



Manaaki Hauora-Supporting Wellness

Learning Session 3

Tuesday 10 November 2015

Ola Lelei

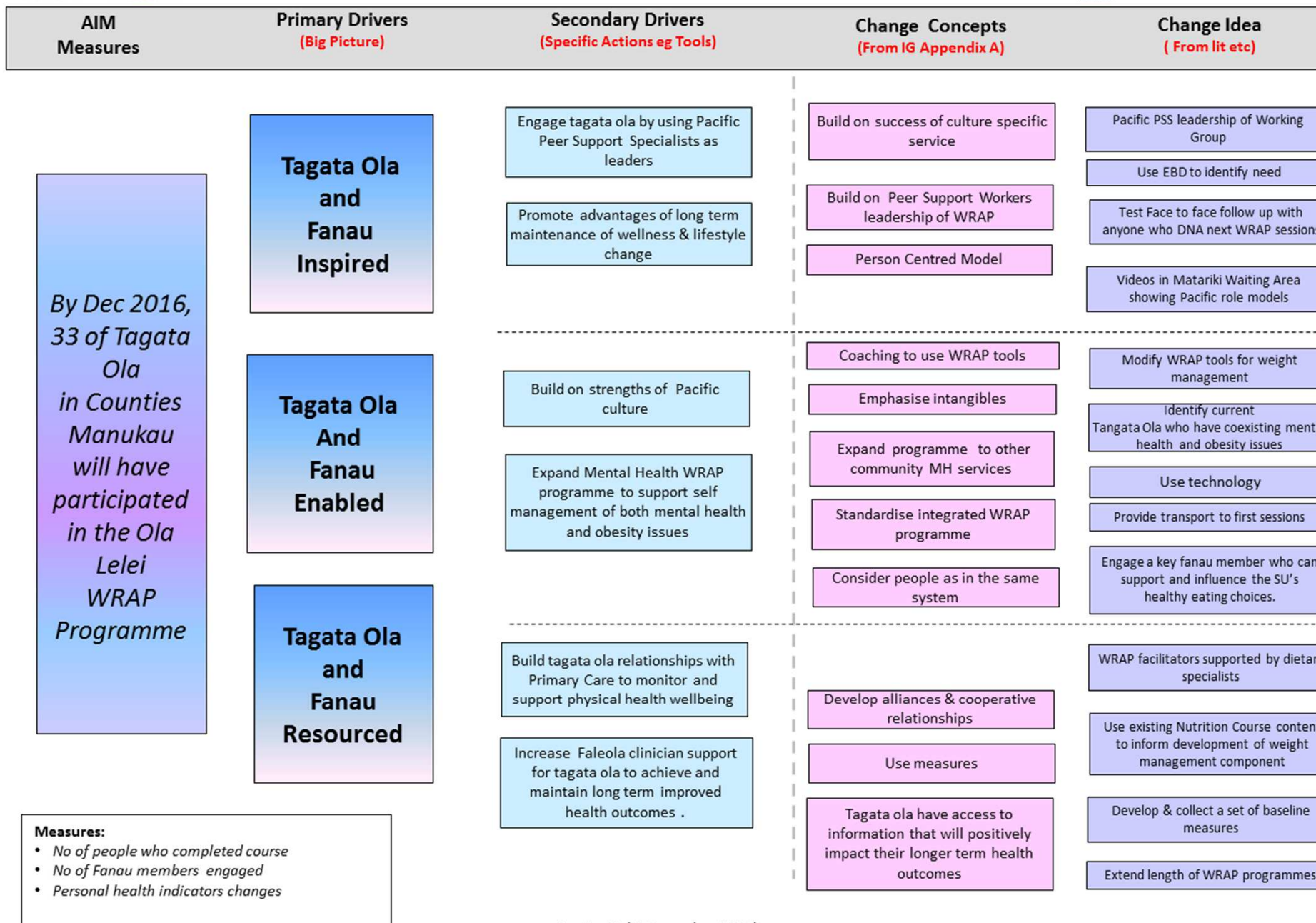
WRAP



Aim

By Dec 2016, 33 of Tagata Ola in Counties Manukau will have participated in the Ola Lelei WRAP Programme.

