

The Mana Ake school based wellbeing programme in Aotearoa: Exploring the landscape



Mana Ake Karakia

E atawhai ana mātou
Te whakatōkia o ngā kakano i ruia mai
E nga māhuri tōtara
E tipu ana mō āpōpō.
Nā tātou katoa
Hei awhi te kaupapa,
He mana ake te tū tauira tonu ai.
Haumi ē, Hui ē, Tāiki ē

We nurture and protect
the seeds sown near and far,
so that they may grow into mighty
tōtara for a not so distant tomorrow.
We embrace our responsibility,
To encourage students on a path of
lifelong learning.
Unified! Together! Strong!



First Whāraurau...

- A national workforce development programme for the infant, child and youth mental health and addictions/wellbeing workforces in Aotearoa
- Funded (primarily) by the Ministry of Health
- Transitioned this year to The Wise Group
- 42 staff across 3 sites

Our name | Reflection of our purpose



- Gifted by kaumātua Rāwiri Wharemate in 2018
- Early Māori term – small, moveable hut for gatherers of tītī – the muttonbird
- Just as these shelters provided support for gatherers, we offer training and support to the infant, child, and adolescent mental health workforce



Five workstreams

- Building foundational learning
- Ensuring quality outcomes and delivering insights
- Sector engagement and leadership connection
- Supporting parents, whānau and schools
- Specific work programmes

Building foundational learning

- **Foundations in ICAMH**
 - Relevant if you are new to working with pēpi, tamariki, taiohi and their whānau, or if you need to upskill or refresh your foundational knowledge.
- **Trauma-informed care**
 - Aimed at helping you create a safe, supportive and healing environment that affirms tamariki, taiohi and their whānau, and supports their recovery from the effects of trauma.
- **Youth alcohol & other drug (AOD) Co-existing problems (CEP)**
 - Giving you the skills necessary to support taiohi with substance use issues and understand the complexities of working with taiohi who have co-existing problems.
- **Working with taiohi – HEEADSSS assessment**
 - An introduction to the HEEADSSS assessment - an early identification tool.

Ensuring quality outcomes and delivering insights

- **Choice and Partnership Approach (CAPA)**
 - Using the CAPA approach enables you to put tamariki, taiohi and their whānau at the centre of your service delivery model, making it accessible and outcome focused. It enables tamariki, taiohi and their whānau to be involved in each stage of their contact with services.
- **Real Skills Plus**
 - This on-line competency framework
- **Stocktake**
 - Run biennially, Whāraurau collects key service data from across the infant, child, adolescent and youth mental health/AOD workforce.

Sector engagement

- Regional engagement
- National engagement | Sector Leaders' Days
- Youth advisory

Specific work programmes

- Youth Primary Mental Health & Addiction (YPMHA)
- Eating issues | Eating disorders
- Ka RangaTahi youth lived experience workforce
- Perinatal and maternal mental health

Supporting parents, whānau and schools



- The Incredible Years
- Triple P – Positive Parenting Programme
- Supporting Parents Healthy Children (SPHC)
- Single Session Family Consultation (SSFC)
- **Mana ake | Kia ora ake school initiative**



School-Based Mental Wellbeing Services

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The programmes

- The Primary Mental Health Access and Choice Programme
- Mana Ake-Kia ora Ake

Mana Ake-Kia ora Ake: Background

Feb 2018

Mana Ake in Canterbury and Kaikōura announced in response to Canterbury Earthquakes

2022

Continuation of Mana Ake in Canterbury & Kaikōura and the commencement of service delivery in the five co-designed areas

2024

Sustainable funding in Hawkes Bay and Tairāwhiti confirmed

2021

Continue services in Canterbury and Kaikōura and co-design in five new areas Northland, Counties Manukau, Lakes, Bay of Plenty, and the West Coast.

2023

North-Island Whether Events Package one off funding to roll out Mana Ake to the Hawkes Bay and Tairāwhiti (to include co-design)



About Mana Ake

Purpose:

- Improve school environments with wellbeing programmes.
- Make support and referral pathways clear for schools, teachers, and whānau.
- Equip teachers with strategies, resources, and professional development.
- Directly support tamariki with social, emotional, or behavioural challenges.
- Encourage collaboration across Health, Education, and social services.

