasifika Suicide Prevention Programme, Te Rau Matatini would like to acknowledge the Best Care Whakapai Hauora Charitable Trust for their commitment to the wellbeing of the community in the Manawatū and to increasing the awareness and prevention of suicide.

Nāku noa,  
Nā



Dr Kahu McClintock  
Te Kīwai Rangahau (Research and Evaluation Team)  
Te Rau Matatini

## Key Messages

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Do not ignore suicidal threats.

Most suicidal people do not want death; but want the pain to stop.

Suicidal people do seek medical help prior to their deaths.

Talking openly about suicidal thoughts and feelings can save lives.

### Call for Action

Speak up if you are worried.

Respond quickly in a crisis.

Offer help and support.

## Background

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The Best Care Whakapai Hauora (Whakapai Hauora) is the mana whenua health, disability support and social service arm of Tanenuiarangi Manawatū Incorporated, the iwi authority for Rangitaane O Manawatū. Whakapai Hauora has identified that within Mid Central District Health Board (DHB) it is the small rural communities that most lack the capacity, resources and support when it comes to talking about issues such as suicide, supporting tāngata whaiora who are suicidal, responding as a community when suicide occurs and then supporting whānau in the post-vention phase. For this reason Whakapai Hauora wanted to focus on working with the communities of Dannevirke, Foxton and Shannon.

## Project

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### Waiho i te Toipoto: Bringing the community closer together

One of the approaches of the project has been employing Whakapai Hauora to work directly with the above communities and establish Rōpu Kōrero Haumarū Kaiāwhina (Safe Talk Groups) as catalysts for starting the discussions around suicide in the communities. The Navigators supported these groups with community specific resources, training to increase knowledge about suicide, lists of existing agencies for services, organising guest speakers, as well as local media liaison and community awareness.

Another approach was to work with these communities through the delivery of the *Talk Tū* initiative, a radio campaign on Kia Ora FM for these communities with a simple message, “there’s always someone to talk to” whether you are contemplating suicide or you’ve lost loved ones to suicide. This simplicity has proven appealing for rangatahi especially with Kia Ora FM 89.8, a focussed channel for the *Tū Talk* Campaign which supports fostering discussion.

Support was also provided for the establishment of a Rangatahi Space in Foxton as well as hui with Marae Paepae (speakers for cultural meeting spaces) around the rohe (region), Manawatū, Taranaki, Rangitikei to talk about suicide and support Marae when suicide occurs.

The Kīwai Rangahau, Te Rau Matatini evaluation team was commissioned to undertake a review of the Waka Hourua Fund. The focus of this specific review therefore was to assess and to determine how Best Care Whakapai Houora Charitable Trust programme implementation aligns to the overall intent, and design of the Waka Hourua programme and what actually happened during its implementation (how much, how well, and is anybody better off).

## Desired Outcomes

Waka Hourua goals identified by Best Care Whakapai Hauora Charitable Trust that align to their project encompass the following;

- People are informed about and assisted to access the services available to them
- Community leaders empower people, foster resilience and bring people and resources together
- Families, whānau and communities have stronger relationships and confidence to be able to talk about their difficulties
- Families, whānau and communities are strongly connected to one another and people actively participate in the wider community
- People bereaved by suicide receive the support they need within their families and whanau.
- Families, whānau and communities have their own approaches and plans in place and are actively building resilience and reducing risks of suicide

This initiative also aligns with Goal 1 of the Waka Hourua Outcome Framework: Informed, cohesive, & resilient communities specifically the pathways and indicators under Tertiary Prevention: Minimising the adverse impacts arising from suicide:

Pathways	Indicators
<ul style="list-style-type: none"> <li>• Initiate actions that will reduce community risks</li> </ul>	<ul style="list-style-type: none"> <li>• Communities have established a safe forum for discussing suicide prevention and resourcing</li> </ul>

## Deliverables

Programme deliverables, status upon conclusion as self-reported in the contract are outlined in the diagram below:

### Programme Deliverables: Best Care Whakapai Hauora

Key Deliverables	Performance Standards	Status
Establish Rōpu Kōrero Haumarū Kaiāwhina (Safe Talk Group) in 3 locations – Foxton, Shannon & Dannevirke	Terms of reference developed In the 3 locations	Partially Achieved
Hold a wānanga in the Manawatu, Rangitikei and Tararua regions for Marae paepae to address supporting tūpāpaku who have died from suicide and whānau to enable the paepae to be safe and confident	Supply of resources and training	Achieved
Rōpu kōrero Haumarū Kaiāwhina (Safe Talk Group) functioning in Foxton, Shannon & Dannevirke	Develop resources to support Haumarū group	Achieved
Development of a Youth Space in Foxton to support suicidal rangatahi and loved ones following a suicide	Resources purchased	Partially Achieved
Develop and run <i>Talk Tu</i> Campaign on Kia Ora FM 89.9	Develop messages for campaign, produce and broadcast	Achieved

