

Friday 14th September
Stream A
11.30am – 12.50pm

Connections: Maara kai-intervention

Maude Brown, Senior Clinician-Team Leader, Te Hauora

The relationship with whenua, whanau and whakapapa flows effortlessly in Te the physical realms of Ao Maori.

Connectedness to Papatuanuku and nga Atua Maori provide the foundation of creativity and growth.

Maara Kai has always been about sustaining and maintaining life.

The model -Maara Kai became the intervention tool for men initially, (maori, and non-maori) as an intervention to support their recovery, wellness for overcoming alcohol and other substances within our Kaupapa Maori service in Wairarapa.

To bring about change and recognise forward movement in recovery, the Maara kai provided a clear indication of where our whanau were in their recovery pathway and cycles of change.

It provided the men with an ideal setting for a support group therapy talk- initiated by themselves, whilst they tendered the gardens.

Presenter biography

Ko Whākapūnake te Maunga

Ko Wairoa Hopupuhonengengematangirau te awa

Ko Te Mira te Marae

Ko Ngāti Mākorō te Hapu

Ko Ngāti Kahungunu, ko Rangitāne, Tuhoē, me Ngā Ariki Kaiputahi nga iwi.

Ko Maora Brown taku ingoa.

Senior Clinical Team Leader – Te Hauora Runanga o Wairarapa, Six years in Masterton.

Projects include: Maara kai 2016-2018, Pharmac- Mental Health and Addictions- Ohomauri ki te Wairua-2017, Rongoa Maori- In the new Millennium. 2018

Goals: Completing registration for Clinical Supervision. Graduate Level 7-8 Supervision 2019.

How we meet **Ki a Honohono**

Andrew Raven, Psychologist, Hawkes Bay District Health Board

Sidney Ropitini, Kaiawhina, Hawkes Bay District Health Board

Increasingly, all addiction programmes in New Zealand are employing Maori and Pakeha practitioners. This paper is a highly personal account of how two men are learning to work together with in a small, busy and increasingly effective service in Wairoa.

One man is Pakeha.

One man is Maori.

Both acknowledge a place of meeting. An overlap partly formed through shared beliefs and values, a shared love of family and whānau, openness with wisdom and questioning and a fervent wish to embrace the richness of Wairua. In all, an assumption that such intimacy is a key when working with those ravaged by addiction.

This paper shares:

- The issues we manage as men
- Our experience of authority within our whānau and work place
- The paths that have led to working together
- Finding an overlap between Te Ao Māori and a Pakeha world view
- Acknowledgment of places where no meeting will occur

The presenters hope to articulate what others may be considering, to share an experience of working in New Zealand that goes beyond conversations about racism and tokenistic gestures and which may illustrate a genuine sense of connection. As such, a basis for engagement, respect and challenge in our work with whāiora.

Presenter biographies

Sidney Ropitini, Ngati Kahungunu, Kaiawhina, Hawke's Bay District Health Board, Wairoa. Sid grew up in working class Napier, moving to Wairoa and strongly reconnecting with Nuhaka in his thirties. He is currently a second year student on the Te Take Take programme and is a key element in developing addiction services in Wairoa.

Andrew Raven, Registered Psychologist, Hawke's Bay District Health Board provides addiction counselling in Wairoa. He is also on the board of Kina Trust and involved with a number of organisations working with families in Wairoa.

Mana Whānau: honouring whānau connections within the recovery process

Dr Rebecca Wirihana, Clinical Psychologist, Te Utuhina Manaakitanga
Te Ara Ruwhiu, Te Utuhina Manaakitanga

Health and wellbeing for Māori is reliant on the health and wellbeing of whānau. Recently, the impact of alcohol and other drug use has escalated in Aotearoa with synthetic drug use leading to multiple deaths in 2017 - most of whom were Māori. Rotorua has been impacted significantly by these issues and, as the 4th highest Māori population in Aotearoa, the growing problems associated with alcohol and other drug use continues to have a deleterious effect on whānau Māori.

