

# Purposeful Peer Support Aotearoa

## Te Whakaoranga mā te Taunaki Aropā o Aotearoa

Framework  
He Anga



**Purposeful Peer Support**  
**Te Whakaoranga mā te**  
**Taunaki Aropā Aotearoa**  
Meaningful Relationships — Towards Wellbeing

Cover  
Te Urewera

In 2014, legal personhood was granted to Te Urewera, the first ecosystem in the world to be recognised as an entity unto itself, as a living place of spiritual value, with the same legal rights as a person.

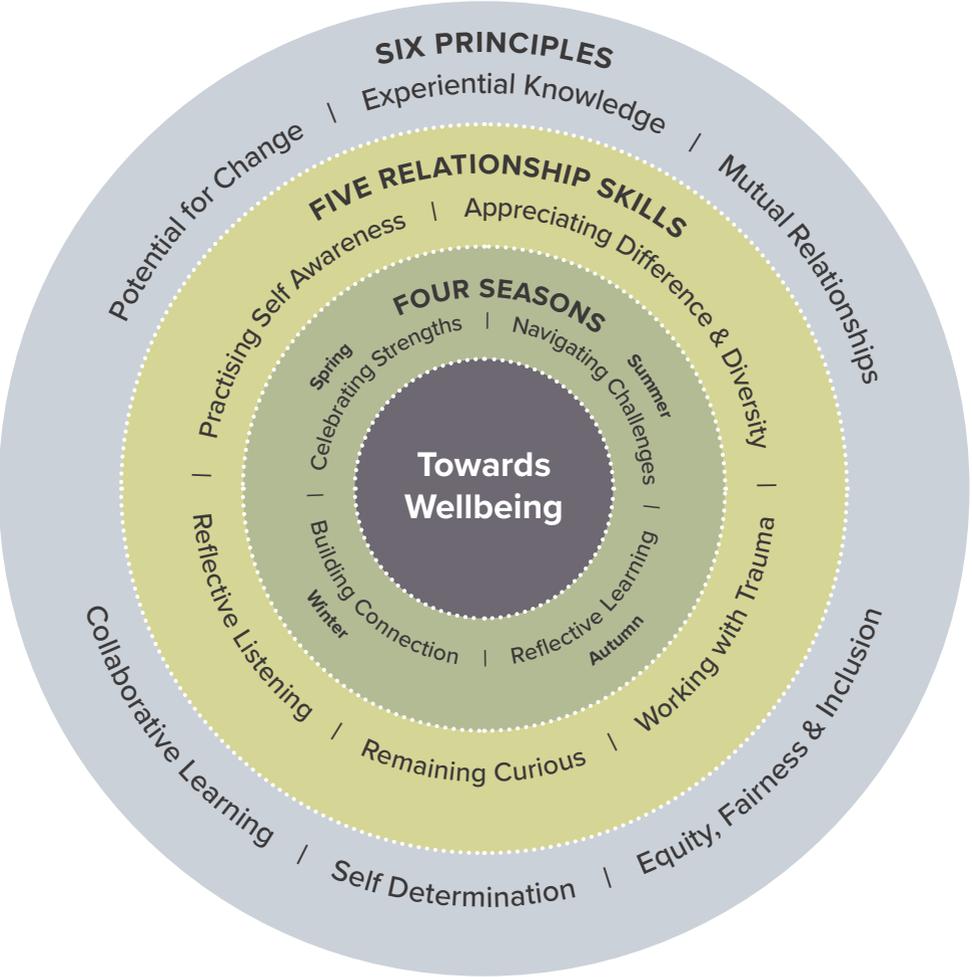
I te tau 2014, i mukua te ingoa o Te Urewera i te rārangi o ngā papa rēhia o te motu kia tū hei pūnaha rauropi tuatahi o te ao ka whakatangatahia kei raro i te ture. Ka pērā tonu tōna tū ki te tū o te tangata, o te rangatōpū rānei i ngā kōti, kei a Te Urewera ngā mōtika, te mana whakahaere, ngā haepapa me ngā taumahatanga ā-ture e rite ana ki te tangata kei raro i te ture.

Photo: Craig Potton

Purposeful Peer Support Aotearoa (PPSA) is a framework for co-creating a purposeful journey toward wellbeing. Each person's journey will be unique and self-determined facilitated within a collaborative peer relationship and guided by PPSA principles.

