

MURIWHENUA COLLABORATIVE RESPONSE TO SUICIDE PREVENTION HUI
THE REAP CENTRE, 28TH MARCH 2024

ORGANISATIONS & REPRESENTATIVES PRESENT @ COLLABORATIVE MURIWHENUA RESPONSE TO SUICIDE HUI 28TH MARCH 2024

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| <ul style="list-style-type: none"> • (Bert & Joe) Tautoko Tane • (Crystal, Manurereau, Luke) Suicide Postvention Team with Te Whatu Ora- Te Tai Tokerau • (Corey & Cera) Tuhiata Mahiora • (Joan) Te Ropu Whitiara - Te Whatu Ora- Kaitaia(Kaupapa Māori Mental Health Services) • (Tracey) Te Ropu Kimiora – Te Whatu Ora – Kaitaia (Child & Adolescent Mental Health Services). | <ul style="list-style-type: none"> • (Joanne) Tuia Maara Whenua (Rongoa Māori Services) • (Kimiora) Whakawhitiora Pai • (Danelle, Amaria, Juliet) Kia Piki te Ora – Muriwhenua • (Rose) Manaaki Tangata – Victim Support • (Maria, Bundy, Pat, Tom)Te Hiku Hauora |
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HE WHAKATAUKI REFLECTION GROUP ACTIVITY

Whāia te mātauranga hei oranga mō koutou
Seek after learning for the sake of your wellbeing

Ka pū te ruha, ka hao te rangatahi.
The old net is cast aside, while the new net goes a-catching

Piki kau ake te whakāro pai, hauhake tōnu iho.
When a good thought springs up, it is harvested, a good idea should be used immediately.

Kia mate ururoa, kei mate wheke
Fight like a shark, don't give in like an octopus

Nāu te rourou, nāku te rourou, ka ora ai te iwi
With your food basket and my food basket the people will thrive

He rangi tā matawhāiti, He rangi tā matawhānui
Narrow vision Restricted opportunities
Wide vision – Plentiful opportunities

Mā whero, mā pango ka oti ai te mahi
With red and black the work will be complete

He rau ringa e oti ai
Many hands make light work

He kai kei aku ringa
There is food at the end of my hands

He maurea kai whiria!
Ignore small matters and direct effort toward important projects

TABLE 1. KEY POINTS FROM THE WHAKATAUKI ACTIVITY SESSION MEMBERS HAVE GATHERED TO HIGHLIGHT WHATS IMPORTANT TO BE ABLE TO WORK TOGETHER!

<p>I have to be willing to work with others and make the effort for: Collaboration, whanaungatanga. Trust others and myself</p>	<p>Spend more time doing whakapapa, whanaungatanga with our whānau we serve. More connection and korero brings us closer, stronger and not always outcomes focused</p>	<p>Everyone has special knowledge to bring to this kaupapa – collectively meeting certain needs of tangata / whānau .</p> <p>Whakapapa – know where you’re from to know where you are heading.</p> <p>Keeping well to awhi others into being well</p>	<p>Be well and take care of ourselves Grow in knowledge on the kaupapa but know that for whānau connection is more important than knowledge.</p> <p>Trust one another Be thoughtful, reflective and ambitious with our thinking. A Te Wa – consider timing</p>
<p>Be the resource there & then Know yourself and your whānau deeply (triggers, skills, capacity, safety, people to seek guidance from).</p>	<p>Identity Unity Solutions Knowledge Skills</p>	<p>Regular kaimahi with this MOB. Idea shooting, awhi manaaki. Share our loads of whānau we serve.</p> <p>Visiting whānau as a team – prevention wrap around approach</p>	<p>Kaumatua -Kuia Whānau, Hapu, Iwi Marae Mana Motuhake</p>
<p>Building Relationship Knowing your leaders in the community. Kaumatua – Kuia – Whānau work collectively. Intention to having the same intention.</p>	<p>Self-care – equals better service</p> <p>Collaborative partnership gets the mahi done. Whakapapa unlocks full potential</p>	<p>Don’t be distracted by irrelevant issues.</p> <p>Look at matters from more than one point of view.</p>	<p>Whakapapa, kotahitanga solutions different – Rereke Huarahi. Tikanga – maiwi. Awhina whānau Tautoko whānau Sustenance Food – Dietician plan</p>
<p>Communication Re services, re clients , re Marae re education and re knowledge</p>	<p>Be well ourselves. Trust each other (kaimahi) Whakapapa – our solutions come from within Te Ao Māori but must be relevant to our whānau in Te Hiku.</p>	<p>LOVE TRUST TRANSPARENCY Advertising or clear direction of awhi, manaaki, honesty.</p>	<p>Better coordinated efforts that can cover all tangata.</p> <p>“ it takes a village” Answers often lie with lived experience.</p> <p>Think Bigger!</p>
<p>He Rangi ta matawhaiti He Rangi ta matawhānui.</p> <p>Restricted opportunities if you work in silos. Plentiful opportunities if you work in a collective.</p> <p>Share skills, resources, expertise as a collective.</p>	<p>Kotahitanga – a united approach Home Grown solution focused on us Think BIG – Ambitious vision think of generational change</p> <p>What have other rohe done?</p> <p>What solutions have worked? What could we learn from?</p> <p>Pull together resource @ home and nationally.</p>	<p>We are all interlinked</p> <p>Knowledge is part of the answer.</p> <p>Whānau ngatanga is the food</p> <p>It’s a good day</p>	<p>Be Ambitious about Change!</p> <p>See change in my lifetime!</p>