## Participants

Age	Haumarū Training					Paepae Wānanga				
	Male	%	Female	%	Total	Male	%	Female	%	Total
<122	1	100%	-	-	1	-	-	-	-	-
13 >	-	-	-	-	-	-	-	-	-	-
18>	1	50%	1	50%	2	-	-	-	-	-
25 >	-	-	6	100%	6	-	-	-	-	-
34>	2	100%	-	-	2	-	-	-	-	-
50 >	-	-	5	100%	5	5	45%	6	55%	11
64>	-	-	-	-	-	4	44%	5	56%	9
<b>Total</b>	<b>4</b>	<b>25%</b>	<b>12</b>	<b>75%</b>	<b>16</b>	<b>9</b>	<b>45%</b>	<b>11</b>	<b>55%</b>	<b>20</b>

Figure 1. Participants

## Roopu Kōrero Haumarū Kaiawhina (Safe Talk Group) Establishment \_\_\_\_\_

Haumarū groups were set up in Foxton and Shannon to reduce the stigma and discrimination around suicide by raising the level of suicide awareness with health promotion and education. Terms of References were developed, defining vision and goals for the group as well as clear infrastructure to support the vision and goals.

The **Shannon** initiative is a collective of community representatives that promote positive mental health and general wellbeing through health promotion programmes and education. This group with existing relationships comprise of representatives from:

Best Care (Whakapai Hauora) Charitable Trust;  
Te Koha Experience;  
Ngāti Whakātere Trust;  
Justice of the Peace; and  
Local churches

The **Foxton** initiative is also a collective of community representatives that promote positive mental health and general wellbeing through health promotion programmes and education. This group with existing relationships comprise of representatives from:

Best Care (Whakapai Hauora) Charitable Trust;  
Te Waioira Trust;  
Te Awahou Māori Womens Welfare League;  
Motuitui Marae;  
Te Pā Harakeke Early Childhood; and  
Local kaumātua

The facilitation of the Foxton Safe Talk Group has been transferred to Te Awahou Māori Womens Welfare League. Whakapai Houora continues to provide the range of suicide support to prevention, intervention and post-vention stages to this initiative.

The setting up of the third Haumarū group in **Dannevirke** has been a challenge for Whakapai Hauora and at the time of writing this report they were still negotiating with the community to establish a Haumarū group. Finding local solutions to ensure successful engagement for Whakapai Hauora with the Dannevirke community would be beneficial to progressing this initiative in an area identified as a priority.

## Roopu Kōrero Haumarū Kaiawhina Resources *Waka Hourua*

Resources available to training participants of Rōpu Kōrero Haumarū Kaiawhina

### **Mental Health Foundation DVD:**

- Suicide Myths
- Signs and risk factors
- When a suicide happens in the community
- Warning signs
- Losing someone to suicide
- Caring for someone who is suicidal

### **Other Mental Health Foundation Resources:**

Tihei Mauri Ora

Men and Depression

Grief and Loss

Good communications

Anger, conflict and bullying

Anxiety and how to deal with it

Borderline personality disorder

### **Other resources acknowledged:**

SPINZ Reporting to people at risk of suicide

Reporting suicide: At a Glance guidelines

The Cycle of Depression

NZ Suicide facts

5 ways to LISTEN

Whakauruora Māori suicide prevention

### **Local resources acknowledged:**

Contact numbers in the Mid Central DHB areas

Looking after you

Question Persuade and Refer (QPR) online training

Handout step by step Help Sheet developed by Whakapai Hauora

## Roopu Kōrero Haumarū Kaiawhina Training

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Suicide Prevention Training facilitated by Whakapai Hauora included discussions on

### **What is suicide?**

### **What is self harm?**

### **Programme content**

1. Mahi tuatahi  
What to look for  
How to help  
What support is needed
2. Mahi tuarua  
Awhinatia Support  
Manaakitia Empathy / compassion  
Korerotia Talking and listening
3. Mahi tuatoru  
Mahitahi Work Cooperatively
4. Mahi tuawhā  
Tiaki i a koe Look after yourself
5. Mahi tuarima  
Kei a koe tonu te rongoa Strengths based development  
Hei Awhina, Hei tautoko  
Resources and Services

Disseminated identified resources as per list above. This made the community feel more informed around suicide, know the signs to look for and made them feel more confident about talking about the same.