Key Features:

- **Tamariki Supports:** Support for tamariki individually and in groups, whole-class and whole-school wellbeing programmes
- **Family/Whānau Supports:** drop-in sessions and supports for whānau
- **Teacher supports:** professional development to strengthen classroom wellbeing, and tailored guidance for teachers supporting individual children.
- **Digital Infrastructure:**
 - Mana Ake websites (district dependent) which might provide a resource for whānau to explain Mana Ake and offer helpful resources to look after the wellbeing of their tamariki.
 - A web-based tool for school staff to help recognise and respond to the wellbeing needs of individual children.

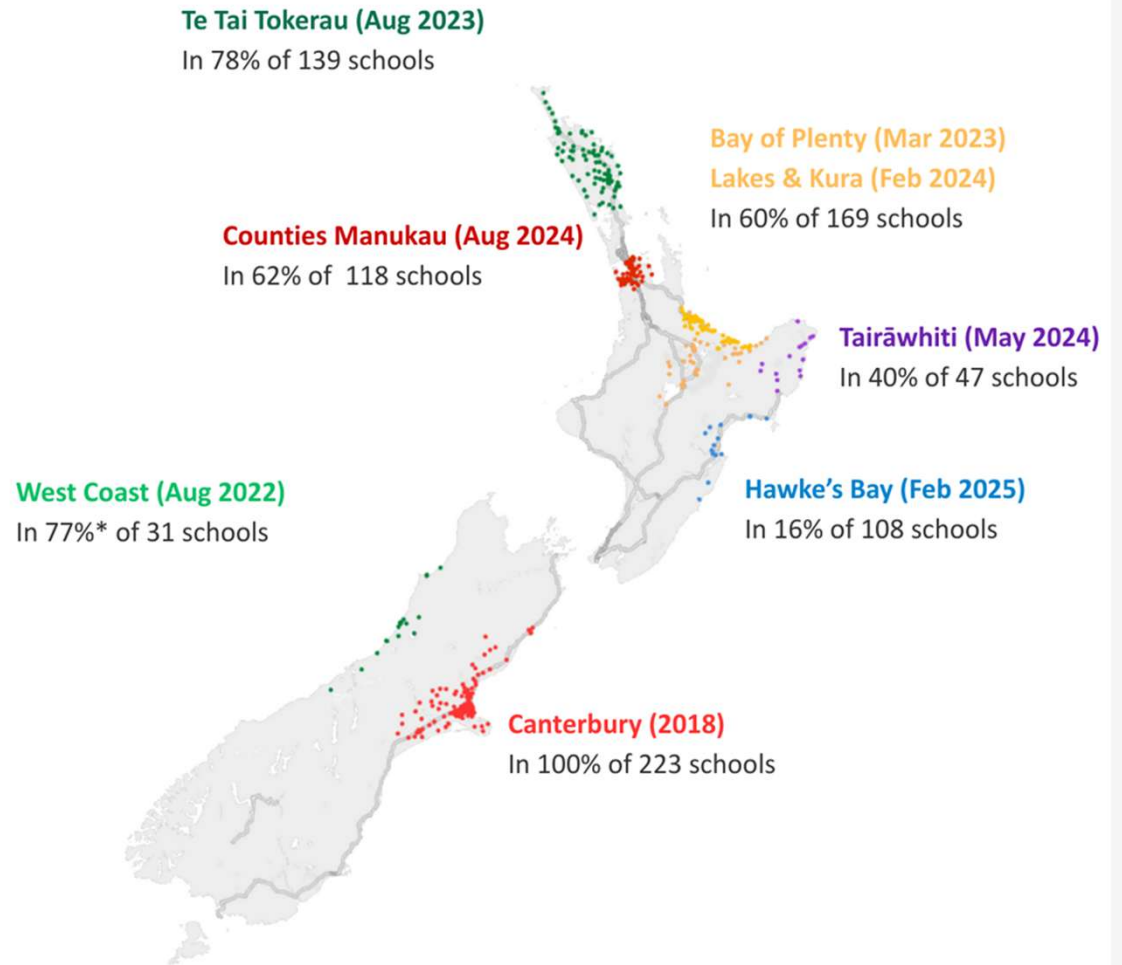


CO-DESIGN

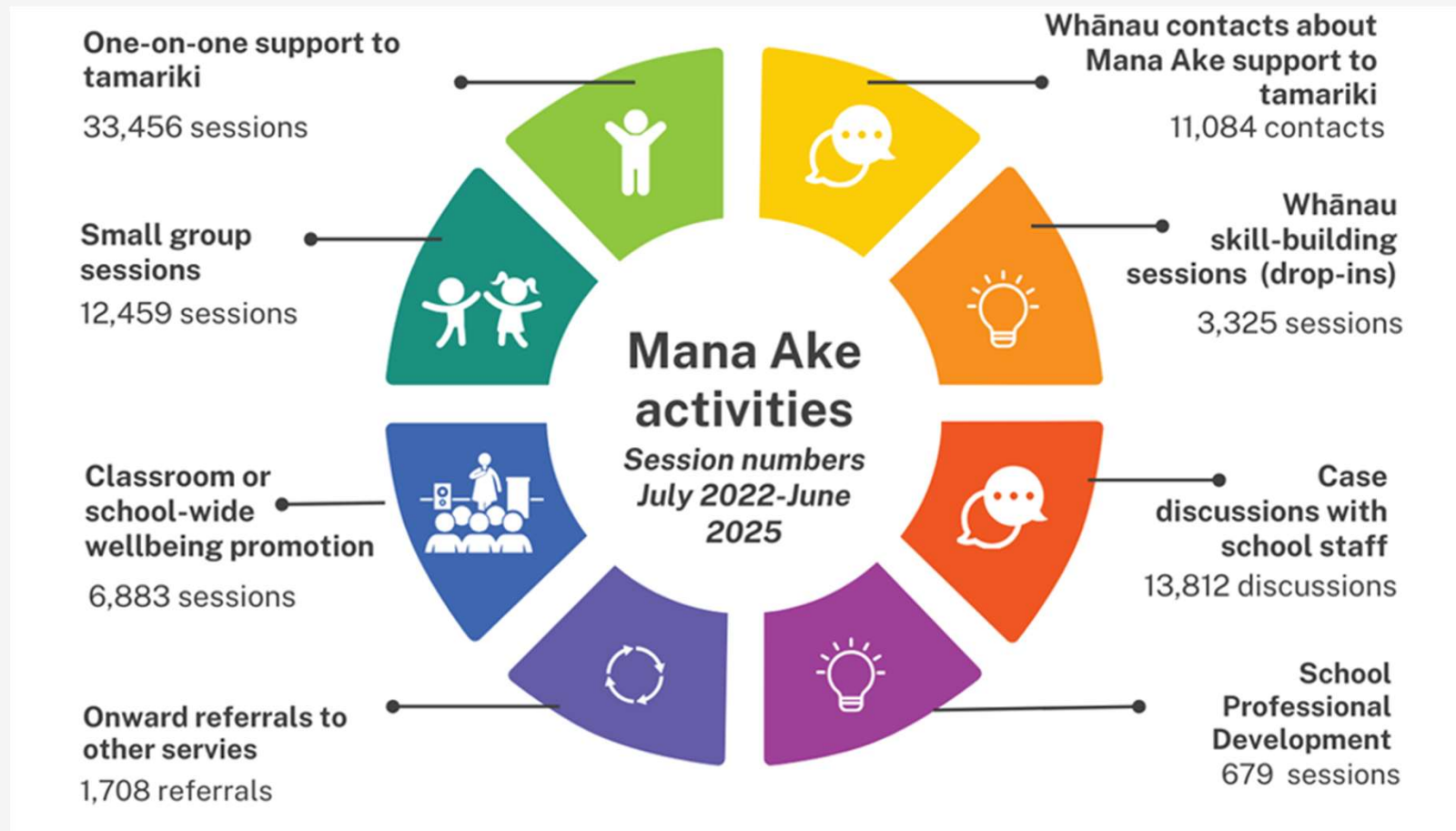


- **Origins:** Co-designed in Canterbury/Kaikōura by health, education, and NGO partners in response to post-earthquake mental wellbeing needs for children. The co-design process shaped the service's focus, delivery model, and approach.
- **Local Co-Design:** Deemed critical to success due to each district's unique service landscape, demographics, and needs.
- **Expansion (2021):** Five additional districts (Bay of Plenty, Counties Manukau, Lakes, Northland, West Coast) led their own co-design processes, to inform what the services would look like in each local area.
- **Workforce Focus:** Recruitment, retention, and continuity were key considerations.
- **Collaborative Approach:** Involved health, education, social sectors, Iwi, Māori partners, community providers, and whānau.
- **Governance & Stakeholder Engagement:** Governance groups with local stakeholders; engagement through interviews, workshops, surveys, and consultations.
- **Evidence-Based Design:** Service model informed by community needs, lessons learned, and local/international evidence; designed to fit available funding.
- **Critical Success Factors:** Services developed from critical success factors identified in the initial evaluation of the Canterbury service.

