



**TE RAU ORA**

**ANNUAL  
REPORT**

**2019**

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978-1-98-850192-5 2019 Annual Report (Printed)

WE REBRANDED



**Te Rau Matatini**



The Mamaku fern references the rau on the original logo as well as health, growth

The overlapping circles symbolise kotahitanga and building stronger relationships

**TE RAU ORA**  
Strengthening Māori Health and Well-Being

Te Rau Ora- our logo, tagline, typography and design should tell a single-minded story

**TUIA** GROUP

**ARATAUA**  
media • communications • marketing

*Advancing our Business are Tuia Group and Arataua Ltd*



**TE RAU ORA**

## FROM SIR MASON DURIE



In 2019 a name change occurred. Te Rau Matatini became known as Te Rau Ora. The renaming was more than a branding exercise. It acknowledged a shift in priorities from an initial focus on building workforce capability for

the formal mental health sector towards a wider emphasis on strengthening the Māori health workforce across the wider range of health interests, including, but not limited, to mental health.

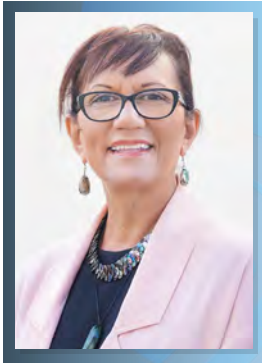
That renewed focus has been especially evident this year. Moreover, it has broadened the meaning of 'workforce' to include people with lived experience, rangatahi, community leaders, whānau leaders, Iwi leaders and health managers. Coupled with this shift has been a parallel extension of 'health services' to incorporate the promotion of wellbeing, the prevention of distress (including the prevention of suicide), addressing the determinants of health, the formulation of health policies, the interaction between health and other sectors including education and conservation, and some outstanding community initiatives.

Our 2019 agenda has taken note of the Waitangi Report 2575 Stage 1 Report, the recommendations from the Mental Health and Addictions Inquiry, the National Suicide Prevention Strategy, and the 'Wellbeing budget'. We have also been able to form working relationships with a wide range of providers and organisations that are committed to achieving gains for Māori. Increasingly we have recognised that sustainable gains will not be achieved by one organisation alone, but by determined efforts to collaborate with a range of like-minded groups.

In all of this we have not lost sight of our original emphasis on Māori capability building and an approach to mental health that goes beyond a focus on mental illness. In that respect our 2019 agenda has increasingly become aligned to 'mauri ora' – Māori wellbeing.

Sir Mason Durie

## FROM THE CHAIR OF THE BOARD



Tēna tātou katoa, E ngā mana, e ngā reo, e ngā karangarangamaha, tēna koutou, tēna koutou, tēna rā tātou katoa

It is with pleasure I present this report as the Chairperson of Te Rau Ora for the 2019 year.

It has been a remarkable year, with the growth and influence of Te Rau Ora across Aotearoa and globally has been undeniable. Our capacity to continuously examine the impact of our strategic reach has enabled the Board to carefully follow this progress. The Board have ensured the direction of Te Rau Ora remains in step with our seven strategic priorities within one of the most dynamic of times. Whilst we reset from Te Rau Matatini to Te Rau Ora, we have ensured the appropriate organisational support and resources to meet its objectives. In addition, to investing in our kaimahi and organisational infrastructure to maintain agility, relevance and commitment to Te Ao Māori.

This annual report provides an opportunity to take stock and reflect upon the years outcomes, none of which would be possible without the support of Aotearoa.

We will continue to work passionately so that Māori benefit from the best possible conditions to lead, self determine and succeed in their hauora and wellbeing

A handwritten signature in black ink that reads "Puea Winiata".

Te Puea Winiata



FROM THE CEO



He Mihi

Tēnā koutou katoa

This has been a courageous year, one that commenced with a deep dive into our organisation, resulting in a rebrand

from Te Rau Matatini to Te Rau Ora, with a new logo and tagline to reflect our overall mission of “Strengthening Māori Health and Wellbeing”

As a National Māori non government organisation, the foundational principles set as Te Rau Matatini (2002) remain important as Te Rau Ora.

These include the imperative of being Māori; of promoting and embedding te reo me ona tikanga; of fostering matauranga Māori and our culture in everything we do; of being grounded in and connected to our communities; of harnessing Māori strengths and successes, excellence and Māori provider capacity; of giving support to Māori Leaders and workforces; of establishing trusting partnerships and promoting connections with ngā hoa haere – our friends and colleagues of diverse backgrounds passionate about addressing the inequities experienced by Māori.

The landscape of Aotearoa in 2019 was unprecedented with multiple consultations and reviews converging and impacting Māori

often across the same communities. We observed health, education, justice and other sector deliberations prompt and provoke Māori requests for their voices to be better heard on kaupapa resulting in calls to action and for transformative change.

