On behalf of the Waka Hourua Māori and Pasifika Suicide Prevention Programme, Te Rau Matatini would like to acknowledge He Waka Tapu for their commitment to their community and region and to increasing the awareness and prevention of suicide.

Nāku noa,
Nā

Tyler Morris
Te Kīwai Rangahau (Research and Evaluation Team)
Te Rau Matatini
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He Waka Tapu is a Kaupapa Māori Non-Government Organisation (NGO) based in Aranui, Christchurch. They work with whānau and individuals who want to have positive health and wellness. They provide Anger Management services, Alcohol and Drug services, Whānau services, Personal Health services and Looking for Mahi services. They have over 25 staff that help coordinate and deliver these services. He Waka Tapu are leaders in the utilisation of online tools and have developed one to support whaiora in their recovery called Whaiora. This internet based tool allows individuals, groups and communities to come together and support one another through their recovery. They are 1 of 2 Kia Piki Te Ora (Ministry of Health suicide prevention programme) contract deliverers in the South Island. They have many connections in their community and are accustomed to running programmes and providing support to their community.

This initiative lead by He Waka Tapu, aligned with all of the objectives of the Waka Hourua programme:

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

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

<table>
<thead>
<tr>
<th>Pathways</th>
<th>Indicators</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identify risk within communities.</td>
<td>Community health and social service providers have established a common agenda for working with communities.</td>
</tr>
</tbody>
</table>
The objective of this project was to lead a co-ordinated South Island approach to work with Māori health and social service providers, and other community groups to hold community events to raise awareness of suicide prevention. 16 Community groups were approached and offered support and guidance in developing events. They represented schools, churches, Marae, sports clubs and health and social service providers. The following objectives were priorities for the community events:

- Effective clinical care for mental, physical and substance use disorders
- Easy access to a variety of clinical interventions and support for help
- Restricted access to highly lethal means of suicide
- Strong connections to family and community support
- Support through ongoing medical and mental health care relationships
- Skills in problem solving, conflict resolution and nonviolent handling of disputes
- Cultural and religious believes that discourage suicide and support self-preservation.

Programme

Figure 1 shows the deliverables for this project.

Table 1: He Waka Tapu Project Deliverables

<table>
<thead>
<tr>
<th>Deliverable</th>
<th>Title</th>
<th>Status</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Page 10</td>
<td>Project Establishment and design of implementation plan.</td>
<td>Operational Team formed, with broad plan established, 15-20 organisations are approached, and supported to identify their suicide intervention.</td>
<td>Complete</td>
</tr>
<tr>
<td>2. Page 14</td>
<td>Development of Online Library.</td>
<td>Online library set up to collate Canterbury wide activity, also used as a communication portal for community groups.</td>
<td>Complete</td>
</tr>
<tr>
<td>3. Page 16</td>
<td>Social Media Campaign.</td>
<td>Establishment of social media campaign, targeting the 15-20 organisations linked into project. Promotions of activities/events/information/support across the Canterbury region that will raise awareness, and provide support to suicide prevention.</td>
<td>Complete</td>
</tr>
<tr>
<td>4.</td>
<td>Interim Progress Report</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Page 16</td>
<td>Social Media Campaign.</td>
<td>Ongoing social media campaign, targeting the 15-20 organisations linked into project. Promotions of activities/events/information/support across the Canterbury region that will raise awareness, and provide support to suicide prevention.</td>
<td>Complete</td>
</tr>
<tr>
<td>7. Page 17</td>
<td>Targeted community events.</td>
<td>Range of activities appropriate to community groups are established, including development of Drug, Alcohol Policy with Rugby Clubs.</td>
<td>Complete</td>
</tr>
<tr>
<td>8.</td>
<td>Interim Progress Report</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The participants in this project have been categorised by their involvement in the project. Namely Te Waipounamu Leadership Group, Funded Organisations and Groups and Event Participants. The organisation and groups represent schools, churches, Marae, sports clubs and health and social service providers in the Canterbury region. Event participants were those that were present at the events/initiatives.

It is also important to note that there were a number of Māori health and social service providers who were consulted with in preparation for this initiative.

**Te Waipounamu Leadership Group**

The role of this group was to assist in verifying community projects to fund and served as an advisory group on the project. It was made up of representatives from South Island based Māori Non-Government Organisations.

1. Karaitiana Tickell from Purapura Whetu
2. Lovey Ratima from He Waka Tapu
3. Raniera Tawaroa from Nga Kete Matauranga Pounamu Charitable Trust
4. Linda Ngata from Te Runanga o Nga Maata Waka and
5. Robyn Wallace from He Oranga Pounamu.
Funded Organisations
Table 2 below is a list of organisations and groups that were supported to develop and run an initiative or event that raised suicide awareness.

