



# Te Rōpū Mahitahi o Muriwhenua

**Muriwhenua  
Collaborative:**  
*Suicide Prevention*  
May 2024



**Te Hiku  
Hauora**



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May 2024**

Ngā mihi kia koutou ngā tuakana o **Te Rōpū Mahitahi o Muriwhenua**

Attendees: Collaborative Hui @ The Reap Centre, Kaitaia. 17<sup>th</sup> May 2024

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We had the opportunity to meet and hear from the CASA Whānau who presented their range of support kete that will be of value to Muriwhenua.

## CASA

Group Presentation was provided by the CASA Team: Bree Solomon ( Key contact: [bree.solomon@casa.org.nz](mailto:bree.solomon@casa.org.nz)) Brooke Brake ( Aoake te Ra: [brooke.brake@aoake-te-ra.org.nz](mailto:brooke.brake@aoake-te-ra.org.nz)) Wylie Te Peeti and Miriama Scott.

- Manuhiri from CASA presented their services to Muriwhenua Collaborative
- CASA – Clinical Advisory Services Aotearoa
- Two years again CASA engaged with Kuia and Kaumatua to add kawa and tikanga into CASA and the mahi that they were providing
- How can we take this establishment into areas whilst respecting and keeping the mana of haukainga and tangata whenua in front of us
- In recognition of the Parekawakawa of kuia at a Tangi – we devised a name out of this: Nga Koruwhiringaki o te Aroha Rōpū
- It has been a great learning for non Māori colleagues.
- From our hearts and the kuia heart – we recognise the tapu, tikanga and the kawa.
- We acknowledge Muriwhenua to be part of this kaupapa today
- Kuia and Kaumatua are part of the Board, part of the Kahui
- Matua Daryl Gregory is another kaumatua who has been part of the development of CASA.
- Acknowledge what Muriwhenua are experiencing at present
- Humbled to be invited into Muriwhenua
- The successes in what we may do collectively is embedded in the connections and relationships we will have together. We come along as the learners from yourselves.
- We are privileged to travel across Aotearoa to share knowledge and learn. We are here to tautoko communities – we are privileged to be in Muriwhenua.
- We are a national kaupapa – we don't work directly with whānau. We support you, the people who support the whānau.
- We are informed by research – evidence base but we are also informed by community. It is about honouring the contributions of whānau.
- It is important how we collectivise and come together in this domain to support each other.
- **There are a range of Kete of knowledge that are held in CASA which include:**
  - › **Orangatonutanga – Towards Wellbeing:**

We have a number of TWB advisors who can knowledge share and give guidance to social workers in the OT domain in identifying and managing suicide risk, sharing knowledge about mental health including how to access resources. Enhancing the capacity and capability building for suicide prevention:
  - › **To te Ra: Community Postvention response Service:**

We offer guidance and knowledge to support communities to identify and minimize contagion (where one moumoutangata or suicidal behaviour increases the likelihood that others may attempt or die by moumoutangata.) or cluster (multiple maumautangata than expected occur in time, place or both). We support where an invitation to To Te Ra is extended by communities, community agencies, Iwi or concerned groups. Our goal is to offer knowledge, to build and grow the capabilities of communities so those communities can respond to maumautangata in their areas, so that the knowledge and expertise resides in the community and communities can lean into To Te Ra when they need to. To Te Ra supports Iwi led and whānau driven solutions. We work with suicide prevention coordinators, postvention working groups closely and advocate for tangata whenua representation in these spaces particularly where there is moumoutangata māori. We are continuing to build key relationship and



connections with local and regional services, kaupapa Māori services and the Kia Piki te Ora collective. Our goals is to support communities to prevent moumoutangata.

- › **Aoake te Ra: Bereaved by Suicide Service.** We are a free service that provides tautoko and manaaki to individuals and whānau who have lost someone by moumoutangata. We provide coaching and support to providers in communities so they can support local whānau and communities as need. When whānau want to access services – it is 100% up to whānau with whom they can access. They select who they wish to work with to help them with their grief. There are pathways for kaimahi who are registered or under a service. There is no restriction on the timeframe on when whānau can reach out to access support for their grief. Provider training is available for those interested in becoming a provider and those who are already doing the mahi.