The recommendations of the Waitangi Tribunal 2575 Stage 1 Report, Hauora: Report on Stage One of the Health Services and Outcomes Kaupapa Inquiry set a platform for calls to radically change the system, and in amongst other reviews, fostered an ambitious climate for the realignment of kaupapa and of new incursions to address Māori inequities.

There is certainly real potential for change for Māori - provided Māori play a strategic role in not just informing on the important matters that relate to Māori but Māori are deciding and leading on the key actions and resources required to ensure transformative change and with it success.

It is against this years backdrop and with privilege I present this annual report for 2019 which provides insights and successes across the organisations seven strategic priorities. Nō reira, tēnā koutou, tēnā koutou, tēnā koutou katoa.

Dr Maria Baker (PhD) CEO

## TE RAU ORA AT A GLANCE

### Our Vision

Our vision is To improve Māori Health through leadership, education, research and evaluation, health workforce innovation and systemic transformation

### Our Mission

Strengthen Māori Health through nationally navigated and locally led solutions

### Our Values

Our values are informed by ngā kōrero o ngā tīpuna

**Tika, pono me te aroha:** Doing what is right with integrity and compassion

**Mahi tahi:** in the spirit of togetherness

**Manaaki tangata:** whilst caring and supporting people

**Whakamana i te tangata:** to enhance their mana and full potential

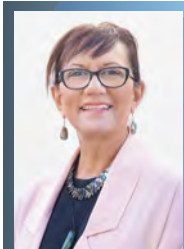
**Kia ngātahi te waihoe:** We do this in unison to achieve Māori goals and aspirations

**Ehara taku toa i te toa takitahi, engari he toa takitini:** We honour and remember the collective efforts necessary for success

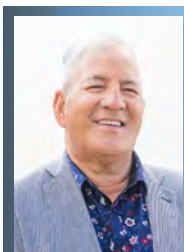
### Our Seven Strategic Priorities

- Increased Māori Capacity and Capability
- Strategic and Sustainable Relationships
- Future Focused
- Meaningful Learning Opportunities
- Research Excellence
- Sector Leadership
- Strong Governance

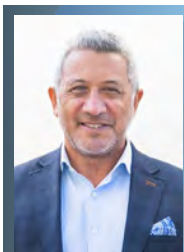
### Our Board of Directors



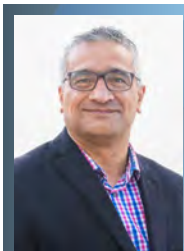
Te Paea Winiata (Chair).



Barry Bublitz (Deputy Chair).



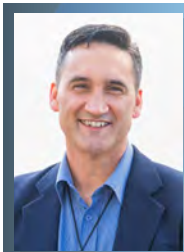
John Walters.



Donovan Clarke.



Eugene Berryman Kamp.



Chris Webber.



WHAKAMAHARATANGA 2019

Te Rau Ora offer our condolences to all who have had bereavements this year. This list of obituaries are in honour of the Māori Leaders who had passion for their people, and contributed to the wellbeing and betterment of Māori.



Charles Berryman



Ta Hekenukumai Busby



Tipene Daniels



Waana Davis



Te Wera Kotua



Te Wharehuia Milroy



Pita Paraone



Tahu Potiki



Tommy Taurima



Te Awhimate Wiremu Tawhai



Joe Hobson



Dr. Anthony Ruakere



## HIGHLIGHTS 2019



- Implementation of the Youth Peer to Peer Tū Kotahi Programme across four schools
- Te Au: National Centre Māori Suicide Prevention and Postvention
- Ngā Kōmata-o-te-Rangi – Hauora Hinengaro Māori Mental Health and Addiction Hui
- Nationwide reach of Te Kete Pounamu: National Māori Lived Experience Organisation
- Tūmata Kōkiritia and Māori Led Restricted Practice Wānanga
- Mataora: National Māori Mental Health and Addiction Strategy
- Māori Trauma Informed Care Training Module
- 10,000 visits a month to Te Rau Ora Website
- Mā Purapura Mai: Māori Lived Experience Leadership Wānanga
- Matahūhura: National Māori Addiction Leadership Group
- Precutting Edge: Ōrākei Māori Addiction Hui
- Māori Leadership in Drug Reform
- Toitū Hauora 2019: National Māori Health Leadership Summit
- Rangatahi Leadership
- National Rangatahi Oranga Summit
- Māori Mental Health and Addiction Workforce Advancement
- Te Rau Whakapiripiri Alumni of Te Rau Puawai and Te Rau Ora
- Matatini Ora: Diploma Māori Mental Health and Addiction programme
- Hui Maumahara: Māori Models and Frameworks of Practice
- Scholarship and Award Programmes
- Whānau Centred Practice Pilot: Value of Relationships
- Mātauranga Māori Workforce Qualification Consultation
- Journal of Indigenous Wellbeing: Te Mauri-Pimatisiwin
- Te Ipu Whakahauā: Indigenous Clearing House
- Waka Hourua Māori Suicide Research Symposium
- Hua Oranga re-engaged in the mental health sector
- Developing Indigenous Wellbeing Measure
- He Puna Whakaata II
- Indigenous Solutions: Enabling Māori and Pacific Youth Mental Health Resilience
- Kaupapa Māori mental health and addiction provider capacity building
- Tiaki Whānau Tiaki Ora building whānau leadership to address suicide

