

2016


*Aka Kōwhiri*



# TE HAUORA O NGĀTI HAUĀ TRUST


SUICIDE PREVENTION  
PROJECTION PROJECT

EVALUATION



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## Acknowledgement

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Tuia a Ranginui e tū Iho nei  
Tuia a Papatūānuku e takato nei  
Herea te hiringa tangata hiringa wairua  
E koko ia ra  
Haumie hui e taheke e

On behalf of the Waka Hourua Māori and Pasifika Suicide Prevention Programme, Te Rau Matatini would like to acknowledge Te Hauora o Ngāti Hauā Trust for their commitment to the wellbeing of whānau (families), and communities in the Waikato and to increasing the awareness and prevention of suicide.

Nāku noa,  
Nā



Okeroa McRae  
Te Kīwai Rangahau (Research and Evaluation)  
Te Rau Matatini

## Key Messgae

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*Waka Hourua*

Key messages promoted by Te Hauora o Ngāti Hauā Trust included knowing:

- Your identity, your social and tribal connections are protective factors to suicide and encourage wellbeing.
- Leadership development in whānau, hapū and iwi is an essential part of developing wellbeing.
- Discussion on suicide prevention in the context of wellbeing is a positive activity.
- Where to access support within your whānau (family) and community increases positive outcomes.

## Background

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Te Hauora o Ngāti Hauā is a charitable trust established in 1999 to promote a quality of life which reflects health and wellbeing within the communities and people of Ngāti Hauā. Te Hauora o Ngāti Hauā provides services and resources aimed at nurturing, connecting, and empowering Ngāti Hauā whānau, hapū and iwi.

Te Hauora o Ngāti Hauā promote a range of public health issues with an emphasis on sexual health awareness and social environments, and provide, collate and distribute a range of promotional material that raises awareness and promotes positive health action. Te Hauora o Ngāti Hauā offers a range of community and whānau related workshops and facilitates relevant action plans and strategies that create a safe and healthier environment for Ngāti Hauā whānau and the region. These include needs analysis; community stock-takes; community development and strategic plans. The vision and approach statement of Te Hauora o Ngāti Hauā is:

### **VISION**

“Ka Tū Mai a Hauā” - Ngāti Hauā exercise ‘rangatiratanga’ over their lives, environments and circumstances and are nurtured within their communities to meet their needs and aspirations.

### **APPROACH**

Te Hauora o Ngāti Hauā understands that people are most likely to realise their full potential (rangatiratanga) and autonomy when they are secure in their identity, live in safe and supportive communities, healthy environments with adequate income, housing and meaningful roles in life.

## Objectives

Ngāti Hauā comprises of five marae situated across Matamata, Morrinsville, Te Aroha, Hamilton and Cambridge, with 3,500 Ngāti Hauā descendants still living within the iwi tribal boundaries. Ngāti Hauā experienced its first known suicide in 1983. By 2004, 12 suicides had occurred across Ngāti Hauā. In 2005 Te Hauora o Ngāti Hauā organised suicide prevention training across all marae and until 2012 there were no further suicides and the support groups ceased to meet. Over the past two years, there have been three suicides.

### GOAL

Through the 'Te Hauora o Ngāti Hauā programme of work for one iwi and five marae' the goal is to reduce the risk of suicide by building on whānau and community protective factors, and to raise awareness of suicide and suicide prevention.

### OBJECTIVES

The objectives are to:

- facilitate access to effective clinical care for mental, physical and substance abuse disorder.
- provide whānau and community support and skills development in problem-solving, conflict resolution and nonviolent ways of handling disputes.
- increase whānau and community capability through wānanga and training.
- improve knowledge, skills, behaviours and attitudes that prevent suicide and strengthen whānau and community factors that value whānau and life through positive iwi events and celebrations.

Te Hauora o Ngāti Hauā aligns to the following Waka Hourua outcomes.