Ko Te Whakaoranga mā te Taunaki Aropā o Aotearoa (PPSA) tētahi anga waihanga tahi i te hīkoi whai whakaaro ki te whaiora. He motuhake, he mana motuhake hoki te hīkoi o tēnā, o tēnā o ngā tāngata, ka hāpaitia kei ngā honohononga aropā mahitahi, ā, ka arahina e ngā mātāpono o PPSA.

# Purposeful Peer Support Framework

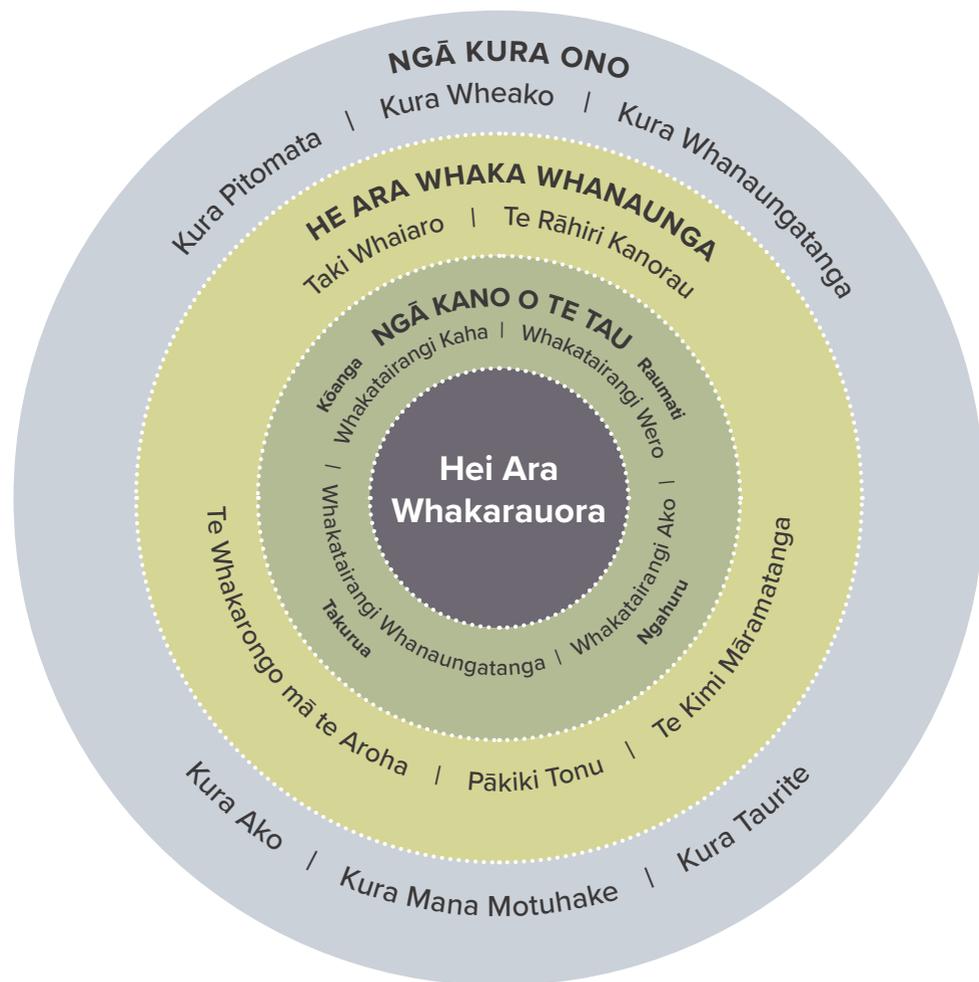


Together we will practice the relational skills that keep us connected and learning to develop and sustain the meaningful relationships that will enable and support our wellbeing – enduring relationships that will help us to move through the different stages or ‘seasons’ of our wellbeing journey.

We begin our journey by meeting a person in their “winter”, responding with warmth and planning together for what might be possible. We identify strengths and personal resources, cultivating and growing these to sustain us through the tough times.

With the harvest gathered in, we take time to pause and reflect, ready to start the cycle afresh and plan for new growth.