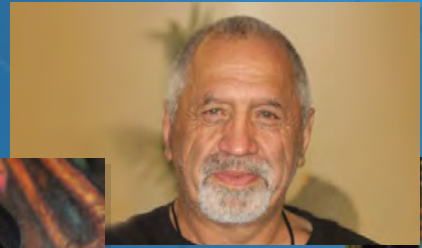
### Refined Systems

- Review of human resource systems and processes
- People and Culture unit developed
- Te Rau Ora's own career site and new applicant tracking system
- Upgraded data base and back office administration systems
- New office in Auckland



OUR PEOPLE

We currently employ 52 people.







## ON THE SEVEN STRATEGIC PRIORITY AREAS

### 1. INCREASED MĀORI CAPACITY & CAPABILITY

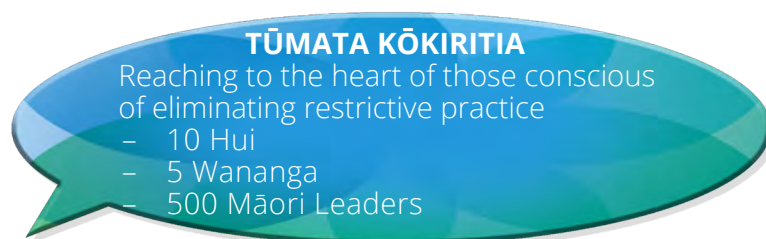
**Te Kete Pounamu:** National Organisation of Māori with lived experience of mental distress and or addiction have networks nationwide. Their aims are to:

- Provide Māori with lived experience, an independent conduit where they can express what is important to them.
- Ensure Māori receive high quality care and support from mental health and addiction services through a well-trained workforce and effective systems that respond to Māori population health needs.
- Strengthen Māori lived experience workforce as role models and advocates in shaping services, training and the development of the mental health and addiction workforce.



**Tūmata Kōkiritia:** Shifting the Paradigm is the mechanism to foster transformation in the health system where Māori with lived experience, their knowledge and leadership is advocated for and purposely raises the following points:

- Māori want to be part of ensuring effective services
- A Māori workforce with lived experience will role model how services and support should be provided
- The inclusion of Mātauranga Māori will be viewed as the foundation for service provision.



#### **Māori Lived Experience Workforce Development**

A best practice strategy informed by Māori with lived experience will include a workforce to increase Māori with lived experience perspectives in mental health and addiction services.

#### **A Māori Wellbeing Tool**

Te Kete Pounamu and a Māori nongovernment organisation are collaborating on a Māori Wellbeing Tool to foster skills and strategies to Māori with lived experience to strengthen their resilience and to maintain their wellbeing.





### Te Iti Me Te Rahi: Everyone Counts Survey

Māori Health Workforces identified the importance of being recognised as a Māori Health Workforce. What did the survey tell us?

- 96% participants held formal qualifications: 65% an under graduate degree, one in nine a Masters or Doctorate degree
- Higher confidence in the Māori health workforce of speaking te reo Māori than the Māori population more generally
- Better satisfaction when there is support to learn te reo me ona tikanga, to engage with marae, hapū, iwi in the workplace and for remuneration conditions to be reflective of dual (cultural and technical) contributions Māori make to the wellbeing of others
- There is an appreciation of employers who support professional development plans and cultural supervision in the workplace
- There is a direct impact from the positive investment of Māori scholarships that have increased Māori health workforce capacity and capability.

*Given the need for qualifications and knowledge of Te Ao Māori in health, for many Māori across the health sector, the Māori Health workforce is substantially more qualified and more confident with te reo me ona tikanga than the Māori population.*

*te reo me ōna tikanga  
engagement with marae/hapū/iwi  
professional development plan in workplace  
cultural supervision in workplace  
leadership development in place  
leadership roles available, and salary reflecting dual contributions*

**TE ITI ME TE RAHI**

- 2500 Māori reached.
- Most recent Māori Health Workforce Survey
- Māori Health Workforce is the most highly qualified in comparison to other sectors
- Māori Health Workforce more confident in te reo me ona tikanga, and in Māori frameworks.
- Māori men more likely to be employed in NGO, and for their cultural knowledge
- Māori women more likely to be employed in Govt. Agencies
- Primary care, mental health and addiction preferred sectors by Māori





## Scholarships & Awards

Te Rau Ora contributed an overall 130 scholarships, excellence awards, special grants, sponsorship during 2019. This included:

