TE HEKENGA WHAIORA

Creating effective tools for evaluation

Creating an implementation framework for national delivery

LINK TEST

WHATS NEXT?

Spaces & places exhibition

A theme that emerged from the phase 1 was the importance of safe spaces where there isn't stigma against psychosis and that support wellbeing.

This work, led by Josie Verhaaren, asked rangatahi where they go to feel safe. We gave them disposable cameras and logbooks to share and record places and spaces around Wellington that make them feel safe.

Their photos and quotes from interviews have formed an exhibition that is now in the EIS reception area, and will tour to places around Wellington.

Other outputs from the work are Josie's thesis and the 2nd LoLi illustration.

Launching the wellbeing programme

Based on the foundation work, we developed a 12-week programme for rangatahi living with psychosis to help them with their wellbeing.

We recruited a new cohort, so also co-designed the programme with this new group to ensure it was tailored to their needs and interests.

The goal was to spark – or renew – their interest in different wellbeing-related activities to encourage them to try new things, and to get and stay connected with others in the community. We also wanted to provide a safe space where rangatahi would be surrounded by other people who understand what they are going through. People with lived experience were a part of every aspect of the research, from design and facilitation to analysis.

Showing empirical evidence for the impacts of this programme is difficult using traditional evaluation techniques. However, anecdotal evidence (for example from the videos) suggests the impacts on their lives have been huge. Impacts include a growth in confidence, building important friendships, and de-stigmatising psychosis.

A key outcome was exposing rangatahi to community organisations and services, which they can reach out to on their own for support.

ADAPTING AS YOU GO

We needed to be flexible and be willing to pivot and change as we discovered more about what rangatahi needed for their wellbeing.

MANAAKITANGA

This is a central value that shapes our work. We ensure everyone involved feels welcome - and beyond that we aim to recognise/uplift/enhance the mana that rangatahi bring.

WHAKAWHANUANGATANGA & RELATIONSHIPS

Building trust with rangatahi as well as clinicians and community groups has made this work successful.

PROCESS OVER OUTPUT

We take a mana-enhancing approach that prioritises lived experiences of rangatahi. We use co-design as a framework, which isn't always the easiest approach, but it creates the best outcomes for rangatahi. Even research itself can be mana-enhancing when rangatahi feel listened to and heard.

ESTABLISHING OUR ROOTS

Initial co-design workshops exploring the experiences of rangatahi living with psychosis

6-stage process to understand lived experiences and figure out how to best support their wellbeing - and defining what wellbeing even is.

Mana Taiohi as a guiding framework

A key component arose: getting the basics right (things like physical activity, nutrition and identity).

Rather than using traditional social science techniques, we asked rangatahi to use creative materials to tell us what wellbeing means to them and used a co-created and culturally informed framework to guide this process

League of Live Illustrators mahi

JOURNEY TO WELLNESS

Website https://movingwith psychosis.org/
4 videos of rangaitahi
1 overview video
Previous video and podcast on the website (not that these need to be mentioned if illustration is used as a funnel to the website anyway)
Spaces and places Illustration and exhibition