WELLNESS RECOVERY ACTION PLANNING



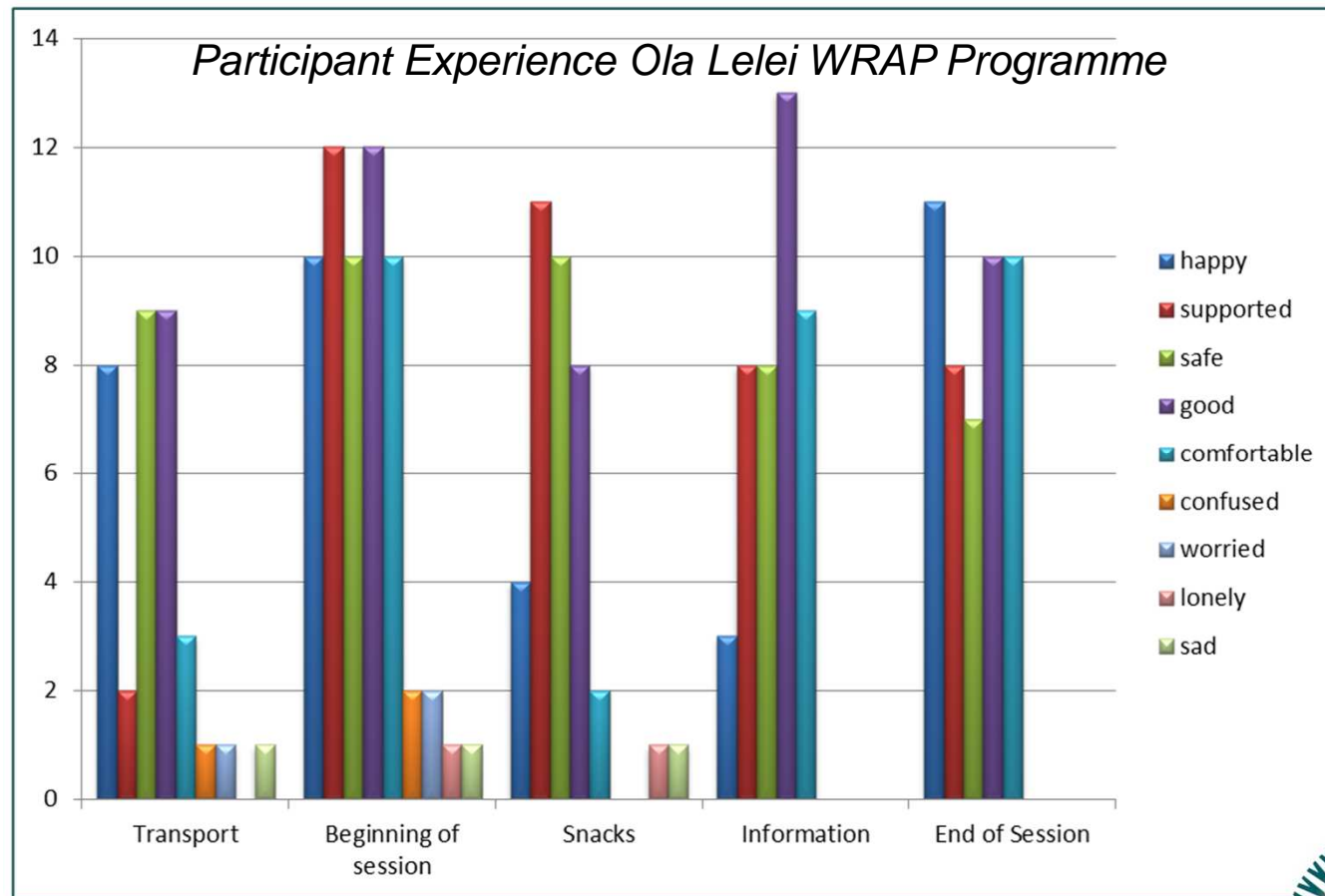
Potential for Spread

- This work has the potential to expand within Faleola Services and in other areas of the DHB.
- We will be ensuring that our work is well documented and captured so it can be successfully shared with others.



Achievements to Date

- We have added 2 nutrition sessions to the Ola Lelei WRAP programme.
- Three people have successfully completed this programme to date.



Most successful PDSA cycle

- One of our PDSA's was looking at whether one session would be enough to convey all the nutrition information that we wanted the participants to learn. We learned that we needed to have two additional nutrition sessions rather than one in order to cover all the material and enable the participants to take it all in.



Measures Summary

- 100% of tagata ola accessing Faleola Pacific mental health services who have an identified co-existing long term physical health condition will be invited to participate in the Living Well – WRAP for Health programme
- 100% of participants will be offered the opportunity to engage a *partner in care* (fanau/aiga) in the programme.
- 100% of participants will be engaged with a primary care health services provider of their choice.
- 80 % of people who participate in the Living Well - WRAP for Health programme will have self-assessed an improvement in understanding and management of their physical and mental health issues.

Highlights and Lowlights

Highlight:

- *WRAP material and nutrition sessions were received well by our Tagata Ola and they said that they are going to use the learning in their own lives.*
- *Working with MDT.*

Lowlight:

- *Attendance was an issue for us (only 3 people consistently attended).*
- *Lot of pressure to share personal stories when it's a small group.*

We have noted that support from MDT including PSS has helped attendance in the past so this will be a focus for us over the coming months.

Patient & Whaanau Stories

Jane* attended the Ola Lelei project Wrap training for 12 weeks without fail. Here is what she says about the experience –

“The training was something to do on a Thursday. It was something to get up for. I managed to follow my daily routine to get to the training.

For example, when I wake up I had my breakfast, showered, get my folder in the bag, check my bus fare, get out the door, walked to the bus stop which is 15 minutes away. The bus stop has three bus route coming through so I always catch the 597* at 9:30am and get off at the bus stop across from Matariki and walked to the training.

After the training I walked to the bus depot in Otahuhu to catch the bus home. In the afternoon then I do my shopping. I really missed the training when it was over. I learned a lot of information from this training and I will suggest it to someone else.”

**changed for privacy reasons*

Patient & Whaanau Stories

Alice's* story –

“One of my recovery goals in my journey is to eventually hold down a job. The Ola Lelei training provided me with a stepping stone towards achieving my goal. After successfully completing the Ola lelei programme I am looking forward to do the Peer Employment Training and hopefully one day become a Peer Support Specialist in the future.

I learned a lot about how to look after myself from the training. For example, eating well and balancing my food intake. The importance of taking my medication for my wellbeing. I am also empowered to reach out and join different groups. The training also give me the opportunity to meet new people with similar experience, encourages me to make new friends and how important it is to work as a team and to think positive.”

** changed for privacy reasons*

Collaborative Team Members

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Family Advisor
Mental Health

Tangi Poko
Occupational Therapist
Faleola Services

Falanisesi Amato
Peer Support Specialist
Faleola Services

Ruth Cheeseman
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Mental Health

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