

Mana Ake – Stronger for Tomorrow – Frequently Asked Questions (FAQs)

Q: What is Mana Ake?

A: Mana Ake – Stronger for Tomorrow initiative (formerly known as the Mental Health Support in School's Initiative) was established in March 2018 to support the wellbeing of children in school years 1-8 living with the legacy of earthquakes across Canterbury and Kaikōura.

The initiative aims to work with and through school communities to support teachers, families and whānau when children are experiencing ongoing mild to moderate mental health concerns that are impacting their wellbeing. The service can support individual children and groups of children and provide information and workshops for teachers and parents.

Q: What is Mana Ake trying to achieve?

A: Mana Ake aims to complement and enhance support for children in years 1-8 at school and to increase the capacity and responsiveness of services by ensuring the right children access the right support at the right time.

The Mana Ake workers will enhance system capacity and provide early intervention to help address mild to moderate mental health concerns for our children.

Mana Ake will build on the good things already in place and enhance them by:

- strengthening collaboration across the support network;
- working together to understand where the need is and how best to use the resources we have to address it;
- being clear about available support pathways and when to use them, so that we minimise wait times;
- providing additional mental health workers to support children and families early, when mental health concerns arise;
- learning where there are gaps in the system and highlighting these so that they can be addressed;
- working together across health, education and social services.

Q: Why do we need this level of mental health support?

A: We now know that traumatic events such as earthquakes can have long lasting impacts on children's health and wellbeing. Children impacted by such experiences can fail to reach their full potential.

Over the past five years in Canterbury there has been a steady increase demand for mental health services in both adults and children.

In addition, schools in earthquake affected communities (Canterbury and Kaikōura) started to see an increase in for the number of children with a complex range of health and social needs. Teachers identified that anxiety, stress and depression was impacting children's ability to focus on learning and their general wellbeing.

Q: How will Mana Ake be delivered?

A: Mana Ake is designed to be a collective response to improving the wellbeing for our children.

Schools will have Mana Ake liaison workers identified who will get to know their community and have regular times when they are available to teachers, parents and children.

The Mana Ake workers will have a range of skills to support whānau and children with mental health concerns. They will work directly with groups of students or individuals and their family/whānau but may also be involved in running parent training or providing advice to whānau and teachers.

The cluster of schools, in consultation with Mana Ake workers, can decide how best to use the resource.

Q: What have schools told us so far?

A: Schools were surveyed by the Ministry of Education and Canterbury DHB in December 2017.

The survey showed that:

- although there are lots of services supporting children in schools, they aren't all available in all schools and service responses change depending on the context;
- schools were struggling to navigate the health system to get the correct support for children quickly;
- there are innovative, local responses but these aren't standardised and the funding for it is variable and unsustainable (grants, school operations budgets);

Q: What will it mean, practically, for schools?

A: The funding will be used to:

- provide 80 additional workers in schools, who will provide advice, guidance and support for teachers, children and their whānau, and
- to develop a website called Leading Lights, which will help teachers and education professionals identify children with specific health, learning, wellbeing or mental health

needs and provide ideas and strategies of about how these children are best supported within schools. It will also help professionals navigate to appropriate health services and provides information on when these services are best engaged. This will be a live site so when a service changes, the site will be updated to reflect that.

Q: When will this support be available?

A: The first workers started working with schools in the Tamai (east Christchurch) and Uru Mānuka (Hornby) Kāhui Ako (Communities of Learning) in the first week of term 2 (30 April 2018). From term 3 (July 2018) Mana Ake will be progressively rolled out to all primary schools across Canterbury and Kaikōura in their current cluster arrangements.

Q: How were these schools selected, and why?

A: The two Kāhui Ako [Tamai and Uru Mānuka] were chosen because they have significant diversity and provide an opportunity to improve equitable access to health support and services. The Uru Mānuka cluster of schools [Kāhui Ako] reflects the increased demand in the area following post-quake population movement.

Lessons from implementing Mana Ake in the first two Kāhui Ako are helping to inform how we can successfully roll out the programme in other schools.

Q: Is Mana Ake just for schools in a Kāhui Ako?

A: No. Mana Ake is a resource for all children in years 1-8 across Canterbury and Kaikōura, regardless of whether the schools are a part of a Kāhui Ako, Community of Practice, Cluster, informal cluster or any other group.

We will work with individual schools who are not currently connected with a wider group to access the Mana Ake resource. As this resource will be delivered through clustering to ensure best impact, you might like to start thinking about other schools in your area you could create an informal cluster with for the purpose of accessing Mana Ake.