MEMBERS PRESENT THEIR SERVICES (A SUMMARY)

<ul style="list-style-type: none"> ● FAR NORTH MENTAL HEALTH & ADDICTION SERVICES founded in a medical – psychiatric model of care. It does have kaimahi Māori , and kaupapa Māori mental health team (Te Ropu Whitiara). The Crisis (24/7) mental health team operate from here, and also include Older People, Te Ropu Kimiora (Child & Adolescent mental health) teams. It is a space that requires indigenisation. There is constant conflict between culture and clinical domains due to the western medical dominance. Any door is the right door is the philosophy. There is a 6x bed subacute unit based on Kaitaia Hospital grounds. If someone is acutely mentally unwell there is an acute inpatient mental health unit in Whangarei. There is a day stay bed based at Kaitaia hospital (child & youth or older people). 	<ul style="list-style-type: none"> ● Question was raised in the ropu: about whether the ropu understood the awareness of mental health services criteria and target population. ● Mental Health Act legislation – Crisis mental health team explained. DAO role summarised. ● Realities of rural isolated menta ● 24/7 ph. numbers for local mental health services is: ● #1737 is a 24/ 7 number that is available for any person who require access to a trained mental health professional (text it or phone it for free). <p>Members need to understand the mechanics in the local mental health and addiction services in Muriwhenua.</p>
<ul style="list-style-type: none"> ● WHAKAWHITI ORA PAI: has #3 clinics – Te Hapua, Te Kao & Pukenui. GP and community service provider in the very far north. We have a range of small contracts, with a range of roles such as community connectors, health promotion team, kaiawhina who work with whānau with heart conditions. Kaiarahi (Whānau Ora) is a role that can support whānau living with trauma. Social worker – kaiawhina with long term conditions and we have a Health Improvement Practitioner (Māori Mental Health Nurse). Iris will be the first point of contact for whānau with distress. Anything a/hours we would direct to local 0800 ph. no. ● We have nurses and GP cover to provide support to whānau . 	<ul style="list-style-type: none"> ● WoP led by Manager: Errol Murray who had past history of leading prevention and postvention work in community. ● Iris the new Health Improvement Practitioner is a skilled Māori nurse who has returned home. ● The workforce in the very Far North are seasoned kaimahi with a range of skills and great knowledge of their whānau and communities in their region. ● We have leaders in the Far North community. ● Services often will present their services to WoP especially if they are covering our region – which helps with working together.
<ul style="list-style-type: none"> ● TAUTOKO TANE KI MURIWHENUA is under a national umbrella for the support of Tane with a history of Sexual Violation. ● Vision – enable the wellbeing of male survivors of sexual violation as tamariki (in their pre- teen years). ● Community oriented kaupapa that connects Tane to Muriwhenua / Taiao based activities. <p>Jo McDonald is the driving force to bring this kaupapa to Muriwhenua (Bert)</p>	<ul style="list-style-type: none"> ● Provide Peer Support Services from those with lived experience. ● Whanaungatanga is a major method of working with Tane and their whānau . Which can take some time. ● Listening to Tane and to provide safe spaces. ● From time to time Wahine have connected with the service.