- Families, whānau and communities are strongly connected to one another and people actively participate in the wider community.
- Families, whānau and communities have their own approaches and plans in place and are actively building resilience and reducing risk of suicide.
- Families, whānau and communities have stronger relationships and confidence to be able to talk about their difficulties.
- Community leaders empower people, foster resilience and bring people and resources together.

Te Hauora o Ngāti Hauā aligns with Goal 2 of the Waka Hourua Outcome Framework:

Pathway	Indicator
<ul style="list-style-type: none"><li>• Facilitate whānau engagement with each other, and to whenua</li><li>• Increase whānau access to suicide resources and services</li></ul>	<ul style="list-style-type: none"><li>• Whānau have solidified links with each other and whenua</li><li>• Whānau access educational opportunities and health services when needed</li></ul>

Te Kīwai Rangahau, Te Rau Matatini evaluation team was commissioned to undertake a review of the Waka Hourua Fund. The focus of this specific review was to assess and to determine how the implementation of 'Te Hauora o Ngāti Hauā programme of work for one iwi and five marae' aligns to the overall intent and design of the Waka Hourua programme, and what actually happened during its implementation.

## Programme Deliverables

The 'Te Hauora o Ngāti Hauā programme of work for one iwi and five marae' deliverables included:

Key Deliverables	Performance Standards	Status
<p>Three hapū wānanga to strengthen whānau connectedness, resilience, knowledge and strategies.</p> <p>Capacity/leadership training workshops to build capacity to respond to, reduce and prevent suicide, engaging clinical and community organizations</p>	<p>Three hapū wānanga completed that includes capacity/leadership training. Terms of reference developed and agreed upon, key stakeholders engaged and iwi/community priorities defined. Implementation plans developed and agreed upon.</p> <p>90% of participants have increased knowledge and awareness of suicide prevention, intervention and postvention.</p> <p>90% of participants have increased connectedness, resilience, and knowledge of strategies to support whānau.</p>	Achieved
<p>Promotional Hui and bi-monthly newsletter to maintain regular engagement with marae and key community organizations.</p>	<p>Promotions plan developed and promotions completed to regularly engage with marae and key community organisations to raise awareness of suicide prevention and promote workshops/wānanga.</p>	Achieved
<p>Installation of three art panels or 'Pou' in wharekai of each marae to promote awareness of suicide and enhancing the protective factors of whānau, marae, hapū, iwi and community. The art work portrays the marae values for safety and connectedness.</p>	<p>Three Pou are designed and installed by three marae, including community consultation, kaupapa design, creation and installation of Pou, wānanga with marae to promote suicide awareness and grow knowledge of appropriate whānau strategies.</p>	Achieved
<p>Whānau Day Event to celebrate the strength, purpose and value of whānau connectedness, promoting awareness of key issues impacting on whānau wellbeing and key risk factors.</p>	<p>Events completed, including promotions, venue hire, resource hire, activities, catering, recording participant feedback.</p> <p>90% of participants have increased knowledge and awareness of suicide prevention, intervention and postvention.</p> <p>90% of participants have increased connectedness, resilience, and knowledge of strategies to support whānau.</p>	Achieved

## Promotional Plan

The Te Hauora o Ngāti Hauā programme of work for one iwi and five marae promotional plan was based on four key points, which were written from their perspective:

- *Ngāti Hauā accepts that we are at risk of suicide occurring within our whānau.*
- *As Ngāti Hauā parents, whānau, friends and community, we all have a role to play in preventing and responding to suicide.*
- *Building a strong, caring and consciously responsible environment across Ngāti Hauā will increase support networks for parents, whānau, friends and community.*
- *Developing capability means Ngāti Hauā parents, whānau, friends and community at an early stage are able to recognise potential suicide symptoms and triggers, and respond effectively.*

Te Hauora o Ngāti Hauā's approach targeted Ngāti Hauā's infrastructure and key influences like marae, kōhanga reo, sports bodies and whānau. In particular, Te Hauora o Ngāti Hauā sought to engage with whānau that may not have had the confidence or capacity to engage with existing support networks.