## Te Whakaoranga mā te Taunaki Aropā He Anga



Ka whakaharatau tahi tātou i ngā pūkenga whakawhanaunga kia tūturu ngā hononga i waenga i a tātou, ā, ka ako ki te whakawhanake me te whakatūturu i ngā hononga hei whakaāhei, hei tautoko hoki i tō tātou whaiora – he hononga tūturu e āwhina ana i a tātou ki te neke ki ia wāhanga, ‘kaupeka’ rānei o te hīkoi whaiora.

Ka tīmata tō tātou hīkoi i te ara i te tūtaki ki tētahi tangata kei tōna “hōtoke”, ka whakahoki i te mahana, ka whakamahere tahi i ngā rautaki e taea ai te whakatutuki. Ka tautohu tātou i ngā pūkenga me te kaha whaiaro, ā, ka ngakia, ka whakatipuria ēnei ki te toko i te ora i ngā wā taumaha.

Ka kohia te hauhake, ka whai wā tātou ki te noho noa ki te whai whakaaro, kia rite ki te tīmata i te hurihanga hou, ki te whakamahere i te tipu anō.

## Six Principles Ngā Kura Ono



These six principles guide the peer-to-peer relationships that support each person's unique journey.

We value what we've learned through our life experiences. We are full of potential, which we can realise when we have a sense of meaning and purpose in our lives.

Purposeful Peer Support Aotearoa lets us practise relating to others. Through shared experiences we find new understandings, so we each can grow and learn, separately and together. When we welcome and respect what each person brings, we create a world in which we can all flourish.

Mā ēnei mātāpono e ono e ārahi ngā hononga aropā-ki-te-aropā e taunaki ana i te ara motuhake mō ia tangata.

E kaingākau ana tātou i ā tātou akoranga mai i ngā wheako. Kua kī tātou i te pitomata, ka taea ai te whakatinana, ina mārama ai tātou ki te take me te aronga o ō tātou oranga.

Mā Te Whakaoranga mā te Taunaki Aropā o Aotearoa tātou e whakaharatau i te whakawhanaungatanga. Mā te tuari i ngā wheako e whakapiki tātou i te māramatanga, kia tipu ai, kia ako ai tātou, takitahi, takitini hoki. Ki te whakamihi tātou, ki te whakaute hoki i ngā koha mai i ia tangata, ka waihanga tātou i te ao ka taea e tātou katoa te whakapuāwai.

## Five Relationship Skills E Rima Ngā Pūkenga Whakawhanaunga



Achieving the intentions of Purposeful Peer Support Aotearoa means practising relational skills that keep us connected and learning.

As peer workers:

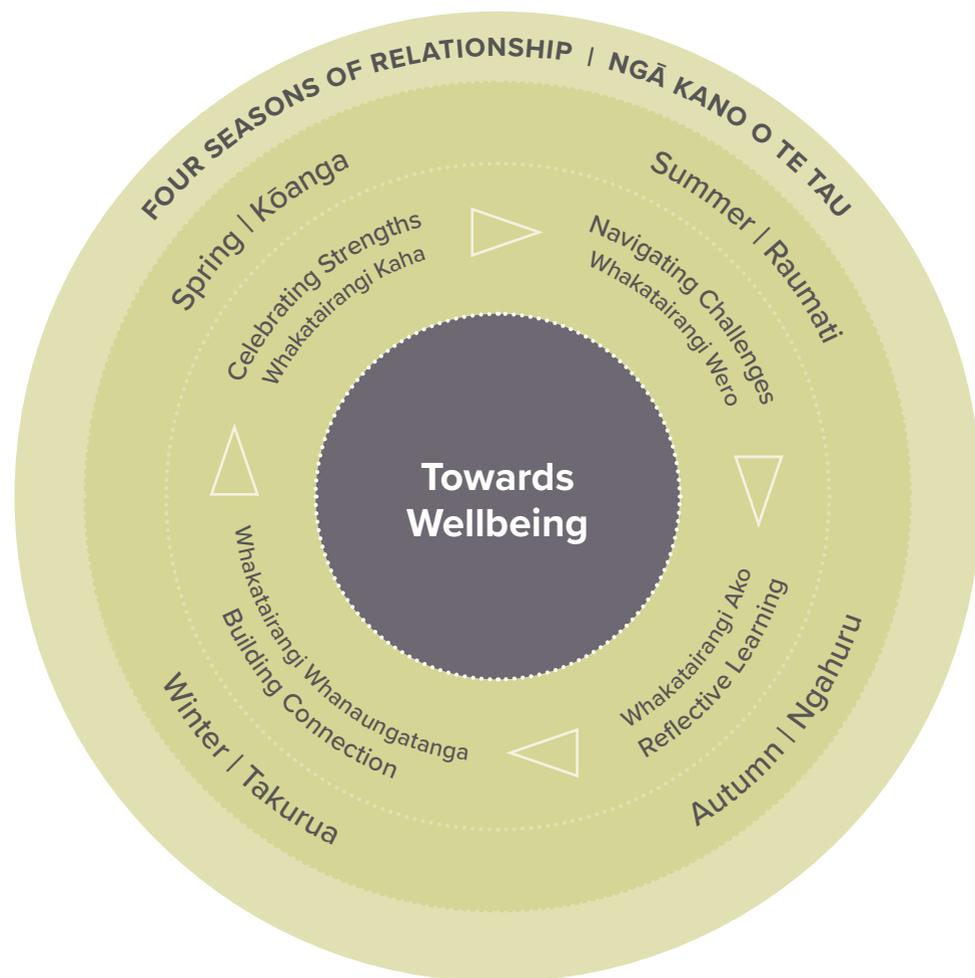
- We practice developing our self-awareness and learning to appreciate difference and diversity.
- We practice reflective listening skills and developing courage in working with trauma, whether it's our own or someone else's.
- We practice remaining curious by encouraging ourselves to be genuinely interested in each other's experiences.