<ul style="list-style-type: none"> • VICTIM SUPPORT provides supports in crises interventions alongside the NZ Police in extreme situations such as suicide, homicide, domestic violence, rape. • There is an 0800 ph. no: Victim Support is 24/7. Most of these resources are based at each NZ Police station across NZ. • You do not have to be personally in any of the above situations, but you could be whānau or be connected to trauma. • When there has been a suicide death – Victim Support can be continual with a whānau for approx.. 12 to 18 months post the loss. • Suicide was covered by ACC previously but it isn't now. 	<ul style="list-style-type: none"> • Rose's Experience is to stay connected with whānau – due to the risk that can occur in amongst other whānau members. • We do need to discuss suicide more in our communities • Victim Support cannot work with anyone under 16 years of age. • Victim Support will refer people onto other services as need. <p>We need to engage Police and acknowledge this mahi can be hard.</p> <p>Be good to know who the Victim Support team members are in Muriwhenua – and how we can connect with them for support.</p>
<ul style="list-style-type: none"> • TE WHATU ORA (Health NZ) Team of #3 members. Crystal and Luke (Whangarei) Manureau is based here in Kaitaia. • Sit in the mental health and addiction domain of Health NZ but we are not mental health kaimahi. • Large amount of work is in the prevention space – and we receive notifications of the regions suspected suicide deaths. The team will then reach into communities to facilitate access to supports for whānau . • Developed kaupapa Māori approach to suicide (tangihanga process – whānau ngatanga, manaakitanga, aroha etc). • Sometimes saying “ I don't know what to say “ to whānau can be the most respectful approach to whānau . • Exploring differing strategies – possibilities to approach – dark space of suicide prevention – with whānau . • Luke shared about Northland Rugby Initiative (#1737) – we look forward to supporting this kaupapa in due course. 	<ul style="list-style-type: none"> • MoU between Te Whatu Ora and Coronial services – requires navigation as Suicide Prevention team in Te Whatu Ora have access to suicide death data and info about whānau . • Mission is to reach out to whānau that does not cause further distress. • Relationships with key groups in community are important. Acknowledge communities know their own communities – and acknowledge relationships are important to understanding the best response to whānau . • Prevention and Postvention are connected. • Whānau feedback has highlighted diverse whakaaro about approaches regarding suicide prevention.
<ul style="list-style-type: none"> • TUHIATA MAHIORA (New Organisation - two years old) collective of professionals with a range of discipline and practice experiences. AoD practitioners • Two parts of the service. One part is to provide AOD support to Corrections (whānau coming out of prison – transition into community with AoD support – relapse prevention), Restorative justice providers for Kaitaia (whānau coming out of sentencing – supporting the relationship with offender). Work alongside OT – supporting whānau coming through 	<ul style="list-style-type: none"> • Second part: Professional services to support organisations and professionals in a range of ways. RFP writing, Accreditation and Supervision (main component). • Supervision portfolio- kaupapa Māori supervision to Kaupapa Māori providers in Te Tai Tokerau with access to a national collective of bicultural group of supervisors. Support kaimahi to be sharp, responsive, to be quick and to be articulate as matauranga