Q: Who chooses which schools will get support when, and how are they chosen?

A: We have asked schools to work with us to develop a transparent approach. Once the approach is confirmed it will be communicated on the Canterbury Clinical Network web page and through communications to schools. To find out more about the process email info@ccn.health.nz

Q: When will my school be involved?

A: At the beginning of Term 2, the Ministry of Education invited all Christchurch and Kaikōura schools to take part in a Mana Ake online survey. This survey was designed to help decide on what sources of data should be used to identify the order that schools would be invited to take part in

Mana Ake. Based on the survey results, a schedule will be developed (by mid-June) detailing the dates that Kāhui Ako/clusters/Communities of Practices will be invited to take part in Mana Ake. You will be informed as soon as possible after that date.

Q: What will Mana Ake staff/ team do?

A: Mana Ake workers have a diverse range of skills and include, social workers, whānau ora kaimahi, counsellors and kaihaumanu. This means they can:

- assess for risk;
- engage families to address parenting challenges and build positive relationships between parents and children;
- provide interventions that address anxiety, low mood, lack of resilience;
- support families to access community support to enhance their wellbeing;
- support children of parents with mental illness;
- work with your community to understand trends and opportunities for support;
- offer a range of information for parents and teachers, through advice and guidance, training or group work;
- work with groups of children or individual children and their whānau ;
- support whānau to implement changes that promote wellbeing for their tamariki.

Developing and implementing the service

Q: Who is the Canterbury Clinical Network and why are they overseeing this initiative?

A: The Canterbury Clinical Network (CCN) is an Alliance of key organisations in Canterbury's health system working together to improve healthcare for the people of Canterbury. For this initiative the Alliance includes education, social services, Police and health services. CCN's way of operating is evidence-based, patient and community-centric and collaborative, which makes it a suitable mechanism for overseeing this initiative.

Q: How is the initiative being developed and implemented?

A: The initiative is a collaboration between the Ministry of Health, the Ministry of Education and the Canterbury District Health Board, and is facilitated by the Canterbury Clinical Network. It provides an exciting opportunity for health, education, social sector government and non-government organisations to work with schools to design an approach that supports and maintains positive mental health.

A Service Level Alliance (SLA) and six Service Design Workgroups – Implementation Planning, Outcomes and Evaluation, Practice Framework and Training, Service Alignment, Training and Support and Capacity and Capability – bring these perspectives together to drive development and ongoing implementation.

As the initiative develops, the Mana Ake workers and schools will help us ensure the approach we are designing makes a positive difference for children and their whānau.

Q: Will the Service Level Alliance (SLA) engage with organisations, children and families

A: Members of the SLA have been selected because of their knowledge and influence across relevant sectors. Working with stakeholders from these sectors is pivotal to the success of this initiative and to ensuring it will integrate with and complement existing services.

Q: My organisation is doing very similar work – how will this tie in?

A: As outlined above, it is important that the new initiative complements existing services.

Q: What else is the Government doing to improve mental health services in Canterbury and Kaikōura?

A: Since the earthquakes a range of local and central government agencies and organisations have been contributing to efforts to improve resilience, help communities reconnect, and provide targeted support services to avoid long-term mental health issues.

A number of initiatives and programmes are already underway in schools across the region, such as the school based mental health team, the Wellbeing Team model, school counsellors, School-Based Health Services, Social Workers in Schools and public health nurses. More broadly, the All Right? Campaign has been designed to help Cantabrians think about their mental health and ways they can improve it.

Q: Does this announcement link with the Government's commitment to extend school based health services to all public secondary schools?

A: This initiative is specifically seeking to address the mental health needs of children in year 1-8 in Christchurch and other earthquake-affected parts of Canterbury, including the Hurunui and Kaikōura. The service developed will be holistic and tailored to enhance the support offered to children in this area.

Q: How can I find out more about Mana Ake?

A: You'll be able to use the [CCN website](#) to find out about the latest Mana Ake developments and even sign up for a mailing list to be kept up to date.

Messages from each meeting, as well as significant developments and milestones, will be shared via the Mana Ake page's newsfeed – you can sign up for alerts so you'll be emailed each time there's a development.

Q: I have a question which isn't answered here. How will I get an answer?

A: If you have a question which isn't answered here please email info@ccn.health.nz

But please bear with us – this initiative is very new and we don't have all the answers yet. Much is being developed as we go based on advice and feedback from schools, teachers, the new Mana Ake workers and other key stakeholders.

As the initiative develops we'll do our best to answer your questions, providing as much detail as possible.