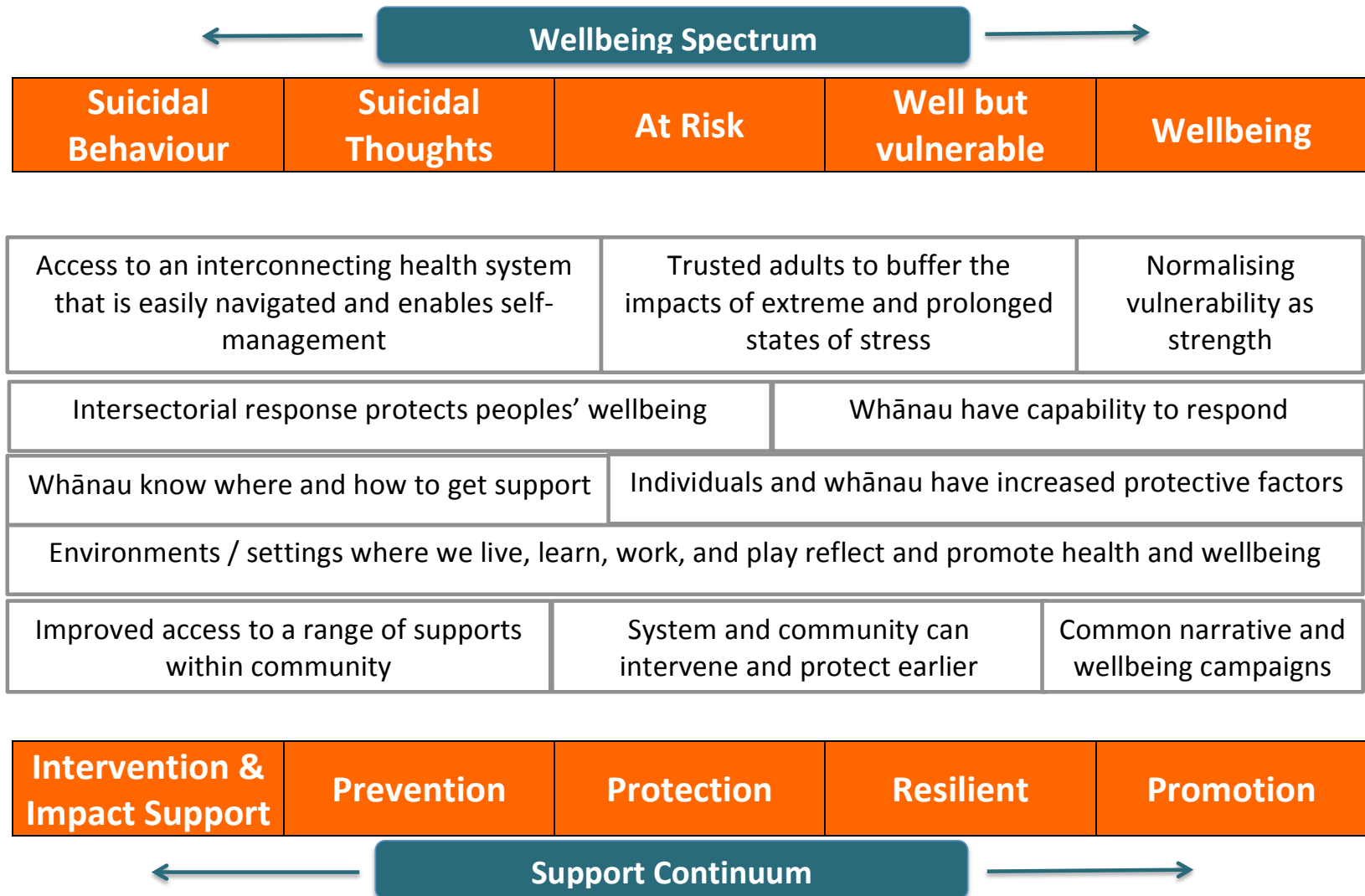**Innovation occurs at the edge of mainstream, in the gap, or within tension.**

Our Future Reality (medium term)

We can amplify and accelerate our impact through stakeholders and community working together across the wellbeing spectrum and the continuum of support.

