



2016


*Waka Hourua*

# NGĀTI KAHUNGUNU KI WAIRARAPA

EVALUATION

WAKA HOURUA PROJECT

TE KUPENGA O WAIRARAPA:  
SUICIDE PREVENTION AWARENESS



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## Contents

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Acknowledgement	1
Key Messages	2
Background	3
Wairarapa Whānau Education and Awareness Action Plan	4
Objectives	4
Deliverables	5
Project Team	6
Participants	7
Development Process	8
Delivery	9
Promotional Events	10
Suicide Prevention Roadshows	11
E TŪ Kahikatea – The Game of Life	11
Evaluations	12
Future Focus	12
Conclusion	13
Infographic	14

## Table of Figures

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Figure 1: Logo of Ngāti Kahungunu ki Wairarapa and Te Kupenga o Wairarapa	3
Figure 2: Demographics of participants that attend Roadshows and promotional events	7
Figure 3: Diagram of the Wairarapatanga Framework	8
Figure 4: Timeline of TKW suicide prevention roadshows and events	9
Figure 5: Pictures of resource table, and youth with Ta Moko stamps from Waifest	10

## Table

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Table 1: NKKW Project Deliverable	5
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## Acknowledgement

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He hōnore  
He korōria  
He maungārongo ki te whenua  
He whakaaro pai ki ngā tāngata

On behalf of the Waka Hourua Māori and Pasifika Suicide Prevention Programme, Te Rau Matatini, I would like to acknowledge Ngāti Kahungunu ki Wairarapa (NKKW) and Te Kupenga o Wairarapa (TKW) for their commitment to promote health and wellbeing for their whānau and community.



Angus Elkington  
Te Kīwai Rangahau (Research and Evaluation Team)  
Te Rau Matatini

## Key Message

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- The Wairarapa continues to fight against loved ones taking their own lives.
- Suicide awareness and training must be evidenced based and developed collectively as a community.
- Wairarapatanga is about the health and wellbeing of people and communities.
- Whānau who can speak their mind confidently, know where they come from and who they are will be strong and capable people.
- The delivery of suicide prevention roadshows will continue to address the needs of the community.

## Background

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Figure 1: Logo of Ngāti Kahungunu ki Wairarapa and Te Kupenga o Wairarapa

Ko Tararua ngā paemaunga  
 Ko Ruamāhanga te awa  
 Ko Ngāti Kahungunu te iwi  
 Ko Takitimu te waka  
 Ko Kahungunu te tangata

Ngāti Kahungunu ki Wairarapa Charitable Trust (NKKW) (<http://www.kahungunu.iwi.nz/kahungunu-ki-wairarapa>) has long observed the impact of suicide experienced by many whānau and families in the Wairarapa. In response to these tragedies NKKW brought together whānau and community services in 2014, to form Te Kupenga o Wairarapa (TKW); a rōpū (group) that is very passionate about making a difference in the lives of whānau, hapū, iwi and community.

The funding from the Waka Hourua Community Fund allowed TKW to operationalise and implement the Wairarapa Whānau Education and Awareness Action Plan 2014 – 2016. TKW believes there is a need to have a suicide prevention plan in place that includes access to:

- Suicide prevention training and education;
- Resources and awareness of risk factors;
- To provide rangatahi a place where they can be heard;
- Bereaved whānau to kōrero (talk);
- Services to advise what they can do; and
- People to have a say on how they'd like to support suicide prevention planning and pathways.

# Wairarapa Whānau Education and Awareness Action Plan



TKW under the umbrella of NKKW established a community based initiative to promote all aspects of health, consultation, collaboration, unity, access to services for whānau and community, and to build community resilience. The goals and objectives of TKW was to:

- Reduce the rate of suicide and suicidal behaviour for Wairarapa rangatahi
- Promote health restoration, education and awareness in assisting to reduce suicidal behaviour, and
- Move youth, whānau and the wider community towards an optimistic future promoting Mauri ora
- Whānau feel treasured, respected, and safe
- Whānau have hope, resilience, and support
- Catch the vision of a community collaborative approach to suicide prevention.

## Objectives

- Assist whānau to understand mental illness, common beliefs surrounding suicide, recognising warning signs, risk and protective factors.
- Protecting whakapapa and assisting to develop and improve knowledge about safe, effective and evidence-based suicide prevention increasing the capacity to respond to mental illness in ways that support a reduction in the rate of suicide within the Wairarapa.
- Supporting whānau, hapū and iwi in self-determination (tino rangatiratanga) and health restoration, and identifying how to access key supports within our community.

