Contents

Acknowledgement 1
Key Messages 2
Background 3
Objectives: Haramai Te Toki 4
Deliverables 5
Participants 6
Project Development 6
Marketing Strategy 6
Workshop Delivery 7
Evaluation 9
Future Focus 10
Conclusion 10

Table of Figures

Figure 1: Picture of the Haramai Te Toki marketing plan 6
Figure 2: Advertisement post for Hokonui Marae workshop 6
Figure 3: Resources packs given to participants 7
Figure 4: Snapshots of the participants and facilitators from Haramai Te Toki 8
Figure 5: Question 1 of the participant evaluation 9
Figure 6: Question 2 of the participant evaluation 9

Table of Tables

Table 1: Project deliverables of Ngā Kete Matauranga Pounamu Charitable Trust 5
On behalf of the Waka Hourua Māori and Pasifika Suicide Prevention Programme, Te Rau Matatini would like to acknowledge Ngā Kete Matauranga Pounamu Charitable Trust for their commitment to their community. This involved exploring wairua and tikanga Māori concepts to engage whānau in culturally relevant intervention training that raises awareness and is a testament of diligence and managing their community safely is commendable.

Betty Brown
Te Kīwai Rangahau (Research and Evaluation Team)
Te Rau Matatini
Key Message

- Important to identify risk factors, create a safe plan, and have access to support networks for whānau.
Ngā Kete Mātauranga Pounamu Charitable Trust (http://www.kaitahu.maori.nz/) is a non-profit organisation based in Invercargill and established in 2000. A range of health and social services are offered. For this Waka Hourua initiative Ngā Kete Mātauranga Pounamu Charitable Trust worked in partnership with Kimiora (http://www.kimioratrust.co.nz/Trust to provide tikanga Māori based suicide intervention training, with culturally appropriate skills, knowledge and Māori strategies that work towards keeping whānau safe.

Kimi Ora Trust is an indigenous Kaupapa Māori suicide prevention and intervention training organisation with a vision to keep whānau (family) safe from suicide. Kimiora encourages whānau to korero about their experience and support them to make tangible connections with community agencies and by incorporating tikanga and te reo Māori.

The kaupapa of Kimiora Trust also includes:

- Tikanga Suicide Intervention training;
- Wahine Ora 12 week leaderships programme for women;
- An 18-week permaculture programme; and
- Rangatahi (youth) leadership camps.
The Haramai te Toki project, was delivered using tikanga Māori based suicide intervention workshops. The purpose was to help whānau living in Te Wai Pounamu to learn suicide intervention skills to keep their whānau safe from suicide. This project has enabled community members at risk of suicide to be more supported, by being able to identify risk factors, create a safe plan, and access to support networks for whānau. These outcomes emphasise the importance of whānau ora.

The main objectives of the workshops were to:

- Deliver tikanga Māori-based suicide intervention workshops across Waitaha, Ōtākou and Murihiku;
- Explore wairua and tikanga Māori concepts that engaged whānau in culturally relevant intervention training an understanding of mental health and suicide prevention model that focuses on identity, belonging, and a sense of place;
- Educate whānau and community with suicide intervention training and methods; and
- Provide opportunity for participants to practice the technique by reinforced learning.

This initiative 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>Pathway / Actions</th>
<th>Indicators</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initiate actions that will reduce community risks.</td>
<td>Communities have established a safe forum for discussing suicide prevention and resourcing.</td>
</tr>
</tbody>
</table>

This report was prepared by Betty Brown of the Te Kīwai Rangahau, Te Rau Matatini’s Research and Evaluation Team. This evaluation report provides a review of Ngā Kete Mātauranga Pounamu Charitable Trust and Kimiora Trust – tikanga Māori based suicide Intervention prevention and postvention components training workshop for the purpose of assessing the effectiveness, with numbers of participants, achievements, and benefits. The overall focus of this review therefore was to assess the effectiveness of Ngā Kete Mātauranga Pounamu Charitable Trust workshop to achieve its agreed goals and to determine how the programmes implementation aligns to the overall intent, and design of the programme and what actually happened during its implementation (how much, how well, and is anybody better off).
### Deliverables

