

- A group of Tangata Whaiora meets regularly and participates in the planning and service delivery of the programme. The group supports and provides training opportunities for Tangata Whaiora.

## 9. Child and Youth Mental Health (Blenheim only)

- Offers:**
- A treatment plan
  - Monitoring of treatment
  - Family therapy and counseling
  - Liaison with other services/agencies
  - Early intervention
  - Referral
  - Support and advocacy.

## Maori Health Is Holistic

Maori health is sacred and holistic. A well known model is **Te Whare Tapa Wha**.

### Taha Wairua - Spirituality

- Belief
- Identity
- Stress management

### Taha Hinengaro - Mental Health

- Learning
- Emotion
- Reasoning
- Creativity
- Behaviour

**Taha Whanau - Family (kuia, koroua, pakeke, rangatahi, and tamariki) is recognised as the foundation of Maori society**

- Relationships
- Role models
- Support
- Identity

### Taha Tinana - Physical Wellbeing

- Healthy Lifestyles
- Cultural differences

## Whare O Te Rapuora Health

### Opawa House

69-71 Grove Road, Blenheim  
PO Box 220, Blenheim

Phone: (03) 578 3348 Fax: (03) 578 8034

**Office Hours: 8.30am - 5.00pm**

### Te Whare Manawa Ora (Nelson)

14 New Street, Nelson  
PO Box 1381, Nelson

Phone: (03) 546 9997 Fax: (03) 546 9157

**Office Hours: 8.30am - 5.00pm**

[www.terapuora.co.nz](http://www.terapuora.co.nz)

**phone: 0800 676 765**

### Our Vision

*He Mauri Ora, He Hauora*

### Our Mission

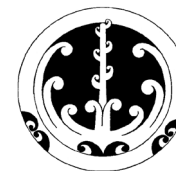
*Te hā o hauora, he aroha, he tautoko,  
hei piki ake te mana o te tangāta.*

### Whakarongo Mai

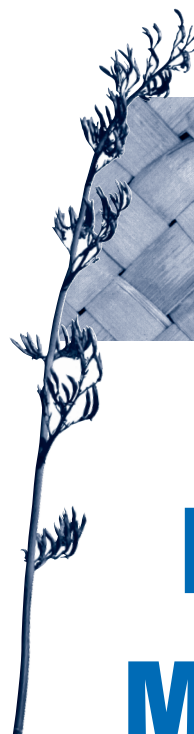
If you wish to give feedback or make comment about our services, you can phone the manager on 03 578 3348, email [manager@tewaiha.org.nz](mailto:manager@tewaiha.org.nz) or write to The Manager, PO Box 220, Blenheim.

Your feedback is important to improve the quality of our services.

*Noho ora mai*



**TE RAPUORA O  
TE WAIHARAKEKE**



# Maori Mental Health Services

**Te Rapuora O  
Te Waiharakeke Trust**

*A Maori Health Service  
Promoting Whanau Wellbeing*

[www.terapuora.co.nz](http://www.terapuora.co.nz)

## WHAT THIS SERVICE OFFERS:

Our services are based on Maori models and values.  
*Our services are free and confidential.*

### Our Services Include:

#### 1. Adult Community Day Programme (Blenheim & Nelson)

- Offers:**
- Te reo me ona tikanga
  - Whakairo
  - Whakawhanaungatanga
  - Arts and creative/recreational pursuits
  - Life and living skills

##### Who Can Access Us?

Nelson Marlborough DHB Mental Health Services top 3%.

##### How Can I Access You?

You can ask your psychiatrist or GP to refer you to the programme.

##### When Is The Programme Open?

The programme operates daily. Transport to and from the programme can be arranged.

#### 2. Tamariki/Rangatahi Service (Blenheim & Nelson)

- Offers:**
- Whakawhanaungatanga
  - Clinical and cultural assessment
  - A treatment plan
  - Monitoring of treatment
  - Family therapy and Counselling
  - Liaison with other services/agencies
  - Early intervention
  - Referral
  - Training or advice to others who provide services to Tamariki/Rangatahi in the community.

##### Who Can Access Us?

Children aged 0-18 years of age and their whanau.

##### How Can I Access You?

We accept referrals from any source.

#### 3. Adult Community Support (Blenheim & Nelson)

- Offers:**
- Cultural assessment
  - A treatment plan/DHB case worker

- Mahi tautoko
- Assistance with personal care
- Monitoring and support
- Management of household tasks
- Access to other community services
- Relapse prevention
- Referral

##### Who Can Access Us?

Referrals into this service will have a mental health diagnosis by Nelson Marlborough DHB Mental Health Services.

##### How Can I Access You?

You can ask your psychiatrist to refer you to the programme.

#### 4. Planned Respite (Blenheim & Nelson)

Planned Respite provides you with help, resources and support to give you a break away when and where you need it in a safe and supportive environment.

There are different options available for your Planned Respite. These include:

- A private home setting
- Staying with Whanau, Extended Family or friends if this is appropriate to your needs
- Motels or Holiday Parks if you would like a holiday type break in another location.

##### Who Can Access Us?

To use this service you must be referred from inpatient or community mental health services.

##### How Can I Access You?

Ask your caseworker if our service is appropriate for your needs. If you want more information about the service just give us a call.

#### 5. NASC - Needs Assessment & Service Co-ordination (Blenheim & Nelson)

##### Needs assessment offers:

- A tool to identify what supports are needed to help a person experiencing mental illness towards wellness.
- Cultural needs are assessed to ensure that Maori receive appropriate services, support and models of care.
- Encourages your whanau. You may request for kaumatua to be present at any time.
- Assist you to access DHB funded services.

#### 6. PATHS - Providing Access To Health Solutions (Blenheim & Nelson)

In partnership with PHO & WINZ

##### What Can PATHS Do For Me?

If accepted PATHS can, for example:

- Pay for that simple operation you've been waiting ages for
- Connect you to the right health service for help
- Support and encourage you
- Help with your job search.

#### 7. Peer Support and Advocacy (Nelson only)

Provides advocacy and social support where necessary for Tangata Whaiora.

##### Support provided can include:

- A listening ear
- Knowledge and experience of mental health treatment and facilities/processes
- Access to peer support networks
- Empathy and encouragement.

#### 8. Like Minds, Like Mine (Nelson only)

- This is a public health programme (not a treatment programme) and is based in Nelson. We are in the process of establishing a Tangata Whaiora group in Blenheim.
- The focus is promoting positive community attitudes and behaviours that are inclusive of Maori with experience of mental illness.