Te Utuhina Manaakitanga (*Community Alcohol and other Drug Counselling Service*) is a kaupapa Māori (*Māori institution based on Māori principles*) service based in Rotorua, which aims to integrate Māori methods of healing when working with whānau with addictions and co-existing disorders. To this end, we have developed a wānanga (*tribal knowledge, lore, learning*) based group therapy program, Mana Whānau (*honouring the extended whānau*), which works specifically with tangata whāiora (*people seeking wellness*) and their whānau to support recovery and facilitate healing from the impact of these problems.

The group is delivered over 10 weeks and, throughout the course of its delivery, we have been privileged to work alongside Māori, non-Māori, couples, parents and their children. Using

whakapapa kōrero (*traditional Māori narratives*), and the tikanga (*protocols and practices*) associated to these narratives, the programme encourages participants to draw from these traditions and apply their learning in the context of their relationships. Accordingly, this presentation highlights how whakapapa kōrero can be used to nurture safe and protective whānau environments, and examines their potential to promote Māori models of understanding trauma and healing. It then endeavors to describe how whakapapa kōrero have been used to enhance loving and reciprocal intimate partner relationships and, most importantly, how they can be used to facilitate intergenerational healing and wellbeing.

Presenter biographies

I have been working in the area of mental health and addictions approximately 20 years across a variety of services. My passion is working in kaupapa Maori services and developing Maori methods of healing for people who experience problems with mental health, addictions and trauma.

‘Tu Taua’ is the Te Arawa stand against Methamphetamine, "it's all about connection" working together to implement change

Kevin Hollingsworth, AOD Clinician, Te Utuhina Manaakitanga
Te Pae Akurangi-Fitzell, Te Runanga o Ngati Pikiao Trust

‘Tu Taua’ is the Te Arawa stand against Methamphetamine, and is a collaborative approach between Te Utuhina Manaakitanga, Te Runanga o Ngati Pikiao, and Rotorua Police, under the guidance of the Te Pukenga Koeke o Te Arawa.

Tu Taua Wānanga is delivered on Te Arawa Marae, to share knowledge, information and develop hapu and community-driven solutions to combat the use and availability of Methamphetamine in our communities.

We recognize the importance of working alongside our whānau, hapu and Iwi to address, Methamphetamine, which has become widespread across the Te Arawa rohe and communities.

We will be presenting on the importance of connecting with whānau, hapu and marae. Organizations often work in isolation due to contract and funding requirements. Delegates will be inspired to work in collaboration with one another, with guidance from iwi, hapu and kaumatua (Elders), and how to apply this knowledge in their practice or community incentive. Delegates will understand the importance of educating people, around this rising issue of methamphetamine, which is affecting our whakapapa and future of generations to come. Solutions are found through connecting people, and Tu Taua is a great example of this in action.

Presenter biographies

Ko Motatau te maunga
Ko Hikurangi te Awa
Ko Akerama te Marae
Ko Nga puhi te Iwi
Ko Ngati Hine te Hapu
Ko Mataatua te Waka
No Rotorua ahau

No Ngongotaha ahau
Ko Kevin Wiremu Hollingsworth taku ingoa

I was born and raised amongst the Te Arawa Iwi in Rotorua. I currently work for Te Utuhina Manaakitanga Alcohol and Drug Clinician with abilities in supporting people in recovery. Implemented by my own journey of self-discovery. I have developed an education programme based on the facts and effects of methamphetamine working with whānau who have been affected by this rising issue.

Te Pae Akurangi-Fitzell
Ngati Ngararanui, Ngai Tukairangi, Ngati Rua, Ngati Whare

Te Pae is a mother of six beautiful tamariki and has worked in Suicide Prevention and Mental health for the last 6 years. For the last 12 months she has been working on the Tu Taua initiative to make Te Arawa P free. She was one of the co-ordinators of the 2016 Turamarama World Indigenous Suicide Prevention Conference and 2015 National Suicide Prevention Conference, led by Te Runanga o Ngati Pikiao and driven by her passion to bring together indigenous knowledge and practices as a pathway to wellbeing.