<table>
<thead>
<tr>
<th>Key Deliverables</th>
<th>Performance Standards</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Workshop 1</strong>: Delivery of several tikanga Māori–based suicide workshops across, Waitaha, Ōtākou and Murihiku that educate whānau and community on sign, signals, risk factors and protective factors to grow Māori suicide prevention.</td>
<td>Number of training workshops delivered. Number of workshop / training resources disseminated. All workshop participants completed training. 90% of participants agreed their knowledge of intervention methods has improved.</td>
<td>Achieved</td>
</tr>
<tr>
<td><strong>Marketing</strong>: Tribal Ngāi Tahu whānau Newsletter Te Panui Rūnaka Website.</td>
<td>Marketing plan developed Workshop promotion across the Ngāi Tahu Rūnaka is achieved.</td>
<td>Achieved</td>
</tr>
<tr>
<td><strong>Programme Coordination</strong>: Programme Co-ordination and Consultation by Ngā Kete Matauranga staff along with site visits across the region. Programmes co-ordinated across Ngāi Tahu region.</td>
<td>Programme is co-ordinated across Ngāi Tahu region. 90% of workshops participants gain increased knowledge of suicide prevention, intervention and post-vention.</td>
<td>Achieved</td>
</tr>
<tr>
<td><strong>Workshop 2</strong>: Delivery of a number of Tikanga Māori–based suicide workshops across, Waitaha, Ōtākou and Murihiku that educate whānau and community on sign, signals, risk factors and protective factors to grow Māori suicide prevention.</td>
<td>Number of training workshops delivered. Number of workshop / training resources disseminated. All workshop participants completed training. 90% of participants agreed their knowledge of intervention methods has improved.</td>
<td>Achieved</td>
</tr>
<tr>
<td><strong>Workshop 3</strong>: Delivery of a number of tikanga Māori–based suicide workshops across, Waitaha, Ōtākou and Murihiku that educate whānau and community on sign, signals, risk factors and protective factors to grow Māori suicide prevention.</td>
<td>Number of training workshops delivered. Number of workshop/training resources disseminated. All workshop participants completed training. 90% of participants agreed their knowledge of intervention methods has improved knowledge of intervention methods has improved.</td>
<td>Achieved</td>
</tr>
<tr>
<td><strong>Three project monitoring report submitted to Te Rau Matatini at agreed intervals</strong></td>
<td>To progress reports and a final report using waka Hourua template provided.</td>
<td>Achieved</td>
</tr>
</tbody>
</table>

Table 1: Project deliverables of Ngā Kete Matauranga Pounamu Charitable Trust
Participants

The six wananga workshops were hosted by Ngā Kete Matauranga Pounamu throughout Te Wai Pounamu, in Waitaha, Ōtautahi and Murihiku. A total of 80 participants (26 men, 54 women) attended. Of the participants, 90% were of Māori descent with an age range of 19 to 65+ years.

Project Development

MARKETING STRATEGY

Ngā Kete Matauranga developed a marketing plan which outlined how tikanga Māori based suicide prevention workshops would be of benefit to their communities. The workshops promoted key actions specifically to prevent suicide within the context of Māori communities.

Promotional strategy used utilising existing networks, included Kai Tahu, Whānau Newsletters Ngā Kete Matauranga http://www.kaitahu.maori.nz also sought to promote the workshops through the following means as well:

- Promotional pānui / flyers
- Facilitator profiles
- Radio podcasts
- Facebook
- E-mails
- Marae komiti promotion
- Media

Kimiora Trust  www.kimioratrust.co.nz

Figure 1: Picture of the Haramai Te Toki marketing plan

Figure 2: Advertisement post for Hokonui Marae workshop
WORKSHOP DELIVERY

Ngā Kete Matauranga Pounamu trust in collaboration with Kimiora held workshops across Waitaha, Murihiku and Ōtākou:

- Ngā Kete Mātauranga Pounamu – Invercargill
- He Waka tapu Workshop – Christchurch
- Pa Harakeke Marae – Gore
- O-Te ika-a-Rama Marae
- Hokonui Marae – Gore
- Te Tomairangi Marae – Invercargill.

