Front Cover:
Ngā mihi ki ngā kura
Hato Paora College: Pilot kura 2007 Whaia te Ara Mōu, Kia Tū Hei Pou
Opotiki College: Pilot kura 2007 Whaia te Ara Mōu, Kia Tū Hei Pou
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INTRODUCTION

Ko ia e kai ana i te miro, nōna te ngahere
Ko ia e kai ana i te mātauranga, nōna te ao

The forest belongs to those who partake of the miro berry
The world is full of possibilities for those who participate in education

Kau ake tonu ngā mihi ki a koe e te manukura, otirā ki a koutou katoa e ihu one ana kei roto i tēnā whare rangatira, mā pango mā whero ka oti pai ai te mahi. Anō hoki he mihi tēnei mō tō koutou awhi mai, tautoko mai i te kaupapa matua nei tō tātou, arā te hāpaihanga te puāwaitanga o te ao Māori. Nā tēnā rourou ā koutou, ka āhei tātou kia kite te ara tika kei mua i a tātou. Kei te mihi, kei te mihi, kei te mihi.

Te Rau Matatini is the national Māori health organisation that aims to enhance whānau ora, mental health and wellbeing, and has a specific strategic focus on workforce development.

Te Rau Matatini has produced a range of educational resources developed around the delivery of the health curriculum in secondary schools and wharekura (total immersion Māori secondary schools).

The resources and teaching materials place a strong emphasis on the promotion of wellness, and aim to assist students to develop a deeper understanding of mental health and well being including engagement around personal growth and development, goal setting, identity, community attitudes and communication.

The resources meet relevant Health and Physical Education, NCEA standards and are free to all schools in Aotearoa.
While the resources listed in this catalogue are designed to assist teachers in delivering the health curriculum, they go a step further by linking the syllabus with career pathways that can lead to employment in a diverse range of occupational roles and settings associated with mental health – from social worker to nurse to psychiatrist or manager.

Information is provided here for career advisors and staff working alongside students around further education and training opportunities – including career profiles, case studies, information about tertiary courses and training requirements, bursaries and scholarships and helpful links.

Please contact Te Rau Matatini to discuss any of the resources or information contained in this catalogue, to seek further advice on using any of the resources or to provide feedback, we welcome your comments.

An order form is included within this catalogue which you can photocopy and post or fax, or you can contact Te Rau Matatini at the contact details below and order directly.

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Whaia Te Ara Mōu 2007
A Mental Health Curriculum and Career Study Guide

Nāu te rourou, nāku te rourou, ka ora ai te iwi
With your contribution and mine, we will be better off

Language: English

Level: Years 11, 12 and 13

NCEA Alignment:
Health Unit Standard 14244 v3 (L1): Demonstrate personal and interpersonal skills within a health education context.
Health Unit Standard 14236 (L1): Explore and develop personal goals that contribute to well being.

Components:
• Study Guide (for teachers) containing 10 lesson plans and accompanying components.
• Video/DVD- Whaia Te Ara Mōu: Social Work Career Feature and Ministry of Health: Sticks and Stones.
• CD Rom- Study Guide and audio files of music are included as part of lesson plans.

Code: WTAM03

Whaia Te Ara Mōu 2007 is both a teaching resource and a guide to a career in mental health. It incorporates mental health education and applies curriculum concepts, ideas and competencies to real life situations. Through the completion of the study guide, students will:

• develop the knowledge, skills and attitudes needed to enhance and preserve personal well being
• develop greater understanding and skills to foster positive interactions and relationships with other people, and
• develop critical thinking and goal setting skills for future planning and exploration of life beyond school.
The resource provides opportunities for students to engage in personal growth and development activities, including short- and long-term goal setting. Other activities focus on the importance of identity, communication skills, and the ability to work as part of a team.

**Content**

Whaia Te Ara Mōu 2007 incorporates a number of achievement outcomes across three strands of the Health and Physical Education curriculum, including Personal Health and Physical Development, Relationships with Other People, and Healthy Communities and Environments. Furthermore, the resource provides for a number of learning opportunities outlined in the Mental Health Key Area of Learning and contributes to a number of essential skills, including:

- self-management and competitive skills
- communication skills
- problem-solving skills
- social skills, and
- cooperative skills.

