

Te Hau Toka

SOUTHERN LAKES WELLBEING GROUP

Partnering for
community mental
wellbeing and resilience



Programme

10:15am – 11:30am

Adell Cox: quick summary of Te Hau Toka

Dr Sarb Johal: keynote speaker

Dr Delwyn Goodrick: initiatives – what worked, what would we do differently?

11:30am – 11:45am Morning Tea

11:45am – 1:00pm Workshop

Group discussions on where to from here - challenges and opportunities

Our reason for being



Multi-agency response to COVID-related mental wellbeing impacts on our communities

Our team



Adell Cox, Chair

Consultant Clinical Psychologist &
Director of Allied Health – Mental Health,
Intellectual Disability & Addictions Services
Te Whatu Ora



John MacDonald

Independent Chair
Mental Health & Addiction Network
Leadership Group
Te Whatu Ora



Marie Day

Community Partnerships Manager
Queenstown Lakes District Council



Tina Simmonds

Clinical Manager, Central Lakes Community
Mental Health Service, **Te Whatu Ora**



Sarah Greaney

Southland District Councillor, elected 2022
Fiordland Wellbeing Collective
Former Chair, **Fiordland Community Board**



Tina Mongston

General Manager
Central Lakes Family Services
Leads new **Central Lakes Crisis Support Service**

Full bios available: www.southernhealth.nz/tehautoka

Our team



Karyn Munro

Suicide Prevention/Postvention Coordinator
Queenstown Lakes & Central Otago, **WellSouth**



Jo O'Connor

Health Promoter
Central, Upper Clutha and Whakatipu, **WellSouth**



Stacy Harborow

Adventure Development Ltd
Former WellSouth Primary Mental Health
Service Manager



Louise Mainvil

Health Promotion Advisor
Public Health South, Te Whatu Ora



Lisa Gear – replacement pending

Central Lakes Mental Wellbeing Navigator
Te Hau Toka (via Central Lakes Family Services)



Anna Star

Fiordland Community Wellbeing Coordinator
Te Hau Toka & Great South RDA



Chris Crane

Programme Manager – *Time for Change /*
Te Hurihanga, **Te Whatu Ora**



Jen Andrews

Communication & stakeholder
engagement specialist, **Te Hau Toka**

Governance group



Glyn Lewers

Mayor
Queenstown Lakes District Council



Jo Brand

Kaitoko Matāuranga
Hokonui Rūnanga (Kāi Tahu rep)



Rob Scott

Mayor
Southland District Council



Hamish Brown

Interim District Director
Te Whatu Ora



Toni Gutschlag

Executive Director, Mental Health, Addictions and
Intellectual Disability Services
Te Whatu Ora

Our focus

Promotion

Prevention

Early intervention



Through an
equity lens

Our objectives

Build

Support community wellbeing & build community resilience

Equip

Equip people to look after their mental wellbeing (by building resilience & strengthening natural supports)