## Hapū Wānanga: Strengthening Whānau Connectedness, Resilience, Knowledge & Strategies

15 of the 21 attendees who participated in the Raglan Community House ASIST workshop completed evaluations, facilitated by Lifeline Aotearoa, that asked for their views on their level of knowledge of suicide prevention prior to and post the workshop. The results showed that 100% of the participants who completed evaluations agreed that the ASIST workshop met their expectations (53% of participants strongly agreed), 87% of the participants agreed that the workshop trainer was prepared and familiar with the material (67% strongly agreed), 93% of participants agreed that the workshop trainer encouraged participation and respected their responses (73% of these participants strongly agreed). 93% of the participants said they would recommend the training to others.

The following section presents a descriptive data analysis of attendees' responses prior and post the workshop. Some participants were contacted for a one month follow up.

## Participants

Te Hauora o Ngāti Hauā engaged with 108 people through three Hapū Wānanga; 97% (105) of attendees were Māori, of which 91.4% (96) were Ngāti Hauā. Included in the 108 attendees were nine facilitators/staff.

As shown in figure 1, 58%(63) of the participants were wāhine and 42%(45) were tāne.

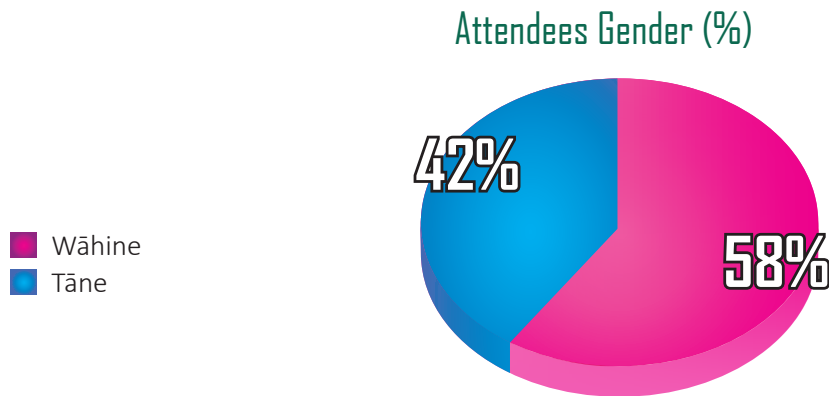


Figure 1. Hapū Wānanga Attendee Gender

Figure 2 shows the age distribution of the Hapū Wānanga attendees. The ages of attendees ranged from tamariki who were younger than 12 through to over 65 year olds. The largest age groups represented were the 35 to 49 year olds with 32.4% (35), and 25 to 34 year olds with 27.8% (30).

