

Mana Ake

Stronger for Tomorrow



Mana Ake works with local school communities to enhance wellbeing outcomes for tamariki.

It provides strengths based, evidence informed wellbeing and mental health support to children in the context of their school, whānau, community and natural networks of support.

By working in partnership with community agencies our aim is to provide:

Support for **schools**

Support for **whānau**

Support for **tamariki**

- Help to build connections with local agencies and services
- Supporting collaboration focused on enhancing wellbeing for all students
- Workshops and training
- Working with teachers to implement whole class programmes

- Sharing wellbeing resources (Mana Ake website)
- Providing parent/caregiver workshops to support wellbeing
- Developing wellbeing guidance for schools to share with whānau

- School wide and whole class strategies to promote wellbeing eg: Pause Breathe Smile, Sparklers, I am Valued, Zones of Regulation

- Clarifying pathways of support for wellbeing concerns (Leading Lights)
- Support for pastoral care systems and processes
- Sharing data to identify and respond to trends

- Community support groups Eg. Grandparents raising grandkids
- Drop-in sessions (private one off advice and guidance)
- Parenting programmes Eg. Building Awesome Whanau, Parenting Toolbox

- Small group programmes targeting:
 - Resilience
 - Emotional regulation
 - Cultural identity
 - Self-esteem
 - Positive relationships
 - Transitions

- Sharing skills and strategies with teachers to support individual students

- Whānau led support for addressing wellbeing for tamariki
- Connecting whānau with community supports that assist them achieve their desired outcomes

- Targeted evidence based individual interventions addressing wellbeing
 - Motivational interviewing
 - Solution-focused
 - Cognitive Behaviour Therapy etc

Universal

Universal

Targeted

Targeted

Individual

Individual

NB All interventions are tailored for the context in which they are delivered, taking into account the strengths, needs and available resources of the whanau. school and community