Wellbeing Spectrum

Suicidal Behaviour	Suicidal Thoughts	At Risk	Well but vulnerable	Wellbeing

Access to an interconnecting health system that is easily navigated and enables self-management		Trusted adults to buffer the impacts of extreme and prolonged states of stress		Normalising vulnerability as strength
Intersectorial response protects peoples' wellbeing			Whānau have capability to respond	
Whānau know where and how to get support		Individuals and whānau have increased protective factors		
Environments / settings where we live, learn, work, and play reflect and promote health and wellbeing				
Improved access to a range of supports within community		System and community can intervene and protect earlier		Common narrative and wellbeing campaigns

Intervention & Impact Support	Prevention	Protection	Resilient	Promotion

Support Continuum

MOVEMENT BUILDING:
A COLLECTIVE IMPACT APPROACH

Containers for Change	Community Aspiration	Authentic Engagement & Partnership	Leverage and Momentum	Strategic Learning & Reflective Practice
Kaupapa-driven.	"Nothing about us without us!".	High trust, non-competitive principled.	Removes bureaucracy so pace and depth become viable choice.	Has real time feedback loops.
Values diversity, creates brave space.	Based on community values and goals.	Negotiates the exchange of value rather than funding-only approaches.	Understands and works to address systems change.	Maps the progressive wins.
Deeply cares about and works with those who have lived experience.	Includes those not in traditional seats of power.	Enables power-sharing.	Prioritises actions that generate movement.	Acknowledges assumptions and mental models.
Fails forward, learns by doing, disciplined in the chaos.	So ambitious it cannot be mistaken for BAU.	Facilitates collective intelligence and collective action.	Leans into tension, positive disruption.	Regular quality reflection to improve practice and wellbeing.
Storytelling.	Creating new narrative to inspire positive change.		Produces artefacts.	Disseminates actionable intel.
Biodegradable.				

Insights at a glance

1 Young people are looking for positive role-models, experiences and environments where they feel loved, valued and free from judgement. They believe this will help them to become confident, well young adults.

2 Communities are seeking wellbeing solutions that connect to their culture. A Māori worldview supporting preventable approaches can help nurture identity, wellbeing and connectedness.

3 People struggle to reach out for help and share through fear of being judged, shamed, or bullied.

4 Health practitioners are aware they are not coping with the growing demand for mental health services. The sector feels overwhelmed.

5 Communities are not sure how to get support and where to go for support. People feel services are difficult to find and then hard to relate to.

6 People find it almost impossible to express their thoughts and ask for help when they are feeling distressed and unwell. Often people are unable to articulate their needs.
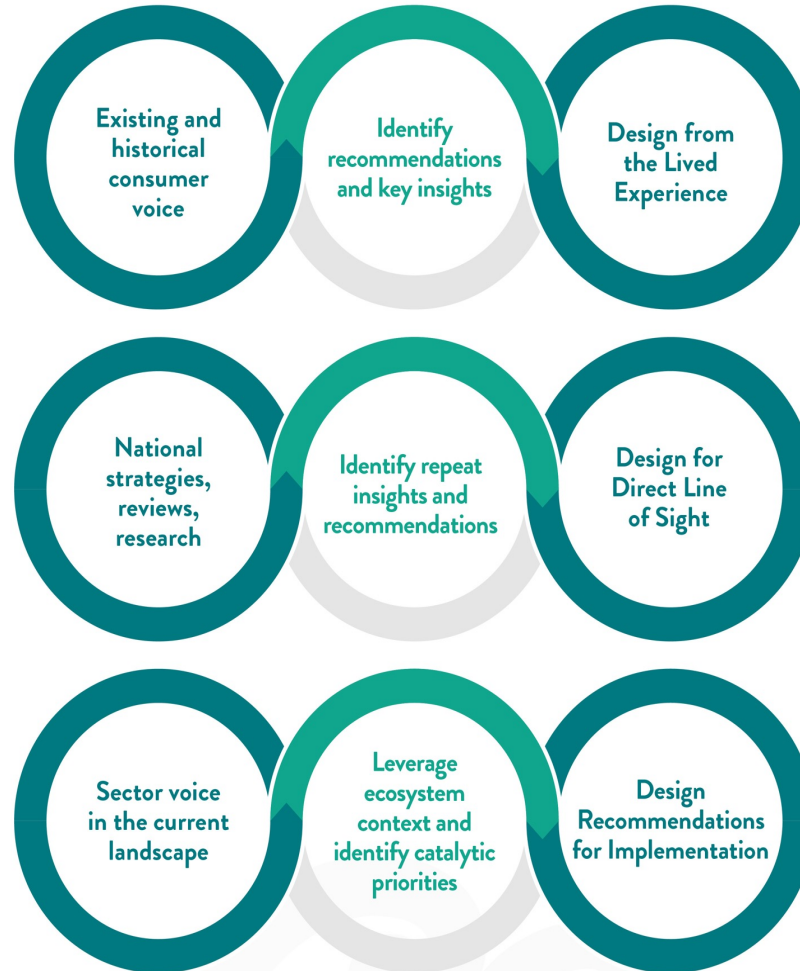
7 People feel restoring community spirit, increasing connectivity and commitment to each other can help to increase collective well being

