

Maori Ora

Redevelopment of Mental Health and Addiction Services in the Lakes District

March 2019

Facility Business Case gets the tick to continue

Lakes DHB is pleased that the Project Mauri Ora Strategic Assessment outlining the case for a new mental health facility has approval from the Ministry of Health to continue to a full business case.

The Strategic Assessment (SA) is a requirement of the government's business case process, prior to proceeding to the Single Stage Business Case stage.

Lakes DHB Board Chair Deryck Shaw says the board has prioritised mental health and is supporting the models of care development which will focus on community wellness and resilience. However, not forgetting that an essential part of care delivery is the acute episodes which need to be addressed.

Lakes DHB has begun the process of appointing a health planner and architect who will support the on-going business case work and concept design phase. These roles help with translating the model of care work into the facility design.

Ngati Whakaue and Te Roopu Hauora o Te Arawa representatives Kingi Biddle and Harata Paterson with the support of Ngati Whakaue have completed a Maori cultural assessment on the proposed sites to ensure they are culturally acceptable.

While a fit for purpose new facility was the catalyst for change, the opportunity was also taken to co-design a new mental health and addictions model of care for the Lakes region.

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Model of Care for Mental Health and Addictions for Lakes DHB area

A huge amount of work was done last year with our new model of care for the Lakes area, called Te Ara Tauwhiro-tanga finalised and published. For more information and on-going updates see Lakes DHB's website under Major Projects.

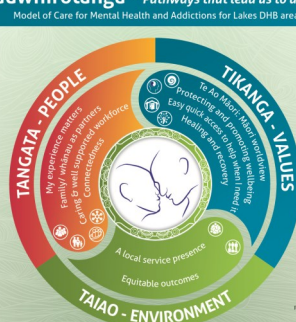
This is the place to visit to keep up to date with how the implementation of Te Ara Tauwhiro-tanga is progressing.

Lakes DHB would like to thank every person who contributed their time, experiences, opinions and ideas to ensure the new model of care reflects our population and our community needs as we work towards Mauri Ora (flourishing mental

health).

Te Ara Tauwhiro-tanga is the result of a five month co-development process involving people with lived experience and whanau, local service providers, NGOs, communities and primary care.

Te Ara Tauwhiro-tanga - Pathways that lead us to act with kindness



Te AraTauwhirotaanga guiding Lakes DHB thinking

We are very proud of our new model of care which will give the sector and the DHB direction as we strive to improve the wellbeing of our population.

There are exciting times ahead as we work with our community to implement the principles and bring Te Ara Tauwhirotaanga to life.

Ben Hingston is the project manager who will work on the implementation plan for Te Ara Tauwhirotaanga (see page 3).

Te Ara Tauwhirotaanga Implementation Advisory Group

The Te Ara Tauwhirotaanga implementation advisory group has been convened to guide the next stage of the work with tangata whaiora and providers hard at work providing input into the implementation phase. The first meeting of the Advisory Group was held in February 2019 with attendees excited and passionate about the work ahead. Implementation of the new model of care will require strong leadership and innovative thinkers who are not afraid to take a different approach.

Members are: Stuart Burns (Lakes DHB Board member and whanau with lived experience), Wi Te Tau Huata (Link People), Kylee Douglas (community rep.), Johnette Callaghan (community rep.), Harata Paterson (Te Roopu Hauora o Te Arawa), Darren Malone (Lakes DHB psychiatrist), Sheree McKenzie (Grandparents Raising Children), Dan McLean (arc counselling).

Lakes DHB has already started changing its thinking and aligning service provision to the principles of Te Ara Tauwhirotaanga. We are looking at new evidence based interventions and asking the community what solutions best fit their needs.

E-mental health...digital programmes to address mental health and addictions

One of the ways Lakes DHB has moved quickly to make a difference, based on Te Ara Tauwhirotaanga, is in the area of e-mental health, that is, offering digital therapies for people needing some early support and access to mental health care.

Te Ara Tauwhirotaanga identified that early intervention is an important area of supporting wellbeing and one of the possible choices of intervention is using digital solutions to improve access to mental health care for people with mild depression or anxiety.

HealthTRx Global has been contracted to explore and identify appropriate and innovative e-mental health tools to be used in community and/or clinical settings.

Following a period of community consultation, a presentation of the e-mental health framework was held in late February (see photo below). The presentation outlined the potential for the e-mental health framework to deliver improvements in two key priority areas:

- enhancing the ability of existing services and clinicians to better meet the needs of service users through the utilisation of e-mental health tools;
- facilitating the expanded use of self-guided e-mental health and addiction tools, with the support of community health and social service providers, to enhance opportunities for early intervention.

We are looking forward to receiving the final e-mental health and addictions framework in March with a number of recommendations that we will be exploring for future implementation.



Ben Hingston Project Manager for Te Aratauhirotanga

Ben Hingston is a project manager who is managing the implementation of Te Ara Tauwhirotanga, the new model of care for the mental health sector.

