Reducing Restrictive Practices for Tāne Māori in Mental Health Inpatient Settings: An Exploration of Mātauranga Māori Alternatives for Māori Men

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Prison was HELL and that was just the beginning...
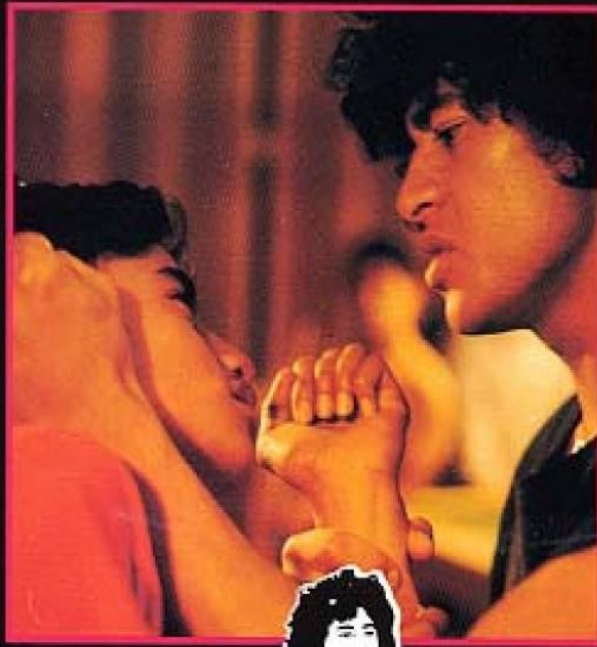
There can only be one....

KINGPIN

Kingpin nzfilm.co.nz

https://www.nzonscreen.com/title/kingpin-1985

trauma responses

Pouritanga and mamae

Self-destructive behaviour, depression, substance use, maladaptive social and behavioural patterns

Internalised oppression

Whakamaa

Highest rates of mental distress

A masculinity crisis

Image credit: (Getty: Carl Court)

The contemporary mental health system

Is making things worse, not better for tāne Māori

Is perpetuating inequity through lack of access, denying their tino rangatiratanga and treatments that aren't effective (Madison, 2013)

Some authors say this failure is an intentional action of colonisation

(Hamley & LeGrice, 2021))

