

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



## Our objectives

#### Build

Support community wellbeing & build community resilience

#### Equip

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

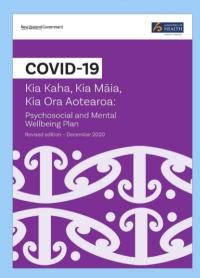
#### Empower

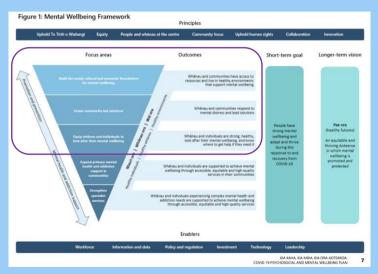
Empower a community-led response and recovery

#### **Ensure**

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

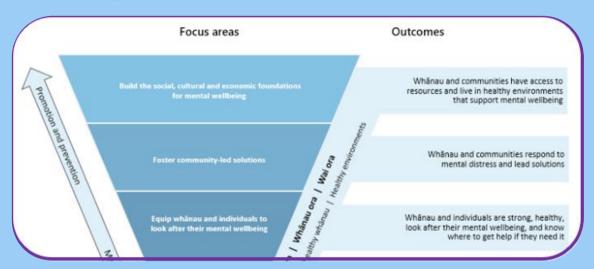
# We're guided by







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# Our funding

Via MBIE's <u>Tourism Communities</u>: <u>Support, recovery,</u> 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



<sup>\*</sup> Te Hau Toka has included Cromwell in its catchment as many people work in the Queenstown Lakes area.

### Key milestones in our journey

June 2020 Jan 2021 Jul 2021 Aug-Oct 2021 Sept-Dec 2021 Jun 2022 Aug 2022 Te Hau Toka Support fast-Govt funding Set up Community **Partnerships Evaluation** tracking 'Access process begins forms. announced. communication co-design process programme Concerned about and Choice' \$3m for channels and Leadership Lab begins effects of COVIDinitiatives - HIPs. Queenstown website. reports completed 19 on people's health coaches Lakes and newsletter, social mental health. & community etc. Develop and Programmes start agencies band support workers launch resources rolling out MH101. together to share into primary care, Traffic Light Guide, GoodYarn etc. intel and work on & social workers 1737 posters etc. various initiatives into local schools Dec 2020 Feb 2022 Aug 2021 Dec 2021 Mental Wellbeing Communications Connecting Fiordland Wellbeing Navigator role scoped & role established Communities Co-ordinator role fund launched funded, starts March 21 scope, starts Apr 22