- Māori Health Leadership Scholarships to increase the Māori health workforce, and to foster the competency in Te Ao Māori, Māori leadership and excellence in health.
- Addiction Scholarships to increase Māori working in the addiction system, including whānau with lived experience of addiction being employed, trained and with access to a career pathway.
- A programme of Excellence Awards that recognise excellence and leadership in the health sector, whilst continuing to build capacity and capability of Māori in the health sector.
- In partnership with Counties Manukau, we offered Māori midwifery students awards to assist with sitting state exams.
- A programme of special grants to assist Māori to attend national and sector related conference and wananga.
- Sponsorship to discipline and sector representative groups of Māori to strengthen their capacity for strategic planning; professional development and education, and opportunities for wānanga

### TE RAU ORA SCHOLARSHIPS & EXCELLENCE AWARDS

- 46 Addiction Scholarships
- 30 Māori Health Leadership Scholarships
- 20 Māori Special Grants
- 10 Addiction Workplace & Internship Placements
- 10 Māori Workforce Group Sponsorships
- 6 Māori Midwifery Student Awards (CMDHB)
- 3 Inaugural Ana Sokratov Awards
- 1 Bob Henare Award
- 1 Harry Pitman Award
- 1 Paraire Huata Award
- 1 Dame Tariana Turia Award
- 1 Tā Tātou Mahere Korowai Award

### INAUGURAL AWARD

- Sir Mason Durie – Pae Ora Award (Otago University)

## Alcohol and Other Drug Workforce



### Matahūhura

A National Māori addiction leadership group is formed subsequent to a call from the Māori Pre-Cutting Edge Hui 2018 (Owhata Marae, Rotorua). The group aims to ensure Māori representation on issues associated with substance misuse, its prevention, treatment and wellbeing. It aims to;

- Increase the visibility on the implications of legal and illicit substances on Māori peoples
- Influence the current governments approach to Māori substance use (including select committees and enquires) on prioritising Māori alcohol and drug policies.
- Promote Māori specific approaches to supply control, problem limitation and harm reduction
- Improve the meaningful inclusion of Māori into alcohol and drug research, policy and intervention;
- Challenge the war on drugs methodology and these implications on Māori
- Work to support innovation and transformational change within the criminal justice system.

### Te Hau Mārire: Addiction Workforce Strategic Framework (2015-2025)

Te Hau Mārire: the Addiction Workforce Strategic Framework for people working with Māori experiencing addiction related harm. Bringing together the knowledge and experiences of Māori and guiding the development of a competent workforce who will contribute to the minimisation of addiction related harm of Māori and the achievement of whānau ora. Te Hau Marire is socialised and upheld to accelerate workforce development and to promote mātauranga Māori as a normal and integrated component of practice.

### New Zealand Drug Foundation Health not Handcuffs

A collaborative project with New Zealand Drug Foundation, Hapai te Hauora, Action Station, Just Speak and addiction leaders are part of a kaupapa to promote health and not the criminalisation when it comes to substance misuse. Our role is to provide Māori leadership and reach into Māori communities in regard to the proposed drug reform.



### **Kaupapa Māori Mental Health and Addiction**

In light of the growing needs of Māori with mental health and addiction needs, the expectation is for better access to Kaupapa Māori options, that are holistic, Māori trauma informed, equity driven to ensure optimum quality of care so Māori can meet their full potential. To increase the capacity and capability of the Māori mental health and addiction workforce, requires a Kaupapa Māori programme that is transformative, and threaded across levels of systems, workforces and providers.

Te Rau Ora facilitate opportunities to raise the importance of Māori models of practice and mātauranga Māori, whilst cognisant of the levels of health and social needs that workforces and providers are addressing.

### **Māori Provider Capacity Building**

Te Rau Ora is privileged to support Māori providers in their aspirations to build their capacity and workforce development approaches across the health, primary care, social service, mental health and addiction sector.



### **Value of Relationships Framework**

A pilot of the value of relationships framework is fostering whānau centred practice in DHB and NGO mental health services.

## **WHAT WAS NEWLY DEVELOPED IN 2019?**

### **New Alcohol and Drug Workforce Innovation**

Te Rau Ora and New Zealand Drug Foundation have created a new Alcohol and Drug Workforce Innovation that will have a focus on: An Alcohol and Drug integrated model of prevention, with a focus on better outcomes for Māori Communities.

### **A Workforce centred on Māori women and their whānau**

Te Rau Ora, Ngā Maia o Aotearoa and Counties Manukau Health will develop an Evidence Base that centres on 'Māori women, babies, children and whānau' to inform workforce development priorities. This will include professional development, promoting indigenous health and building a culturally appropriate and professional Māori workforce.

