



## Mana Ake : Te Tai Tokerau – Questions and Answers:

### 1. What is Mana Ake?

Mana Ake will provide early intervention to promote wellbeing and mental health support for our primary and intermediate aged tamariki across Te Tai Tokerau. The aim is to help enhance resilience, wairua and mana so they are 'stronger for tomorrow'.

Mana Ake provides a new approach to delivering additional mental health support for children in primary and intermediate schools across the Te Tai Tokerau region. Mana Ake seeks to provide holistic support through:

- Direct support to children experiencing social, emotional or behavioural challenges
- Clarification of local support pathways, making it easier for schools, teachers and whānau to access support when and where they need it.
- Support for schools to make improvements to the school environment using the whole of school and classroom wellbeing programmes and wellbeing promotion
- Service sector improvements by providing greater collaboration across Health, Education and social sector partners in the provision of support.

Mana Ake is strongly aligned with the recommendations made in *He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction (He Ara Oranga)* to better equip teachers, schools and communities to respond to the wellbeing needs of Tamariki, support Tamariki to build resilience and coping strategies and to increase access to early intervention supports.

### 2. What does the Mana Ake name, and 'stronger for tomorrow' by line represent?

MANA AKE acknowledges a range of meanings. The term "Mana" has a wide range of meanings, including prestige, authority, control, power, influence, status, spiritual power, charisma. Using the term "Ake" intensifies those meanings and implies original, indigenous, own, real, very own, personal, personally - to emphasise to whom something belongs or for whom something is intended. This Mana enhancing term is therefore applicable with the Mana Ake by line, 'Stronger For Tomorrow'.

Mana Ake is a term used in the Te Wheke model developed by Dr Rangimarie Rose Pere in 1982 and describes Mana Ake as the unique identity of individuals and family.

### 3. Who is Mana Ake targeted at?

Largely, it will be targeted at children aged 5-12 (Years 1-8 of school) in schools across Te Tai Tokerau. The service also provides integrated support to whānau, teachers and schools.

### 4. Will Mana Ake work alongside and compliment other existing initiatives?

Yes, services will be integrated with other support services and provide holistic support. This includes:

- Integration with current education and health initiatives in schools.
- Integration within internal school student support systems such as learning support.
- Clear links with existing health and social services, including community based primary and mental health and addiction services and specialist mental health and addiction services

- Seamless connections for whānau to other relevant NGOs, cultural, social and health supports, primary care and secondary/tertiary services as and when needed.

The co-design of Mana Ake in Te Tai Tokerau also coincides with the roll-out of provision of school counselling funded by the Ministry of Education. The anticipated rollout of these two new service delivery options for supporting schools, teachers and the wellbeing of tamariki and their whānau is an exciting opportunity for Te Tai Tokerau.

### **5. Will Mana Ake support whānau as well?**

Yes, reducing barriers to access for whānau is critical. Methods for doing this include having a range of support and engagement options, no cost and flexible hours and services. The range of support options for whānau could include (but is not limited to):

- Support, advice and resources for caregivers and whanau
- Drop-in sessions
- Information and community events
- Resources on the service website
- Parenting skills development

### **6. Will Mana Ake support schools and teachers?**

Yes, we will connect schools and teachers with additional resources that enhance wellbeing

### **7. Will Mana Ake be responsive to the needs of rural communities?**

Yes, we will ensure that service design addresses the need for the service to be responsive to the needs of different communities, including rural communities.

### **8. Will Mana Ake be responsive to the needs of Māori?**

Yes, we will ensure that service design addresses the need for the service to be responsive to the needs of different communities, particularly Māori and Pacific.

### **9. What mental health and wellbeing supports and services will Mana Ake provide?**

The Service to be designed through this co-design process will include (but is not limited to) the following components:

- Service sector improvements through strengthening collaboration across Health, Education and social sector partners in the provision of support.
- Evidence-informed direct support, either one on one or in groups, to tamariki experiencing social, emotional or behavioural challenges - who do not meet the requirement for other specialist services for example infant child and youth mental health services (ICAMHS) or special education services, including: culturally appropriate and responsive interventions or systems for ensuring whānau involvement and participation, including mechanisms for engaging with whānau with complex needs.
- The development of clear and appropriate referral pathways for tamariki and their whānau who require formalised support for their mental and/or physical health, behavioural or learning needs, across primary and specialist level health, education and social services.
- Resources for teachers that provide evidence informed information regarding: Recognising and responding to a child with mental and/or physical health, behavioural, or learning needs.
- Whole of classroom/school evidence-informed mental wellbeing promotion programmes.

### **10. What schools will Mana Ake be targeted at?**

We plan to make the initiative available to all 141 schools across Northland that have years 1-8 students attending.

### **11. Who will deliver services to schools?**

This is yet to be decided as part of the co-design process. The co-design process will be initiated alongside key stakeholders in Te Tai Tokerau and consider how to best provide school based mental wellbeing supports.