Four participants from Shannon and Foxton completed the online Question Persuade and Refer training. The intention for this training was to equip the safe-talk members to respond to community members who needed support. Prior to this training, these members were not confident with how to receive concerns and respond safely in terms of questioning, reassuring, planning and referral processes. This roopu (group) has used the skills learned to analyse suicidal ideation as it presents itself in their communities and engage safely with informed consideration of the risks involved for whānau.

Kia piki te kaha suicide prevention navigation service and Kai toipoto provided support for the Paepae wānanga. The goal was to lay a platform for discussion at a public health level but also to encourage discussions to take place within hapū on their respective marae and to give direction for other wānanga (Paepae Wānanga Implementation Strategy).

Often it is never mentioned by the paepae (marae speakers) during a tangihana (funeral) when one has died by suicide, yet everyone knows. There needs to be support for the paepae to feel safe about being able to talk about such issues during a tangihana and strengthen their resilience to provide the necessary support to whānau and follow up after tangihana (Paepae Wānanga Implementation Strategy).

### **Inner Spark Strategy**

The Inner Spark Strategy strengthens community engagement by attracting key “Marae” people within our service area, primarily made up of members of the Pae kōrero (speakers ) and Pae Karanga (callers as part of marae welcoming ceremonies) at their respective marae to a “Spark” hui as an exploratory exercise of sorts prior to the three more inclusive paepae wānanga (Paepae Wānanga Implementation Strategy).

### **Ngā Wāhanga : Programme**

Pōwhiri/ Whakataua

Whānaungatanga

Suicide myths and misconceptions

Suicide statistics and facts

Whakapai Hauora Suicide Prevention Services – How to response

Kaupapa Māori:

- Impacts of history
- Cultural development
- Self determination
- Cultural continuity a hedge against suicide
- Longterm healing (wairua)
- Mauri health and brain/ mental health
- Karakia Whakamutunga (Ending prayer)

*He Rongoā Taketake – Indigenous Solutions*

*Access to cultural, social and economic resources of Te Ao Māori (the Māori world in particular Māori language, family networks and customary land , collectively underlie identity and can reinforce positive mental health (Durie, 1998)*

*Hoki atu ki to maunga  
Return to your maunga*

### Five Principles

In engaging with the whānau, hapū and iwi re the paepae wānanga five principles were employed:

- Recognition that our people are a diverse people with unique cultural values and systems;
- Recognition that we are significant contributors to the communities wellbeing and growth;
- Empowerment and affirmation of the people within our community to make choices for themselves
- Kanohi ki te kanohi
- Giving whānau the resources, the time and the space to recover (Paepae Wānanga Implementation Strategy)

### Marae participants

Tokorangi  
Poupatate  
Aorangi  
Kikopiri  
Tainui  
Kauwhata  
Motuiti

### Website resources included:

Statistics New Zealand [www.stats.govt.nz](http://www.stats.govt.nz)  
The Lowdown [www.thelowdown.co.nz](http://www.thelowdown.co.nz)  
New Zealand National Depression Initiative [www.depression.org.nz](http://www.depression.org.nz)  
Out of the Blue [www.outoftheblue.org.nz](http://www.outoftheblue.org.nz)  
Reach Out Central [www.reachoutcentral.com.au](http://www.reachoutcentral.com.au)

Disseminated identified resources as per list above

The wānanga provided an opportunity for open discussion on the tikanga of receiving a tūpapaku (the deceased) who had committed suicide. The desired outcome was to encourage hapū to work together to develop tikanga that is more positive and whānau responsive (Paepae Wānanga Implementation Strategy).