#### **TE ARA MATAORA:**

Māori mental health and addiction strategy, and action plan (2019 – 2023). Builds on Te Puāwaitanga, Māori Mental Health National Strategic Framework (2002- and Te Puāwaiwhero (2008 – 2015). Guided by Te Pora Thompson-Evans (Iwi/ Māori Council Waikato DHB), Vanessa Caldwell (Mid Central DHB), Tuari Potiki (Otago University), Phyllis Tangitu (Lakes DHB), Moe Milne (Māori Community), Dr Kahu McClintock and Dr Maria Baker.

TIKA, PONO ME TE AROHA

MAHI TAHI

MANAAKI TANGATA

WHAKAMANA I TE TANGATA

KIA NGATAHI TE WAIHOE

EHARA TAKU TOA I TE TOA TAKITAHU,  
ENGARI HE TOA TAKITINI





## 2. STRATEGIC AND SUSTAINABLE RELATIONSHIPS

Engagement and relationships are crucial to Te Rau Ora. As a Māori organisation the value and investment in relationships are embedded in the people and networks, we engage in. We are grateful for the people, groups, organisations and agencies we have had relationships, connections and collaborative interactions with in 2019.







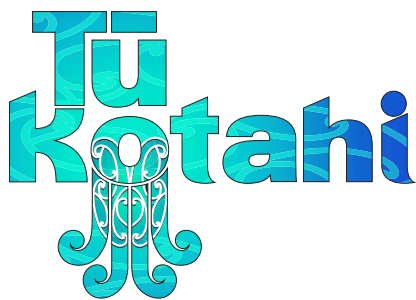


### 3. FUTURE FOCUSED

#### RANGATAHI ORA

The Rangatahi Ora portfolio is a growing commitment of Te Rau Ora.

**Tū Kotahi** was piloted across four secondary schools in Auckland aimed at fostering a Whole of School Wellbeing Approach with a specific focus on a student's emotional, mental and social wellbeing and resilience.



*Tū Kotahi Logo promotes life, growth and strength as we stand together for Youth Wellbeing. It conveys perpetual movement so Young People will thrive. The four koru from the letter 'o' remind us of the core components of Wellbeing (taha tinana, taha wairua, taha hinengaro, taha whānau) and in doing so covets each of the four corners of the school to promote the Whole of School approach*

## Rangatahi Ambassadors

Six Rangatahi Ambassadors all attending Victoria University are providing a national rangatahi voice with Te Rau Ora.



**AU.E!**

**MISSION**  
AU.E! AIMS TO RAISE SUICIDE AWARENESS AND BUILD RESILIENCE WITHIN RANGATAHI

**STRENGTH-BASED WORKSHOPS** | **KEYNOTE SPEAKERS** | **TOOLS, RESOURCES AND COMMUNITY SUPPORT**

**Kia kaha ki te kōrero ki ō hoa, ki tō whānau hoki.**

**FACTS AND FIGURES COLLECTED BETWEEN 2017-2019**

- 9 NATIONAL AU.E! HUI
- 994 RANGATAHI ATTENDEES
- 95 KURA HĀVE PARTICIPATED
- 36 COMMUNITY GROUPS AND SERVICES INVOLVED
- 1 ONE REASON FOR RANGATAHI

**2017-2019**  
AU.E! HAS BEEN HELD IN THE FOLLOWING COMMUNITIES IN AOTEAROA

- Te Awakairangi
- Te Matau-a-Māui
- Otautahi
- Kirikiriōroa
- Ōtaki
- Tāmakimakaurau
- Porirua

**AU.E! KI AOTEAROA**  
TUKUNA KI NGĀ HAPORI WHĀNUI O TE MOTU

For more information, please contact Te Rau Ora at [communications@terauora.com](mailto:communications@terauora.com)

