



# WHITIKI MAUREA HE HOTAKA ORANGA TE REO MAORI ME ONA TIKANGA



Whitiki Maurea  
Maori Mental Health  
and Addictions

## INTRODUCTION

In 2004 Whitiki Maurea presented a questionnaire to Tangata Whaiora based on what did they believe, in terms of Te Ao Maori, would help them on their recovery journey. As a result of this questionnaire Te Reo Maori was identified as being the key to assisting them with this and the Te Reo programme became part of their care plan.

## OBJECTIVES

- Whanau Ora (wellness) to assist in the recovery journey through Te Reo me ona Tikanga
- Provide the programme in a natural learning environment (Marae)
- Reinvesting for future generations
- Sustain the programme overtime
- Recapturing Maori identity

## METHOD

- 10 week course each term
- Planned learning schedule with set objectives
- Facilitated by Kaumatua with involvement and participation of Whitiki Maurea staff held Te Wai Takere Marae.
- Graduation each term in recognition of Tauira (students) achievements
- Evaluation at the beginning and end of each term

## RESULTS

- Overall significant improvement for tangata whaiora in their wellness and their ability to speak basic Te Reo
- Confidence gained from the programme
- Reconnection to Whanau, Hapu, Iwi
- Tino Rangatiratanga (self determination)
- Building staff workforce development
- Kotahitanga (equity) – both staff and tangata whaiora are Tauira (student)

## SUCCESSSES

- Kaumatua on Taumata (Kaikorero)
- Kai Karanga
- Masters Student – University of Auckland
- Maori Warden
- AUT enrolment in Te Reo Maori
- Consumer Representative employment
- Board of Trustee