Participant comments include:

### **What happens at the mortuary? At the home?**

*Location of death important to Māori – Hikina te tapu (lift the sacredness)*

### **How to help the paepae understand? Does a tīkanga need to be established.**

*Hapū development, to connect back to kaupapa Māori ways of living, responsible for looking after the tapu and mauri of whānau members and the marae as the principal home*

*Talking about suicide helped, it's good to know you can ask if someone is feeling suicidal, before I didn't think that was a good thing to do but now I understand why it can help.*

*Our marae doesn't discriminate when there is a tūpāpaku, whakamōmori (suicide) or not*

*Tūpāpaku not being allowed on marae due to the cause of death, buried in an unmarked grave or set outside of the urupā (cemetery) – thought of as cowards, discrimination*

*What about perpetrators of domestic violence, child abusers, murders are they allowed in the urupā?*

### **Agreed action points going forward**

- Participants return to their monthly hui for discussion about the paepae wānanga;
- Send out the agenda for ongoing paepae wānanga to develop the further kaupapa that were decided on by the attendees at the hui;
- Marae action plans;
- Whānau action plans;
- Tikanga that are empowering not divisive; and
- Taking the marae home with us.

## **Youth Space**

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The youth space development in Foxton has been transferred to the Māori Women's Welfare League to find local solutions to local challenges. Whakapai Hauora has a close working relationship with Te Awahou and to support the initiative Whakapai Hauora shared their knowledge of how a youth space was set up in Palmerston North, involve rangatahi and maintain their interest. Contact has also been made with Foxton primary and Manawatū college to raise awareness of the centre. Te Awahou has been encouraged to stay connected to Whakapai Hauora for future programme support that they may need as well as connecting to the other hauora services in the Foxton area. At the time of writing this report the youth space was still being finalised established by Waka Hourua funding.

## Talk Tū

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The Kia Piki Te Kaha suicide prevention navigation service from Whakapai Hauora, funded by the Mid Central DHB utilised the broadcasting arm of Tanenuiarangi Manawatu Incorporated, namely Kia Ora FM 89.9 to deliver messages to coincide with Suicide Prevention month, making general liners and advertisements which were broadcast regularly. A kaitoiptoto co-ordinator, health promoter also funded by the Mid Central DHB presented a number of dedicated one hour broadcasts to raise awareness of suicide related services also delivered by Whakapai Hauora. Waka Hourua funding provided administrative support to prepare the advertisements which will also be broadcasted at significant times as researched by Whakapai Hauora eg Christmas. A Facebook page has also been part of this communication.

### Main Messages

Do not ignore suicidal threats  
Most suicidal people do not want death; but want the pain to stop  
Most suicidal people seek medical health prior to their deaths  
Talking openly about suicidal thoughts and feelings can save lives

### Call for Action

Speak up if you are worried  
Respond quickly in a crisis  
Offer help and support

#### *Example of message in te reo Māori*

*Ko te hunga whakaraerae e noho ana i te taimana  
Mēnā ko to whānau rānei o hoa rānei tētehi  
Tēnā, tautokotia, āwhinatia, kōrerotahitia  
Whakapā mai rānei ki Whakapai Hauora  
Ki ta mātou ratonga urungi a Kia Piki te Kaha  
Mā matou koe e āwhina  
Waea mai ki 06 353 1884 i ngā o te wiki*

## Conclusion

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Whakapai Hauora has worked tirelessly with their communities within Manawatū particularly the remote areas of Dannevirke, Foxton and Shannon to raise suicide awareness, community specific suicide prevention resources, training to increase knowledge about suicide prevention, supplying lists of existing agencies for services.

The investment for Whakapai Hauora in supporting their community through media and kanohi ki te kanohi (face to face) contact will continue. The Paepae wānanga provided an opportunity for open discussion on the tīkanga of receiving a tupāpākū who had committed suicide. The desired outcome was to encourage hapū to work together to develop tīkanga that is more positive and whānau responsive (Paepae Wānanga Implementation Strategy).

*Waka Hourua*  
**Best Care Whakapai Hauora  
 Charitable Trust**

**Waiho I te Toipoto**



.....  
 A community based initiative which developed community groups, marae base wānanga, and a radio campaign, to raise suicide awareness and support for pre and post-vention.  
 .....

.....  
 Members of the community groups were recruited and provided with suicide prevention training. The wānanga assisted marae paepae to support people who have died from suicide and their whānau. And the Talk Tū radio campaign ran advertisements and dedicated broadcasts to raise awareness about suicide.  
 .....



.....  
 36 people participated in the community groups and marae wānanga:  
 63.9% wāhine  
 36.1% tāne  
 100% Māori  
 91.7% over 25 yrs  
 .....

.....  
 The community groups are working to reduce stigma and discrimination around suicide using health promotion and education. The marae paepae wānanga covered a variety of topics including; suicide myths and misconceptions and how to respond to suicide. The Talk Tū radio campaign promoted the message that there is always someone to talk to.  
 .....



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*Maka Kōwhiri*



**Te Rau Matatini**