



Western Bay of Plenty
Primary Health Organisation

TŪNGIA TE URURUA KIA TUPU
WHAKARITORITO TE TUPU
O TE HARAKEKE

Engaging with Tangata Whenua

Let's Talk Screening

Sénae Mitchell

Tiro whānui - overview



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- **History**
Ka mua, Ka muri – Walking backwards into the future.
He Whakaputanga, Te Tiriti o Waitangi, Impact of Colonisation, Wai 2575
- **Mana Enhancing Kōrero**
Understand term 'Mana'
What does Mana enhancing mean and how to engage
- **Indigenous health model**
Te Whare Tapa Whā - Purpose and Benefits
Te Whare Tapa Whā Activity
- **Lived experience kōrero**
Tatai Allen
- **Reflection**
Purpose and Benefits
What can I take away from today's kōrero?

History

- **He Whakaputanga o te Rangatiratanga o Nu Tireni**
 - Declaration of Independence
 - Declared Aotearoa a sovereign nation – sovereignty was never ceded
 - Foundational document and predecessor to Te Tiriti o Waitangi
- **Te Tiriti o Waitangi**
 - Pre-Treaty Context: Britain & Aotearoa
 - Rangatiratanga vs Sovereignty
 - Contra proferentem - two texts, two meanings
 - Failure to Honor Te Tiriti



Impact of Colonisation

- Systemic colonisation through legislation
- Disconnection from Whenua and Cultural Identity
- Intergenerational Trauma

Prevalence

1 in 5 Māori adults have an **anxiety disorder**
40% more likely to experience an **anxiety disorder**²

Māori adults are

2.5x more likely to have **bipolar disorder**²

3.5x amongst Māori tāne



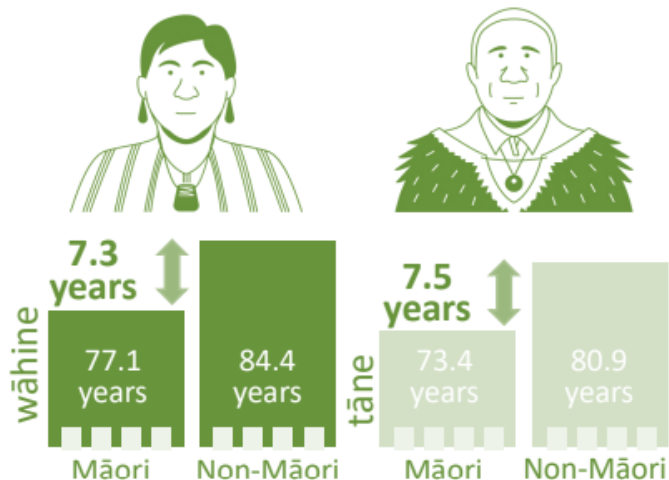
Māori are **20%** more likely to experience **depression**²

Māori are

4.6x more likely to be **secluded**³

Life Expectancy

Māori live 7.4 years less on average



1 in 3000

15-24 years old Māori **die** by **suicide**

This is **double** the rate of non-Māori



Health Loss & Mortality



Māori are **2x more likely** to **die** from **avoidable causes**³

53% of Māori deaths are potentially **avoidable**

Māori are more likely to die² from these five leading conditions...

	More likely	
Ischaemic heart diseases	1.9 x	
Throat and lung cancer	3.1 x	
Chronic lower respiratory	3.1 x	
Diabetes mellitus	3.5 x	
Cerebrovascular diseases	1.4 x	

Waitangi Tribunal (Wai 2575) – Article Principles



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Partnership

- Working with Māori in the governance, design, delivery and monitoring of health and disability services – *Māori must be co-designers, with the Crown*, of the primary health system for Māori.

Tino Rangatiratanga

- Providing for *Māori self-determination and mana motuhake* in the design, delivery and monitoring of health and disability services.

Equity

- Being committed to achieving *equitable* health outcomes for Māori.

Active Protection

- Acting to the fullest extent practicable to achieve equitable health outcomes for Māori. This includes ensuring that the Crown, its agents, and its Treaty partner under Te Tiriti are *well informed* on the extent, and nature, of both Māori health outcomes and efforts to achieve Māori health equity.

Options

- Providing for and properly resourcing Kaupapa Māori health and disability services. The Crown is obliged to ensure that all health and disability services are provided in a *culturally appropriate way* that recognises and supports the expression of Hauora Māori models of care.