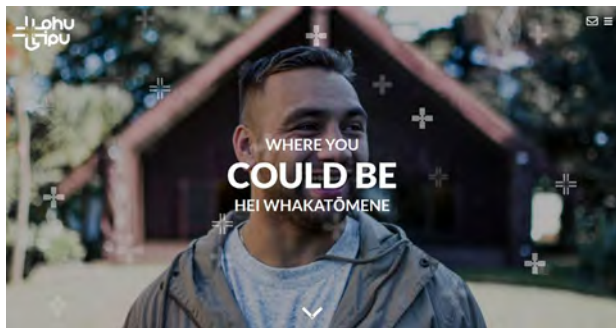
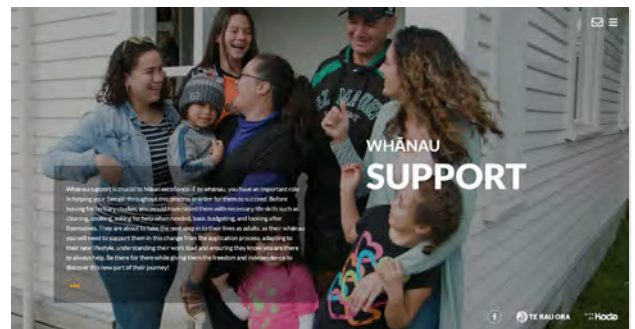
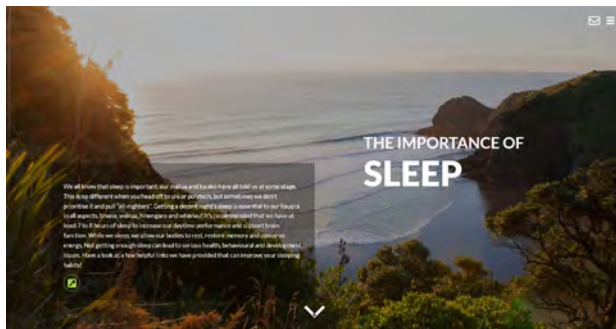
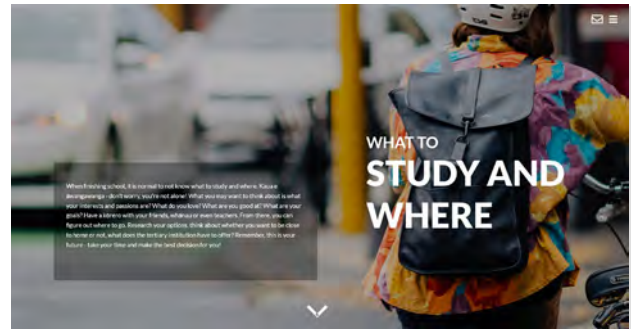
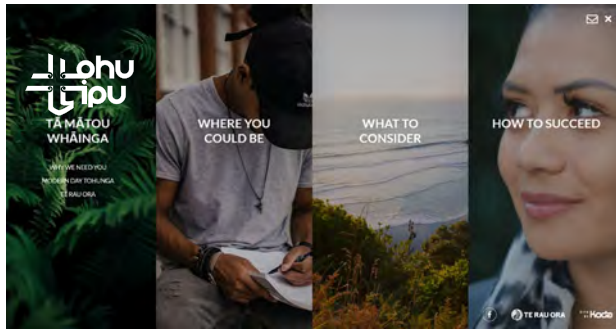
Te Puni Kōkiri  
REALISING MĀORI POTENTIAL

**TE RAU ORA**

**Au.E!** Rangatahi Suicide Prevention Programme focuses on supporting 13- 18-year olds by delivering strengths-based workshops to raise suicide awareness, build resilience and enhance overall wellbeing.



**Tohu Tipu:** A platform profiling young and successful Māori health professionals of diverse backgrounds and their journey in to their health career




**NATIONAL RANGATAHI ORANGA SUMMIT**  
*-Māku anō tāku nei ao e hanga-*

**SOLUTIONS BY OUR PEOPLE, FOR OUR PEOPLE**

**PURPOSE:**  
 An opportunity for Rangatahi Māori (aged 18-30) to unite and discuss solutions to better the wellbeing of our people. The prevalence of mental health issues among Māori is not an isolated issue and it calls for Māori to be at the forefront of the solution making process. The Summit calls for Rangatahi working in ALL fields of mahi to wānanga what the future of our people looks like and how we might get there. Mauri Ora!

**DETAILS**

<p><b>WHO?</b>                  70 rangatahi Māori aged 18-30, working in a variety of different fields.</p>	<p>Supported by</p>  <p><b>TE RAU ORA</b></p>
<p><b>WHEN &amp; WHERE?</b>                  September 20-22, Wainuiomata marae. Accommodation and food provided.</p>	
<p><b>CONTACT INFO</b>                  Name: Puawai Waller                  Email: puawai.waller@gmail.com</p>	

**National Rangatahi Oranga Summit** Three day National Rangatahi Oranga Summit was led by Rangatahi, with a focus upon Rangatahi Wellbeing and strategising solutions to the rising mental health and addiction challenges experienced by Rangatahi.



## 4. MEANINGFUL LEARNING OPPORTUNITIES

### Te Rau Ora Private Training Establishment (PTE)

A successful year for the PTE including the completion of the EER process and PTE compliances.

### Māori cultural fluency programmes

Cultural competency, education programmes and practice development options for health and disability workforces are addressing Māori inequalities and enhancing health outcomes.

Our key goals include :

- Responding to the aspirations and needs of whānau, hapū, iwi, Māori workforces and Māori organisations
- Increasing the capability of Māori health and disability workforces
- Enhancing health and disability sectors to ensure culturally safe and responsive environments for Māori.

10,000

### He Puna Whakaata II

A values-based mātauranga Māori programme for practitioners that blend Māori models of practice and wellbeing into the therapeutic approach, specifically motivational approaches was revised and delivered to a broad range of frontline practitioners.

400

### Otago University

In partnership with Office of Māori Development and the School of Pharmacy, Te Rau Ora piloted a cultural capability programme across years 2, 3 and 4 students studying pharmacy.

