

Meet the team - Te Hau Toka Southern Lakes Wellbeing Group



Adell Cox

Chair, Te Hau Toka Group

*Senior Clinical Psychologist and Director of Allied Health – Mental Health, Intellectual Disability and Addictions Services
Southern District Health Board*

Clinical Psychologist, Diploma of Clinical Psychology; Master of Arts

Adell Cox is a highly qualified and experienced lead clinical psychologist and, as Chair of the Te Hau Toka Group, is strongly committed to working with healthcare professionals and the community to facilitate and support wellbeing initiatives.

She is now a Director of Allied Health for the Southern District Health Board after working for 23 years as a clinician and then as a Professional Lead in Clinical Psychology.

Adell is well versed in local issues, having worked as a clinician across the Queenstown Lakes district for several years. She is passionate about engaging with people from all ages, backgrounds and ethnicities, listening to different viewpoints and facilitating meaningful change to keep our communities well.



Marie Day

Community Partnerships Manager

Queenstown Lakes District Council

Post-Graduate Diploma in Tourism; Bachelor of Arts (History and Politics); NZ Certificate in Te Reo Māori (He Pī Ka Pao) Levels 1 & 2

As Community Partnerships Manager for Queenstown Lakes District Council, Marie is a pivotal ‘connector’ for the region and for Te Hau Toka, with strong local, regional and national relationships across a range of sectors.

Marie is responsible for QLDC’s strategic direction for community development activity and for developing a programme of initiatives to support these outcomes. This includes strategy, partnerships, advice and analysis, advocacy, funding and, most recently, developing a new districtwide Welcoming Communities programme.

A well-known local, Marie has an extensive background in community development, project/event management, health, disability support, and education.

She’s passionate about community wellbeing and enjoys building strong and diverse relationships with individuals and community organisations, connecting people and ideas, and creative problem-solving.

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Stacy Harborow

*Primary Mental Health Service Manager
WellSouth Primary Health Network*

Registered Nurse; Bachelor of Nursing; Post Graduate Certificate in Mental Health; Bachelor of Arts

As Primary Mental Health Service Manager based in Dunedin, Stacy is responsible for WellSouth's primary mental health service across the region. This includes oversight of the Brief Intervention Service for patients who are experiencing mental distress, Family Mental Health Service based in Mosgiel, Improving Mental Health Service within Corrections and Suicide Prevention/Postvention across the region.

Stacy also oversees the Family Mental Health Service, providing support to people of all ages experiencing moderate to severe mental health issues. Part of this is single session family therapy intervention which provides an interagency, safe forum for families to activate their own action plans, as well as the Improving Mental Health Service based both in Prison and Community Corrections. This service provides support and therapeutic intervention for people with community and custodial-based sentences. Clinicians support people to transition back into the community, supporting engagement in community-based services. Wrap-around support is also available to whānau and is an integral part of this service.

Stacy has an extensive background in clinical nursing in a number of settings and is strong supporter and advocate for mental health in the region. She brings a wealth of knowledge and experience from the primary health sector to her role on Te Hau Toka.



John MacDonald

*Independent Chair
Southern District Health Board Mental Health and Addiction Network Leadership Group*

A well-known longtime Queenstown local and business entrepreneur, John has been a strong community advocate for various causes over the years. And as a three-time cancer survivor who lives with Parkinson's disease, he also knows from personal experience the importance of effective equitable health services and ensuring patient voices are heard.

To this end, John's been the independent Chair of the SDHB Mental Health and Addiction Network Leadership Group (NLG) since 2015. The NLG oversees the whole mental health system in the district and includes both health and community representatives. The NLG was instrumental in the formation of Te Hau Toka in 2020.

John previously chaired the Central Lakes Health Network and the South Island Cancer Consumer Group, and in 2021 retired as a Queenstown Lakes District Councillor after five years.

John brings strong business acumen, governance experience and extensive knowledge and lived experience of the health system to Te Hau Toka. His key focus is on keeping people well, building community resilience, and taking a joined-up approach to ensuring the healthcare system is providing effective and equitable services.

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Tina Simmonds

*Clinical Manager for Central Lakes Community Mental Health Service
Southern District Health Board*

Registered Nurse; Post Graduate Cert in Advanced Nursing Practice (mental health); Post Graduate Cert in Management

Tina is responsible for managing the Southern District Health Board's (SDHB) mental health services in the Central Lakes area, including Central Otago and Queenstown Lakes.