Mana-enhancing kōrero

- **Mana:** Ma – clear/pure, Na – belonging to, Inherent influence - Mana whenua, Mana tangata
- **Mana; (noun)** prestige, authority, power, influence, status, *mana* is a supernatural force in a person, place or object. *Mana* gives a person the authority to lead, organise, make decisions that effect others.
- **Mana:** is both inherited through whakapapa and earned through one's actions, achievements, and service to others. It reflects a balance of rights and responsibilities, where personal authority is always connected to the wellbeing of the collective

The Power in Knowing Who You Are

Everyone has some form of mana. Your mana comes from knowing who you are, where you come from and the connection to your land.

Mana grounds you.

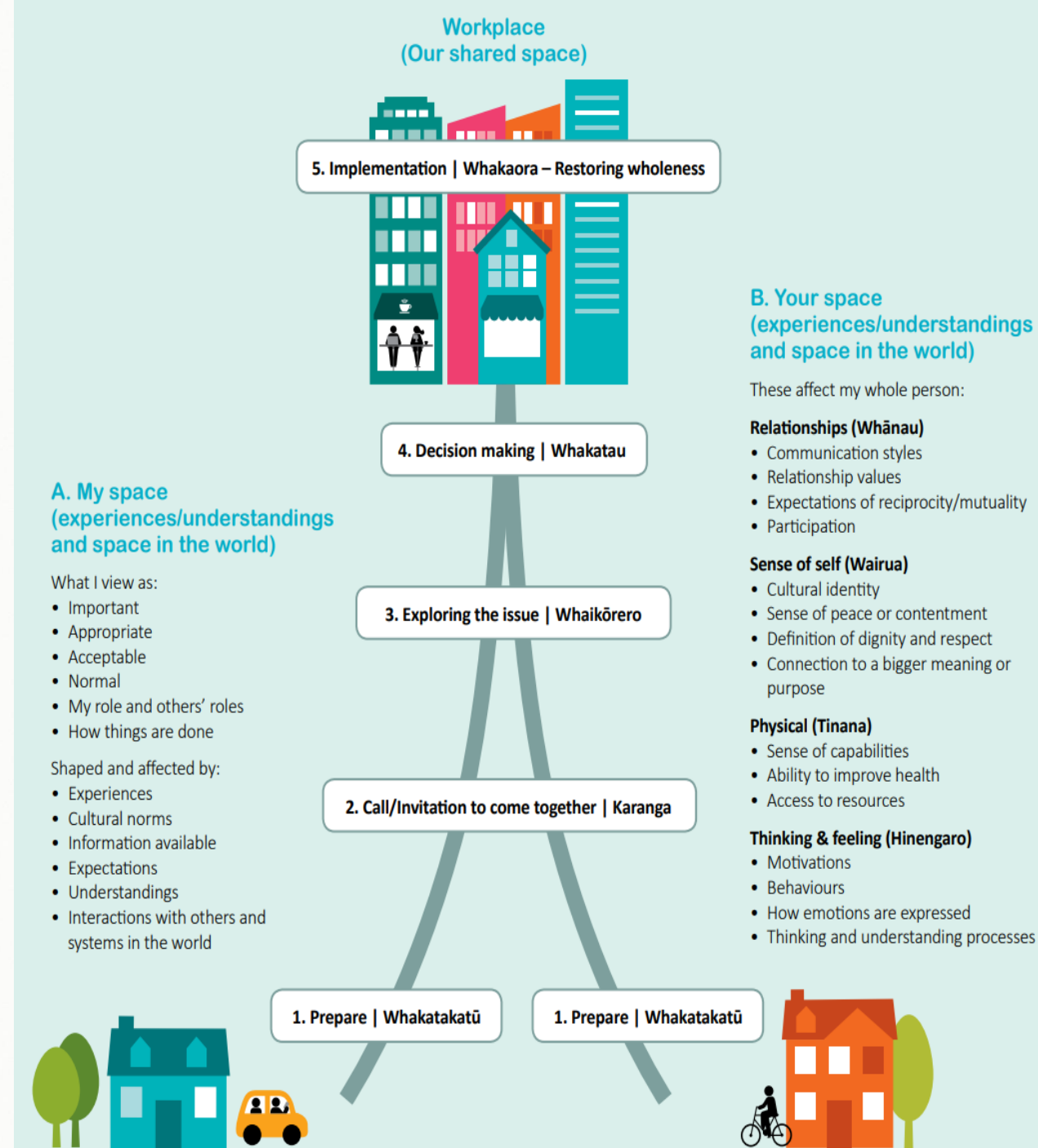
Mana makes you solid.