### Kaitiaki Ahurea

A cultural competency focused programme (NZQA Level 2) improving health practitioner knowledge and leadership skills for working with Māori communities.

150

100

### Hui Maumahara

Hui held with Māori leaders who influenced practice of health professionals fosters opportunities for health professionals to reflect on their practice and recognise the Māori leader for their contribution to their practice.

500

*Pōwhiri Poutama by Paraire Huata*

*Te Whare Tapa Whā by Sir Mason Durie*

*Tū Māori Mai by Moe Milne*

*Finding the healer within by Hinewirangi Kohu Morgan*





### Huarahi Whakatū

A cultural and clinical - dual competency Professional Development Recognition Programme(PDRP) for Māori Registered Nurses accredited by Nursing Council New Zealand.



## WHAT WAS NEWLY DEVELOPED IN 2019?

### Kaitiaki Ahurea

10 Wānanga of the NZQA accredited Kaitiaki Ahurea will be delivered to mental health and addiction professionals to improve their engagement with Māori communities.

### Matatini Ora

NZQA accredited Te Rau Ora with the Diploma Māori Mental Health and Addiction ( level 6) to be delivered in 2020.

### Rangatahi Suicide Prevention

Four Rangatahi Suicide Prevention AuE.! Hui and two Change Maker Training for Rōpū Rangatahi will be delivered in 2020.

### Aro ki te Hā

A Trauma Informed Care Training Module will be piloted with workforces to enhance their practice when working with Māori who have experienced trauma.



## 5. RESEARCH EXCELLENCE

Te Kiwai Rangahau as Te Rau Ora's lead Kaupapa Māori research and evaluation unit are building Māori and indigenous data intelligence, evidence, research and evaluation.

*Te Kiwai Rangahau 2019 portfolio included:*

- Te Rā o Te Waka Hourua II the Second Strategic Research Agenda for Māori and Pasifika Suicide Prevention
- National Waka Hourua Māori Suicide Prevention Research Symposium: profiled experts and emerging Māori researchers who spoke on the Māori health workforce, wellbeing, cultural identity, resilience, resistance, hope and the support for takatāpui
- Whānau Photovoice Programme: Building the evidence base from Tiaki Whānau Tiaki Ora 1000 Whānau Homes Māori Community Suicide Prevention Programme
- Evaluation of Whānau Champions in the Tiaki Whānau Tiaki Ora programme
- Ka Ao Ka Ao Postvention Project for Māori identifying and promoting culturally relevant Postvention Response Models for Māori
- Working with Health Quality Safety Commission in developing Suicide Mortality Review Committee Kaupapa Māori Framework and contributing to the Rangatahi Report
- Māori health data analyses and interpretation
- Whānau Suicide Story-Telling by Ngāi Tāhu and Ngāti Hauā Whānau
- Hosting Journal of Indigenous Wellbeing: Te Mauri-Pimatisiwin
- Releasing Journal of Indigenous Wellbeing: Te Mauri-Pimatisiwin -Digital and Data Sovereignty for Indigenous People with two special issues in progress (Healing our Spirit Worldwide and Suicide Prevention)
- Contributions to Indigenous groups such as International Group on Indigenous Health Measurement
- E Tipu E Rea National Science Challenge: Health Advanced through Behavioural Intervention Technologies (HABITS)
- E Tipu E Rea National Science Challenge: Raranga, Raranga Taku Takapau: Hapū Ora for Tamariki
- Health Research Council of New Zealand and the Ministry of Health in New Zealand's first Global Alliance for Chronic Diseases funding round partnered with Te Puna Hauora ki Uta ki Tai, Te Ahurei a Rangatahi, and Pacific Family Centre.



## 6. SECTOR LEADERSHIP

### Kia Kaha, Kia Maia, Kia Manawanui: Annual Toitū Hauora Leadership Summit

300

With the focus on Courageous Māori Leadership, the Toitū Hauora 2019 provided opportunities for learning and preparation for challenges ahead for Māori leadership in the health sector, as well as the opportunity to enjoy networking with Māori Leaders.

The summit opened with Sir Mason Durie: Five Decades of Māori Advancement with aspirations for Kaupapa Māori Organisations. Inspiring Speakers included: Moana Jackson, Khylee Quince, Te Kete Pounamu and Māori Lived Experience Leadership Programme Graduates (Mā Purapura Mai), Carole Koha, Ezekiel Raui, Turaukawa Bartlett, and Puawai Waller.

Café style workshops were provided by Dr Heather Came-Friar and Laura O'Connell Rapira (Institutional Racism), Jack McDonald and Kali Mercier (NZ Drug Foundation-Drug Reform), Moe and Tukaha Milne (future of Kaupapa Māori), and Maraea Johns (Ministry of Health-Future Mental Health & Addiction Opportunities).

### Ma Purapura Mai

Māori Lived Experience Leadership Programme was formed in response to Māori at Te Kete Pounamu hui across Aotearoa, who expressed their aspirations for their own leadership development.