Te whakatutuki i ngā aronga o Te Whakaoranga mā te Taunaki Aropā o Aotearoa, me whakaharatau tātou i ngā pūkenga whakawhanaungatanga e honohono tonu ai, e ako tonu ai tātou.

He kaimahi aropā:

- Ka whakaharatau tātou i te whakawanake i te tūoho whaiaro me te ako kia rata ki te whanokē me te kanorau.
- Ka whakaharatau tātou i ngā pūkenga whakarongo me te whakaata, ki te whakawhanake hoki i te māia ki te mahi me te pāmamae, ahakoa tō tātou, tō tētahi atu tangata rānei.
- Ka whakaharatau tātou i te māhirahira pūmau mā te whakahau i a tātou anō kia pono te hiahia ki te rongō i ngā wheako i waenganui i a tātou.

## Four Seasons Relationship Model Te Taura o ngā Kaupeka e Whā o te Whakawhanaunga



The four seasons model is a metaphor to illustrate the process of building and growing Purposeful Peer Support Aotearoa relationships.

As part of our commitment to partnership with tangata whenua, we have aligned this metaphor with the lunar calendar (Maramataka) which was introduced by the Pacific voyagers to Aotearoa and then adapted over time by Māori to align with local conditions and seasons.

We understand that relationships can move through different stages or “seasons”; our Purposeful Peer Support Aotearoa relationship does too.

We begin by meeting a person in their “winter”, responding with warmth, and planning together for what might be possible from here. We identify existing strengths and personal resources, to grow and develop for the future.

Over time we may become discouraged or tired; to sustain ourselves through the tough times we are able to draw on the strengths we have cultivated.

With the harvest gathered in, we take time to pause and reflect, ready to start the cycle afresh and plan for new growth.

He huahuatau te taura e whā ngā kaupeka ka whakaahua i te tukanga ki te hanga, ki te whakawhanake hoki i ngā honohononga o te Whakaoranga mā te Taunaki Aropā o Aotearoa.

Ko tētahi wāhanga o tō mātou ū ki te mahitahi me tangata whenua, kua whakahāngai tēnei huatau ki te maramataka, i kawea mai nei i Hawaiki ki Aotearoa, ā, kua whakahāngaitia hoki e ngāi Māori ki ngā āhuetanga me ngā kaupeka o te tau o konei.

E mārāma ana mātou, ka huri haere ngā hononga whakawhanaungatanga i ngā wāhanga, “kaupeka” rānei; ka pērā hoki tō mātou whakawhanaungatanga o Whakaoranga mā te Taunaki Aropā o Aotearoa.

Ka tīmata tō tātou hīkoi i te ara i te tūtaki ki tētahi tangata kei tōna “hōtoke”, ka whakahoki i te mahana, ka whakamahere tahi i ngā rautaki e taea ai te whakatutuki. Ka tautohu tātou i ngā pūkenga me te kaha whaiaro tūturu, hei whakatipu, hei whakawhanake mō ā mua.