Table 2: Community Groups and Organisations Involved in the Project

<table>
<thead>
<tr>
<th>No.</th>
<th>Name</th>
<th>Community Group/Organisation Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>He Waka Tapu</td>
<td>Health and Social Service Provider</td>
</tr>
<tr>
<td>2</td>
<td>Waitaha Suicide Prevention Collective</td>
<td>Collective of local and regional Health and Social Service Providers</td>
</tr>
<tr>
<td>3</td>
<td>Burwood Hospital Spinal Unit</td>
<td>Health Service Provider</td>
</tr>
<tr>
<td>4</td>
<td>Purapura Whetu</td>
<td>Health and Social Service Provider</td>
</tr>
<tr>
<td>5</td>
<td>Te Kotahitanga Kapa Haka Roopu</td>
<td>Community Group</td>
</tr>
<tr>
<td>6</td>
<td>Aranui Eagles</td>
<td>Sports Club</td>
</tr>
<tr>
<td>7</td>
<td>Northcote Primary School</td>
<td>Education Provider</td>
</tr>
<tr>
<td>8</td>
<td>Papanui Tigers League Club</td>
<td>Sports Club</td>
</tr>
<tr>
<td>9</td>
<td>CPIT</td>
<td>Education Provider</td>
</tr>
<tr>
<td>10</td>
<td>Te Wananga o Aotearoa ki Waitaha</td>
<td>Education Provider</td>
</tr>
<tr>
<td>11</td>
<td>Christchurch City Mission</td>
<td>Social Service Provider</td>
</tr>
<tr>
<td>12</td>
<td>Te Kupenga o Aranui</td>
<td>Education Provider</td>
</tr>
<tr>
<td>13</td>
<td>Rehua Marae</td>
<td>Marae</td>
</tr>
</tbody>
</table>

Event Participants
There were over 860 people that participated in the events and initiatives. Some events catered specifically to tamariki, youth and pakeke; while others were for the whole whānau or wider community.
Project Establishment

As part of deliverable 1 they developed a broad establishment plan to guide the roll out of this project. This included the development of a leadership group that helped to identify and select the suicide interventions and events that would be funded, as well as act in an advisory capacity. The plan consists of four objectives (1) Engage community groups, (2) Launch community fund, (3) Engage website developer and (4) Website go live. The plan also included an outline of the website and the project summary. In the project summary there is a training arm that was not a part of this funding.

Figure 1 Establishment Plan

Waitaha O2
An opportunity has come about through the Waka Hourua Community Fund. Māori Whānau, Hapū, Iwi and communities and Pasifika families and communities and the focus on the needs of the community and include protective factors for suicide prevention and postvention services.

Identify and analyse the mahi
He Waka Tapu Waka Hourua team was made up of the Team Leader, two KPTO kaimahi, the IT coordinator and the CE provided support and direction. The role of the group was to encourage communities to work together in collaborative relationships to develop and implement solutions to local issues, show innovation, and contribute to greater resilience, connection, protection and inclusiveness for all its members.

1. Engage community groups
   a. Korero at collective hui;
   b. Communication to community groups that He Waka Tapu have a relationship with;
2. Launch community fund
3. Engage website developer
   a. Engage Hairy Lemon website designers
   b. Information gathering
   c. Planning
   d. Design
   e. Development
   f. Testing and delivery
   g. Maintenance.
4. Website – Go Live

Sequence and schedule

Waitaha O2 – On line Library
• Home – front page
• Events and initiatives – community groups who are delivering programs in Waitaha

Do you want to know how to support your mates when they are experiencing “dark times”? He Waka Tapu has helped marae, schools, sports clubs and churches to deliver positive mental health initiatives to their own. If you think we can help you to do the same, or if you’d like a korero, please contact us here.
• **News** – information about events, meetings and news items
  Check out the training opportunities and hui that are happening in and around Waitaha (Suicide prevention Komiti, Local and national Network meetings). For more info email us here.

• **About** – useful links
  On this site we share community level activity focused on positive mental health. Right across Aotearoa individuals and organised collectives such as schools, churches, sports clubs, marae, and community groups are raising awareness and in some cases leading change that supports positive mental health. So have a look around the library or if you are interested in uploading something you have done contact use here.

