1A: MANA MOANA: A PASIFIKA INDIGENOUS WELLBEING INTERVENTION

‘Mana Moana’ is an indigenous wellbeing approach and intervention designed to build cultural knowledge, resiliency, connectedness, strengthen relationships and enhance wellbeing and mana.

The intervention draws on 70 Pacific source generative words (shared in at least 15 Pacific languages), over 250 Tongan, Samoan, Niuean, Cook Islands, Maori, and Hawaiian proverbs, and a myriad of shared mythology, narratives and translations. In partnership with designer Dr Johnson Witehira, 35 of these highly metaphorical and symbolic words and archetypes were transformed into visual images. A group-work programme of leadership, cultural identity and healing called the “Journey to Motutapu” (sacred islands) was then developed in partnership with Clinical Psychologist, Dr Evangelene Daniela.

Participants in Mana Moana are introduced to these generative concepts that are geographically, emotionally and symbolically mapped to Motutapu as they imaginatively explore the library of the land, seas and skies of an ancestral Pacific island. Here they encounter ancient knowledge about life, health, legacy and wellbeing.

Mana Moana was piloted and tested for feasibility and acceptability with Pacific High School students as a resiliency, wellbeing and leadership intervention. Four years of research went into developing this intervention, beginning with individual interviews looking at healing in a mental health context with Pasifika traditional knowledge holders, mental health and addiction practitioners, and people with lived experiences. Over 100 stakeholders and experts were also consulted to ensure the face validity and cultural credibility of the intervention.

In 2016, the Mana Moana material was adapted at Le Va to create a culturally-centred Pasifika leadership programme for senior Pasifika mental health and addictions leaders - the inaugural Le Va Le Tautua Matau Mana Moana Programme.

Dr Karlo Mila is an award-winning published Pasifika poet of Tongan and Palangi descent, living in Newtown, Wellington with her two sons. Karlo completed her HRC Postdoctoral Research Fellowship at the University of Auckland in 2015 which involved developing Mana Moana, an indigenous wellbeing intervention. Her PhD was a mixed-methods study focused on identity and health of the NZ-born Pasifika population.

Karlo is currently working for Le Va, a Pasifika NGO specialising in a range of mental health and addiction workforce development initiatives, in Research and Business Development. Le Va is running an adapted version of Mana Moana as a leadership programme. Karlo formerly worked as the Manager, Pacific Health Research at the HRC.
Dr Jackie Liggins
Counties Manukau Health

1B: A PLACE FOR HEALING IN MENTAL HEALTH CARE AND RECOVERY

In 1998, two years after I began my psychiatry speciality training, New Zealand adopted a ‘recovery approach’ to guide its mental health service delivery. As a psychiatrist my practice was informed by recovery competencies, yet as a service user I resisted describing my journey as one of recovery, failing to see my personal experiences reflected in this professional discourse.

Embarking on an autoethnographic exploration of aspects of place that facilitate healing, I needed to consider the tension between my professional ‘understanding’ of recovery and the intensely personal process that was at the heart of my illness experience, and that I described as healing.

In this presentation I will discuss results from a qualitative study involving myself and other service-users in which we talked about being in places, when unwell, that we considered healing for us. Our descriptions of place were enriched by descriptions of what it had been like to be unwell, and then how that changed. The resulting conceptualisation of healing offers a coherent way of understanding how place is implicated in healing and recovery.

Placing service development within the context of lived experience offers new insights and potential for what, how and why services are provided: what helps and hinders.

Dr Jackie Liggins began her medical career as a family doctor working in a general practice. In 1995, having recovered from a period of mental ill health, she decided to undertake psychiatric specialist training. For the last 13 years she has worked as a Liaison Psychiatrist based at Middlemore Hospital, Auckland. She is currently completing a PhD thesis that draws on her past experiences as a service user to explore how places can facilitate processes of healing and recovery. She has a particular interest in the ways and means by which the lived experience of illness can inform mental health care and service delivery.
Addressing co-existing mental health and substance use problems can be challenging. Over the last decade, research into the treatment of co-existing mental health and substance use problems has grown.

Studies cover the spectrum of comorbidity, including a range of mental health (psychoses, depression, or anxiety) and substance use problems (tobacco, alcohol or illicit drug use).

Interventions include brief motivational interventions, intensive face-to-face therapy, computer-based delivery, and telephone delivered interventions.

The 20 year gap in longevity between people with versus without co-existing mental health and substance misuse problems has drawn recent focus to quality of life and physical health more broadly. The progression from single focus (mental health or substance misuse) to dual focus (mental health and substance misuse) and then to a broader healthy living / recovery focus is described.

Recommendations for conceptualising, screening and addressing co-existing mental health and substance use problems within a healthy lifestyles approach will be described.

Professor Amanda Baker is a National Health and Medical Research Council (NHMRC) Senior Research Fellow employed as a Professor in the School of Medicine and Public Health at the University of Newcastle, NSW.

Her research has been supported by NHMRC fellowships continuously since 2003, supplemented by a Trans-Tasman Award (2013-2017) to enhance research between Australia and New Zealand. Funded in 2012 by the NHMRC, Amanda is Co-Director of a Centre of Research Excellence (CRE) in Mental Health and Substance Use, which aims to build much needed research capacity in this area. This CRE represents a world first, bringing together the largest concentration of nationally and internationally recognised comorbidity researchers.

Professor Baker has worked as a clinical psychologist in both mental health and substance abuse treatment settings in Australia and the UK.