A registered nurse with a wealth of clinical experience, Tina has worked for many years in the mental health sector across inpatient care and the community. She's also worked in healthcare education, helping to facilitate the SDHB's new graduate mental health nursing programme.

Following a move to Wānaka with her family, Tina set up the Brief Intervention Service (BIS) across Central Otago in 2008. After a stint working in BIS, she took on a joint clinical and leadership role for WellSouth before moving back to the Southern District Health Board Mental Health, Addictions, and Intellectual Disability (MHAID) Service to take up the role of Clinical Manager in 2018.

Tina brings extensive local knowledge and experience from the mental health sector to Te Hau Toka, particularly helping to map pathways for people needing to access services to support their wellbeing. She's passionate about improving collective community mental wellbeing and works closely with other agencies to promote support options and reduce barriers to accessing health care. In her spare time, she's heavily involved in volunteering through St John, running a youth programme and providing expertise on the local area committee.



Karyn Munro

*Suicide Prevention/Postvention Co-Ordinator, Queenstown Lakes and Central Otago
WellSouth Primary Health Network*

Post Graduate Diploma in Health Sciences (Mental Health); Masters of Education – Counselling; Diploma in Teaching – Secondary; Bachelor of Arts double major Psychology and Education

A Wānaka-based mental wellbeing advocate, Karyn Munro is the Suicide Prevention/Postvention Co-Ordinator for Queenstown Lakes and Central Otago.

Karyn is a trained and registered counsellor with over 25 years' experience in the community and in schools. She specialises in working with youth and families, supporting them through crises and providing wellbeing life planning, positive coping strategies and resilience tools. She is also a counsellor/provider for Aoake te ra Bereaved by Suicide Service which delivers support across Aotearoa, and chairs the Wānaka Suicide Prevention/Postvention Group.

As well as her extensive background in mental health and wellbeing promotion, Karyn brings an important professional lens to Te Hau Toka around how to have safe conversations with people experiencing mental distress and providing wrap-around services for them and their families. She is passionate about inclusivity, diversity, acceptance, kindness and compassion when supporting others.

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Lisa Gear

Mental Wellbeing Navigator

Funded by Te Hau Toka, under Central Lakes Family Services

Diploma of Nursing; Post Graduate Diploma of Health Science; currently working towards Masters of Nursing

Lisa is the Mental Wellbeing Navigator for the Central Lakes, Queenstown Lakes and Fiordland region - a new role which has been funded by Te Hau Toka since March 2021. She is proving vital in providing clear pathways to mental health services available within the Central Lakes community, identifying critical gaps and working to connect services to those in need.

Lisa is a registered nurse with 30 years' experience and a passion for family support and perinatal care. Based out of Central Lakes Family Services in Queenstown, she sits alongside new and existing clinical roles and acts as a main point of contact to streamline services and help co-ordinate the region's mental wellbeing response.



Jo O'Connor

Health Promoter

WellSouth Primary Health Network

Bachelor of Education (primary teaching); Post Graduate Certificate in Public Health

As a frontline Health Promoter for WellSouth, Jo O'Connor is a well-known face around the Central and Queenstown Lakes region.

Based in Alexandra, she is responsible for the Teviot Valley, Maniototo, Alexandra, Cromwell, Upper Clutha and Whakatipu areas and is a key connector in working with the community to find ways to keep people well.

Originally from a finance and education background, Jo has more than 50 years of seeking the positives in any situation and 15 years in health promotion.

Jo brings strong healthcare, social services and community relationships to Te Hau Toka, as well as a down-to-earth collaborative approach, innovative problem-solving and a knack for delivering clear, simple health promotion advice. She is particularly passionate about joining the dots – bringing people together to share ideas and collectively share the load in helping keep our communities well.

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Tina Mongston
General Manager
Central Lakes Family Services

Diploma of Child Protection, Business

A long-time local Social Services professional, Tina is the General Manager of Central Lakes Family Services and has more than 20 years' experience on the frontline helping children and families in their times of need. Having started with the Wakatipu Abuse Prevention Network in 2001, she has seen the organisation through its evolution into Jigsaw Central Lakes, and then a merger with Central Otago Women's Support Link and then Queenstown Lakes Family Centre to become Central Lakes Family Services in 2016.