8 Many people are living in an extreme state of stress and trying to cope on their own. Intergenerational trauma, financial burden, or violence are some of the common stressors communities are worried about.
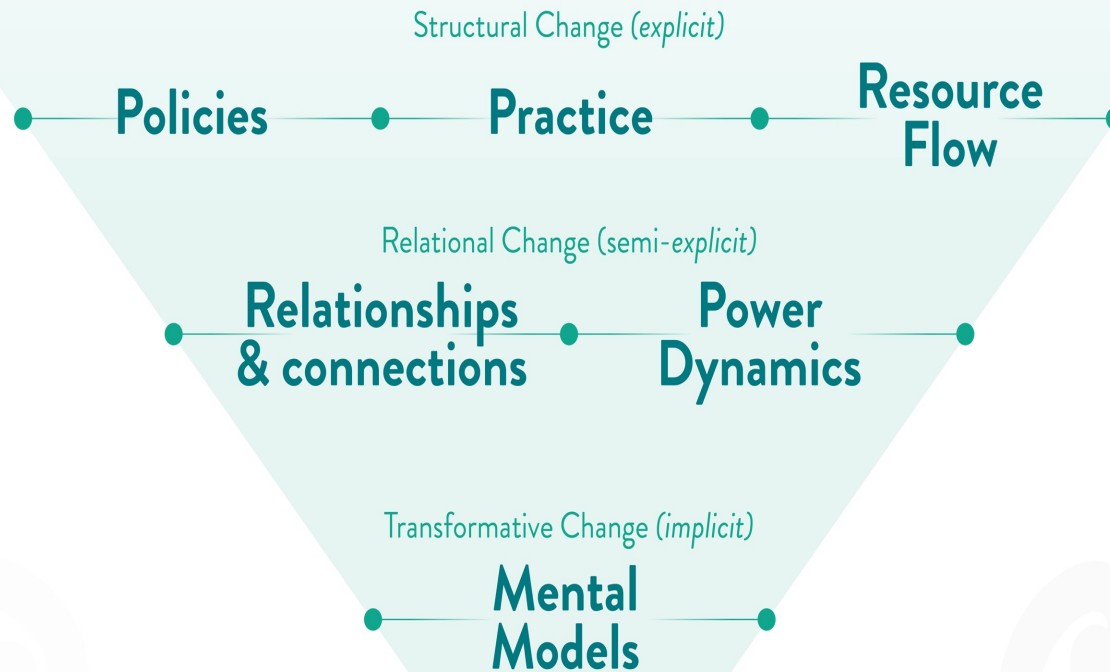
9 Men are struggling to fit into a particular type of male narrative that has been historically prescribed. Engulfed in the shame of not fitting in amongst their peers is a contributing factor to harmful behaviours.

