



TE RAU ORA

Strengthening Māori Health and Well-Being

Māori Community Suicide Prevention & Postvention Fund

Funding Guidelines

January 2023

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Māori Community Suicide Prevention Fund

Context

Suicide has a long-lasting and far-reaching impact on the lives of many people in New Zealand: individuals, their whānau and families, friends, peers, colleagues, hapū, iwi and wider communities. Every year, hundreds of people die by suicide. In 2021, 607 people died by suicide in Aotearoa New Zealand (a rate of 11.6 per 100,000) (Ministry of Health, 2021).

Preventing suicide is everybody's responsibility (Te Rau Ora, 2017). Building the capacity and capability in Māori communities, and whānau regarding adaptive strategies and resilience to prevent suicide is a core goal of Te Rau Ora (2019). Developing and fostering collaboration, learning, innovation and shared leadership to build wellbeing to prevent suicide requires an assertive approach ready to reach and respond to Māori communities.

Goals and Objectives

The desired outcomes of the Fund are that successful initiatives support the visions and solutions of Tūramarama ki te Ora: National Māori Strategy for Addressing Suicide Prevention 2017-2022, and the overarching goals and objectives of Every Life Matters - He Tapu te Oranga o ia Tangata - the New Zealand Strategy and Action Plan to prevent suicide in Aotearoa New Zealand.

The Goals of the Fund are to:

- Build the capacity of Māori whānau, hapū and iwi to prevent suicide within communities and to respond effectively if, and when, a suicide occurs by:
 - Reducing Māori suicides
 - Reducing suicidal attempts
 - Easing the impact of suicide.

The key objectives of the Fund are:

- Providing support to Māori whānau, hapū and iwi that are experiencing suicide risk and/or are bereaved by suicide.
- Prioritising population groups within their communities that are known to be at higher risk of suicidal distress, including men, youth, rainbow communities and rural communities.
- Building inclusive communities and strengthening community resilience.
- Encouraging a focus on mental wellbeing.
- Raising awareness about available support services.

Successful initiatives from the Fund will help:

- Promote Māori ownership of Māori wellbeing and suicide prevention.
- Build on the strengths of Māori whānau, hapū, iwi and communities.
- Deliver culturally safe supports and services.
- Prioritise whānau-centred treatment and management models.
- Acknowledge intergenerational trauma, grief, and loss of mana.
- Provide suicide bereavement responses that protect the continuation of whakapapa, hapū and iwi structures, and;
- Build the evidence base and Mātauranga Māori of what works for Māori.

Who can apply?

Eligibility

To be eligible to apply for Funding a group must be either:

- A recognised whānau or hapū group with a registered bank account in the name of the whānau or hapū group.
- A local community or advocacy group that is a legal entity or registered charity.
- An Iwi or Māori Provider that is delivering services primarily but not exclusively to Māori.
- A Regional or National collaboration between Iwi or Māori Providers.

All applicants must demonstrate that their proposed initiatives:

- Contribute to the outcomes of the Fund.
- Have an alignment to the key objectives of the Fund.
- Have the capacity and capability to design and deliver the proposed initiative, and
- Demonstrate appropriate plan for budget and timeline.

Other eligibility conditions:

- We will accept one application per roopu.
- Current Te Rau Ora staff are not eligible to apply for this fund. There is a three-month standdown period for former Te Rau Ora staff from the date they ended employment with Te Rau Ora.
- Initiatives with an active 2022 Community Fund contract are not eligible to apply for this funding round. Exceptions will be made if the initiative is completed, and the report is received and approved before the applicant submits a new application for the 2023 round.

Applications will not be accepted from non-Māori Governing Providers, Government Organisations, District Health Boards, Tertiary Education Providers or Crown Research Institutes.

Activities that will not be Funded

- Ongoing service delivery and/or an established project.
- FTE, full or part-time permanent positions (staff can be seconded onto specific initiatives and facilitator koha is accepted).
- Supervision or mentoring fees or costs.
- Lease or purchase of vehicles (hireage costs are accepted).
- Rent, lease or purchase of building or premises (hireage costs are accepted).
- International travel.
- Any ongoing fees or licences.
- Capital purchases over \$5,000.

Eligibility

1. Whānau & Hapū

Each Whānau and Hapū has their own sense of identity and connection that affirms the confidence, safety, and security of every member. A whānau-centred approach to suicide prevention is about empowering whanau to determine their own solutions for wellness.

Whānau and Hapū groups can apply for up to \$10,000 worth of funding to support health promotion, suicide prevention or postvention initiatives.

If successful, applications from Whānau & Hapū groups will be required to provide progress reports and appropriate financial information. The successful applicant will need to agree to complete a profile (of their initiative) and take part in an evaluation of the Fund.