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**Waka Hourua Project Summary**

### Te Rau Matatini

### He Waka Tapu

#### Coordination

**Function**
- Fund hold and development of funds to 20+ providers
- Provide project management/logistics support as required
- Verify community projects were delivered

**Outcomes**
- Co-ordinated South Island approach
- Capacity building of 20+ providers
- Integrated with existing Kia Piki provider

### Te Waipounamu Leadership Group

Karaitiana Tickell (Purapura Whetu), Lovey Ratima (He Waka Tapu), Raniera Tawaroa (Nga Kete), Linda Ngata (Nga Maata Waka) Robyn Wallace (He Oranga Pounamu)

#### Development

**Projects**
20 projects at $5,000.00 (note 16 Community Groups have already been identified) plus one project at $20,000.00

**Function**
- 20 projects at $5,000.00 (note 16 Community groups have already been identified)

**Outcomes**
- 20+ providers leading suicide prevention initiatives
- Capacity building of 20+ providers

### Training

**Function**
- To up-skil whānau and community to be more self managing

**Outcomes**
- Safety Plans
- Increase confidence in whānau to respond
- Change attitudes on how whānau approach the subject of suicide
- Improve the suicide conversation in a safe and good way
Community Events

Table 3 below is a list of 13 community events and initiatives that were supported and/or developed from this project. Events and initiatives were run by community groups and organisation from health and social service providers, sports clubs, schools and other education providers. Each of the events addressed suicide prevention in some way. There was a variety of different events held, from workshops to wananga to an open mic night and a symposium. Some events specifically targeted a particular age group, for example tamariki, rangatahi or pakeke and others were open to anyone and everyone allowing the suicide prevention messages to reach all age groups.

Table 3: Initiatives and Events Supported in this Project

<table>
<thead>
<tr>
<th>Initiative</th>
<th>Description</th>
<th>Target Audience</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Mic Night</td>
<td>A family night where they were entertained by 10 people/groups from their community. The event was about raising awareness of suicide and learning how they can look after one another, what they can do if they need help and where to go for help.</td>
<td>Community – open to whanau and people of all ages.</td>
</tr>
<tr>
<td>Waitaha World Suicide Prevention Day Symposium</td>
<td>Community action focused suicide education/prevention hui. It showcased a number of community level interventions.</td>
<td>Health and social service workers and whanau support workers.</td>
</tr>
<tr>
<td>Burwood Hospital</td>
<td>They brought their tangata haua who were in Burwood Hospital and their whanau together for shared kai of boil up. It enabled everyone present to whakawhanaungatanga, form relationships and discuss their current rehabilitation experiences in a whanau environment that is caring, uniquely Māori and allows patients/whanau to feel relaxed and enjoy themselves in a hospital setting which is foreign to so many Māori that are usually resident in the North Island.</td>
<td>Tangata haua and their whānau.</td>
</tr>
<tr>
<td>Tira Whetu Noho</td>
<td>Tira Whetu hosted a weekend wananga for Rangatahi focused on the impact of suicide.</td>
<td>Rangatahi.</td>
</tr>
<tr>
<td>Te Kotahitanga Kapa Haka</td>
<td>The Kapa Haka group participated in a Strengthening Whanau wananga where they discussed things such as suicide prevention, listening skills and parenting skills.</td>
<td>Adults.</td>
</tr>
<tr>
<td>Aranui Eagles Rugby League Club</td>
<td>A series of workshops focused on the I got your back (iGYB) message about positive mental health, of which suicide is a part of.</td>
<td>Youth and adults.</td>
</tr>
<tr>
<td>Northcote Primary School</td>
<td>Series of outdoor education sessions</td>
<td>Children.</td>
</tr>
</tbody>
</table>
### Initiative
- **Papanui Tigers League Club**: Workshops focusing on strengthening whānau.
- **Triple H Program**: Home Help Hope programme delivered in Primary Schools
- **CPIT Health and Fitness**: He Waka Tapu were able to speak to the students doing CPIT health and fitness course about depression and suicide prevention.
- **Te Wananga o Aotearoa**: Keeping kaimahi well workshop for their kaimahi.
- **Tāne ora City Mission**: He Waka Tapu KPTO team shared the Living Well Message at City Missions Men’s health promotion day.
- **Te Kupenga o Aranui**: Alternative Education School participated in the Triple H Programme.

### Target Audience
- Whānau.
- Children.
- Rangatahi.
- Pakeke.
- Tāne.
- Rangatahi and pakeke.

---

Figure 2 below contains pictures from 4 of the events above. From left to right Te Kupenga o Aranui Triple H programme, He Waka Tapu open mic night, Burwood Hospital Spinal Unit whanau day and the Tira Whetu Rangatahi wananga.