10 Families want support when navigating the grieving process. They need to share what they are going through.

METHODOLOGY

Existing and historical consumer voice

Identify recommendations and key insights

Design from the Lived Experience

National strategies, reviews, research

Identify repeat insights and recommendations

Design for Direct Line of Sight

Sector voice in the current landscape

Leverage ecosystem context and identify catalytic priorities

Design Recommendations for Implementation

SIX CONDITIONS OF CHANGE

Structural Change *(explicit)*

Policies — **Practice** — **Resource Flow**

Relational Change (semi-*explicit*)

Relationships & connections — **Power Dynamics**

Transformative Change *(implicit)*

Mental Models

John Kania, Mark Kramer, Peter Senge. 2018.
The Water of Systems Change. FSG.

Policy

A Wellness System

A wellbeing experience has "time"

Focuses on, and supports, the "whole" person

Practice

Resource

Flow

De-risked practice environment

Systems-led shifts to a whole of community approach

Shifts intent. Integration and collaboration

Redesigned continuum of care + support and org culturally responsive work

Earlier interventions. Building informal networks of support

Mixed models of care remove clinical stigma and constraints

...and supports are easily accessible

...sha... exp... res...

Policies reduce wait time and improve response times

...and practitioners collapse the space between policy and flax roots

Relationships & Connections

Power Dynami...

Whānau are designers and decision-makers

Māori, Iwi are valued experts and decision-makers

Clinical and non-clinical knowledge-holders

Networked, cohesive ecosystem of support

New narrative formed through collectivism

...supportive led to community-led

a part of the team

Mental

Model

Addresses bias and UDs behaviours

Compassionate, inclusive, well orgs' culture

Purpose Intent Approach

Language narrative shifts stigma o...

...That make sense!

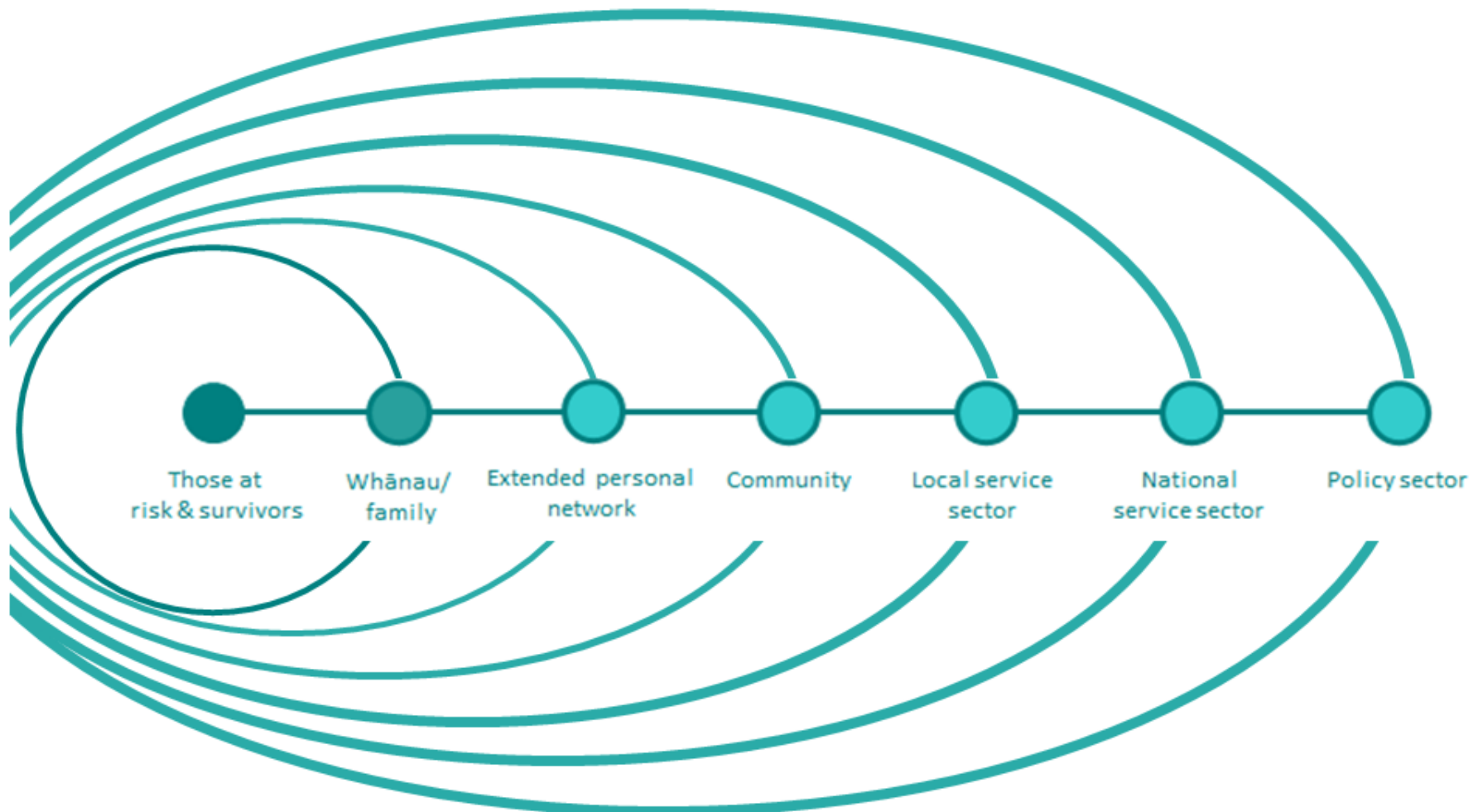**Experiences and is open to alternative or new approaches**

