



He Ara Āwhina (Pathways to Support) framework – Summary

Our Goal: A whānau dynamic mental health and addiction system

Kei te whānau te mana rangatira o tōna oranga. We lead our wellbeing and recovery. All whānau can navigate distress, reduce harm from substances and harm from gambling.

Te Ao Māori Perspective

Mana Whakahaere – We (whānau) experience tino Rangatiratanga and feel that Te Tiriti o Waitangi is actively embedded in the mental health and addiction system and services.

Mana Motuhake – We lead and self-determine our pathways to pae ora, mauri ora and whānau ora.

Manawa Ora / Tūmanako – We have the right to choose supports and services that respond to our experiences, needs, and aspirations.

Mana Tangata / Tū Tangata Mauri Ora – We have a mental health and addiction system that is culturally, spiritually, relationally, and physically safe.

Mana Whānau / Whanaungatanga – We have access to supports and services that enable connection to our whānau, whakapapa, hapū, and iwi.

Kotahitanga – We want supports and services to work collectively and cohesively to make a meaningful difference for us.

Shared Perspective

Equity – We (tāngata whaiora) want a mental health and addiction system that supports all of us and our whānau equitably.

Participation and leadership – We lead and self-determine our pathways through distress, substance, or gambling harm to wellbeing and recovery.

Access and options – We have the right to choose supports and services, when and where we need them, that respond to our experiences, needs, and aspirations, and believe in our capacity to thrive.

Safety and rights – We want a mental health and addiction system that understands and upholds our cultural, spiritual, relational, and physical safety, and our human rights.

Connected care – We want supports and services to work collectively and cohesively for us, and see us as valued members of whānau, communities, and society.

Effectiveness – Supports, services and policy must make a meaningful difference in our lives, so that we are self-determining and thriving.