<p>ROC process. (whānau who require intensive support). Counselling is provided with whole whānau . Work with 5- 12 year olds (Awhi mai Awhi Atū) counselling at schools (supporting them in their place in their whānau - looking at how to understand what’s going on in their whānau – here we support them to community to articulate what’s going on for them). Utilise youth development approaches and working alongside their whānau .</p> <ul style="list-style-type: none"> • 12 – 24 years of age: Youth mentoring – we are working in the mild to moderate space. Anything with higher needs are referred to the DHB. 	<p>Māori professionals. We go home well esp. with this type of mahi that can be taimaha.</p> <ul style="list-style-type: none"> • Having access to whānau who can be great supervisors who are tailored to kaimahi. • Corey & Cera have worked with Te Rau Ora – recently have taken lead with He Puna Whakaata -values based tool and way of practice (activity based approach) based on matauranga Māori . <p>He Puna Whakaata: Te Tai Tokerau Workshop Potential</p>
<ul style="list-style-type: none"> • TE HIKU HAUORA: 200 + kaimahi strong Hauora Māori – Primary health Organisation with a long local history (over 20 years) Maria (CEO) been home for just over a year. • Range of differing services such as Pharmacy, Dentist / Oral Health Services, General Practices(registered to 12,000 people), large outreach community team (#40 kaimahi) who serve across Muriwhenua (prevention, health promotion, intervention and supports) , Home Support & Community team (#63 kaimahi) who have recently moved into the old Idea Services in Kaitaia. <p>Maria shares of the past initiatives and actions that occurred in Muriwhenua in the past e.g. Kai Hapai, Postvention response via community (Te Oranga – Te Rarawa, Northland DHB and others), Suicide Mortality Ropu. Etc.</p>	<ul style="list-style-type: none"> • We have been creating a new workforce and new workforce development opportunities to increase access to health services to our communities. • As you know we drove the collective redesign of Kia Piki te Ora – Māori suicide prevention services in Muriwhenua. Which we have been developing over the last 6-8 weeks. • We have a Māori mental health nurse (clinician) alongside our emerging taiao focused mental health team and programme, and our Tane Ora lead. • We are being supported by Tuia Maara Whenua – Jo Murray and the collective of Rongoa Māori practitioners. • There are four Rongoa Māori hubs operating currently – Hokianga – western hub, Kaitaia – central hub, Eastern hub and further north to Te Hapua. Their mission is to provide a dual approach and an option for whānau . • It is our desire to build the local collaboration to address the losses to suicide amongst our communities. • We have rich and active taumata kuia and kaumatua and we have built Te Hikutanga team with a series of wananga for kaimahi Māori and other aspects to elevate te reo me ona tikanga. <p>Heads up:</p> <ul style="list-style-type: none"> (a) Muriwhenua Wellbeing Festival – 6th April @ Te Ahu Centre. (b) Kia Piki te Ora Healing Wananga – 12- 14th April – Waimanoni Marae. (c) Whānau led facilitated programme (will launch and be piloted in late April /May 2024).

HOW ARE WE GOING TO WORK TOGETHER?

GETTING TO KNOW EACH OTHER	PRINCIPLES	RAUEMI
<ul style="list-style-type: none"> • Everyone has an opportunity to engage with key services for a day • Find out what services there are, what they do and how • Have somewhere we can find out who is who in the Zoo. • Once a month – service Zui so we can get to know each other 	<ul style="list-style-type: none"> • How we work together has to be mana focused, upholding our mana and the mana of the people we work with. • ‘Muriwhenua Tika Kotahitanga’ • Te Whare Tapa Wha foundational approach • Kia Piki te Ora the name can manifest the vibrations for our whānau • Carry on the legacy of Whaea Viv. 	<ul style="list-style-type: none"> • Data based system that has all of our profiles people can access – UBER EATS PROFILE • Create a service directory that highlights skills and strengths – What is your super power? Synopsis of what you can offer. • Shared Services Calendar – what’s happening at differing times of the year in Muriwhenua so we can support each other. (with events) • Approved referral handover process (working with someone and take them to the next person)
FOCUS	INFRASTRUCTURE	BUILDING CAPACITY
<ul style="list-style-type: none"> • Concentrate on our people • Take it to our Marae • Tangata Whenua first • We have to heal our people first! • Free services • Provide to everyone • Share this kaupapa with our whānau and community champions. 	<ul style="list-style-type: none"> • Need to create a sustainable model and systems. • Translatable / universal approaches that anyone can implement and is shared across a range of people. 	<ul style="list-style-type: none"> • Growing collective knowledge – matauranga through wananga. • Strengthen our knowledge about suicide and suicide prevention • Learning directly from whānau members who have been impacted by loss to suicide – what could’ve helped! • Supporting each other with common kaupapa especially where this is experience in kaupapa.

RECOMMENDATIONS

<ul style="list-style-type: none"> • Regular hui a kanohi scheduled to foster whanaungatanga, strong relationships amongst services, groups & people. • A Service Directory • Invite Whānau korero and perspectives about what support would be of benefit to whānau. 	<ul style="list-style-type: none"> • Collective Events Calendar • Increased knowledge of what services can offer. • Reach out to each other to learn more about each other. • Phone Tree – Triage System. • Contact List
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ORGANISATIONS TO BE INVITED INTO THE COLLABORATIVE MURIWHENUA RESPONSE TO SUICIDE PREVENTION