A whānau-centered attitude

Removes 'fear' for person and professional

Individual and collective mindset change

Expanding evolving ... shift of ... and beha...

Network of Support

Support is multi-dimensional and layered.

Those at risk & survivors | Whānau/ family | Extended personal network | Community | Local service sector | National service sector | Policy sector

Those at risk placed at the centre of the support system

TANGAROA KI MUTUWHENUA
LAST QUARTER MOON TO NEW MOON
Flow into Productivity through
Reflection & Evaluation
EVALUATE

WHIRO KI TAMATEA
NEW MOON TO FIRST QUARTER MOON
Uncertainty to Clarity through Prevention & Planning
INITIATE

Cost of Life Total - $126,900,996
Seclusion - $63,900
Admissions to TA - $3,676,750
FV screen secondary services $52,500
Police family harm $707,846
Suicide $122,400,000

Cost of Life Total - $101,856,040
Seclusion - $62,100
Admissions to TA $3,989,650
FV screen secondary services $107,500
Police family harm $796,790
Suicide $96,900,000

Cost of Life Total - $86,555,076
Seclusion - $45,000
Admissions to TA - $4,137,700
FV screen secondary services $46,000
Police family harm $726,376
Suicide $81,600,000

Cost of Life Total - $133,595,738
Seclusion: $36,900
Admissions to TA - $5,174,400
FV screen secondary services $58,000
Police family harm $826,438
Suicide $127,500,000

RĀKAUNUI KI KOREKORE
FULL MOON TO LAST QUARTER MOON
High Energy & Amplified Momentum
assists Action-oriented Movement
ACTIVATE

HUNA KI TURU
FIRST QUARTER MOON TO FULL MOON
Vulnerable to Emotional regulation through
Connection & Communication
COMMUNICATE

Center values: 617, 688, 584, 744

Outer values (clockwise): 251, 95, 76, 107, 88, 126, 85, 109, 97, 73, 198, 97, 113, 89, 121, 91, 88, 145, 59, 57, 84, 103, 281

Labels: TANGAROA KIOKIO, TANGAROA ROTO (LAST QUARTER), TANGAROA MUA, KOREKORE PIPIRI KI TANGAROA, KOREKORE WHIWHIA, KOREKORE, OIKE, TAKIRAU, RĀKAUMATOHI, RĀKAUNUI (FULL MOON), TURU, OHUA, ATUA, MAWHARU, HOTU, ARI, HUNA (FIRST QUARTER), TAMATEA WHAKAPAU RIWAI, TAMATEA AIO, TAMATEA NGANA, TAMATEA, OKORO, UENUKU, HOATA, TIREA, WHIRO (NEW MOON), MUTUWHENUA, MAURI, ŌRONGONUI, AOTANE

First 12 months:

Start Up Phase - convene, plan, design, coordinate collective impact

First two years:

Establishment Phase - activate, learn and adapt, amplify models of success, evidence ecosystem response

Five Years:

Scale and Sustainability – collective ownership, prevention system active, community-driven, impact measured