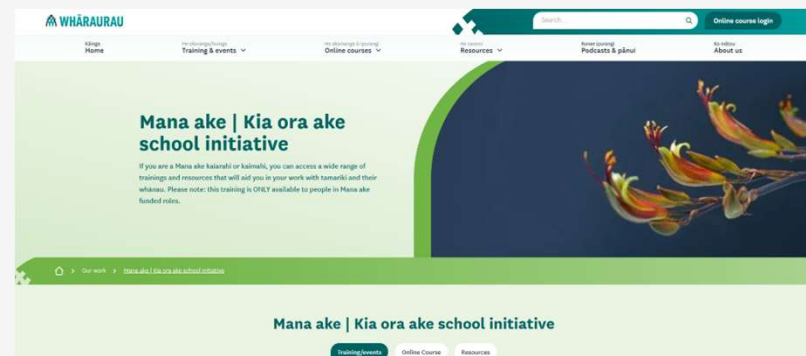
Where is Mana Ake



What's been delivered



Workforce development



- **Diverse Workforce:** Psychologists, social workers, counsellors, teachers, youth workers, young people, peer support workers etc. across clinical & non-clinical roles.
- **Workforce Support:** Strong onboarding, training, and development critical, especially for non-clinical staff new to this type of service.
- **Clinical: Non-Clinical Ratio:** Approximately 30:70, with variation by region; recruitment, retention, and continuity considered in co-design.
- **National Workforce Development:** Coordinated by Whāraurau, including training in child development, trauma-informed care, interventions, professional boundaries, and additional courses as needed.

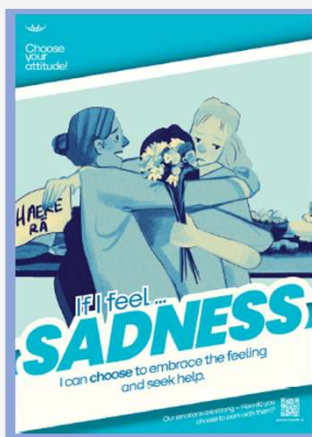
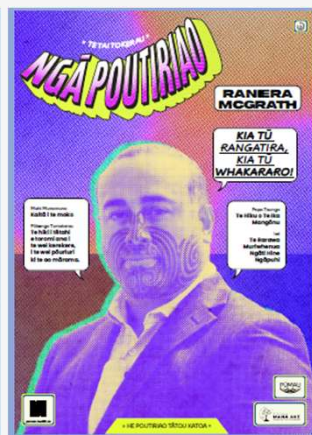
Pūmau

Whakaruruhau, cultivating supportive environments

- Pūmau aids school staff in Te Whatu Ora areas that are delivering school-based mental wellbeing services (also known as Mana Ake). Pūmau provides trusted health information and support for student wellbeing.
- Provides information on other community & health services and referral pathways
- Localised and shared content

Healthy classrooms, healthy students

- Pūmau provides clinically approved guidance to best support the mental wellbeing and hauora of students in years 0–8.



Evaluation

Early evaluations of Mana Ake in Canterbury

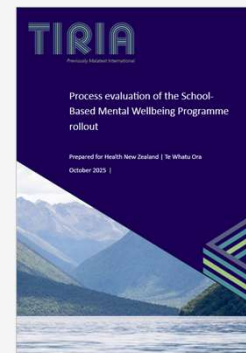
- Malatest International 2021, <https://www.health.govt.nz/system/files/2022-07/mana-ake-final-report-jul22-v2.pdf>
- Impact Lab 2020; assessed social investment value of \$13 for every \$1 invested

Current evaluation process

- Part 1: Evaluation Framework Development
- Part 2a: Process Evaluation October 2025
- Part 2b: Outcome Evaluation November 2026

Positive Early Findings:

- Positive school impacts
- Increased confidence and engagement at school
- Mana Ake staff seen as trusted and valued partners by schools and whānau.
- Services are responsive to the interests and needs of schools and whānau, incorporating culturally relevant approaches where appropriate.



Whakatauki

He aha te kai o te Rangatira?
He kōrero, he kōrero, he korero.

Where can an astute mind find sustenance?
In talk, in discussion, in communication.