Website: <https://www.casa.org.nz/>



(Te Rōpū o CASA Nga koru whirinaki o te rau aroha)

(Brooke Brake, Te Waere Te Peeti)

- › Crystal Paikea shared of the significant impacts a whānau she knows who accessed Aoake te Ra. It can be helpful to have access to practitioners avail for whānau bereaved by suicide. We need more pracittoners avail in Muriwhenua to support whānau in their grief in the ways they need. “beneficial for Māori and non Māori whānau” .
- › Muriwhenua need to build capacity and capability in the spaces to support whānau with loss.

<p><b>Whanaungatanga</b>  <b>Bringing together our strengths we will achieve more</b></p>	<p><b>Whakamana</b>  Ehara taku toa i te toa takitahi  engari <b>he toa takitini</b></p> <p><b>As a collective our mana comes from our collective in working together but we acknowledge individuals mana</b></p> <p><b>Valuing everyone and acknowledging everyone</b></p>	<p><b>Whānau</b>  No man is an island  Whānau is more than one person  Professional and whakapapa  Coming together around kaupapa  There are specialists in whānau  Every whānau has someone who makes the fried bread who are the experts  What brings us together is – whānaungatanga - aroha</p>
<p><b>Whakapono</b>  <b>Believing in yourself</b></p>	<p>Believing in the kaupapa you are working on</p>	<p><b>Kotahitanga</b>  For things to flow we must work as a collective and being on the same waka. Having the same focus</p>
<p><b>Kaitiakitanga</b>  Protection of the tapu, mana and whenua    Guide our whānau and protect whānau @ their pace so we are not coming in to tell them what to do</p>	<p><b>Respect</b>  Respecting people and whānau where they are at. And being there for each other – and acknowledging whats right at the time.</p>	<p><b>Tika</b>  Guided by whats tika – puku feeling – you just know!!</p>
<p><b>Pono</b>  Genuineness, transparency, authentic in what we are committing too.  Recognise the need for courageous korero with whānau. Sometimes our whānau appreciate the firm, bold korero. Pono could be powerful in what we are doing.  Overcoming stigma around suicide.</p>	<p>Long Term Commitment to the kaupapa and being genuine about it</p>	<p><b>Tautoko</b>  Ngā tangata me nga whānau  I muri ake I tutaki moumoutangata    Tautoko is necessary. Everyone needs tautoko no matter who you are.  We can give tautoko to whānau, hapu and Iw going forward.</p>

# How will this collaborative work?

- We will make a Commitment to this kaupapa
- Allow for space and time for the development and support the ORGANIC approach
- Regular hui
  - Keeping the mauri of the kaupapa alive
- In between these lines
  - Email → regular connection
  - Kanohi ki te kanohi
  - Zoom hui
  - Have one rep from each organisation
- TAUTOKO
  - Supporting each other's kaupapa: attending and turning up to other orgs hui and kaupapa
- Kotahitanga, Whakapono, Whānaungatanga, Whakamana
- WHĀNAU
  - Keep the focus on the whānau, NO policies
  - Affirm our commitment
- WĀNANGA
  - Sharing of resources
  - Sharing of skills. Training and Education
  - Sharing of practical skills, we can use

MINI WĀNANGA to share about the MODELS WE USE

- Commitment to the Kaupapa
- Allowing space + time for the development  
ORGANIC
- Regular hui: Keeping the mauri of the kaupapa alive.

in between these times. → email → regular connections  
 → Kanohi ki te Kanohi  
 zoom hui.  
 Have 1 rep from each org.

How will this collaborative work?

~~Relationships~~

**TAUTOKO**

Supporting each other's

Kaupapa: attending + turning up to other orgs hui + kaupapa

Kotahitanga  
 Whakapono  
 Whanaungatanga  
 Whakamānā

**WHANAU**

Keep the focus on our whanau. No politics.  
 AFFIRM OUR COMMITMENT.

