Ko Ranginui kei runga  
Ko Papatūānuku kei raro  
Ko ngā tāngata kei waenganui  
Tihei mauri ora!  

Tēnā koutou l ō tātou tini mate  
Haere haere haere  

Huri noa ki a tātou te hunga ora  
Tēnā koutou tēnā koutou tēnā tātou katoa

To the sky father above  
To mother earth below  
To the people in between  
Behold there is life!  

To the dead  
Welcome welcome welcome  

To the living  
Greeting greetings greetings to all
Translating Research into Health Gains
‘He Kimihia te Hauora Hinengaro: Pathways to Mental Health’

Haze White
Researcher
Wai-Research
Why is it important to us?

“We have struggled to get research that evaluates, measures and informs, in a timely way, where we are heading to either mandate or inform why we should change conduct – This type of intelligence cannot be captured by the providers or bureaucrats, and unfortunately the Universities did not succeed in building a bridge out to the community. The establishment of the Wai Research Centre, although almost 20 years after the founding of Te Whānau o Waipareira, shows that if you persevere, things will work out for your community”

- CEO Te Whanau O Waipareira
How we translate research into health gains

4 Ds
• Define
• Design
• Do
• Dissemination
Define Phase

Working alongside our community to define their areas of need and thus determine research priorities

• Waipareira restructuring mental health provision – wanting to refine their services
• Need for more culturally relevant practices within mental health services
‘He Kimihia te Hauora Hinengaro: Pathways to Mental Health’

What is the relevance of the inclusion of Māori cultural elements in therapeutic care for Urban Māori in West Auckland?
Transforming chronic disease management

• Mental health (and AOD) moving up the scale of prevalence of chronic diseases affecting Māori and indigenous peoples
• Mental health funding is not reflective of this change
Design Phase

Co-Designed

• Community members
• Kaumātua (elders) roopu
• Clinicians
• Māori health researchers
Do Phase

Application of recommendations in design phase

• Culturally safe and inclusive
• Kaupapa Māori methodology
• Ngā Taumata Rangahau o Waipareira

• 45 interviews: 23 tāngata whai ora, 17 kaimahi and 5 whānau from 4 mental health service providers
Key Findings

1. Strength-based approaches

2. Linking mental health provision with general health and social services

3. Balance of cultural and clinical elements (the interface)
Evolution of the interface

Dominance of clinical models

Incorporation of Māori elements

Balance between Māori and clinical knowledge
Dissemination Phase

- Transfer of knowledge
  - Publishing findings
  - Workshop with providers
  - Videos and infographic pamphlets

- So What?
  - For scientific community
  - For whānau
  - For providers
Community defined need

Co-Designed research

Do research to gain relevant knowledge

Disseminate knowledge to stakeholders

Health gains for the community
Mauri Ora