This initiative also aligns with Goal 2 (Strong, secure, and nurturing whānau) of the Waka Hourua Outcome Framework, specifically the pathways and indicators under Tertiary Prevention: Minimising the adverse impacts arising from suicide:

Pathways/Actions	Indicators
Build whānau capabilities to manage stress, disadvantage, loss and risk	Whānau have developed and implemented a suicide prevention education plan

This report prepared by Te Kīwai Rangahau, Te Rau Matatini's Research and Evaluation Team, provides a review of the NKKW initiative. This review summarises the information gathered by TKW during the initiative for, assessing the programme's effectiveness, in turn showing the development of the initiative, numbers of participants, achievements, benefits, as well as a future focus. The overall focus of this review therefore was to assess the effectiveness of NKKW to achieve its' agreed Waka Hourua goals and what actually happened during its implementation (how much, how well, and is anybody better off).

## Deliverables

Key Deliverables	Performance Standards	Status
Delivery of Wairarapa framework to all service providers	<p>Network with existing service providers to work in partnership with tangata whenua (locals) and promote whānau ora utilising the Wairarapatanga framework.</p> <p>Initial project scoping included planning hui establishment of focus group, process for reporting and community liaison and general administration.</p> <p>Initial scoping and planning of series of youth events within Wairarapa region.</p>	Achieved
Suicide prevention education and awareness	<p>Attendance by key project personnel, kaimahi (workers), volunteers in suicide prevention, education, and awareness training.</p> <p>90%of training participants have increased knowledge and awareness of suicide prevention, intervention, and postvention.</p>	Achieved
Wairarapa cultural wananga	<p>Cultural wānanga (forums) were held within Wairarapa region focussing on youth wellbeing, resilience and community capacity across the Wairarapa (includes protective factors).</p> <p>All information provided is factually accurate and the project team have accessed necessary clinical supports.</p>	Achieved
Whānau education and awareness	<p>Planning and consulting with communities to implement the whānau education and awareness roadshow is completed.</p> <p>Scoping and design of whānau education and suicide awareness roadshow over a defined period within the Wairarapa region.</p>	Achieved
Development of Cultural Audit Tool	Development of and implementation of a cultural audit to selected service providers utilising the Wairarapatanga framework.	Achieved
Whānau education and awareness	Ongoing delivery of whānau education and suicide awareness roadshow over a defined period within the Wairarapa region.	Achieved

Table 1: NKKW Project Deliverables

## Project Team

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Multiple agencies, local government, support services, and community members were enlisted to facilitate the multifaceted project. Special recognition is given here to:

The Communities of Masterton and Martinborough  
Kahungunu Ki Wairarapa Iwi Authority  
Rangitane o Wairarapa  
Tamaki Nui A Rua Trust  
Te Hauora o Rūnanga, Masterton  
Wairarapa Community Counsellors  
Tuhoromata Team  
Regional Public Health  
Masterton District Council  
South Wairarapa District Council  
Toni Ryan  
Jenny Katene Morgan  
Te Rangimarie Marae, Masterton  
Hau Ariki Marae, Martinborough  
Te Ore Ore Marae, Masterton  
Martinborough Catering  
Express Café Catering  
Waka Hourua Funding: Te Rau Matatini

The TKM team members held key significant roles in the running and facilitation of the roadshows, and promotional events.

### **Te Kupenga o Wairarapa Team**

Trish Karena	Child Adolescent Mental Health Services
Michele Elliott	Bereaved Whānau Suicide Support
Tirau Te Tau	Tuhoromata
Deb Davidson	Tuhoromata, South Wairarapa Safer Communities
PJ Devonshire	Wairarapatanga

## Participants

TKW promoted the workshops at three major events. Six workshops were also hosted to deliver and discuss suicide prevention and awareness throughout the Wairarapa. Over 700 people visited or attended one of the six workshops or three major events. The attendees were a mixture of Māori whānau (predominantly Ngāti Kahungunu and Rangitane descent) and non-Māori from the community.