Figure 2: Pictures from some of the events and initiatives run in the community. From left to right, Te Kupenga o Aranui Triple H Programme, Open Mic Night at He Waka Tapu, Burwood Hospital Spinal Unit day and Tira Whetu Noho Marae.
To aid in the collaboration efforts a website was developed to collate Canterbury wide activity that promotes suicide awareness and positive mental health. The website was also used as a communication portal between community groups and organisations He Waka Tapu and allowed them to promote any activities or news and upload any associated media. The other function of the website was to form an online library to document what is working in the community. This aligned with deliverable 2. The library was developed by Hairy Lemon in consultation with He Waka Tapu IT coordinator, Chief Executive, Hauora Team Leader and Health Promotion team. The development was split into three phases:

**Phase 1**
- a. Engage Hairy Lemon Website Designers
- b. Information gathering.

**Phase 2**
- c. Planning
- d. Design
- e. Development.

**Phase 3**
- f. Testing and delivery
- g. Maintenance.

The library was complete by the end of November 2014 and can be found at www.o2waitaha.org.nz. Figure 3 below is snapshot of the website.

Figure 3: O2 Website
The website contains a:
1. Home page – provides a brief overview of what can be found on the website
2. About page – provides the purpose of the website and useful links for anyone needing help regarding suicide
3. Events & Initiatives page – outlines the different events and initiatives that He Waka Tapu have supported in the community
4. News page – used to promote initiatives, events, information and news.

The log in feature allows community groups and organisations to log and submit information, events or initiatives that they have completed along with pictures or media files. Figure 4 below is of the login feature.

Figure 4: Log in feature for community groups and organisations

Community groups and organisations were trained on how to use this feature at the website launch and through support from He Waka Tapu where needed.

As part of deliverable 6 and 11 the online library was populated with events, initiatives and news items that were held during the correlating reporting periods. Deliverable 6 included the Aranui Eagles Rugby League Club IGYB hui, Triple H programme, Northcote Primary School, Tira Whetu Noho Marae, Te Kotahitanga Kapa Haka Rōpū and the Open Mic night. Deliverable 11 included Waitaha World Suicide Prevention Symposium, Burwood Hospital Spinal Unit, Papanui Tigers Rugby League club, CPIT Health and Fitness, Te Wānanga o Aotearoa ki Waitaha, Tāne ora and City Mission and Te Kupenga o Aranui. Figure x below is the write up of Tira Whetu Noho Marae.

Figure 5: Tira Whetu noho description on the O2 website
As part of deliverable 3 they had to establish a social media campaign that would target the organisations linked into the project and promote any news, events, initiatives, information or support across the Canterbury region that will raise awareness and provide support to suicide prevention. In extension of this, deliverables 5 and 9 were ongoing social media campaign to cover the reporting periods.

The website was at the centre of this campaign. Whereby all promotion would occur through viewing or accessing information held on the News page and Events and Initiatives page. Thus acting as a central point of reference for activity throughout the region that organisations could access and feed into.

The establishment of this campaign happened at the website launches. There were 2 launches held, a breakfast and a dinner, where organisations that were involved attended. It was here they were informed of the website and how it would work, and trained on how to use it. They were encouraged to check the website regularly for any updates or information regarding suicide prevention.

The news page was a key page utilised in the social media campaign. Figure 6 below is of the News page from the website. The type of information that was shared included reminders of upcoming events (Waitaha Suicide Prevention Collective hui), training opportunities, community events (external to the funded events) and calls for participation in their events.

Figure 6: News page from the O2 website
Targeted Community Events

Through Deliverable 7 they highlighted 3 community events that were appropriate for community groups. Two of the events were annual events and open to the community and the other one was targeted at high schools in the Christchurch Region. Each event provided an opportunity to promote suicide awareness.

The events were:

**Aranui Family Festival** – AFFIRM for short, is a whanau day run by Aranui Community Trust Incorporated Services that celebrates and showcases the people of Aranui. It is a day enjoyed by all. The staff at He Waka Tapu were able to talk with a lot of whanau that were present on how they support communities to be stronger and how we as a people can get better at asking for help. This event attracts hundreds of people every year and is a great forum to promote suicide awareness.

**City2Surf** – is the largest fun run in the South Island. People of all ages and abilities come together to run from the city to the coast (surf). Overall there were 300 people eager to run in the event. He Waka Tapu were able to cover the costs of the Tira Whetu Noho participants to compete in the city2surf fun run. There were 30 rangatahi in that group and included some of the Tira Whetu kaimahi.