The resource contains ten lesson plans, within which is a description of the objectives for each lesson, a description of class activities, background information, and a variety of material to be photocopied as overheads or hand-outs. The resource is structured into ten chapters, or lessons:

**Lesson 1** Foundations of Mental Health  
**Lesson 2** Awareness of Values, Race, Ethnicity and Culture  
**Lesson 3** Understanding Our Own Values, Race, Ethnicity and Culture  
**Lesson 4** The Importance of Resilience  
**Lesson 5** Thinking Ahead and Planning for Your Future  
**Lesson 6** Introducing the Concepts of Stigma and Discrimination  
**Lesson 7** Understanding and Combating Stigma and Discrimination  
**Lesson 8** Communication  
**Lesson 9** Understanding More about Mental Health and Mental Illness  
**Lesson 10** Team Work and Community

“It’s always good when the whāinga are already set out for you. You know what your chief objectives are and that’s helpful and the how it also has a guideline … where you can actually go for rauemi (additional resources) and the references are there.” Teacher involved in the pilot for Kia Tu Hei Pou
The Whaia te Ara Mōu, Ko Tēnei Au resource incorporates activities in te reo Māori that support holistic wellbeing. The resource aligns with the Ministry of Education’s Health and Physical Education Curriculum.
The underlying concepts and the key areas of learning related to mental health include:

- knowledge, understandings and skills to strengthen personal identity and enhance a sense of self-worth
- knowledge and understanding of the benefits of physical activity, relaxation, and recreation in relation to mental health, and
- values and attitudes that support the enhancement of mental health for the students themselves, other people, and society.

The resource, which utilises music, animation and real life experiences, encourages the use of activities that confirm identity and engagement with Te Ao Māori, and places emphasis on the importance of self-esteem to improve confidence. In addition, students are encouraged to seek ways of keeping themselves safe spiritually, emotionally and physically while learning about community health services that provide support, when needed, for themselves as well as their whānau. *Whaia te Ara Mōu Ko Tēnei Au* also aligns with Te Whare Tapa Whā, the Māori mental health model that incorporates the four dimensions of health.

**Content**

**Te Taha Wairua** promotes the learning of identity through important iwi, hapū and whānau connections, significant ancestors, geographic markers and boundaries. Other activities in Te Taha Wairua support a Māori worldview of health, the use of karakia, rongoā rākau and encouraging contact with tohunga rongoā rākau – holders of traditional Māori health practices.

Te Mahi Tuatahi – Ngā Karakia
Te Mahi Tuarua – Ngā Rongoā Rākau
Te Mahi Tuatoru – Ngā Pepeha
Te Mahi Tuawhā – Ngā Whakataukī
Te Mahi Tuarima – Te Kaimahi Tautoko Taiohi

*“Koira te mea papai rawa atu o Ngāi Māori ki te kite i tētahi rauemi hei awhina i a rātou i roto i te reo Māori hei awhina i ngā tamariki i roto i te reo Māori. Ā, ko te nuinga ō a mātou tamārika i roto i te wharekura, kāhore e mau tika e mau tūturu ana i te reo Pākehā, ana ki te kite rātou i tēnei āhuatanga i tētahi pukapuka e mau ana i te rama, hei painga mō rātou.”*

Pouako mo Kia Tū Hei Pou
The **Te Taha Whānau** section incorporates activities that encourage students to find their whānau strengths and identify their positive role models so that they can make informed choices about their future. It also includes a rangatahi story and identifies whānau strengths and career choices.

**Te Mahi Tuatahi – Tū Teitei tonu Maunga Aoraki**
**Te Mahi Tuarua – He Taonga Tuku Iho**
**Te Mahi Tuatoru – Ngā Taonga Tuku Iho**
**Te Mahi Tuawhā – Inā Mutu te Kura**

**Te Taha Tinana** promotes physical wellness through exercise in all its forms. Activities in this section encourage taiohi to discover and strengthen their Hā by composing, for instance, waiata ā-ringa or haka.

**Te Mahi Tuatahi – Te Hā o Ngā Tūpuna**
**Te Mahi Tuarua – Te Hā o Ngā Taiohi**
**Te Mahi Tuatoru – Te Umanga Whakaora**

**Te Taha Hinengaro** activities encourage students to express their feelings and to learn about issues that may put them at risk, such as taking drugs, alcohol, unprotected sex and teenage pregnancy. Te Taha Hinengaro also includes activities that encourage opportunities for kura to engage with community health services and to learn the support these services offer taiohi.

**Te Mahi Tuatahi – Ngā kupu e pā ana ki ngā kare ā-roto** (emotions)
**Te Mahi Tuarua – Ngā mōmō māuiuitanga**
**Te Mahi Tuatoru – E kimi tautoko ana**
**Te Rata Mate Hinengaro**

The resource also promotes mental health career opportunities for rangatahi, and profiles four mental health careers:

- Te Kaimahi Tautoko Taiohi (Youth Worker)
- Te Kaimātai Hinengaro (Psychologist)
- Te Umanga Whakaora (Occupational Therapist)
- Te Rata Mate Hinengaro (Psychiatrist)
“He tino hiahia o te tamariki te puta atu i tēnei kura me te whakaaro kāhore he take mo te waipiro, kāhore he take mō te kai tarutaru. Kei te mōhio rātou he painga ake i te waipiro.

