

# Mana Ake – Stronger for Tomorrow

Enhancing wellbeing and positive mental health for tamariki in school years 1-8



A summary of discussions held at the most recent Mana Ake Service Level Alliance (SLA) meetings. For more information, please contact the Mana Ake project team (details below).

## 1 SUPPORTING MINISTRIES TO CONSIDER FUTURE INVESTMENT

The Mana Ake project team has been working with the executive sponsors – the Ministry of Education, the Ministry of Health, Canterbury District Health Board and Canterbury Clinical Network – to identify and capture the key elements of Mana Ake to guide future investment locally and nationally.

While this work takes place, we continue to support tamariki and whānau and to work with schools/kura and school clusters to embed the positive practices identified as beneficial, including:

- developing a strategic focus on wellbeing;
- ensuring that teachers use [Leading Lights](#) and its rich range of advice, guidance, and resources as their first port of call;
- taking up professional learning and development opportunities; and
- supporting teacher aids to implement wellbeing programmes.

## 2 MANA AKE – EVALUATIONS

Early intervention and collaborative approaches, such as those being put in place by Mana Ake have been shown to result in a range of wellbeing benefits for children and their whānau, according to findings from a report released in November 2020.

The report, produced by ImpactLab, estimated the social value (the social impact in dollar terms for participants over their lifetime) for each participant is \$23,652 – a return of \$13.32 of ‘measurable good’ to our community for every dollar invested in Mana Ake with authors noting the real-world impact is likely to be much greater. Read the full story [here](#) and the full report [here](#).

Another review, commissioned from Malatest by the Ministry of Health, is currently underway with a report expected in the first quarter of 2021.

## 3 PROFESSIONAL DEVELOPMENT 2021 – SAVE THE DATE

The 2021 dates for Mana Ake professional development [webinars](#) have been confirmed:

- 24 March – Eating disorders
- 26 May – Suicidal ideation
- 23 June – Child development
- 18 August – ADHD (Attention Deficit Hyperactivity Disorder)

Professional development sessions are run by a range of practitioners with special interest in their fields and have so far presented on topics such as, anxiety, emotional regulation, eczema, gender diversity and self-harm. These have been recorded and are available on [Leading Lights](#).