



**“Ko te pae tawhiti whāia kia tata
Ko tē pae tata, whakamaua kia tīna”**

Seek out the distant horizons and cherish those you attain

Pae Tata Pae Tawhiti Information Sheet

Pae Tata, Pae Tawhiti is intended as a guide for Kaimahi Māori who work in a range of settings from Whānau Ora, primary health, and health and social services. It's particularly helpful for practitioners who want to learn how to work with those who come to you for alcohol and other drug concerns, and mild to moderate mental health concerns.

This can involve practitioners from a range of professions and organisations within the primary health sector including (but not limited to): Whānau Ora navigators; Drug and Alcohol Practitioners; Health Improvement Practitioners (HIPS); Health coaches; Awhi Ora support workers; Community Health Workers; Nurses; midwives and social workers.

Whare Tukutuku has dedicated trainers from within the Mental Health and Addictions sectors to deliver Pae Tata Pae Tawhiti in a way that meets the specific needs or focus of services (Mental health and/or addictions). Ahakoa, our focus is on mauri ora in both contexts.

Pae Tata Pae Tawhiti has eight core features:

1. It is founded on principles of **Mātauranga Māori**; and acknowledges the mana and rangatiratanga of Māori as individuals and members of whānau, hapū and iwi.
2. It is an **indigenous trauma** informed approach.
3. Is focused on **reducing barriers to mauri ora** and supporting Tangata whaiora through kōrero, wānanga and self-help resources.
4. It is focused on **reducing the harm of alcohol and other drugs** on whānau, hapū and iwi;

5. It was developed for the addictions sector, with support from Māori clinical psychologists; however, it can also be used to address **physical health concerns** and mild, to moderate, **mental health concerns**;
6. It is facilitated through **Māori principles, motivational interviewing** and **values-based therapy**;
7. It also aligns with established **brief intervention frameworks** as part of this Pae Tata Pae Tawhiti also incorporates self-help material, resources and activities that align with a low intensity therapy approach.
8. It is an early intervention model that can be delivered between 1 and 6 sessions, while the **TAWHITI** principles can be used to guide a more comprehensive intervention.

Training in the Pae Tata Pae Tawhiti involves the commitment of:

1. An online learning module incorporating working through the manual and watching videos outlining the theory, background and demonstration of the framework (pre-workshop);
2. Attending a one day in person skills workshop; and
3. Participating in monthly online 1.5 hr live skills sessions.

Participants receive a **Pae Tata Pae Tawhiti** manual including information about Maori perspectives and models of wellbeing; mental health, alcohol and other drugs and; those successfully completing the training will gain access to a website with further resources and tools to support practice.