Please see Table 1: Eligibility Criteria for Whānau or Hapū (below) for documentation required for eligibility.

Table 1: Eligibility Criteria for Whānau or Hapū

| Criteria | Evidence |
|--|--|
| The whānau or hapū group has a bank account in the name of the whānau or hapū group. | Bank Account verification of account name. |

2. Māori Community Groups

Māori community groups that are a legal entity or recognised charity can apply for up to \$25,000 in funding to support health promotion, suicide prevention, intervention or postvention initiatives. Groups who are not a legal entity will be encouraged to work in partnership with an Iwi or Māori Provider that can support the implementation of the proposed initiative.

If successful, the community groups will receive a contract for services and be required to provide regular progress reports and appropriate financial information. The successful applicant will need to agree to complete a profile (of their initiative) and take part in an evaluation of the Fund.

Please see Table 2: Eligibility Criteria for Māori Community Groups (below) for documentation required for eligibility.

Table 2: Eligibility Criteria for Māori Community Groups

| Criteria | Evidence |
|--|--|
| The organisation is a legal entity / or | Current certificate supplied with application. |
| The organisation is registered with the NZ Charities Commission. | Current certificate supplied with application. |
| The majority of members on the Board are Māori and this is sustained and/or the majority of owners/directors of the company are Māori. | Confirmation captured within the application. |

3. Iwi and Māori Providers

Iwi and Māori Providers (Health, Social Services, Justice or Whānau Ora Providers) who have the experience, capability and capacity to design and implement a community-based initiative will be able to apply for up to \$50,000 of funding.

If successful, a provider will receive a contract for services and be required to provide regular progress reports and appropriate financial information. The successful applicant will need to agree to complete a profile (of their initiative) and take part in an evaluation of the Fund.

Please see Table 3: Eligibility Criteria for Iwi and Māori Providers (below) for documentation required for eligibility.

Table 3: Eligibility Criteria for Iwi and Māori Providers

| Criteria | Evidence |
|---|---|
| The applicant is an Iwi or Māori Provider | Meets the definition above |
| The applicant holds current contracts for the provision of health, social services, justice or whānau ora that are primarily but not exclusively targeted to Māori. | Current health contracts, type and value including the funder's details must be listed in the application form. |
| The organisation is a legal entity / or | Current certificate supplied with application. |
| The organisation is registered with the NZ Charities Commission. | Current certificate supplied with application. |
| The majority of Board members are Māori and this is sustained and/or the majority of owners/directors of the company are Māori. | Confirmation captured within the application. |

4. Iwi and Māori Provider Collaborations

Collaborations between Iwi or Māori Providers (Health, Social Services, Justice or Whānau Ora Providers) who have the experience, capability and capacity to design and implement a Regional or National Project will be able to apply for up to \$100,000 of funding.

If successful, a lead provider will receive a contract for services and be required to provide regular progress reports and appropriate financial information. The successful applicant will need to agree to complete a profile (of their initiative) and take part in an evaluation of the Fund.

Please see Table 4: Eligibility Criteria for Iwi and Māori Providers (below) for documentation required for eligibility.

Table 4: Eligibility Criteria for Iwi or Māori Provider Collaborations

| Criteria | Evidence |
|---|---|
| The lead applicant is an Iwi or Māori Provider | Meets the definition above |
| The applicant holds current contracts for the provision of health, social services, justice or whānau ora that are primarily but not exclusively targeted to Māori. | Current health contracts, type and value including the funder's details must be listed in the application form. |
| The organisation is a legal entity / or | Current certificate supplied with application. |
| The organisation is registered with the NZ Charities Commission. | Current certificate supplied with application. |

Suicide Prevention Continuum

1. Wellbeing

Wellbeing is about more than just good mental health. One model of wellbeing is the concept of 'Te Whare Tapa Wha', whereby wellbeing is seen to have four key cornerstones: taha tinana (physical health), taha hinengaro (mental health), taha whānau (whānau health) and taha wairua (spiritual health) (Durie 1994). Promotion of wellbeing reduces the risk of suicidal distress and behaviour, bolsters resilience and improves capability to deal with stressful or challenging experiences.

Three distinct factors related to promoting wellbeing and fundamental to reducing suicide risk are: strengthening our sense of identity; reinforcing our connection to others, to land and to place; and feeling accepted and included by others.

Having individual, whānau and community strength, resilience and connectedness provides the best possible environment for wellbeing to flourish. Everyone needs to experience safe, strong personal relationships, a sense of purpose for the future with a whānau and community that promotes and supports their wellbeing.