**The Bus Stop Tour** – this is a collaboration with He Waka Tapu, No Limits (Youth and Prevention Work streams of Canterbury Family Violence Collaboration) and CPIT. The tour goes to different schools where they deliver a powerful performance that addresses family violence, drugs and alcohol, suicide and bullying followed by a sausage sizzle and time to mix with the students. Students are given a wallet card that contains warning signs if someone is unsafe, tips on how to help them and contact details of organisations that can help. The purpose of the tour is to raise awareness in youth of the services that are available to them, to put a face to the services and to encourage them to get help if they need it. This tour went to 6 different high schools and 1 alternative education provider.
Aranui Eagles Support Pamphlet

As part of deliverable 7 He Waka Tapu were to support the Rugby League Clubs to develop a drug and alcohol policy. In light of this they built on the momentum of the IGYB workshops that were held with club members and developed a suicide awareness pamphlet titled Check In – Talking Saves Lives. It reinforces the messages that were shared at the workshops and outlines tips to help individuals recognise warning signs in themselves and others, identify who their key support people are, encouragement to reach out when they need help, along with contact details for organisations and people in the community that can help. Figure 7 below is the pamphlet.

Figure 7: Check In – Talking Saves Lives pamphlet developed by Aranui Eagles Rugby League club and He Waka Tapu
As part of deliverable 10 they developed an outcomes framework. This was done in consultation with the Te Waipounamu Leadership Group. The framework aligns with the New Zealand 2006-2016 Suicide Prevention Strategy and was developed to measure suicide awareness activities across the Canterbury region.

Figure 8: Outcomes Framework

**Goal:** Engage with community groups in Christchurch to improve community responses to whanau wellness. Whanau wellness aligns to:
- Self-managing whanau
- Living healthy lifestyles
- Participating fully in society
- Confidently participating in Te Ao Māori
- Economically secure and successfully involved in wealth creation
- Cohesive, resilient and nurturing.

**The Outcome:** Whanau are stronger and resilient and are able to make choices that enable them to improve their overall wellness.

**Target Population:** Tāne, rangatahi, kaumātua, kura, marae, whānau, community, providers

**Activity Planning Matrix:**

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Activity</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tāne, rangatahi, tamariki, whānau, community.</td>
<td>Whanau participate in programs that connect them with one another, with other whanau, with other providers or services.</td>
<td>Whānau are more resilient and able to cope with issues/take when they present.</td>
</tr>
<tr>
<td>Providers.</td>
<td>Promote activities taking place in the rohe. Connect providers with groups that can support whānau.</td>
<td>Improved knowledge of activities in place that can support whānau.</td>
</tr>
<tr>
<td>Te Kupenga o Aranui</td>
<td>Alternative Education School participated in the Triple H Programme.</td>
<td>Rangatahi and pakeke.</td>
</tr>
</tbody>
</table>

**Performance measures for activities:**

| Activities | Population | Performance Measure | Impact |
Future Focus

He Waka Tapu are building on the momentum that this project created. The website will continue to promote events, initiatives and information that promotes suicide awareness and He Waka Tapu will continue to promote the website to groups and organisations to access for ideas of events and initiatives that they can do.

In collaboration with the Te Waipounamu Leadership Group, He Waka Tapu will look at addressing the training segment of the Establishment Plan found in Figure 1. Which is about building the capacity and capability within the community and whanau to be more self-managing. Their target is 500 whanau and the outcomes are for whanau to develop safety plans, increase confidence in whanau to respond, change attitudes on how whanau approach the subject of suicide and improve the suicide conversation in a safe and good way.

Conclusion

This project lead by He Waka Tapu developed a Canterbury wide collaborative approach to raising awareness of suicide. He Waka Tapu along with the Te Waipounamu Leadership Group worked with community groups and organisations to run their own suicide prevention initiatives. They also developed an online library to collate these events and initiatives as well as any other events, initiatives and information that were in support of suicide prevention and awareness.
He Waka Tapu

A community based initiative, to coordinate Community Groups and Health and Social Service Providers to develop and implement suicide awareness events and initiatives.

There were a variety of events and initiatives held. Some events specifically targeted tamariki or rangatahi or tāne, and others were for the whole whānau and wider community.

There were 13 Community Groups and Organisations involved:
- 38.5% Health & Social Service Providers
- 30.8% Education Providers
- 15.4% Sports Clubs
- 7.8% Community Group
- 7.8% Marae
- Over 860 participants in these events

An online library was developed to document and promote the initiatives and events that were held. You can find it at www.o2waitaha.org.nz

Prepared by:
Te Kīwai Rangahau Research and Evaluation Team

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