

HE WAKA TAPU

MAURI ORA EXPERIENCE

————— NGĀ TAPUWAE

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Me mahi tāhi tātou mo te oranga o te whānau



Introduction

Mauri Ora Experience is an 8-week intensive kaupapa Māori alcohol and drug residential program. It offers a safe, therapeutic, mana-enhancing environment to facilitate recovery processes. Whaiora live onsite and engage in a structured program to achieve social, behavioural, and psychological change. The phases of the program include pre-entry whānaungatanga, pōwhiri (welcome), primary treatment and aftercare support.

The program operates from 7am to 10pm Monday to Sunday, with arranged activities or program work which takes place during the evenings and weekends. Whaiora participate in all aspects of the program, including the running of the whare (facilities) supported by kaimahi 24/7. There are currently 8 supported accommodation beds with residents being a mix of both male and female. The program is closed group, also offering a respite bed with availability.

Program content

Mauri Ora Experience uses a holistic focus to treatment, incorporating Te Whare Tapa Whā health model throughout the program. This requires a balance of tinana (physical), hinengaro (psychological), whānau (family) and wairua (spiritual) to create a platform for fulfilling one's potential.

Content is delivered in group settings and will include:

A range of culturally related activities are threaded throughout the program and include an introduction to Māori beliefs, values, and concepts. This is delivered through karakia, pepeha, waiata, kapa haka, raranga, waka ama, mahi toi, te reo Māori, Mau Rākau, Māra Kai and Noho Marae.

- Alcohol and other drug information
- Cultural connection
- Mood management
- Assertive communication
- Relations and whānau wellbeing
- Relapse Prevention
- Pathway Planning
- Health and fitness
- Developing social support systems
- Process group



I te tīmatanga Ko Te kore, Nā Te Kore, Ko Te Pō,
ka Puta te whai ao, ki te Ao Mārama Tīhei mauri ora!

Mauri Ora Experience

The Mauri Ora Experience draws on mātauranga Māori to guide whaiora through the stages of the structured program, to support their transformational journey.

Te Korekore – potential being

Before the darkness, was the void of nothingness. It is the realm of unlimited potential, where anything is possible. This space, whaiora have a multitude of opportunities to consider, including Te Karanga ki te pitomata.

Pre-entry

Whaiora who have a bed date will:

- Receive the Mauri Ora Experience pānui from their referrer
- Referrer will support the completion of pre-entry requirements
- Withdrawal management plan or detox bed date is confirmed
- Whānaungatanga – Mauri Ora Experience kaimahi will meet with the whaiora to discuss entry into the program and answer any questions
- Hauora assessment – arranged by He Waka Tapu Nurse will occur in person or over the phone



Topics covered during the 8-week program will include

- Whare tour
- Room allocations/bag checks
- Induction documents
- Intro/induction to MOE groups
- Te Ao Māori:
 - Kawa, tikanga o te Marae / o te Whare
 - Karakia
 - Waiata
 - Te reo Māori
 - Mau Rākau: Traditional Māori weaponry
- Takahi te Taniwha: Relapse prevention
- Whare taonga: Museum visit
- Whare pukapuka: Library
- Marae visit: Ngā Hau e Whā
- Raranga: Weaving
- Mihi / Pepeha
- Ignite: Personal transformation
- Koanga Kai: Gardening
- Mahi Toi: Art
- Whakairo: Carving
- Huakina te Rae: Addictive behaviour, brain, and body functions
- Kori Tinana: Physical activity
- Rongoā / mirimiri - Traditional Māori healing
- Maara a roto: Cognitive behaviour and beliefs
- Waka oranga - Pathway planning
- Case management and mentoring
- Recovery meetings: Recovery Church, NA, AA
- Life skills: Cooking, cleaning, washing
- Personal hygiene

Te Pō-Kitea

Te Pō refers to the unknown, a space of uncertainty. Te Pō Kitea translates to the night in which nothing could be seen. It is a time where one may not yet see the way forward and thus reflect inward on themselves.

– **Ko wai au?** Who am I

Week 1 – pōwhiri (welcome)

Following tikanga, whaiora and their whānau attend a pōwhiri at He Waka Tapu to welcome them to the program. After the pōwhiri, whānau will be farewelled and whaiora will complete their orientation.