Mana bridges you to your past, present and future

Tame Iti

Mana-enhancing kōrero

- Mana-enhancing vs Mana-Diminishing
- Your space & My space
 - Our own lens influences our interactions
 - Our engagement impacts the whole person across all their taha
 - Our role and responsibility to close the gap



Mana-enhancing kōrero

Our Shared Space

- Building Connection and Trust

Karanga - Invitation to Connect

- Be transparent, every interaction matters

Whaikōrero – Exploring the Relationship

- Whanaungatanga; connection comes first
- Take time

Whakatau – Decision Making

- Maintain a mana enhancing approach

Final reflections

- Connection comes before content
- Acknowledge and affirm differences
- Mindful engagement



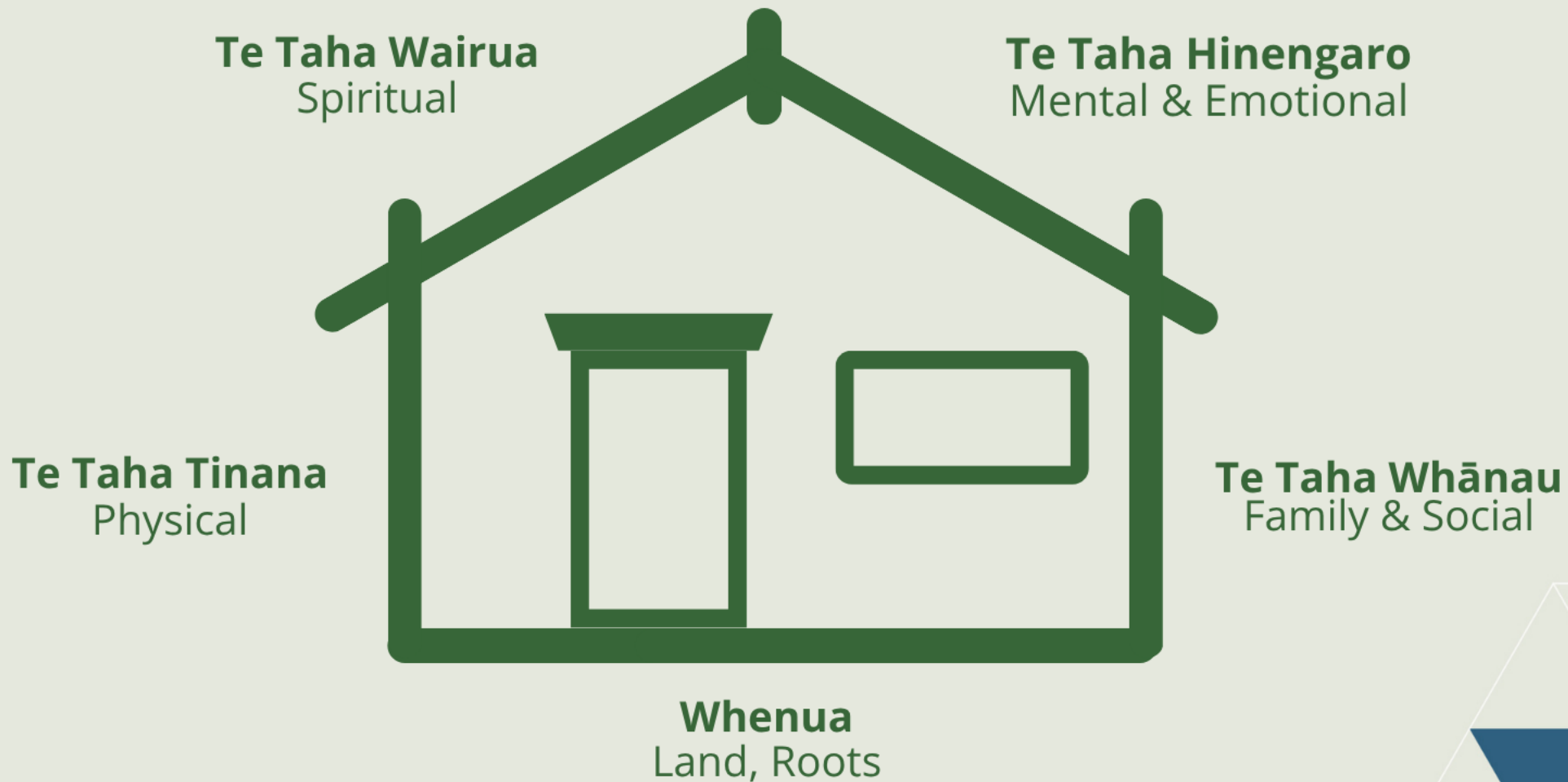


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Te Whare Tapa Whā

Developed by Sir Mason Durie



Te Taha Wairua - Spiritual

What is important to you and how do you prioritise this?
What strengthens and/or uplifts your wairua?
What are your values, and how do you honour them?