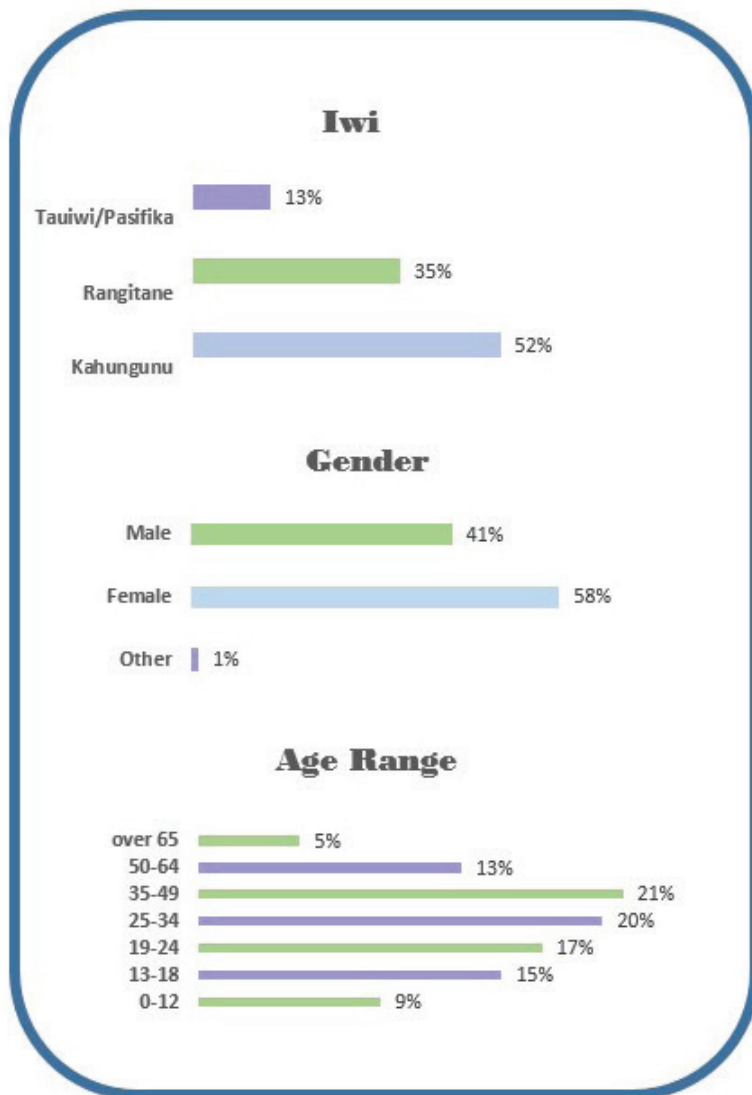


Figure 2: Demographics of participants that attended Roadshows and promotional events

## Development Process

The Wairarapa has been affected by suicide and suicidal behaviours and continues to fight against loved ones taking their own lives. The Wairarapa District Health Board (DHB) had the highest age standardised rate of self-harm hospitalisation in 2010. The risk factors for Māori living in the Wairarapa was significantly higher than national averages. These factors have influenced and highlighted the need to promote suicide awareness and education for whānau, hapū and iwi of the Wairarapa.

To implement this project various Māori and non-Māori organisations within the non-government and state sectors (see project team) collaborated to ensure delivery of a comprehensive suicide prevention and training package with Question, Persuade, and Refer training (<http://www.qpr.org.nz/> QPR). TKW also established planning hui and a focus group to establish proceedings and a delivery framework.

The Plan is underpinned by demographic analysis of the local communities, comparison with national and international statistics, a framework incorporating ethical and best practice guidelines, risk and protective factors and the role of primary and community based intervention. The Waka Hourua funded project is in part one way the Wairarapa is ensuring to meet the outcomes of their Whānau Ora Wairarapa Framework. The vision and value of the Wairarapa and the essence of Wairarapatanga are captured in Te Mana o Ngā Kura.