The first week of the Mauri Ora Experience is a time for whaiora to settle into their new environment, understand the kawa (rules) and begin their mahi.

Te Pō-Uriuri *Whakahihiko (motivation)*

Refers to an intense night of deep darkness that can be overwhelming and requires perseverance. Pushing through the thoughts, feelings and emotions that are rising to the surface.

– **Tama tū, tama ora, tama noho, tama mate** *He who stands lives, he who sits perishes (An active person will remain healthy, while a lazy one will become sick).*

Week 2

Whaiora will focus on their life story, to unlock their “why.” The week will include connecting with their whakapapa, with their marae visit involving standing with their tipuna.

At this stage, whaiora may feel the Mauri Ora Experience is not for them or that they are not ready to commit to the kaupapa. Kaimahi will discuss and support arranging their transfer home should they wish to leave.

Te Pō-Whawha *Tumanaako (hope)*

The night of feeling. Like the first thoughts of light forming, the mind begins to stir and evokes feelings that have laid dormant for eons.

– **Ma te huruhuru, ka rere te manu** *Adorn the bird with feathers so it can fly.*

Week 3

Whaiora will be comfortable as a core member of the Mauri Ora Experience whānau. However, deeper investigation of substance or alcohol use, addressing the negative impacts it has had on yourself and whānau is emotionally un-settling.

Te Pō-Namunamu *Te Pae Tawhiti (distant horizons)*

Seeking the passage to the world. The light is becoming, seeping into the darkness, casting light on the unseen.

- **Ko te pae tawhiti, whaia kia tata. Ko te pae tata, whakamaua kia tina!**
Seek out distant horizons. While cherishing, those achievements at hand.

Week 4

Whaiora has reached the half-way point through treatment and will begin preparation for their noho marae. They will also have the opportunity to invite their whānau to visit for lunch at He Waka Tapu.

Te Pō-Tahurimai *Te Pae Tata (close horizons)*

The night of restless turning is a period of discomfort as the unseen is explored in depth.

- **Me mahi tahi tātou mo te oranga o te whānau.**
Working together for the wellbeing of whānau.

Week 5

Whaiora will experience the true power of wānanga on a marae stay. All elements of te ao Māori are explored. A powerful experience that will push and pull layers of meaning – Te kai o te Rangatira.

Te Whei Ao *Te Ata Tu (a new dawn)*

The glimmer of dawn, where hope is ignited. It is the transformation from darkness into the world of light.

- **Whaia te iti Kahurangi** *Seek the treasure you value most dearly*

Week 6

A pivotal moment for whaiora who will embrace their mana and begin to explore who is on their waka, as they refine their goals and aspirations in returning to the community. A part of this process may be weekend leave should they have progressed through the stages of the program successfully.

Te Ao Marama *The world of light*

To the bright light of day

- **He kākano koe i ruia mai i Rangiatea** *You are seed sown in Rangiatea*



Week 7

- Potential and pushing into the Pitomata
- Visit Ara or places that will unlock potential
- Weekend (overnight) leave
- Connecting with outside providers – Rongoā

Te Ao Hurihuri *The changing world*

Navigating through the shifting winds, is a time of unfolding fully into the world of light.

He aha te kai a te Rangatira. He kōrero!! *What is the food of chiefs? Knowledge and communication*

Week 8 – graduation

This is the time to celebrate the mahi of whaiora throughout the week, concluding with whānau and friends at the Mauri Ora Experience graduation. Whaiora will return to the community with a different lens, vision, and support systems in place.

Tīhei Mauri Ora! *I Let there be life*

Acknowledging the breath of life. There is life!

– **Ka Ao, ka Ao, ka Awatea** *The transformational journey from the world of light and onwards to a new dawn*

Aftercare

Whaiora will continue to engage with He Waka Tapu with 3-months aftercare support post-treatment.



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Free Phone **0800 HE WAKA (43 9252)**

Phone **03 373 8150** | TXT **027 2 HE WAKA (43 9252)**

161 Pages Road, Wainoni, Christchurch, New Zealand, 8061