<ul style="list-style-type: none"> • ACC • ANT Trust • He Korowai Trust • Kaitaia Hospital • Mahitahi • Māori Womens Welfare League • Mauri • MSD • RANGATAHI • Te Whatu Ora – Crisis Mental Health Team • WHĀNAU 	<ul style="list-style-type: none"> • Fire Brigade • Hato Hone • Indigo • Miriam Centre • Ngāti Kahu • Ngāti Kahu Health & Social Services • Ngāti Kuri • Te Rarawa • Te Runanga Whaingaroa • Te Whare • Waitomo Papakainga • Womens Refuge 	<ul style="list-style-type: none"> • Far North Safer Communities • Hope House • Rakau Ora • Sports Clubs • Te Aupouri • Te Hiku Connect • Te Hiku Iwi Development Trust • Te Runanga a Iwi o Ngāti Kahu • Whiria te Muka • Oranga Tamariki 	<ul style="list-style-type: none"> • Funeral Services • Churches • Police • Schools • Marae • Early Childhood Education Centres • Māori Lawyers • Far North Mayor • District Council • GP Practices • Farmers • Iwi
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NEXT HUI: 17TH MAY 2024 THE REAP CENTRE, KAITAIA

10AM - 3PM

STAKEHOLDER CONTACT LIST FROM 28TH MARCH 2024 HUI

NAME OF ORG / GROUP	KAUPAPA	KEY CONTACT PEOPLE	EMAIL & WEBSITE	PHONE
<ul style="list-style-type: none"> Tautoko Tane 	Tane Ora Supporting Tane living with impacts of violation.	<ul style="list-style-type: none"> > Bert Henry > Joe Wira 	Bert Henry. Email: bert@msttt.nz . https://tautokotane.nz/contact/	Phone: 021 258 2066.
<ul style="list-style-type: none"> Suicide Postvention Team with Te Whatu Ora- Te Tai Tokerau 	Whānau Ora Supporting whānau , communities in Te Tai Tokerau who have experienced loss to suicide.	<ul style="list-style-type: none"> > Crystal > Luke > Manurere (in Kaitaia) 	Manurereau.Allen@northlandddhb.org.nz	021528318
<ul style="list-style-type: none"> Tuhiata Mahiora 	Rangatahi & Whānau Ora Supporting Taitamariki, Rangatahi & Whānau	<ul style="list-style-type: none"> > Corey James > Cera James 	cera@tuhiata.org.nz corey@tuhiata.org.nz	0508 Tuhiata
<ul style="list-style-type: none"> Te Ropu Whitiara - Te Whatu Ora- Kaitaia(Kaupapa Māori Mental Health Services) 	Kaupapa Māori mental health service located inside secondary care mental health services. (Adult)	<ul style="list-style-type: none"> > Joan Norman 	joan.norman@northlandddhb.org.nz	
<ul style="list-style-type: none"> Te Ropu Kimiora – Te Whatu Ora – Kaitaia (Child & Adolescent Mental Health Services). 	Community based Child & Adolescent Mental Health Services located inside secondary care mental health services.	<ul style="list-style-type: none"> > Tracey Robson 	Tracey.Robson@northlandddhb.org.nz	
<ul style="list-style-type: none"> Tuia Maara Whenua (Rongoa Māori Services) 	Collective of Rongoa Māori Practitioners provide a range of rongoā, mirimiri – healing services across Muriwhenua.	<ul style="list-style-type: none"> > Joanne Murray 	Kupenga.kupe@gmail.com	
<ul style="list-style-type: none"> Whakawhitiora Pai 	Northern most Hauora Māori –	<ul style="list-style-type: none"> > Kimiora Barrett 	kimiora@wop.co.nz	

	Primary Health Organisation serves the communities from Waiharara to Te Hapua.			
<ul style="list-style-type: none"> Kia Piki te Ora – Muriwhenua 	Māori Suicide Prevention Team with Te Hiku Hauora.	<ul style="list-style-type: none"> > Danelle > Amaria > Juliet > Ropata 	Danelle.Simeon@hauora.net.nz Amaria. Abraham@hauora.net.nz Juliet. McLean@hauora.net.nz Ropata. Matthews@hauora.net.nz	
<ul style="list-style-type: none"> Manaaki Tangata – Victim Support NZ Police - Kaitaia		<ul style="list-style-type: none"> > Rose Vazey Roberts 	admin@ngaitakotoiwi.co.nz	
<ul style="list-style-type: none"> Te Hiku Hauora 	Hauora Māori Organisation – primary health care services	<ul style="list-style-type: none"> > Bundy > Pat > Tom > Maria 	@hauora.net.nz	