The workshops aligned with the NZ Suicide Prevention Action Plan 2013-2016 and the Waka Hourua programme outcomes.

http://wakahourua.co.nz/sites/default/files/Waka%20Hourua%20M%C4%81ori%20and%20Pasifika%20Research%20Final%20Doc.pdf

Workshops were facilitated by trained professional from Haramai te Toki, who delivered the programme over three hours. The workshops focussed on how to culturally recognise individuals with thoughts of suicide and to provide support for participants in teaching them how to identify risk factors, create safe plans, access to networks, and suicide intervention skills. Participation in the workshops included a wide scope such as, local community groups, kura, kohanga reo (schools) health organisation, Māori Wardens, New Zealand Police, and whānau.

Incorporated into the workshops was, a collective tikanga Māori based programme that focuses on reducing risk, promoting wellbeing and increased resilience for Māori. Haramai te Toki programme provided space for discussion of whakamomori (suicide), practical intervention, prevention and postvention strategies.

All participants who attended a workshop received a resource pack containing information, resources and testimonials such as Tihei Mauri Ora, Kiritahi Firmin, Kimiora Trust, tikanga workshop handouts, scared hurting in trouble..., Tihei-wa mauri ora, and supporting whānau through suicidal distress.

The resource packs were provided to participants from- Kia Piki Te Ora, Tihei Mauri Ora – Mental Health Foundation of New Zealand (MHF), Kimiora Trust, Youthline with a list of support services relevant to their communities.

Figure 3: Resources packs given to participants
These wananga workshops held over a period from March to November in Te Wai Pounamu at Waitaha, and Murihiku.

Figure 4: Snapshots of the participants and facilitators from Haramai Te Toki
Aligning with the tikanga Māori framework of the programme, evaluations of the workshops were made available to the participants to give feedback through these survey forms. The evaluation covered a range of questions, from the appropriateness of the venue, adequacy of resources and relevance of training, and opportunity to network.

**Weighted average response to Question 1**

Please rate whether you agree or disagree with the following statements (1 being Strongly Disagree and 5 being Strongly Agree)

![Figure 5: Question 1 of the participant evaluation](image)

**Weighted response to Question 2 - Kimiora wananga**

Please rate whether you agree or disagree with the following statements

![Figure 6: Question 2 of the participant evaluation](image)
There was general consensus from the 13 participants who agreed that they would recommend these workshops to a friend and colleague. Furthermore, the comments section at the end of the evaluation was full of praise and expression to continue delivery of Kimiora and the Haramai Te Toki programme.

The participant’s felt that overall the workshops were of great value and provided opportunity to network and build relationships with the sector and community throughout the workshops. The feedback overall was very positive with many reporting an increase in knowledge, skills and attitude towards suicide. They feel that they are now able to approach and identify signs and signals relating to suicidal behaviour, with the knowledge of also knowing how to develop a safe plan to keep whānau safe.

**Future Focus**

The community based workshops which took place have been instrumental in establishing an ongoing support network including continuing opportunities for further training in suicide intervention i.e.; Question, persuade, Respond (QPR), Applied Suicide Intervention Trainer (ASSIST) and WAVES (People bereaved by suicide). An annual community event has since been discussed planned and coordinated with Kimiora Trust, Kia Piki Te Ora and Pae Ora; to promote and develop opportunities for wider whanau/ community. The focus of the event is on growing greater awareness of suicide in Aotearoa and looking at whakapapa Māori connections to reduce whakamomori, helping prepare communities to build skills that respond to whānau in crisis.

**Conclusion**

Ngā Kete Matauranga Pounamu trust in collaboration with Kimiora Tust successfully hosted workshops that were delivered throughout Te Wai Pounamu in Waitaha, and Murihiku where a total of 80 participants (26 men, 54 women) attended. This programme was made possible through Waka Hourua community funds. These workshops increased whānau knowledge and confidence by being able to identify signs and signals relating to suicidal behaviour, with the knowledge of also knowing how to develop a safe plan to keep whānau safe using community networks.