Mā te wā pea, ka hākerekere, ka ngenge rānei tātou; ki te whakatūturu i a tātou i ngā wā taumaha, ka whakawhirinaki tātou i ngā pūkenga kua whakawhanaketia e tātou.

Ā, ka kohia te hauhake, ka whai wā tātou ki te noho noa ki te whai whakaaro, kia rite ki te tīmata i te hurihanga hou, ki te whakamahere i te tipu anō.

# Our Wellbeing Framework Tō Mātou Anga Whaiora



The five interconnected pillars of our wellbeing framework reflect a synthesis of two Māori models of health, three well known international wellbeing/wellness models<sup>1</sup> and align with the NZ Mental Health Foundation's 'five ways to wellbeing'. The integration of these models affirms our holistic focus on the spiritual, social, mental/emotional, occupational, and situational (physical) aspects of wellbeing.

Towards wellbeing, the focus of Purposeful Peer Support, requires our individual one-on-one and group peer support work to have a considered emphasis on encouraging meaningful wellbeing outcomes for peers<sup>2</sup>.

We sustain a wellbeing focus by helping peers to create wellbeing plans that reflect their individual focus on working towards outcomes that enable and support their recovery journey.

**"Wellbeing is when people are able to lead fulfilling lives with purpose, balance and meaning to them."**

– NZ GOVERNMENT WELLBEING BUDGET 2019

E whakaata ana ngā pou e rima o tō mātou anga whaiora i te hanumitanga o ngā taura hauora Māori e rua, ngā taura whaiora/oranga o tāwāhi e toru<sup>1</sup>, ā, ka hāngai tonu ki te kaupapa 'five ways to wellbeing' a te NZ Mental Health Foundation. Mā te whakakotahi o ēnei taura, e ū ai mātou ki te arotahi kotahi ki te taha wairua, te taha hinengaro, te taha whānau me te taha tinana o te whaiora.

Kia eke ai ki te whaiora, me ū te arotahi o ngā mahi takirua, mahi rōpū taunaki aropā o Te Whakaoranga mā te Taunaki Aropā ki te whakawhanake i ngā otinga whaiora whaitake mō ngā aropā<sup>2</sup>.

Ka ū mātou ki te arotahi ki te whaiora, mā te āwhina i ngā aropā ki te waihanga i ngā mahere whaiora e whakaata ana i ō rātou ake arotahi ki te hīkoi whakamua ki ngā whāinga e āhei ai, e taunaki hoki i te whakarauora.

**"Ka hua mai te whaiora, ina ka āhei te tangata kia whai i ngā mea nunui i ō rātou rā i te ao nei, kia tūtika, kia whai kiko te noho."**

– TE KĀWANATANGA O AOTEAROA, WELLBEING BUDGET 2019

<sup>1</sup> The framework includes the WHO 'quality of life' framework, Seligman's 'wellbeing' construct, the Myers/Sweeney model of 'wellness', two well-known Māori models of health – 'Te Whare Tapa Whā' and 'Te Wheke' and the NZ Mental Health 'five ways to wellbeing'.

<sup>2</sup> In this context 'peer' is used to refer to any person receiving support from a peer worker.

<sup>1</sup> Kei roto i te anga ko te anga o WHO mō te 'kounga o te oranga' (quality of life framework), te hanganga o Seligman mō te 'whaiora' me te taura o Myers/Sweeney mō 'whaiora', e rua ngā taura Māori rongonui mō te hauora – 'Te Whare Tapa Whā' me 'Te Wheke', me 'The Five Ways to Wellbeing', ētahi ara e rima ki te ngākau ora' nā NZ Mental Health.

<sup>2</sup> I tēnei horopaki ka whakamahia te kupu 'aropā' mō ērā tāngata katoa ka tautokona e tētahi kaimahi aropā.

“What lies before us and  
what lies behind us are tiny  
matters compared to what  
lies within us.”

– RALPH WALDO EMERSON

“He iti noa ana ngā mea e  
takoto ana ki mua i a tātou, ki  
muri hoki, engari ko ngā mea  
e takoto ana kei roto i a tātou,  
ko ērā kē ngā mea nunui.”

– NĀ RALPH WALDO EMERSON