**WANANGA**

Sharing of resources.  
 Sharing of skills. Training + Education.  
 Sharing of practical skills we can use.  
 MINI WANANGA, WHAT MODELS WE USE?



# HOW:

## *Collectively formulate Kawa, Tikanga for the kaupapa*

- We will allocate time for each person and provider to share and teach their most up to date knowledge about what suicide preventions looks like in their experience.  
↑ our capacity to respond and support
  - Identify and define where in suicide prevention they work best. Plus, contacts (must be updated and accurate).  
→ Clear referral pathway: WHO? WHEN? HOW?  
→ Contact list co-ordinator (Poumanawaroa – longest serving)  
Responsible for collective comms.
  - Wānanga together when whānau identify/ need/ want help pre or post moumou tangata to strategize supports.
1. Anyone who has whānau asking for help. Contact the Co-Ordinator to organise hui.
  2. We all, kotahitanga, hui together and make co-ordinated strategy and plan to support whānau going forward.
  3. DO IT
  4. Initial respondent is responsible to follow up and ensure plan is being done.
  5. We are responsible for follow through

**“We’ll take it to the collaborative”**

**REASSURANCE**

## HOW:

collectively formulate Kawa, Tikanga & Ture for the Kaupapa.

- We allocate time for each person/provider to share/teach their most up to date knowledge about what suicide prevention looks like in their experience  
⇒ ↑ our capacity to respond & support.
- (Identify & define where in suicide prevention they work best. Plus contacts (must be updated & accurate)  
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  1. Anyone who has whānau asking for help contacts the co-ordinator to organise hui
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"We'll take it to the collaborative"

REASSURANCE

# CORE RŌPŪ (IMMEDIATE RESPONSE)

## MURIWHENUA COLLECTIVE

- Identifying whānau at risk (Report- In series- via whānau)
- What supports can be wrapped around them (prevention)
- Workshops

## KAITIAKITANGA

- Right people
- Right sources

## WHAKAWHITI KORERO INFORMATION SHARING

- Agreed tikanga on information sharing (confidentiality- what and how)
- Honouring whānau information.

## WHAKAPONO TRUST and RESPECT

- Respecting everyone's views
- Taking away personal whakaaro about whānau services
- The kaupapa at the centre (whānau).

## KOTAHITANGA UNITY and COLLABORATION

- Whānau have the mana
- Pull resources and knowledge together

## WHĀNAUNGATANGA RELATIONSHIPS CONNECTIONS

- Regular Hui
- Identifying supports needed
- Creating a safe space/ place to share/ be open/ be honest
- Mutual/ Respect
- Knowledge sharing on services

Information Sharing

Consent

Confidentiality

Open (Means of checking best contact)

Honest

Keeping Informed

Take them through situation

Keep engaged with follow up call

Table- Information Share

Put process in action

Feeding in  
**CORE ROOPU**  
 IMMEDIATE RESPONSE

**MURIMAHENUA COLLECTIVE**

- Identifying whānau at risk - (at least - in services - via whānau)
- What supports can be wrapped around them (prevention)
- Workshops

Challenges of Confidentiality

**WHAKAHITI KŌBERO**  
 INFORMATION SHARING

- Agree tikanga on information sharing (Confidentiality - what + how)
- Honoring whānau information

**Kotahitanga**  
 Unity + Collaboration

- Whānau have the mana
- Pull resources + knowledge together.