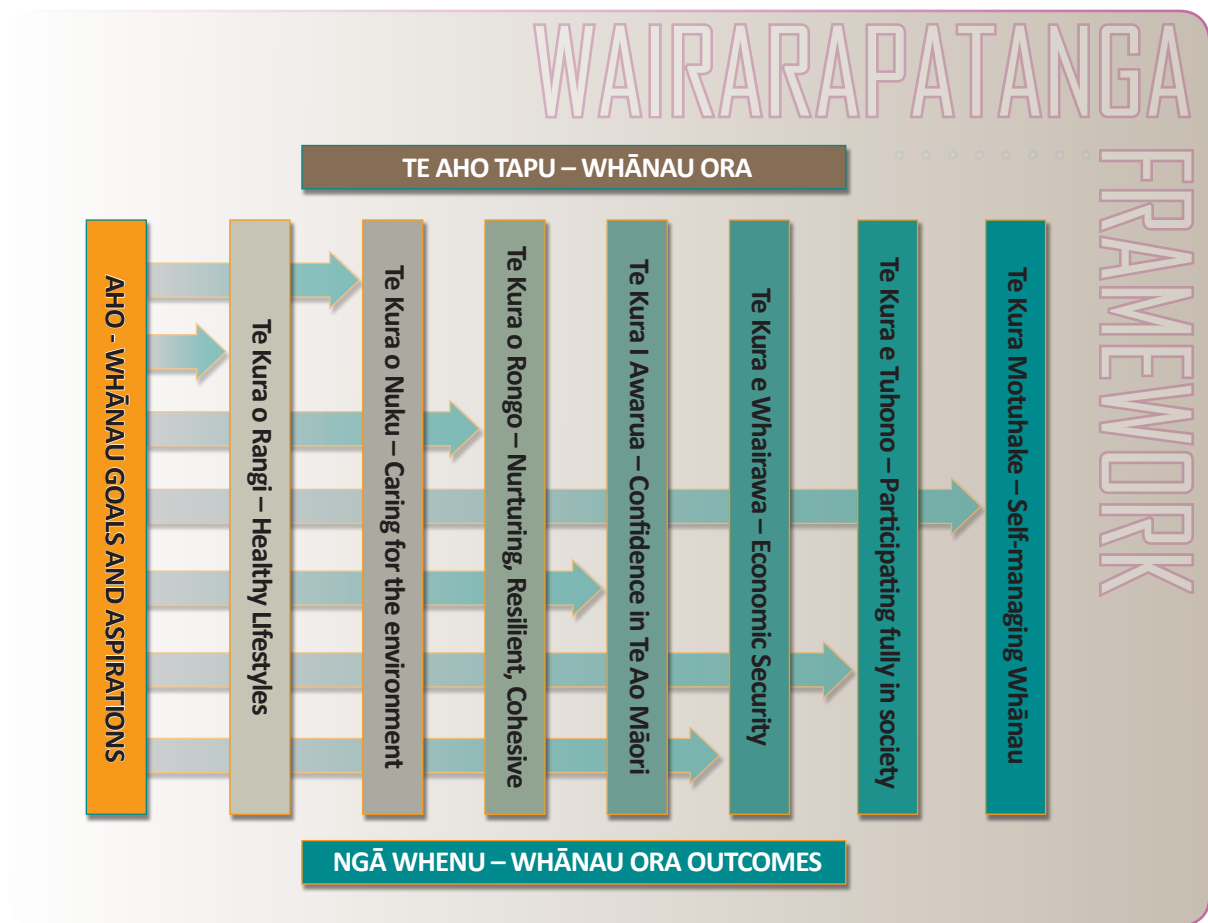


Figure 3: Diagram of the Wairarapatanga Framework

## Delivery

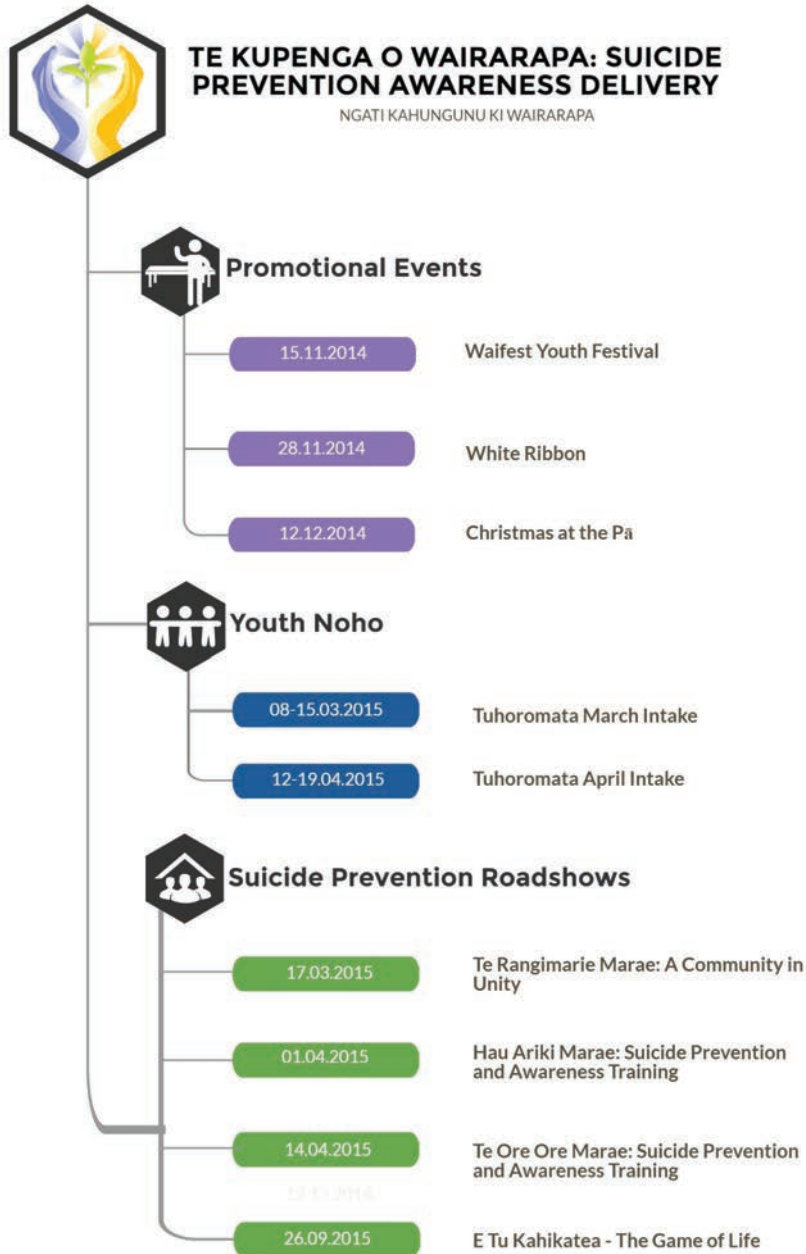


Figure 4: Timeline of TKW suicide prevention roadshows and events

TKW undertook a delivery framework that included three promotional events, two youth noho, and four suicide prevention roadshows. Because of the size of the project Figure 3 was created to give a visual outline of TKW's delivery. TKW used community events such as, Waifest Youth Festival, White Ribbon Event, and Christmas at the Pā to promote Te Kupenga o Wairarapa – Suicide Prevention

## Promotional Events

Awareness programme and Whānau Ora Wairarapa. A table was set up at each event offering information, books, pamphlets, business cards, free health checks at Masterton Medical Centre, and Tā Moko stamps. The community events also provided opportunity to advertise the suicide prevention roadshows and youth noho.



Figure 5: Pictures of resource table, and youth with Tā Moko stamps from Waifest

The youth noho (stays) called Tuhoromata, was set up and run at Papawai Marae to educate and encourage rangatahi (12-24 years of age) to improve their quality of life. The programme outcome endeavoured to reduce harm caused by alcohol and substance abuse by eliminating or minimising its use and enhancing self-confidence, resilience, and connection to whenua, whānau, and wider community. To aid them in becoming Te Matorohanga<sup>1</sup>

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<sup>1</sup> “A person who can speak their mind confidently, knows where they come from and who they are, and has a strong sense of faith- that indeed is a truly strong and capable person” – Te Matorohanga

## Suicide Prevention Roadshow

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Developed in response to a community need were three roadshow workshops held at Te Rangimarie, Te Ore Ore and Hau Ariki marae. The workshops focussed on assisting whānau understanding of mental illness, discussing common beliefs surrounding suicide, and recognising warning signs, risk, and protective factors. The suicide prevention roadshows agenda included an:

- opening and closing karakia,
- introduction,
- a candle lighting ceremony to acknowledge babies and whānau who have passed,
- shared stories by a bereaved whānau member,
- guest speakers who discussed help and support for those suffering grief or needing help,
- delivery of QPR (Question, Persuade, Refer), Child and Adolescent Mental Health Service or At RISK suicide awareness training,
- and DVD presentation of how to look for signs.