Tina manages a team of professionally trained clinicians who are deeply committed to working with the community, primary health, local government and NGO service providers to achieve positive outcomes for children, adolescents and their families/whānau across the region. They provide a range of services from education programmes, advocacy and counselling to emergency aid, child protection and family harm support. The team also runs the Social Workers in Schools programme and perinatal support services.

Tina brings a wealth of knowledge to Te Hau Toka about current family wellbeing issues and proactive education/intervention measures as well as a calm, compassionate and collaborative approach to problem-solving.



Debbie Swain-Rewi
Occupational Health Nurse
Mana Tāhuna Charitable Trust

Registered Nurse; Post Graduate Diploma in Health Sciences (Occupational Health and Safety); Certificated Independent Vaccinator; NZQA Certified Drug Tester; Smoking Cessation Practitioner

Debbie is an Occupational Health Nurse specialising in workplace wellness. She provides a range of health services, from ergonomic assessments and smoking cessation programmes to vaccinations and hearing, vision and drug testing.

As a certified vaccinator, Debbie has been instrumental in providing mass COVID vaccinations, both for workplaces and for ethnic communities, creating safe and culturally appropriate spaces to welcome people and help them feel comfortable and informed.

Debbie brings a strong clinical, community and whānau perspective to Te Hau Toka. She is also heavily involved, along with husband Darren and son Michael, in running the Mana Tāhuna Charitable Trust which was set up during the COVID response to unite and provide support to the local Māori community. As well as ensuring Māori have a strong community voice and a tūrangawaewae/place where whānau can come together, Mana Tāhuna focuses on three key areas:

- Hauora (health and wellbeing): providing health services and outcomes for improving the wellbeing of local whānau
 - Mahi (employment): finding opportunities and support for employment, re-skilling and training for whānau
 - Rangitahi (youth): delivering programmes for rangatahi hauora (youth wellbeing), resilience and career pathways.
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David Pirie
Health Promotion Advisor
Southern District Health Board

PG Dip in Social Anthropology; Diploma in Agriculture; Grad Diploma in Teaching; Registered Level C Psychometric Assessor; Cert in Health Promotion

David Pirie is a Dunedin-based Health Promotion Advisor for the Southern District Health Board, focusing on the southern region.

He also chairs the Dunedin Mental Health and Addictions Network and leads the Kapehu Project, a youth mental health and resilience survey.

David has a strong background in education, from primary school teaching and secondary school career transitions to Virtual Learning Network e-teaching and neuro-diverse learning support consulting.

He brings a depth of experience in mental health promotion and educational leadership to his role on Te Hau Toka. This includes extensive knowledge of health education and promotional campaigns, public health perspectives, project collaborations, and networks.

David is a keen advocate of the Five Ways to Wellbeing and believes the performing arts can be a powerful tool to promote healthy lifestyles and help people creatively tell their stories.



Sarah Greaney
Member of Fiordland Wellbeing Collective / Chair of Fiordland Community Board

Post Graduate Diploma in Business and Administration (HR); Business Studies Degree Bsc Hons

Sarah joined Te Hau Toka in June 2021 and, through her variety of roles – including being part of the Fiordland Wellbeing Collective, Chair of the Fiordland Community Board, a business leader and a healthcare professional - she brings a wealth of knowledge to the group.

Sarah has a range of experience in different sectors including small business, accommodation, retirement housing and banking. As well as being a Neural Coding® coach, facilitator, trainer and human resources consultant for more than 20 years, Sarah's skillset also includes strong governance and communication, big picture thinking and community connections as well as in-depth knowledge of local issues and government, funding and project prioritisation matters across the Fiordland area.

She enjoys working collaboratively to facilitate change and loves coaching, motivating and inspiring others to be the best they can be.

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Nicola Mutch

*Executive Director Communications
Southern District Health Board*

PhD in Corporate Non-profit Partnerships, BA (Hons) Art History

Nicola is a highly experienced communications and marketing professional responsible for supporting engagement and sharing information about the Southern health system both with the wider community and across the geographically-dispersed Southern District Health Board.

As a member of the SDHB executive leadership team, she brings a strong communications lens to Te Hau Toka as well as a whole-of-system understanding and a deep commitment to making sure the health system is designed around the people and communities it serves.

Nicola has an extensive background in communications and marketing across education, arts and small business sectors and has held various international governance roles, including 12 years at Amnesty International.

She is passionate about working collaboratively with healthcare professionals and the community and one of her key skills is making sense of complicated situations and presenting them back to audiences in new and understandable ways.