**WHANAUWHAKAHIKI**  
 RELATIONSHIPS  
 CONNECTIONS

- Regular hui
- Identifying supports needed
- Creating a safe space / place to share / be open / be honest
- Mutual Respect
- Knowledge sharing on services

**KAITIAKITANGA**  
 GUARDIANSHIP

- Right people
- Right services

**Ngāwaka**  
 sharing

Consent  
 Confidentiality

Checking  
 Best interests  
 Best contact

Open  
 Honest

Keeping Informed

Take them through  
 Situations

Support each Step

Keep Engaged  
 with Sellow up  
 Call

Table - Informatics  
 Share

Put Processes in action

# WHAT TRAINING/ PROFESSIONAL DEVELOPMENT

- Everything I need to be kept up to date
- **FENZ/Brigade**
  - Preparing new and potential members for incidents they are exposed to (Trauma, Suicide, Car Accidents)
  - Have, Peer Support (volunteers), Welfare Support, Psychologist, Counsellors.
  - Support for first responders around how to work with whānau on the scene.
- Facilitating whānau hui/ healing
- Facilitating workshops
- Leadership training
- Supervision/ Supporting others
- Muriwhenua Whakapapa Wānanga (Waka, Tupuna, Rohe, Pa, Marae, Whānau).
- Language: What are the appropriate words to use. The space shifts so fast it's hard to keep up.
- Purakau that can relate and be used practically used for whānau
- Trauma informed practice. Training from a Te Ao Māori perspective (Grief, Haa ki roto, Haa ki waho, Māori mindfulness)
- Grief and Loss training from a Te Ao Māori perspective.
- Postvention suicide support.
- Hapori Training
  - Having an "expert" do training around suicide
  - Signs
  - Approach
  - Safe planning
  - Open to all kaimahi and whānau
- Motivational Speaker. Hearing first on experience from a whānau who have been through the beginning/ during/ post. "what worked and what didn't?".
- Training around the current process:
  - Voicing suicidal ideation
  - Plan for guidance
  - Means for suicide
- The correct process after this crisis:
  - Crisis team and how to communicate this for action.
- Training
  - Mahi a Wairua
- Safety
  - Cultural
  - Risk Management



- Hands on
  - Holding korero
  - Where to?
- Governance
  - Then what?
  - Pathways
- Research
- Leadership
  - Community led
- Creating worthwhile supports
- Have had zero training in this space, wanting to learn. Look where to start. “Today was a start”.

# What Training / Prof. Develop <sup>mt</sup>

Joe Hira

everything need to be kept upto date:

Muriwhenua Whokapapa  
Wananga

- Waka
- Turanga
- Rotorua
- Pa
- Marae
- Whanau

\* Lanamanga  
What are the appropriate words to use the space sits so fast its hard to keep up!

Purakau that can relate + be used practically need for whanau

FENZ/Brigade

Support for first responders around how to work with whanau on the scene.

FENZ/Brigade

Preparing new & potential members for incidents they are expected to

- trauma
- suicide
- car accidents

FENZ/Brigade

Have - peer support (volunteers)  
- relieve support  
- psychologists  
- counsellors

Have had zero training in this space, wanting to learn - look at where to start

Today was a start

Facilitating  
whanau kaiti  
healing  
Facilitating  
workshops

Leadership  
training

Supervision/  
Supporting others

- Grief / support
- Trauma informed practice training

POST TRAUMA

TE HIKUWANGA  
ROO...

Everything

Need to keep upto date.

Support - Trauma  
grief

Trauma informed practice  
Training from a Te Ao  
Maori lens:  
\* Grief & loss training from a Te Ao Maori lens.

Peer-vent on suicide  
support  
Training in pathway  
Partwaying

Trauma informed practice training

- Grief

- He Kaiti / He Kaiti

- Maori mindfulness

\* Hoopononono Training - focus on "tepe" do  
- kaiti around  
- suicide  
- grief  
- support  
- all things  
- open to all kaiti  
- whanau

Motivational Speaker.

Hearing first  
hand experience  
from a whanau  
who have been  
through / during / post  
"what worked, what didn't"

Training around the current  
process, ie, writing, evidence  
- Plan for suicide  
- Means for suicide  
Also the correct process after  
this is crisis team and  
how to communicate this  
for scene.  
Training -

Make a whanau  
Safety - cultural  
- risk management  
Hands on writing being  
- resilience - trauma  
- research  
- leadership  
- community  
- being available supports

MAORI RISK  
ASSESSMENT  
FRAMEWORKS OF SEITI

Maori lens that  
can be used to help  
people to help  
but not to help