Image credit: Mark Gabrenya
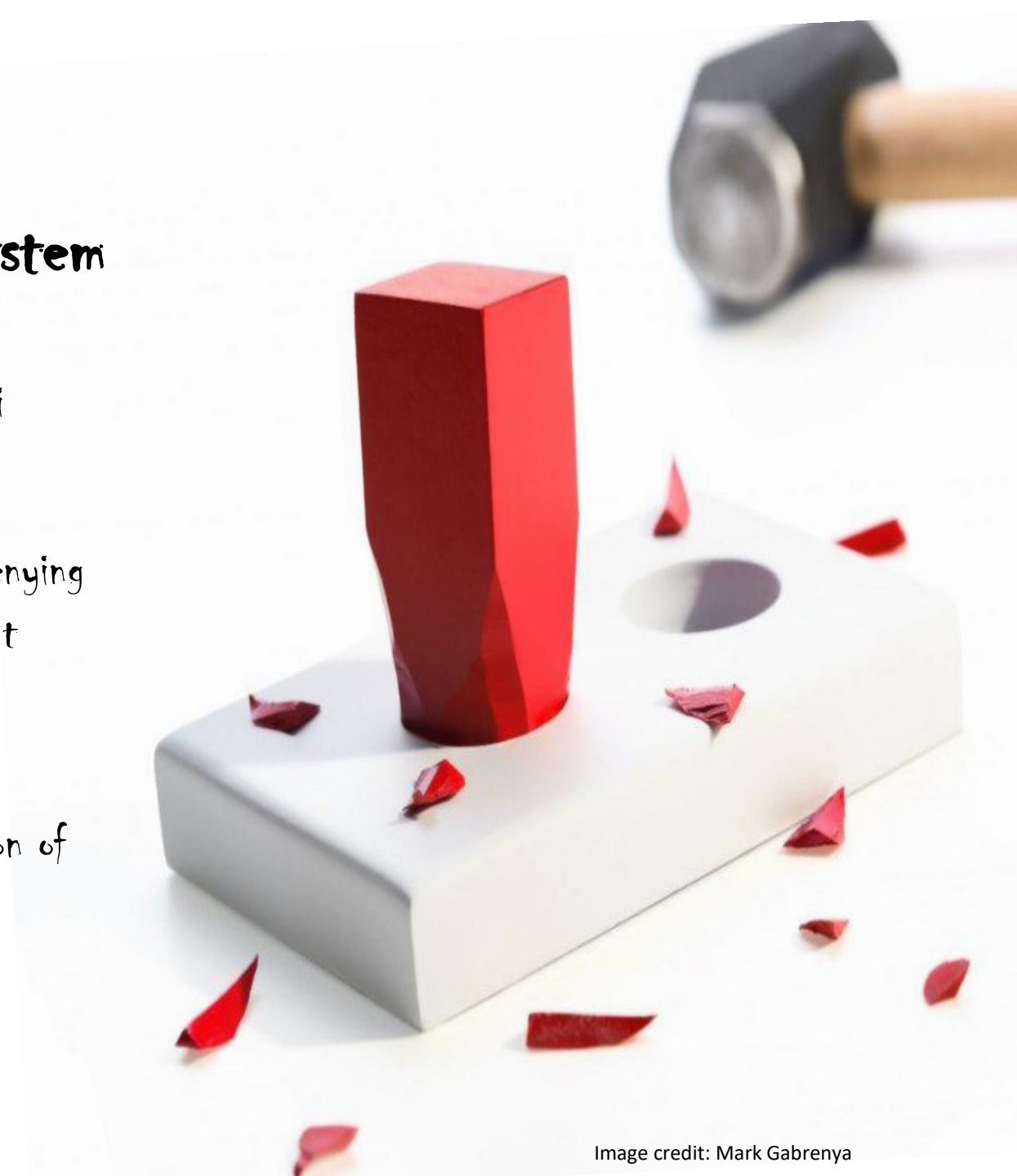
The most

Restrained

Secluded

Forced to accept compulsory assessment and treatment

Likely to be prescribed the highest doses of antipsychotic medication and at the fastest rates compared to non-Māori

