

# Mauri Ora: Mental Health Promotion and Cultural Identity

Fourth Mental Health Promotion Hui  
Aotearoa

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# Te Pae Mahutonga

- A framework bringing significant components of health promotion together
- 4 key tasks of health promotion
  - *Muriora*
  - *Waiora*
  - *Te ora*
  - *Te Oranga*

Te Pae Mahutonga: a model for Māori health promotion. *Health Promotion Foundation of New Zealand*

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# Mauri Ora: Access to Te Ao Māori

- A secure cultural identity is critical to good health
- Māori require access to the Māori world, values, institutions, resources and domains
- Organisations can support the expression of Māori values

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# Mental Health Promotion (MHP):

“enabling  
individuals  
whānau  
organisations  
communities  
to improve and sustain their  
mental health and realise their  
full potential”

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# The Contribution of Research

## Three studies

- Evaluation of a Māori men's wellbeing programme
- Investigation into contracting and Māori mental health
- A study of the aspirations of whānau in one community

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# MHP & Individuals

*There was a realisation that we had power as individuals, and especially that there was power that came from the group. We realised we can change”*

*Participant Interview — Māori Men's Group*

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# MHP & Whānau

*“As a Māori service we might start with one client but because we’re whānau driven you end up with the whole whānau. And the whole focus of that is about the whānau taking hold of what they need to do for themselves. So [name] might end up with one rangatahi, I might end up with the mother, [name] might end up with the father. Together we’re all working to have that family take hold.”*

*Participant Interview — Māori Mental Health Worker*

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# MHP & Organisations

*“ We take part in the process of strengthening family, which we’re not contracted to do, but we often, for our tangata whaiora, take on the role of lead provider. So we coordinate their care for them and that might be working across a wide network of people, bringing them all together. And we’ve had some very successful outcomes from that.”*

*Participant Interview – Māori Mental Health Provider*

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# MHP & Communities

*“Something is accelerating within them, this is the first time they’ve been able to have an insight into themselves and as a result they are moving ahead in leaps and bounds. Its been a very healing experience for them and now they’re looking for more, more interaction with others, more knowledge and they’re actually coming back to help others”*

*Participant Interview – Māori Social Worker*

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# The Relationship Between Research and MHP

## Research

- Asks the questions that are relevant to individuals, whānau, organisations and communities
- Illustrates and publicises mental health promotion activity
- Contributes to capacity–

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# Conclusion

- Research constitutes an important component of MHP
- Most effective when research works in tandem with practice development
- Research can be used to energise, educate and empower Māori individuals, whānau, organisations and communities

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He mihi nunui ki a koutou

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# Contact Details

Amohia Boulton  
Te Pūmanawa Hauora  
Research Centre for Māori Health and  
Development  
Massey University  
P O Box 11 222  
Palmerston North  
New Zealand  
[a.f.boulton@massey.ac.nz](mailto:a.f.boulton@massey.ac.nz)

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Hauora

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Centre for  
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