There is no doubt that the children are progressing with this type of programme. There is an absolute need for the child to leave this school with the view that there are issues with consumption of alcohol and drugs. They know that there are better things beyond alcohol”.

(Pouako, Evaluation of Whaia te ara Mōu, Kia Tū Hei Pou, 2007)

Language: Māori and English (Bilingual)
Level: Te Reo Māori competency at NCEA Level 1 for completion of Māori language workbook; Years 9 and 10 for completion of English language workbook.

NCEA Alignment:
• Health Standard 90066 (Internal Unit, L1): Demonstrate understanding issues related to drug use.
• Health Standard 14260 (External Unit L1): Demonstrate knowledge and skills to make safe choices in situations involving alcohol.

Components:
• Teachers’ Guide
• Students’ Workbook (English or Māori Language)
• DVD/CD ROM- Teachers’ and Students’ Guides, DVD- Te Ahurei a Rangatahi (Effects of Alcohol on Young People) an animation resource.

Whaia te Ara Mōu, Kia Tū Hei Pou incorporates activities in te reo Māori and English that support holistic wellbeing, with a focus on knowledge, understandings and skills to make informed, health-enhancing decisions in relation to drug use and misuse. The resource aligns with the Ministry of Education’s Health and Physical Education Curriculum, as well as the contemporary health model Te Whare Tapa Whā.
The primary intent of the resource is to support taiohi (rangatahi /youth) Māori to seek positive pastimes and to know the dangers of alcohol and other drugs through:

- learning about the effects of drugs on all dimensions of hauora
- becoming aware of choices and consequences
- using communication and problem solving skills effectively
- developing strategies for protecting themselves and other people and society
- accessing support in problem situations
- learning about policies and laws and critically analysing ways in which society influences people in relation to drugs and the impacts that drug use and misuse have on society.

The resource uses and promotes activities and discussion that seek to minimise the harm of alcohol and other drug use. Students are encouraged to know and develop their strengths, seek ways of keeping themselves safe - spiritually, emotionally and physically, know where to go to seek help or support for themselves or their whānau, and make positive choices about their future.

Content

**Ngā Pou Kōrero** - Young peoples’ drug use is shaped by social, cultural and economical contexts. These contexts are also important in developing effective education about drugs for young people. This section encourages understanding and application of societal values and beliefs associated with alcohol and its risks.

Te Mahi Tuatahi  Programmes; Ngā Momo Kaupapa
Te Mahi Tuarua Campaigns; Ngā Whāki Kaupapa
Te Mahi Tuatoru Debates; Ngā Tautohetohe
Te Mahi Tuawhā Promotional phrases; Te Pou Oranga
Ngā Pou o Te Ao Taiohi – This section focuses on the dangers of alcohol to young people, the effects, damage and the impacts of alcohol on whānau, and identifying ways for students to keep themselves safe. The Te Ahurei a Rangatahi DVD is used as a discussion starter about what students can do to stay safe when drinking alcohol.

Te Mahi Tautahi Youth Voices; Te Reo Taiohi
Te Mahi Tuarua Family Solutions; Te Aue o te Whānau
Te Mahi Tuatoru Alcohol Damage; Tū Kaha/Titaha
Te Mahi Tuawhā Out For The Night; Te Whakangahau

Ngā Pou o Te Ao Tūroa – The importance of positive role models, being the best at what they do, and being drug free, underpins this section. Students research both well-known people and people within their own whānau or wider community to understand what inspires them, and how they achieve their goals.

Te Mahi Tuatahi Sports’ Personality; Ngā Hākinakina
Te Mahi Tuarua Music Personality; Ngā Pūoro
Te Mahi Tuatoru Role Models Who Are They; Ngā Tū Kaha

Ngā Pou Hāpai – This section includes activities that encourage opportunities for kura to engage with addiction services and learn the support these services offer young people. It is envisaged that addiction services support the delivery of this programme to profile and provide the specific support needed.

Te Mahi Tuatahi Mental Health and Addiction Services; Te Hunga Mahi Hauora
Te Mahi Tuarua ALAC
Te Mahi Tuatoru Youth worker; Te kaimahi tautoko taioho
Te Waka Oranga Hinengaro
Maori mental health career opportunities (video)

“\textit{I would encourage anyone who is even remotely interested in working in mental health to check it out further, to talk with someone working in the area, to even spend a day with that person. It’s a very exciting job, I am never bored... every day you are going to learn something}”.

Dr Hinemoa Elder (Te Aupouri), Psychiatrist.

Te Rau Matatini commissioned the production of Te Waka Oranga Hinengaro to engage and inspire rangatahi around career opportunities in mental health. The 39 minute feature interviews six Māori mental health workers relating to personal and work experiences – including how they came to work in mental health, their training, their mahi, and the challenges and rewards.