Te Taha Hinengaro - Mental & Emotional

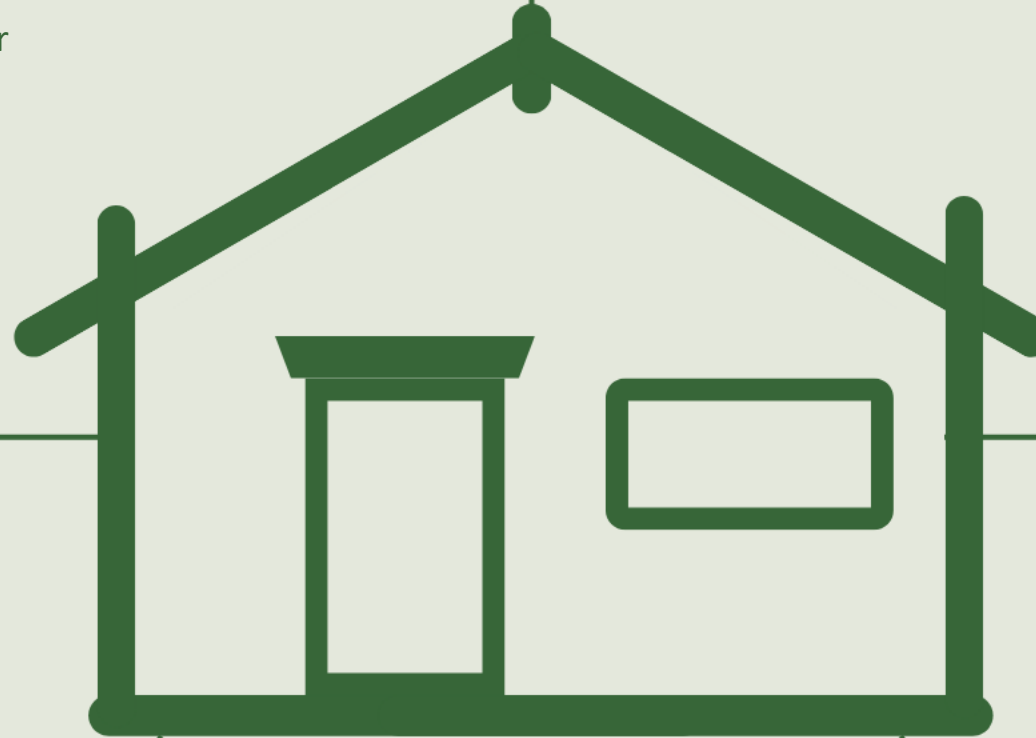
How do you recognise and respond to your thoughts and emotions?
What daily habits or practices help you care for your hinengaro?
What tools or supports do you rely on to get you through stressful or challenging times?
What are some other ways you look after your hinengaro?

Te Taha Tinana - Physical

How do you care for your physical health and energy?
Are there cultural practices or rituals you use to support your body?
What support would help you strengthen your taha tinana?

Te Taha Whānau - Family & Social

Who supports you, and how do they show up in your life?
How do you support and show up for others?
What roles or responsibilities do you carry, and how do they shape your identity and purpose?



Where do you feel most connected or a sense of belonging?
What does your connection to whānau, whakapapa and/or whenua mean to you?
What are some ways you might explore or begin to understand your identity, belonging, or purpose?

Whenua - Land, Roots

A close-up photograph of several long, green, blade-like leaves of a plant, possibly a grass or reed. The leaves are arranged diagonally across the frame, creating a sense of depth and texture. The lighting is bright, highlighting the vibrant green color of the leaves. A semi-transparent white rectangular box is centered over the middle of the image, containing the text "Tatai Allen" in a clean, white, sans-serif font.

Tatai Allen

Reflection

- The power of reflection in our mahi
- Pause to understand how we engage
- Foster self-awareness and cultural intelligence
- Care that is respectful, equitable and culturally safe
- Reflect on Your Kete – What to add or let go



What's one key insight your taking away today?

What could you do differently or more consciously in your mahi?

What might your kete need more of – or less of – right now?

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He Karakia Whakakapi

Kia whakairia te tapu
Kia wātea ai te ara
Kia turuki whakataha ai
Kia turuki whakataha ai
Haumi e. Hui e. Tāiki e!

*Restrictions are moved aside
So the pathways is clear
To return to everyday
activities*