

Mental Wellbeing

Quarterly Update 1 July - 30 September 2023

Healthy Families NZ develops quarterly updates for each key focus area, providing a snapshot of mahi being carried out across our location teams.

Healthy Families South Auckland partnered with Auckland Council's Active Communities, applying a whānau-centred co-design approach to explore local whānau and community-led wellbeing kaupapa aspirations. From the co-design challenge the team elevated community aspirations developing an operational model to inform Council Māori Outcomes strategic priority area 'Kia Ora Te Whānau'.

Healthy Families Far North are working alongside whānau connected to He Korowai Trust, to understand how they might support hauora through the learning and embedding of mātauranga Māori. This has been a prototype developed for Puanga Matariki through a whānau-centred design process, and has been a highlight for the team to learn and grow alongside the Kaitiāia community. A core focus of this will be exploring a shift in power dynamics, and what can happen when whānau are supported to lead their own journey to long term health and wellness.

Healthy Families Waitākere is back boning a steering group which supports 11 Aoga Amata across Auckland to increase access to culturally appropriate support and resources to improve aiga (family) and faiaoga (teacher) health and wellbeing. The journey of Tāfesilafa'i has been documented and shared by The Spinoff. The team are now planning what the next year of Tafesilfa'i will bring for the initiative.

Healthy Families Whanganui, Rangitīkei, Ruapehu diligently conducted walkthroughs and actively promoted the Hapū Māmā Insights Report, thanks to the generous Kahu Taurima funding allocation focused on the first 2000 days of a pepi's life, including maternity, early childhood, child health, and overall well-being. This funding significantly contributes to our overarching goal of establishing a Hapū māmā maternity hub.

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Healthy Families Whanganui, Rangitikei, Ruapehu is involved in implementing two regional wellbeing strategies, the Growing Collective Wellbeing Suicide Prevention Strategy and the Collaborative Design of Mental Health & Addictions Service Delivery, both of which aim to shift from a solely medical system approach to a community-wide design, with six key priorities for improving service delivery identified: applying a Māori worldview, enhancing connections, addressing stigma and bias, co-designing a holistic care model, promoting workforce wellbeing, and involving practitioner wisdom and lived experience in policymaking to achieve transformational change in the complex health system.

Healthy Families East Cape's partnership with Te Rōpū Wāhine Toko i te ora o Te Tairāwhiti (Māori Women's Welfare League) continues with their year-long prototype. The team have presented the second resource in their Kaupapa Wellbeing plan, Te Taha Hinengaro (their mental and emotional wellbeing) and received feedback, including significant mindset and positive behavioural changes particularly with the incorporation of sleep strategies, promotion of Maramataka and encouragement of healthy habits to support physical and mental wellbeing.

Healthy Families Hutt Valley have continued to work with Wellington Rugby League to support the embedding of their hauora waiora approach. This has continued with the active promotion of Smokefree Vapefree and mental wellbeing during the grand final series of senior competition. It has also been supported through the "Find Your Front" seminars for the Wellington Orca representative teams which has been co-facilitated by the Hutt Valley team.

"Te Whati Toka", the sleep strategy that **Healthy Families Rotorua** have backboneed, has received positive feedback from Te Taura Ora o Waiariki, the local Iwi Māori Partnership Board, who supports the call for a national sleep strategy and was pleased to see its alignment to Te Ara ki Tikitiki o Rangi (Te Arawa Health Strategy).