40

Ma Purapura Mai Leadership Programme provides Māori with building blocks to establish a foundation for leadership, across a series of wānanga led by Māori with lived experience based in Māori cultural paradigms and utilising Māori derived beliefs, values and practice.

### Māori Mental Health and Addiction Leadership Programme

Māori Mental Health and Addiction Leadership Programme builds the capacity of Māori in the mental health and addiction sector for leadership roles across a series of wānanga.

40

**100 Māori Leaders:** The online resource of motivational, inspiring leaders recognised by their peers showcase and provide a platform for Māori who through hard work, dedication and commitment influence Māori health and wellbeing.

25,000  
Hits

#### MĀORI LEADERSHIP

- Toitu Hauora: Annual National Māori Health Leadership Summit
- Māori Lived Experience Leadership Programme
- Māori Mental Health & Addiction Leadership Programme
- 100 Māori Leaders Resource
- Regional Māori Leadership Wananga & Hui

## National Māori Community Suicide Prevention Centre



Te Au is the name of the National Centre for Māori Suicide Prevention and Postvention. It is a unit within Te Rau Ora.

Te Au and Te Rau Ora maintain the mana of Waka Hourua: National Māori and Pasifika Suicide Prevention.

Te Au hosts:

- **The Waka Hourua National Māori and Pasifika Suicide Prevention Leadership Group**  
*The primary purpose of the leadership group is to give credible representation and voice to Māori and Pasifika Suicide prevention. The group act alike a Governance group to provide strategic advice and guidance to the National Programme under Te Rau Ora and Le Va.*
- **A Māori Community Team**
- **Nationwide Māori Community Suicide Prevention Programme: Tiaki Whānau**  
**Tiaki Ora: Whānau Champion Programme** building healthy whānau by increasing their awareness of risk factors to suicide and the strategies that will strengthen whānau resilience. The basis of the programme is whanaungatanga and respectful information sharing rather than facilitator led presentations.
- **Culturally relevant training and Wānanga:** Te Ihi Ora; Manaaki Tangata; Tiakina Te Ahuru Mowai
  - Te Ihi Ora is a Wānanga embedded in Te Ao Māori for prevention and postvention needs for any audience.
  - Manaaki Tangata focuses on enhancing the Māori NGO sector, so there is an understanding of early intervention to people in mental distress, with possible suicide risks during their daily work
  - Tiakina Te Ahuru Mowai centred on developing reflective frontline practitioners who can centre on the needs of women and their whānau( within the context of family violence, mental distress and suicide prevention).

### TE AU MĀORI

- Tiaki Whānau Tiaki Ora connects with 4,000 Māori
- Whānau Toolkits distributed to 1015 Māori
- Tiaki Whānau Tiaki Ora reaches 915 whānau homes
- 110 Whānau Champions Equipped
- 50 Hui a rohe
- 30 Wananga
- National Waka Hourua Māori & Pasifika Suicide Prevention Leadership Group
- Waka Hourua Māori & Pasifika Suicide Prevention Hui Fono
- Māori Suicide Prevention Research Symposium
- A New Website
- Regular Blogs
- Te Reo Resources
- Increasing Evidence Base of what works for Māori !



### Annual Hui Fono

Hui Fono is a directive of the Waka Hourua Leadership Group, with the purpose of delivering an annual forum to bring Māori and Pasifika together to share, learn and reflect on the matters and solutions that are important in addressing the inequalities in our communities, with a focus on suicide prevention.



The Hui Fono theme in 2019 was Grounded in the past, Strengthened for the future. The Leadership Group desired outcomes were to promote aspects of Waka Hourua in addition to emphasising:

- A Strong Cultural Identity and Strengthening belonging, culture and community in suicide prevention
- Māori and Pasifika Development
- Cultural Knowledge
- Supporting Recovery
- Promising findings and learnings

The 2019 Hui Fono was open to external stakeholders across sectors of health, education, justice and community.



## 7. STRONG GOVERNANCE

Te Rau Ora Board of Directors regularly review the governance arrangements against agreed measures for financial, reputational and community impacts.





## OUR REACH

- Blogs and E pānui reach **5,000** per month
- Te Rau Ora Website: **10,000** visits per month
- Te Rau Ora Facebook: **2million** hits every three months

### Other Te Rau Ora Websites:

- Te Au: National Centre for Māori Suicide Prevention: **5,000** visits per month
- Journal of Indigenous Wellbeing: Te Mauri-Pimatisiwin : **500,000** visits in the year
- 100 Māori Leaders: **5,000** visits per month
- Te Ipu Whakahauā: **10,000** visits in the year
- Ora Data Base (Hua Oranga): **2000** visits in the year
- Tuia Te Ao Marama: **3500** visits in the year

We are ISO 9001:2015 Quality Management Systems Certified



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**TE RAU ORA**



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