Likely to receive poor care on account of being Māori

People with a diagnosis of schizophrenia die earlier

Māori already have a lower life expectancy

Cardiovascular disease primary cause of death for Māori

Metabolic side effects from antipsychotic medication
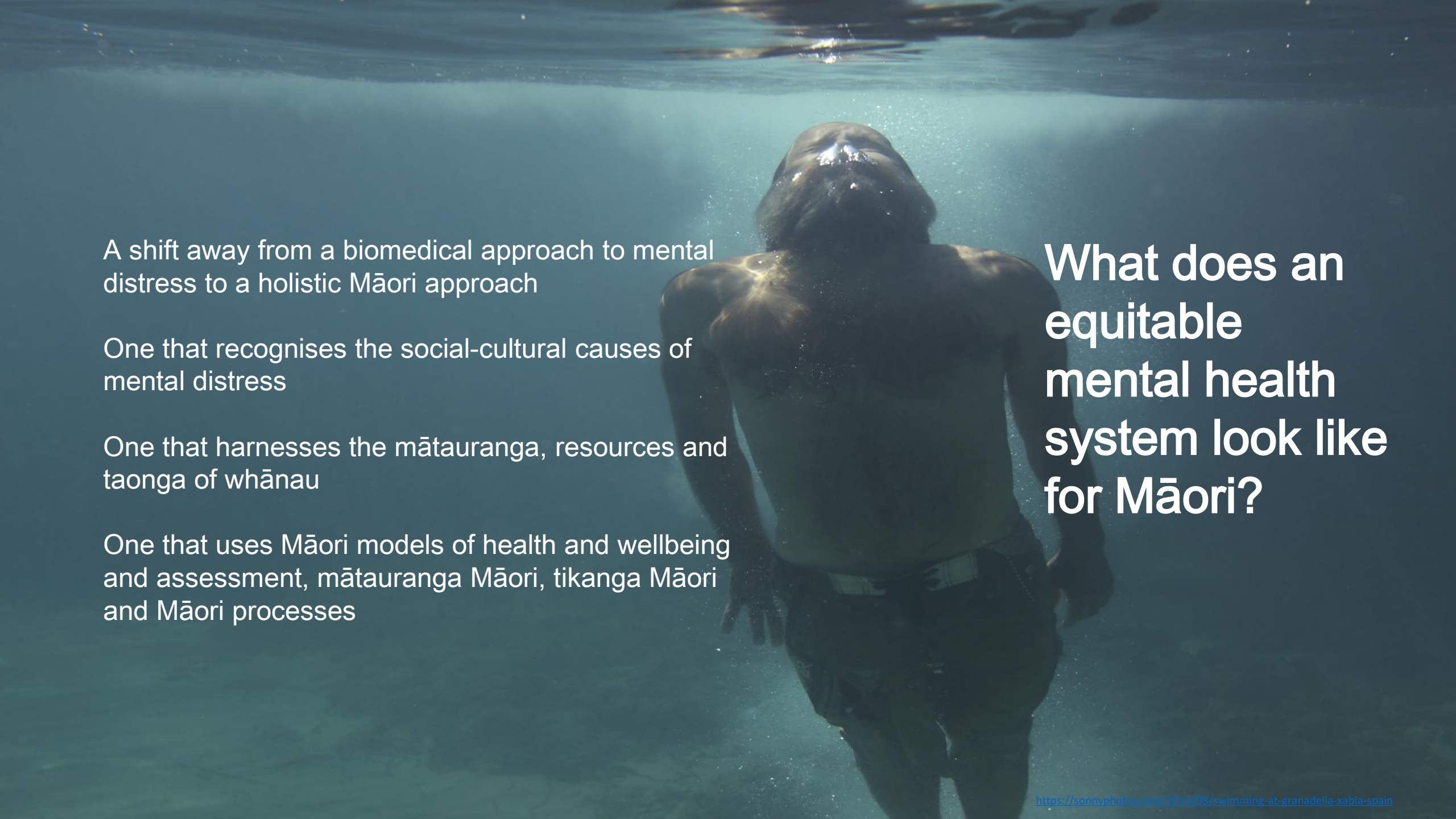
Diabetes
Obesity
Hypertension
Dyslipidaemia
Coronary heart disease

Image Source: https://bit.ly/2uxyBPh

A shift away from a biomedical approach to mental distress to a holistic Māori approach

One that recognises the social-cultural causes of mental distress

One that harnesses the mātauranga, resources and taonga of whānau

One that uses Māori models of health and wellbeing and assessment, mātauranga Māori, tikanga Māori and Māori processes

What does an equitable mental health system look like for Māori?

Mātauranga Māori

Shaped the unique way that Māori saw the world, linked the past and the present, their connections to the seen and the unseen

Considers the tangible , the intangible and impossible

How Māori maintained their own whānau, hapū and iwi knowledge

Artist: Sofia Minson

Mātauranga Māori

Artist: Sofia Minson

Facilitate healing and promotes healthy expression of emotions (Wirihana & Smith, 2014).

A shield from the intergenerational impacts of colonisation (Blacklock et al., 2020; Cloud Ramirez & Hammack, 2014)

Provides the space to decolonise

Pūrākau

Provide Māori with a whakapapa to their beginnings as well as a connection to and an inseparability from every dimension

Told the stories of the atua and their interactions with each other, the cosmos and mortals

Passed down knowledge to guide and inform Māori on their collective journeys

Gave them the tools to help them flourish

To discover their true selves

Understand the place and purpose of those around them

Artist: Lisa Reihana

Artist: Turumakina Ifyrefini Duley

Mahi a Atua: tracing the ancient footsteps of the gods (Kopua et al., 2020)

Provide a way for people to make meaning of their distress and to find a way to navigate it

Mahi a Atua is an engagement, an assessment and an intervention based on the telling of pūrākau of the atua and the challenges they faced

By listening to the pūrākau, they are able to put their distress into context, apply the learnings to their own situation to cause a change in perception and to chart the best way forward towards healing (Rangihuna et al., 2018).

Tāmati's story of mental distress

MĀTAURANGA MĀORI?

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