Empower

Empower a community-led response and recovery

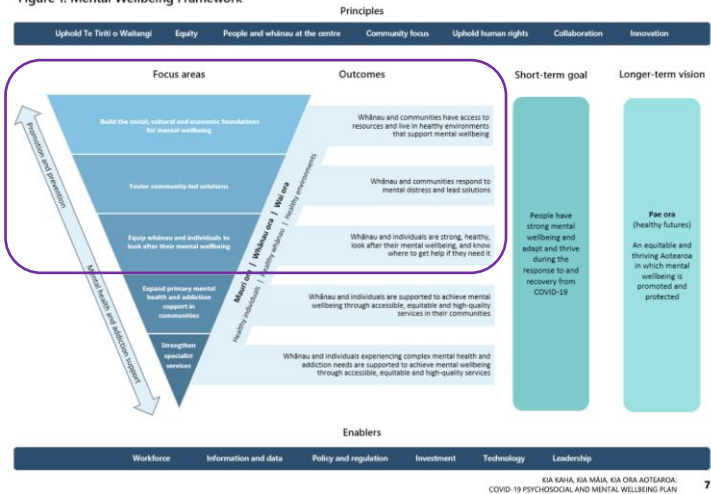
Ensure

Ensure awareness of pathways to care in community, primary & secondary settings

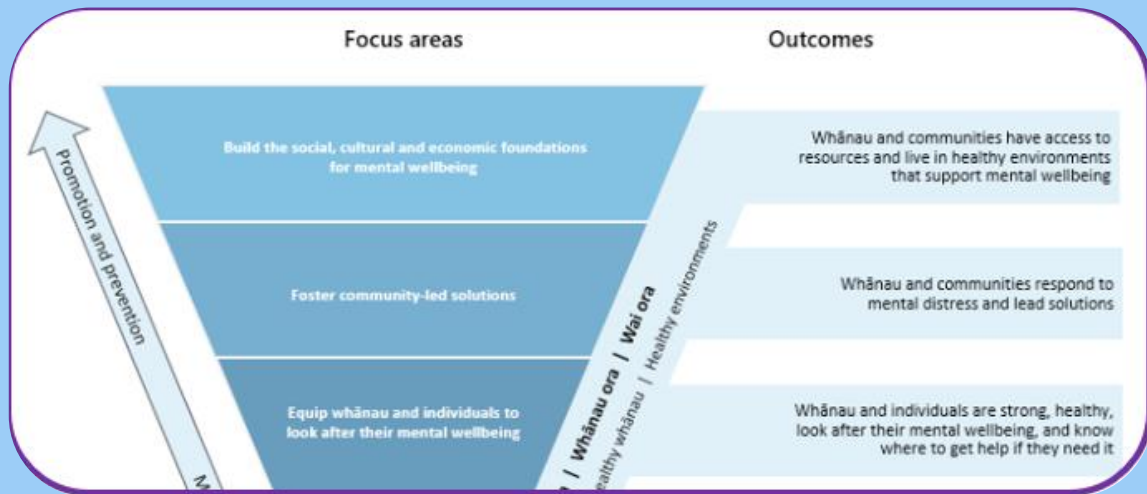
We're guided by



Figure 1: Mental Wellbeing Framework



We're guided by



Our funding

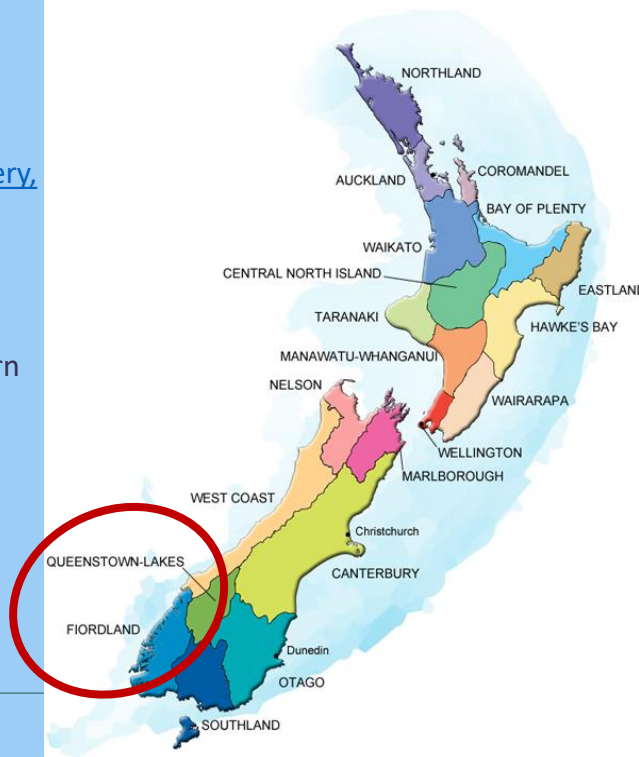
Via MBIE's [Tourism Communities: Support, recovery, and re-set plan](#)

From 1 July 2021 (2 years)

\$3 million to support mental wellbeing in Southern communities worst affected by COVID-19 restrictions:
Queenstown | Wānaka | Cromwell* | Fiordland

The funding cannot be used for clinical services

* Te Hau Toka has included Cromwell in its catchment as many people work in the Queenstown Lakes area.



Key milestones in our journey