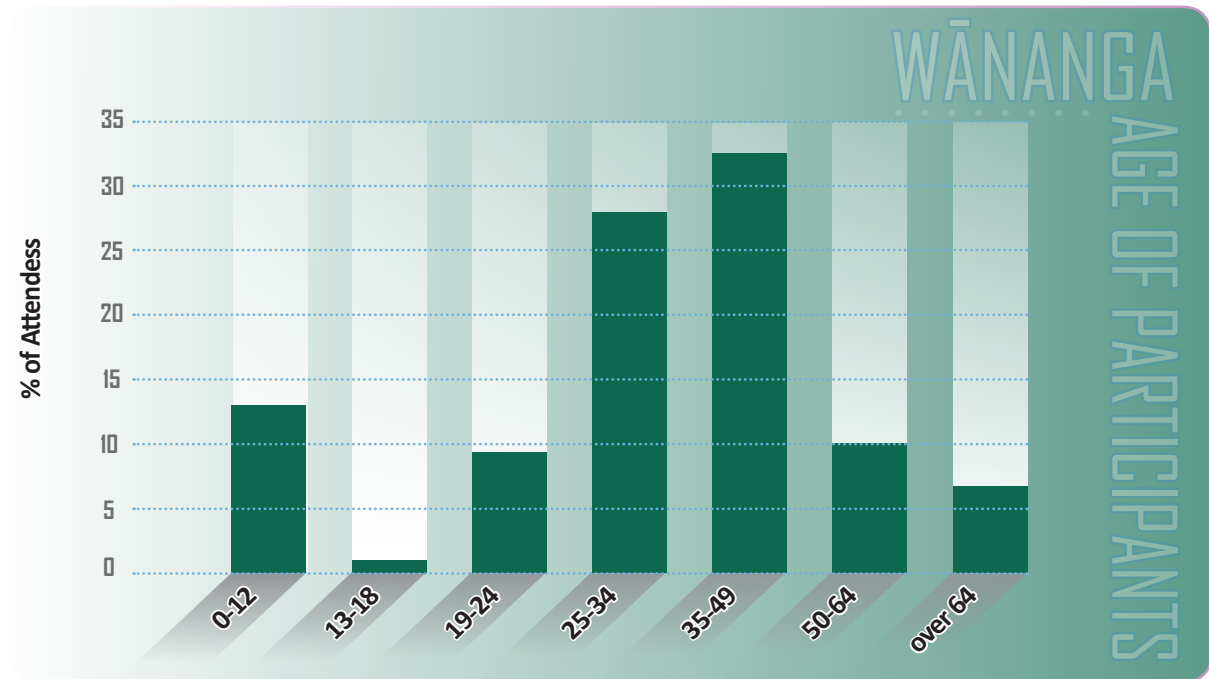


Figure 2. Hapū Wānanga Attendee Gender Age

**Ngāti Werewere Wānanga - 26th September 2014 (29 whānau members attended/ 22 evaluations)**



Figure 3. Rukumoana Marae

**Te Iti o Hauā Wānanga - 9 & 10th November 2014 (32 whānau members attended, 25 evaluations)**



Figure 4. Tauwhare Marae

**Ngāti Te Oro Wānanga - 4 & 5th December 2014 (38 whānau member attended, 22 evaluations)**



Figure 5. Waharoa Marae

Across all three of the Hapū Wānanga 93 evaluations were completed, meaning 86% of the people who attended the wānanga gave feedback. Through the evaluation forms:

- 100% agreed that the wānanga strengthened whānau connectedness and identity
- 99% agreed that the wānanga increased resilience and knowledge of strategies to support whānau
- 98% agreed that the wānanga increased their knowledge and skills to prevent suicide within whānau
- 98% agreed that they have improved confidence to take action and or seek more support
- 97% agreed that increased knowledge and awareness to prevent suicide within whānau
- 97% agreed that the wānanga transformed their attitude and behaviours in a positive way

## Hapū Wānanga: Quality Feedback

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The four dominant themes from whānau participant feedback of the hapū wānanga were whanaungatanga; key learnings; respect; and fun. Whānau participants felt that the learnings gained at the wānanga were relevant to their realities and everyday lives. Feedback also indicated that the way in which the hands on material was delivered were viewed as respectful, considered the diverse age spread of whānau attendees. Whānau also felt that the wānanga were well balanced in that the serious nature of some of topics were reconciled with fun.

## Leadership Group: Formation and Action

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A Leadership Group was formed which provided oversight and leadership around the development and implementation of suicide prevention strategies within Ngāti Hauā. The Leadership Group was made up of eight key stakeholders:

- Three marae/hapū representatives
- Kaumātua
- Survivor of suicide (i.e. parent/partner)
- Māori community youth worker
- Māori counsellor
- Māori Police liaison

All the members where of Ngāti Hauā descent and/or affiliation, and work intimately within their communities. The first Leadership Group meeting was delayed due to tangihana (a funeral), and took place in February 2015.

The following Terms of Reference was developed by the Leadership Group.

- Inform strategies to promote suicide awareness, suicide prevention and post-vention plans across Ngāti Hauā.
- Review and evaluate all plans and activities to identify gaps and make any improvements.
- Take opportunities to lead discussions and provide information at local whānau and marae hui.
- Assist Te Hauora o Ngāti Hauā staff to build relevant support networks.