\textbf{Language:} English  
\textbf{Level:} Years 9-13  
\textbf{Components:}  
- Career information video for rangatahi  
- \textit{Te Waka Oranga Hinengaro: Rangatahi Māori} is a career information video developed for students.

\textbf{Code:} WTMA01 (Rangatahi)
A bilingual mental health self help care website that will be developed in 2008.

The CHUR CHUR BRO website is a bilingual mental health self help care website for Rangatahi Māori (12 – 18 years old) that utilise modified versions of the 3 Whaia te Ara Mōu resources. The website offers interactive activities that focus on mental health care information and knowledge. In addition a strengths based approach and access to specialist mental health care is endorsed through the CHUR CHUR BRO website.

The website aims to ensure:

- mental health care information and knowledge, utilising the 3 resources from the Whaia te Ara Mōu series, for rangatahi Māori.
- utilising the 3 resources from the Whaia te Ara Mōu series, a strengths based approach and access to specialist mental health care is endorsed through the website.
- a bilingual rangatahi Māori friendly website utilising the 3 resources from the Whaia te Ara Mōu series and self help information and knowledge on mental health care.

Opotiki College and Te Kura Kaupapa Māori o Te Ara Whanui in Lower Hutt, Wellington have contributed to different phases in the development of the website by providing ongoing feedback to the web designers.

A nationwide competition to produce an original soundtrack for the website was held over a period in 2008, and the winning kura was Te Wharekura o Rakaumangamanga, Huntly.

The Chur Chur Bro website was officially launched on 21st February 2009 at Te Matatini – The National Kapa Haka Festival held in Tauranga.
“Rangatahi should come and work in Māori mental health because they already do it anyway. Māori health is everywhere. It helps to be educated, that’s the drive that I put out there for Māori youth. Get an education and then go back and do the things that they already know within their whānau, like sharing waiata, just sharing and talking with someone, being a good listener. They do that with their peers and with their whānau. So if they go and get an education and put those skills and talents that they know about being creative, they would be great at it!”

Gail Bosmann (Tūhoe), Specialist Rangatahi Youth Clinician (Social Work)

Mental health career opportunities

The resources listed in this catalogue and the information and materials outlined in this section, aim to inspire rangatahi – through the support of teachers, career advisors, peers and whānau - to a future in mental health work, whether in communities, clinics or hospitals.


“It will be obvious that the field is a broad one ranging from youth work, to mental health nursing, to psychology, to the medical specialty of psychiatry, to social work, occupational therapy and community health. All of those career possibilities lean heavily on community attitudes, communication skills, cultural competence, a capacity to develop professional relationships, and of course, formal qualifications at the tertiary level. The intention is to make sure that students are in a position to consider mental health as a serious vocational or professional option. By exploring the foundations of health from a career perspective, they will be able to gain a realistic appreciation of many of the issues.”

Professor Mason Durie
Senior Advisor, Te Rau Matatini.
Resources that explore mental health and Career Options

It is the hope of Te Rau Matatini that students at secondary schools be well informed about the breadth and depth of career opportunities in mental health. The teaching resources included in this section all include components or material that promote career choices in mental health for young people, and provide useful information about career opportunities for both career advisors and students.

*Whaia Te Ara Mōu 2007, Whaia Te Ara Mōu, Ko Tēnei Au and Whaia Te Ara Mōu, Kia Tū Hei Pou* provide introductory information for students about the broad range of occupational roles and settings in mental health. It highlights to students a number of fundamental life skills and competencies needed to be effective in mental health and transferable to other career pathways.

*Whaia Te Ara Mōu 2007, Whaia Te Ara Mōu, Ko Tēnei Au and Whaia Te Ara Mōu, Kia Tū Hei Pou* along with *Te Waka Oranga Hinengaro*, a video resource promoting Māori mental health career opportunities, have been specifically developed for career advisers as well as teachers.

**Useful information and links**

There is a variety of resources and information on the Te Rau Matatini website (www.matatini.org.nz) that will be helpful to career advisors, students and their whānau. A range of mental health career profiles have been established to provide clear and comprehensive information on the different career opportunities. Each profile gives a brief description of the occupational role, including tasks and duties, describes the personal qualities needed, outlines the tertiary qualifications required, and gives an indication of the salary range for that role. Each profile includes interviews with current workers, who share their personal story and experiences.

Staff and students can also use the website to access education and training providers, information on funding options for training through the online database. There are several programmes and/or health agencies that provide scholarships, bursaries and grants to students who train in mental health. The Te Rau Matatini website also includes a large number of useful links to mental health, education and training, and resources websites.
## Order Form

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