### **12. What is the end goal Mana Ake is trying to achieve?**

To ensure additional resources are put in place to support the mental health and wellbeing needs of our tamariki across Te Tai Tokerau so that they are stronger for tomorrow.

### **13. Who is funding Mana Ake?**

Mana Ake will be funded through Vote Health and Vote Education for the first time, showing a true cross-government approach.

## **Questions about the co-design process for Mana Ake:**

### **1. What is the Mana Ake Co-Design process and who will be involved?**

Core components of the co-design process include:

- Establishing a robust and effective governance group including iwi Māori; hauora Māori; regional Ministry of Education officials; School sector stakeholders; kura kaupapa Māori representatives; and local health, education and social sector service representatives.
- Working with the governance group and key stakeholders to design a school-based programme that provides mental wellbeing support to all primary and intermediate aged tamariki in the DHB area.
- Designing a service that is informed by a summary of learnings from the current Mana Ake initiative and a literature review of current local and international evidence around effective interventions for enhancing mental health and wellbeing of tamariki in primary and intermediate schools.

Members of the Te Tai Tokerau Mana Ake Governance Group have been identified as representative of the required representation of school sector stakeholders, iwi Māori, Local Primary and intermediate Schools, kura kaupapa Māori, hauora Māori, Ministry of Education, Stakeholders, local Health and Social Sector services. Decision making will represent the agreed scope of the service delivery and be made with the intention of enhancing collaboration between the organisations represented with the aim of improving the overall wellbeing of the communities that they represent.

The members will ensure that they regularly communicate with the people they are representing. They will routinely provide feedback on issues discussed at meetings to their peers and own organisations, and ensure relevant papers are circulated.

### **2. How will we establish the needs of tamariki, schools and whānau?**

We will be looking to our communities, schools, Iwi, hapū, whānau, tamariki, and agencies to help shape what wellbeing support should look like and how it can provide additional support and leverage alongside existing services. We will provide mechanisms to capture student voice, hear from school staff, hui with local iwi and hapu, and seeking advice from local agencies.

### **3. What is the timeline?**

It is expected that the proposed service will be ready to commence delivery by the beginning of Term 1 of the 2022 school academic year, subject to funding availability following a co-design process between August and November 2021 which will inform the final service and ensure it is the right fit for our region. Having a phased roll out throughout 2022 allows for the prioritisation of schools based on need and readiness, and provides time for the development of processes and the hiring and training of staff.

### **4. Who is leading the work?**

The Mana Ake contract for Te Tai Tokerau sits within the Northland DHB. However, Mana Ake is a collaborative project between Northland DHB, Ministry of Health, Ministry of Education, working with schools, Iwi and local NGOs. The collaboration highlights not only the importance of the work, but the need for joined-up approaches when it comes to wellbeing and mental health support for tamariki and whānau.

### **5. How much funding is available?**

Northland DHB has not been provided with any indication of how much funding is available yet. First, we have been asked to co-design a service that will meet the needs of our region and submit a proposed service delivery plan. Funding will then be allocated on that basis.

## **6. Who will decide which service delivery options are best?**

The Mana Ake Governance Group will explore a range of service delivery options as part of the co-design process based on the needs of our schools and communities. The most viable options will be included in the final Mana Ake service delivery plan.

## **7. Where will the Kai mahi (workers) come from?**

This has not yet been decided and will be established as part of the co-design phase, taking into account the needs of our communities and schools.

## **8. When will services be available for children?**

Once a service delivery plan has been submitted to Government in November 2021 and funding approved, we anticipate to be able to start making some services available from the start of the 2022 school year, and rolling out services to all schools across 2022. Having a phased roll out throughout 2022 allows for the prioritisation of schools based on need and readiness, and provides time for the development of processes and the hiring and training of staff.

## **9. How will Mana Ake be managed once it is up and running?**

This will be established as part of the co-design process by the Mana Ake Governance Group. It is likely there will be a core project team to implement the roll-out and provide day-to-day management, with support from other stakeholders when necessary.

## **10. What evidence is there to support Mana Ake?**

Mana Ake has been successfully implemented across 220 schools serving 56,000 year 1-8 students in the Canterbury region where they deliver wellbeing support, work with tamariki and whānau at school or in the community, and connect whānau and teachers with resources that enhance wellbeing.

## **11. How will you measure impact?**

Mana Ake will measure impact as follows:

- Taking time to consider what data needs to be collected and why.
- Using Outcomes Measurement Tools that are appropriate for the initiative.
- Using a Client Management System and data collection system that is able to collect the right data accurately, and be flexible to adapt as the programme evolves.
- Collecting and capturing data in a way that allows it to inform ongoing strategic discussions and data-driven continuous improvement.

## **12. How can I find out more information about it?**

For more information about Mana Ake in Te Tai Tokerau, contact our Mana Ake Northland DHB Project Lead:

Ant Backhouse QSM  
Ph: 021 252 9292  
Email: ant@ngawai.co.nz

More information is also available - <https://manaake.health.nz/>