



Tēnā Koutou

Ka nui te mihi mō tō koutou tautoko

Background

Māori are over represented in a variety of negative health statistics, one of the greatest areas of concern is mental health disorders¹. Part of the means of addressing these inequities in mental health is providing culturally appropriate mental health services².

Currently, the Toro Mai To Ringa website (www.toromai.co.nz) hosts four resources relevant to all New Zealand Infant Child & Adolescent Mental Health Services (ICAMHS):

- ✈ Te Tomokanga - A Child and Adolescent Mental Health Services (CAMHS) Evaluation tool for completion by Māori caregivers
- ✈ Te Tomo Mai - A Child and Adolescent Mental Health Services (CAMHS) Evaluation tool for completion by Māori Rangatahi (adolescents)
- ✈ Chur Chur Bro - A bilingual mental health career and self-help resource for Māori rangatahi (adolescents)
- ✈ Kia Ora Ai Te Mauri o Te Tangata - A motivational tool (DVD) that may be used in Drug and Alcohol education programmes when working with Māori tamariki (Children) and rangatahi (adolescents)

Toro Mai To Ringa Survey

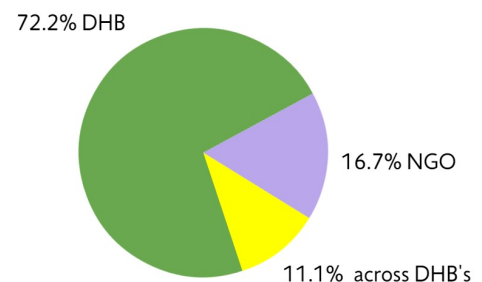
In February/March 2015 Te Rau Matatini's Research and Evaluation team - Te Kīwai Rangahau, carried out an online survey with New Zealand ICAMHS about the Māori ICAMHS resources available through the Toro Mai To Ringa website. Mainly:

- Awareness of the resources
- Use and opinion of the resources
- Desire to know more about the resources
- Other Māori ICAMHS resources they would like access to or to be developed

With the assistance of the Werry Centre, Te Kīwai Rangahau invited ICAMHS, particularly clinical leads, to participate in the survey.

While the sample size was modest, Te Rau Matatini are pleased that among those who completed the survey there was at least one person working within the boundaries of 77.8% of the District Health Boards; 72.2% worked for a District Health Board, 16.7% worked for a Non-Government Organisation, and 11.1% worked across District Health Board regions.

Representation in the survey included 5/6 of the DHB's with the highest Māori populations.



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1. Durie, M.H. (2003). Ngā Kahui Pou, Launching Māori Futures. Wellington, New Zealand: Huia.

2. McClintock, K., Moeke-Maxwell, & Mellso, G. (2011). Appropriate Child and Adolescent Mental Health Services (CAMHS) for Māori: Caregivers perspective. Pimatisiwin: Journal of Aboriginal and Indigenous Community Health, 9(2), 387-398.



Do you know about the
Māori ICAMHS resources
available on
www.toromai.co.nz?

30.4% YES NO 69.6%

Have you ever used the
Māori ICAMHS resources
on www.toromai.co.nz?

42.9% YES NO 57.1%

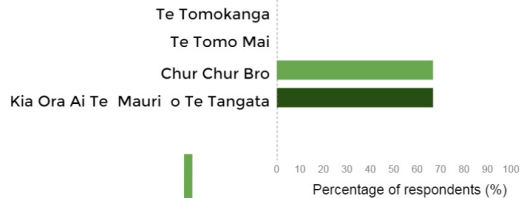
Would you like to
know more about the
Māori ICAMHS
resources on
www.toromai.co.nz

100% YES

Why not?