Potential applications could include:

- Provide increased wellbeing support for tamariki and rangatahi in places of learning (including through developing culturally-responsive resources that support inclusive education, enhancing and expanding school-based health services and establishing a resource for high school students transitioning into further study or work).
- Work with Māori to identify current whānau, hapū, iwi and community-based wellbeing initiatives that support Māori (particularly tamariki and rangatahi Māori) to connect to their culture and build a strong cultural identity.
- Establish a relationship-based transition response service for young people moving from care and youth justice.
- Support the delivery of wellbeing programmes by community-based organisations and NGOs with a focus on young people, Māori men, and rainbow and rural communities.

Past Example: 2020 Māori Community Initiative - E Tu Te Tai Tokerau Trust

'Te Haa Ora' is a project making movements in the Northland region to help prevent suicide. The project places an acknowledgement on the sacred breath, the sanctity of life as a treasured gift. A series of wānanga have helped whānau and individuals to build an inclusive Māori community and strengthen resilience in individuals. In addition to the wānanga, there are weekly support groups that are facilitated by delegated Whānau Champions. At least five of these groups met on multiple nights which build on understanding the support systems and resources that are available for whānau, which in turn improved resilience, wellbeing and safety across the community, in particular for whānau going through trauma related to suicide. These hui were an opportunity to share experiences as one, to support Māori whānau and hapū to release their mamae and move forward together as one.

2. Prevention

It is not uncommon for people to feel overwhelmed, to see no way out or to have no hope that things can be different. Being able to recognise early signs of distress and having the confidence to talk to that person about their thoughts can open a door to early intervention and support. These skills are particularly important for whānau, families and communities to build.

Early intervention when someone may be experiencing distress is important. Options for support need to be culturally-appropriate, wide-ranging, flexible, and responsive to the needs of each person seeking help. NGOs, kaupapa Māori services, primary health organisations (PHOs) and DHBs can provide a range of pathways of support that are accessible at the earliest opportunity.

Potential applications could include, but not limited to:

- Work with people with lived experience of trauma and suicidal behaviour to develop guidance on suicide prevention approaches for Māori.
- Work with rainbow communities to develop appropriate suicide prevention practices.
- Develop guidelines for workplaces to support safe conversations and responses to prevent suicide.
- Work with Rangatahi in various settings to promote wellbeing and develop a programme of activities that responds to their specific needs.

Past Example: 2020 Community Led Initiative

The Hope Walk is a popular initiative that happens in various cities around Aotearoa. This Hope Walk in Tauranga was led by Rangatahi and well supported by others to bring people together to raise awareness about Suicide Prevention. In the lead up to the Hikoī, workshops were provided to prepare participants. During these wānanga, Rangatahi learnt about suicide prevention through team building exercises and craft activities. One focus was on how to collaborate with local wellness support services, particularly with Kaupapa Māori networks, who support bereaving whānau.

The organisers provided a space for support services in and around Tauranga to attend. This created an opportunity to inform whānau about their local organisations and services. At the end of the hikoī, a special memorial service was hosted to pay respect to those lost to suicide. A further follow up safe space was made available for people to share their experiences and how they had been impacted. Awhinatanga support service was on hand to provide additional compassionate support to aggrieved whānau.

3. Intervention

Having timely access to appropriate, culturally responsive and safe care is critical when someone's safety is at risk. Frontline contact is an opportunity to intervene early. Supporting whānau, hapū, iwi and community members to undertake culturally appropriate suicide prevention training will help ensure early intervention. This training needs to be accessible and shared across communities and Providers.

Potential applications could include but not limited to:

- Work with Māori to develop suicide intervention resources for NGOs, iwi, hapū and whānau that recognise and support Te Ao Māori practices.
- Work with Māori and people with lived experience of suicidal behaviours to develop national guidelines for managing suicide risk to be used within DHBs and NGOs.
- Local suicide prevention and postvention workforce plan, with a focus on increasing and supporting the peer and Māori suicide prevention workforce.

- Create and promote new and existing training programmes and resources to build the clinical, cultural and trauma-informed competency of the suicide prevention workforce (including community and clinical champions, peer support workers and whānau, hapū and iwi).

Past Example 2020 Intervention - Whānau Led Initiative

The Koti Whānau Hauora initiative consists of wānanga targeted at preventing suicidality, through educating and developing a mental health and wellness plan for whānau. This plan is developed to incorporate Te Ao Māori and Te Ao Pākehā strategies. One of the outcomes of this wānanga is to develop a primary Koti Whānau Ora mental health and wellness plan that identifies key whānau members in the community who can awahi and assist with wellbeing, suicide prevention, intervention and postvention. All noho marae include whanaungatanga, kapa haka, te reo Māori, kai ora, and whakapapa to ensure there is the ability to build an inclusive and resilient whānau.

