



Te Tai Tokerau
MANA AKE
STRONGER FOR TOMORROW

Mana Ake works with local school communities to enhance wellbeing outcomes for tamariki.

It provides strengths based, evidence informed wellbeing and mental health support to children in the context of their school, whānau, community and natural networks of support.

By working in partnership our aim is to provide:

TIER 1: Universal

TIER 2: Targeted

TIER 3: Individual

Current Focus 



Support
for
schools

- Understanding wellbeing. Workshops and training.
- Help to build connections & collaboration with services.
- Centralising wellbeing information and localised referral pathways.
- Supporting schools to implement whole-school approaches & programmes.

- Supporting schools to develop wellbeing goals.
- Clarifying pathways of support for wellbeing concerns.
- Support for pastoral care systems and processes.
- Sharing success indicators to identify and respond to trends.

- Knowledge on where and how to access support.
- Supporting teachers/staff to understand and implement trauma informed and wellbeing practice.
- Sharing strategies with teachers to develop skills and confidence to support individual students.



Support
for
whānau

- Developing wellbeing information to share with whānau.
- Sharing and empowering whānau with wellbeing education and resources.
- Supporting access to workshops to understand wellbeing.

- Whānau & tamariki mana enhancing activities.
- Community support groups.
- Drop-in sessions.
- Helping whānau understand tamariki development stages.
- Programmes to support parenting.

- Whānau led support for addressing wellbeing for tamariki.
- Connecting whānau with supports that empower them to achieve their desired outcomes.
- Keeping connected with whānau.



Support
for
tamariki

- School wide and whole class strategies to promote wellbeing. E.g. Social and emotional literacy.
- Culturally responsive frameworks and processes.
- Embedding a culture of care and manaakitanga.
- Student connectedness, engagement and belonging.

- Small group social and emotional learning:
 - Resilience
 - Emotional regulation
 - Cultural identity
 - Self-esteem
 - Positive relationships
 - Grief, loss and transitions
 - Healthy choices
 - Identity formation

- Targeted evidence based individual interventions addressing wellbeing.
- Individual direct supports:
 - Counsellors / Social Workers
 - Mentors / Youth Workers
 - Mental Health Specialists
 - Kaimahi support

NB All interventions are tailored for the context in which they are delivered, taking into account the strengths, needs and available resources of the whānau, school and community.

Learn more at: www.northlanddhb.org.nz/mana-ake