## 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.