4. Postvention

The primary purpose of suicide postvention (support provided after a suicide) is to support the recovery of the suicide bereaved and prevent contagion or imitative suicidal behaviour. Postvention support can therefore also be preventive, reducing suicide risk to others by responding to the mental wellbeing needs of those impacted by a suicide. A planned response to support whānau and family, friends and communities can reduce psychological, physical and social difficulties experienced by the suicide bereaved and optimise opportunities for healing.

Potential applications could include but not limited to:

- Develop guidance and resources for managing cluster and contagion events and to support culturally safe postvention responses.
- Develop postvention resources for tangihanga and funeral celebrants.
- Develop a suicide prevention and postvention workforce competency-based framework with Māori, suicide prevention experts and people with lived experience.
- Support the wellbeing of the suicide prevention workforce by promoting supervision and training options.

Practice Example 2020 Hook Whānau Postvention Initiative

Whānau have experienced grief no whānau should experience. The sudden loss of a loved one is devastating for anyone, however the dark cloud it created for this whānau was a heavy weight to bear. Bringing light back into the whānau, was a conscious decision to shift gear to bring happiness back into their whānau. Happiness, they hope, would be a natural day to day occurrence by making some key changes in their lives. As a movement, the whānau were dedicated to changing things of the past to create more happy memories of being together. To begin that journey, the Hook whānau planned a wellness retreat together. This was the first time all 10 of the whānau would travel together, since the passing of their brother (uncle & papa) from suicide and it was important the trip was planned while their dad was still able to travel. The whānau travelled to a special place with a focus on creating light and love, to create new, happy experiences with the whānau while continuing to remember and carry the mana of their brother with them. On completion, this very special trip provided new memories that they will hold dear forever.

Applications

Applications - Further Information

- While facilitator koha is accepted in the budget, it cannot be worth more than 25% of the budget.
- Paper copies and/or emailed copies of applications will not be accepted under any circumstances. All applications must be submitted through the online funding portal.
- If applicable, you will be asked if your company has a Māori company structure (e.g., majority Māori board or leadership). If you answer no, you will be asked to provide an explanation of your roopu structure in relation to Māori leadership, and to elaborate on the role and relationship of your roopu to Māori whānau, hapū and/or community. We welcome our non-Māori whānau that support our Māori communities to apply.

External Assessment

External Assessment Panel

All applications to the Fund will be assessed by an external evaluation panel comprising of experienced sector leaders, clinical practitioners and cultural advisors. The final recommendations from the Panel will be made to the Chief Executive of Te Rau Ora.

The External Assessment Panel will assess each application on criteria which is derived from Tūramarama ki te Ora: National Māori Strategy for Addressing Suicide Prevention 2017-2022, and the overarching goals and objectives of Every Life Matters – He Tapu te Oranga o ia Tangata - the New Zealand Strategy and Action Plan to prevent suicide in Aotearoa New Zealand. This criteria is as follows:

- The alignment of overall project/initiative to the goals and objectives of the Māori Community Fund (see page 3 for goals and objectives).
- The initiative encourages a strong focus on wellbeing; supporting whānau at any point along the Suicide Prevention Continuum (Wellbeing, Prevention, Intervention or Postvention)
- Initiative is aimed to provide support for Māori Whānau, Hapu, Iwi and specific communities that experience suicide risk and/or are bereaved by suicide.
- The benefits and effectiveness of the initiative to Māori Whānau, Hapū, Iwi and target communities.
- The initiative builds inclusive Māori communities and strengthens resilience.
- The initiative has capability to meet project plan, budget and timeline.

Contracting

Contracting - Further Information

- Contracting of successful initiatives will begin in June 2023. Te Rau Ora reserve the right to withdraw offer of funding if contracting is not completed within three months from the start date.
- It is the responsibility of the initiative to maintain their own financial records during the contract period. Te Rau Ora reserve the right to request financial records of the funding provided at any time during the contract period.

2023 Funding Round Timeline

| | |
|-----------------------------|-----------------------------|
| Funding Applications Open | 6 March 2023 |
| Funding Applications Closed | 1 May 2023 |
| External Assessment Panel | Week of 23 May 2023 |
| Notifications | Week of 5 June 2023 |
| Contracting | Begins week of 12 June 2023 |
| Implementation | June/July 2023 - June 2024 |

Glossary

- **Capital Purchase** - A capital purchase is any item that cost \$5,000 or more and has a useful life of more than one year. It must also be an individual, stand-alone, movable, or tangible item. Examples include: Furniture.
- **Initiative** - The project you are applying to receive funding for.
- **Suicide Prevention Continuum** - Refers to pages 7 - 9 which explains the spectrum through wellness, prevention, intervention and postvention.
- **FTE** - Full-time equivalent staff.
- **NGO** - Non-government Organisation.
- **PHO** - Primary Health Organisation.
- **DHB** - District Health Board.

Contact

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