“Te Ara Tauwhirotanga is incredibly exciting. We have the opportunity to really look at everything that’s happening in the sector and to drive some exciting and innovative changes. We will be reviewing current gaps in service delivery; identify and assess what’s working and what’s not working and how we can improve things, based on what people told us and the views of the community during the consultation phase of Te Ara Tauwhirotanga. It will be challenging but rewarding,” Ben says.

Ben was born and raised in Rotorua and is of Ngati Whakaue and Ngati Tuwharetoa descent.

Prior to working at Lakes DHB, he was the Contracts Manager at Tipu Ora and before that the regional stop smoking services manager. He has managed a broad range of health, social and education services delivered by Tipu Ora and was responsible for developing new business units, designing services and developing service delivery models. Prior to this, Ben worked on a number of education and social sector initiatives at Te Taumata o Ngati Whakaue Iho Ake Trust.

Ben says the best part of working in health is the ability to make a difference to people’s lives.

“If you can create something that fundamentally

improves population health outcomes that’s exciting, that’s what drives me. You’re able to see how changes at a strategic level are making a huge difference to peoples’ lives.”



Ben has a Master of Arts in Politics and International Relations (*First Class Honours*) from Auckland University and completed his thesis exploring the role of ideas, institutions and discourse in the development of state housing in New Zealand.

He says completing his Masters was really challenging, particularly as he was working full time as well. It’s been worth it in the end he says and the critical thinking and analysis skills gained are applicable to a whole range of career opportunities.

If he was advising someone thinking about doing a Masters he says they should choose something they are passionate about because it’s important to remain interested in the thesis topic over the long term. Ben went on to win the Robert Chapman Postgraduate award for the best piece of Masters or PHD research in New Zealand Politics in 2016 at the University of Auckland.

Prior to his Masters, Ben completed a Bachelor of Social Science in Political Science and Public Policy with a specialisation in International Relations and Security Studies at the University of Waikato. While attending university he also worked as a kaiawhina to support Maori students studying political science and public policy.

Te Ara Tauwhirotanga aligns with the Mental Health Inquiry Report

The government’s Mental Health Inquiry’s report, “He Ara Oranga” was released in November and it is very pleasing to see our new model of care aligns to the recommendations of that report. Click here to read the press release and see the full report. <http://www.lakesdhb.govt.nz/Article.aspx?ID=10688>.



A considerable amount of work has been undertaken to analyse the findings and recommendations to determine the extent to which Te Ara Tauwhirotanga aligns to He Ara Oranga. The strong focus on ‘people at the centre’, ‘wellbeing, promotion and prevention’ and ‘access and choice’ inherent within He Ara Oranga is mirrored across the 10 principles of the model of care.



Farewell but not goodbye to Marita Ranclaud

It is with sadness that Lakes DHB farewells Portfolio Manager Marita Ranclaud who has accepted the new role of Group Manager of Te Utuhina, Manaaki Ora Trust.

Marita has many years of health sector experience including in clinical roles, contract and finance management, and also in leading strategic projects. Marita has connections to the history of Manaaki Ora Trust, through her Te Arawa whakapapa and whanau.

Marita has worked as a portfolio manager for mental health for 11 years and has extensive networks and relationships across the DHB and wider health sector.

Director Strategy Planning and Funding Karen



Evison says Marita has driven the design of Te Ara Tauwhirota and left a legacy of a really strong community built model of care for mental health services across the district.

“Marita has a heart of gold and is really passionate about helping tangata whaiora accessing high quality care as close to their home as possible. We are lucky that we don't lose her to health altogether with her successful appointment to Te Utuhina, Manaaki Ora Trust. I personally wish to thank Marita

for her dedication and care she has towards whanau in crisis and her willingness to get stuck in and help her colleagues.”

Marita' leaves the DHB at the end of March and her first day with the Trust, will be 8 April 2019.

Aligning services to community needs

Local service presence Mangakino community

In late January a community consultation was undertaken to explore community based solutions for delivery of mental health and addiction services. The hui included members of the Mangakino community including the local GP, whanau ora, consumer leaders and other community stakeholders.

The community consultation highlighted the challenges faced by the Mangakino community in combatting addictions, reducing mental distress and achieving mental wellbeing and provided an opportunity for the community to provide comprehensive input into a potential future service configuration

This project aligns well with Te Ara Tauwhirota and highlights the importance of local service presence which came through as a very strong theme during the initial model of care consultation.

The community showed interest in continuing to work with the DHB to scope out an option that supports the development of a local healthcare home for Mangakino with the potential to deliver a combination of virtual and face-to-face services to expand the range and accessibility of mental health and addiction services currently available.

Supporting mental health of families immediately before and after birth

Following the decision by Flourishing Families to not renew its Lakes DHB contract for Perinatal Mental Health Services after 30 June 2019, an opportunity has arisen to explore alternative models to better meet the needs of our community across the DHB.

Further information on how the community can participate in this exciting new development will be available soon.