## Promotional Hui And Bi-Monthly Newsletter

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Te Hauora o Ngāti Hauā produce and distribute a bi-monthly Ngāti Hauā newsletter called Ka Tū Mai a Hauā. The newsletter keeps the community up to date with the latest iwi news, activities, achievements, priorities, and other important information. It is delivered to over 400 whānau homes and made available at various iwi and community events, such as the Green Riders- Against Teenage Suicide event and the Piako Cultural Festival. During Te Hauora o Ngāti Hauā's Waka Hourua initiative,

Ka Tū Mai a Hauā was utilised to both promote and encourage the topic of suicide prevention as a normal part of public and private conversations, such as at the marae and in homes. Promotional during the contract period included encouraging healthy and caring environments, whānau and iwi responsibility, and specific material such as the introduction of information around suicide symptoms, triggers and support strategies.

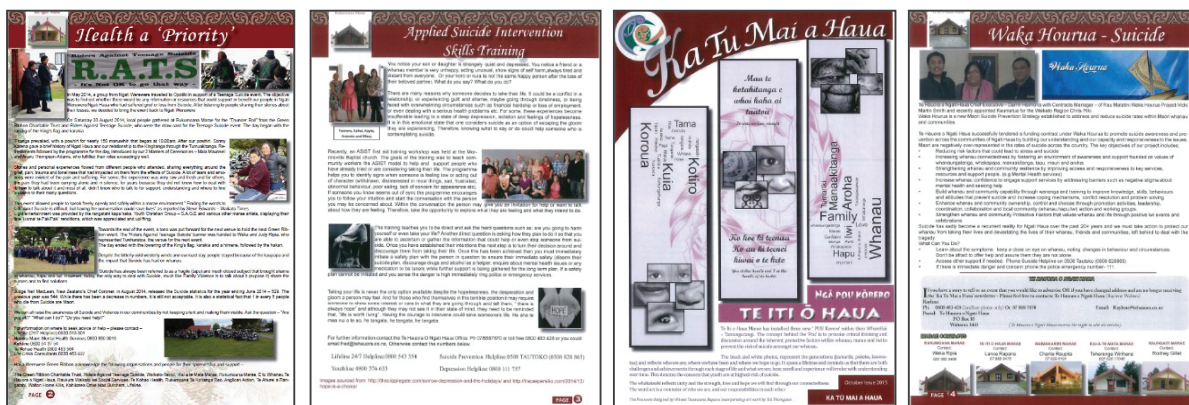


Figure 6. Articles from Ka Tū Mai a Hauā

## Whānau Day Events – Promotional Hui

Increasing connectedness through fostering an environment of awareness and support founded on values of whanaungatanga (connections), whakapapa (genealogy), manaakitanga (caring) and aroha (love) contribute to strengthening whānau and community protective factors. The Piako Cultural Festival is an annual local event that is about connecting the whānau and community by showcasing and bringing together local schools from early childhood education level through to secondary school to perform kapahaka (cultural dances). The non-competitive community event has been held annually for over a decade and is well attended by its people and community.

The Piako event held at Rukumoana Marae on the 15th September 2014 attracted seven early childcare centres, eleven primary and intermediate schools and Morrinsville College, all performing kapahaka ‘Rukumoana styles’. Acknowledgement from some of the 1500 people that attended the event is full of aroha and manaaki. These are presented below:

“I just wanted to say a HUGE thank you for today! My kids and I just had the best day sharing in the many talents of kapahaka groups in the Piako area. We will treasure our totara tree such a lovely gift. Thank you so much”. (Te Aroha Primary School Kapa Haka Group)

“Thank you so much for a brilliant day. It was an honour to be a part of the festival on your Marae. Thank you”. (Learning Curves)

The whānau day was sponsored by Te Hauora o Ngāti Hauā, E Tū Whānau, Mangateparu Alternative School, New World Morrinsville, Mighty River, Greenlea, W. Davenport Limited, Placemakers, Tainui River, Māori Wardens, PORSE, Māori Brethren Assembly, Nga Kaumātua, Military Cadets, Ngāti Hauā Mahi Trust, David St School and Rukumoana for a beautiful venue.