"not on my radar"
"have accessed for viewing only"
"Only recently became aware of them"
"need to consult with our Māori service first"

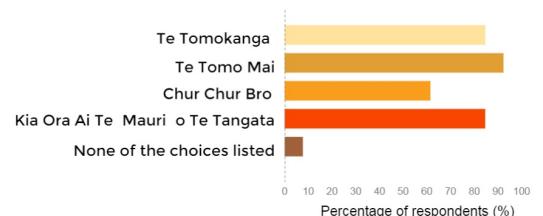
Which resources
have you used?



What did you think of
the resource(s)?

"very helpful"
"a little clunky to navigate"
"valuable tool to be utilised by people"

Which resources
would you like to
know more about?



Are there any other
Māori ICAMHS
resources you would
like access to or to be
developed?

"Cultural assessment process [using] stories of Māori heros, Māori clinical assessment"
"Not sure"
"Rangatahi and whānau wellness (whai ora) rating scale"
"No"
"DBT [Dialectical Behaviour Therapy] style education/resources, emotional regulation, interpersonal effectiveness"
"having resources from a Māori perspective with tikanga, whaakaro around situations, symptoms, behaviours"
"would like to have further discussion about what might be useful with my colleagues"
"ASD"

Prepared by:
Te Kiwai Rangahau Research and Evaluation Team



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Findings & Conclusions

Awareness & Wanting to Know More

The Toro Mai To Ringa survey results showed that 30.4% of respondents were aware of the Māori ICAMHS resources available on the Toro Mai To Ringa website (www.toromai.co.nz), while 69.6% were not. Among the respondents who didn't know about the resources, 100% wanted to know more about them; 84.6% wanted to learn more about Te Tomokanga, 92.3% wanted to learn more about Te Tomo Mai, 61.5% wanted to learn more about Chur Chur Bro, and 84.6% wanted to learn more about Kia Ora Ai Te Mauri o Te Tangata.

Use & Opinion of Resources

Among the respondents who were aware of the Māori ICAMHS resources available on the Toro Mai To Ringa website, 42.9% had used them and 57.1% had not. Among those who had used the resources, an equal percentage of respondents (66.7%) had used Chur Chur Bro and Kia Ora Ai Te Mauri o Te Tangata. When asked their opinion of the resources, responses included that they were helpful and valuable, one respondent found them a little clunky to navigate.

Among those who knew about the resources but had not used them, the reasons given for not using them included only recently becoming aware of them, not being on the respondent's radar, having only accessed the resources to view, and needing to consult with their Māori service first.

Other Māori ICAMHS resources

When asked if there were any other ICAMHS resources they would like access to or to be developed, some respondents specifically suggested having resources developed which utilised Māori tikanga (customs) and Māori whaikaaro (ideas), such as stories of Māori heros. There were also respondents who wanted Māori ICAMHS resources which looked at a rangtahi and whanau wellness (whai ora) rating scale, as well as Dialectical Behaviour Therapy (DBT). Among the remaining respondents there were people who were not sure or aware of any other Māori ICAMHS resources they wanted access to or to be developed. There were also those who said no, and others who wanted to discuss the topic further with their colleagues.

83.3% of all of the respondents indicated that they were interested in learning about future ICAMHS resources and research Te Rau Matatini develops.

Conclusion & Recommendations

There is room for improving awareness of the Māori ICAMHS resources available on the Toro Mai To Ringa website. It is encouraging that 100% of the respondents who were not aware of the resources prior to the survey were interested in learning more about them and that 83.3% of all the people who completed the survey were interested in learning about future ICAMHS resources and research that Te Rau Matatini might develop. In terms of use, a possible solution to increasing use is giving greater information about the relevancy of the resources to all New Zealand ICAMHS services not just dedicated Māori services, giving examples of how they might be used, and where appropriate improving the navigation of the website. In terms of the development of future ICAMHS resources, based on feedback from the survey, there is a need for resources that acknowledge and utilise Māori culture, as well as providing education about different therapies and ways of assisting Māori whānau.

Thank you to everyone who participated in the survey.