## E Tū Kahikatea - Game Of Life

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E Tū Kahikatea- The Game of Life was the final major event of the Waka Hourua funded project that included both a day and night time event. The daytime event was held at the Masterton War Memorial Stadium with well over 200 people attending. Various local organisations volunteered their service to make the event a success. The daytime programme was based on the Amazing race, followed by prizes and a commemorative balloon release in the afternoon. The night time programme held at Aratoi Wairarapa, took on a more serious tone with powerful stories shared by Ezra Stobbart, Heeni Morehu and whānau about their experience with whakamōmori (suicide). Following the kōrero of Ezra a haka (male posturing dance form) composed by him was performed by Te Kura Kaupapa Māori o Wairarapa. A book signing (Tree of Life – My Journey with Grief) concluded the night time event and brought to a close the Waka Hourua Community Funded project, Te Kupenga o Wairarapa: Suicide Prevention Awareness.

## Evaluations

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Evaluations were collected from the three marae based workshops: held at Te Rangimarie, Te Ore Ore, and Hau Ariki marae. The evaluation was a one page, 5 point descriptive Likert scale with six question.

1. Was the presentation to your satisfaction?
2. Did you find the information very helpful?
3. Please rate the presentation and delivery of training
4. Were your requirements met with regard, to being informed from this training?
5. Were questions answered to your satisfaction?
6. Were you happy with the support offered and available?

Opportunity was also given at the end of the evaluation sheet to give general comments. A total of 18 out of 61 evaluation sheets were returned with all participants rating the programme between very good and excellent across all questions. The general comments also indicated a successful outcome for the suicide prevention roadshows with feedback such as:

*“This is the most useful suicide prevention training I’ve ever attended.”*

*“I have learnt so much about different services.”*

*“A heart-warming and informative evening.”*

Many of the participants also urged the continuation of suicide prevention workshops throughout the Wairarapa region.

## Future Focus

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TKW has reviewed and reflected on Te Kupenga O Wairarapa: Suicide Prevention Awareness project and have made a commitment to continue with the messaging about Suicide Prevention across the Wairarapa. This continues to be supported by national working groups, community members and local body elections. TKW continue to work with providers, schools, and early childhood centres that focus on protective factors that facilitate wellness and incorporate the stories and learning from Te Kupenga o Wairarapa and thus continues to support whānau of the Wairarapa to feel:

Treasured, respected and safe.

That in life there is HOPE.

Connected, supported and resilience.

In so doing the people of the Wairarapa can catch the vision of a collaborative community approach to preventing suicide.

## Conclusion

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Te Kupenga o Wairarapa identified a need in the community to hold suicide prevention training and awareness workshops throughout the Wairarapa. Incorporating an evidence based community approaches such as QPR training. Te Kupenga o Wairapapa supported by various organisations promoted the suicide prevention roadshows at three community events. A table was set up providing information, resources and activities for those attending. The three suicide workshops included QPR training and powerful stories and discussion around suicide. The feedback from the evaluations was highly positive encouraging the need to organise and deliver more suicide prevention roadshows throughout the Wairarapa. E Tū Kahikatea was a day and night event to conclude the Waka Hourua Community Funded project, Te Kupenga o Wairarapa: Suicide Prevention Awareness. Looking forward into the future Te Kupenga o Wairarapa will continue its commitment to deliver suicide awareness and prevention messaging throughout the Wairarapa.

*Mā te kōrero ka mōhio,  
mā te mōhio ka mārama,  
mā te mārama ka mātau,  
mā te mātou ka ora te iwi.*

*Through discussion we learn,  
through learning we are enlightened,  
through enlightenment we are empowered,  
through empowerment the wellbeing of the people is achieved.*

# Waka Hourua Ngāti Kahungunu Ki Wairarapa

## Te Kupenga o Wairarapa: Suicide Prevention Awareness



A community based suicide awareness and prevention initiative, to reduce the rate of suicide and to promote health restoration, education and awareness throughout the Wairarapa.

A table was set up at three community events: Waifest Youth Festival, White Ribbon, and Christmas at the Pa, to promote the Suicide Prevention Roadshows. The promo table included activities such as Ta Moko stamps and health related give aways.



Over 700 people attended one of the six workshops and 3 events.

- 35% Rangatane
- 52% Ngāti Kahungunu
- 13% Tauīwi/Pasifika
- 58% Wāhine
- 41% Tāne
- 1% Other

Ngāti Kahungunu held three marae based suicide prevention workshops, two youth noho and and a final event called E Tu Kahikatea -



Prepared by:  
Te Kīwai Rangahau Research and Evaluation Team



Te Rau Matatini

For more information about this initiative please contact:

PJ Devonshire  
(06) 377 5436  
pj@kahungunuwairarapa.iwi.nz

*Maka Kōwhiri*



**Te Rau Matatini**