## Green Ribbon - Riders Against Teenage Suicide



Having attended a Green Ribbon- Riders Against Teenage Suicide (Green Ribbon) event in May 2014 hosted in Opotiki by Whakatohea, Ngāti Hauā/Ngāti Werewere representatives accepted the banner to host a Green Ribbon event within their rohe (region) in the Eastern Waikato. The Green Ribbon event was hosted at Rukumoana Marae on the 30th August 2014, and began with the raising of the flag of Kingi Tuheitia and karakia (blessing), a pōwhiri (welcome) for around 150 manuwiri (visitors), followed by formalities. With tikanga (Māori protocols) presiding over the event, this ensured a safe space in which people could speak freely and openly. Personal stories easily flowed from different people, whānau and community members who shared their experiences of grief, pain, trauma and loneliness because of

the loss of a loved one through suicide. While a formal evaluation of the event did not take place, the Green Ribbon event hosted by Ngāti Hauā/Ngāti Werewere was positive. This was demonstrated in the engagement and contribution by survivors of suicide, who shared stories of the devastating impact of suicide on them and their whānau. In particular, their plea to the wider whānau to be aware and to be responsive. At the conclusion of the event, a tono (a request) was put forward by representatives of Tūwharetoa to hold the next Green Ribbon event. The Green Ribbon event was sponsored by The Green Ribbon Charitable Trust, Riders Against Teenage Suicide, Waikato-Tainui, Kai a te Mata Marae, Rukumoana Te Kohanga Reo, Anglican Action, Te Ahurei a Rangatahi, Walton Home Kills, Kahikatea Drive Mad Butchers, and Lifeline.

### **Tauwhare Fundraising Gala Day**

On 29 April Tauwhare Ladies Committee convened a Gala to raise funds for the installation of their new Children's Playground. The day's itinerary included a range of stalls and entertainment i.e. Early Morning Breakfast Café, Brick a Brac, Opportunity Shop, Children's Play Entertainment, an auction and a local talented whānau band provided home grown entertainment. The day was a great success and brought together Ngāti Hauā whānau from Morrinsville and Waharoa. In support of the gala Marilyn Te Aho promoted Early Childhood Education and National Certificate Education Attainment, and Te Hauora o Ngāti Hauā staff and Rukumoana Te Kohanga Reo SKIP Champions convened 4 target promotion booths. Through a series of quick fire questions around "key messages" the winners with correct answers received prizes provided by Te Hauora o Ngāti Hauā. The Gala is a demonstration of a positive iwi event and celebration and the important role they play in strengthening whānau and community protective factors that values whānau and life.

The promotion booths included;

- Waka Hourua – Suicide Prevention
- SKIP – Parenting Strategies
- Health Promotion – Breast Screening
- E Tū Whānau – Charter of Commitment

## Three Pou: Enhancing Protective Factors

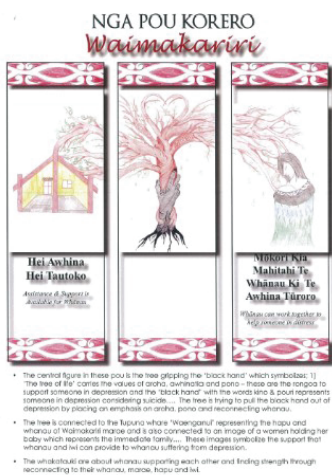
Creating positive visible artwork through ‘Pou’ or art panels is not a new concept to Ngāti Hauā marae. In 2007 Te Hauora o Ngāti Hauā in partnerships with three marae designed and installed a series of three ‘Pou’ in their wharekai. The ‘Pou’ were developed in response to promoting the safety of women, children and whānau, and elimination of domestic violence. As permanent fixtures the ‘Pou’ continue to be talking points about the elimination of violence and the roles and responsibilities of whānau and whakapapa.

Although creating positive visible artwork through ‘Pou’ is not a new concept to Ngāti Hauā, what each marae develops is innovative and new for them.



### Te Iti o Hauā

Te Iti o Hauā marae installed three new ‘POU korero’ in their wharekai – Tamangarangi. The concept behind the ‘Pou’ is to provoke critical thinking and discussion around the inherent protective factors within whānau, marae and iwi to prevent the risk of suicide amongst our whānau. The black and white photos, represent the generations (tamariki, pakeke, kaumātua) and reflects who we are, where we have been and where we hope to go. It spans a lifetime and reminds us that there are both challenges and achievements through each stage of life and what we see, hear, smell and experience will evolve with understanding. This denotes the concern that youth are at highest risk of suicide. The whakatauki reflects unity and the strength, love and hope we will find through our connectedness. The word art is a reminder of who we are, and our responsibilities to each other.



### Waimakariri

The central figure in these pou is the tree gripping the ‘black hand’ which symbolizes: ‘The tree of life’ carries the values of aroha, awhinatia and pono – these are the rongoa to support someone in depression and the ‘black hand’ with the works kino and pouri represents someone in depression considering suicide... The tree is trying to pull the black hand out of depression by placing an emphasis on aroha, pono and reconnecting whānau. The tree is connected to the Tupuna whare ‘Waenganui’ representing the hapū and whānau of Waimakariri marae and is also connected to an image of a women holding her baby which represents the immediate family. These images symbolise the support that whānau and iwi can provide to whānau suffering from depression.

The whakatauki are about whānau supporting each other and finding strength through reconnecting to their whānau, marae, hapū and iwi.



**Kai-A-Te-Mata**

This Pou is based on the dreams and desires of our old people to establish a new marae for our whānau, hapū and iwi. The vision of our old people was to establish a new base for the future generations. The new marae was established in the early 1950's and named Kai a te mata – ‘a feast for the eyes’. The marae is a bastion and safe place for all people.

This Pou highlights how important people are, “He aha te mea nui, he tangata, he tangata, he tangata”.

Te Koohi was the name of the old marae that stood closer to Parata falls. This whakatauki acknowledges that the old marae provided comfort and safety for all our people.

It is our hope that through sharing the stories of these Pou we will remind our whānau and rangatahi that our tūpuna had a vision and we are all part of that vision. All whānau are precious and we have a responsibility as whānau, hapū & iwi to protect and care for each other. The pou promote the importance of maintaining strong whānau ties, reconnecting with our marae and minimising isolation, loneliness and depression within our whānau.

**Conclusion**

Te Hauora o Ngāti Hauā trust supported their community by focussing on wellbeing, connectedness and identity of whānau as a point of strength and hope with suicide prevention being a natural component of whānau wellbeing. In addition, examination of past suicide cases across Ngāti Hauā identified that undiagnosed, untreated depression, lack of understanding and negative stigma around depression/mental health was a critical gap in their capacity to respond to and prevent suicide so addressed this by building whānau understanding about depression and anxiety, its symptoms, its triggers and knowing the supports available will close this gap and increase whānau awareness and responsiveness.

*Maka Hourua*  
**Te Hauora o Ngāti Hauā Trust**



.....  
A community based initiative which ran multiple iwi (tribal) focused events in order to reduce the risk of suicide by building whānau and community protective factors, and to raise awareness of suicide and suicide prevention.  
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.....  
Ngāti Hauā iwi members participated in multiple types of events across the rohe related to suicide prevention, intervention, and postvention. Including hapū wananga, promotional hui and newsletters, installation of pou, a whānau day, and development of a whānau toolkit resource.  
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Over 108 people participated, approx:  
58% wāhine  
44% tāne  
91.4% Māori  
.....

.....  
Iwi members had the opportunity to learn about a variety of topics which enhance the capacity and wellbeing of whānau. Including leadership, whānau strategies, increasing awareness of suicide, key risk factors and issues impacting whānau, and protective factors against suicide.  
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