

Equally Well: Kōrure o te Tai – Changing the direction of the tide

Summary evaluation feedback

November 2024

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Brief background

The Aotearoa [Equally Well](#) backbone team delivered three in-person workshops, with the topic, Kōrure o te Tai – changing the direction of the tide. The purpose of the hui was to improve understanding of the Equally Well kaupapa including [Ngā Waka o Matariki](#) and [Tupuānuku research](#). The hui also aimed to create a space for health practitioners, researchers and people with lived experience to discuss and share ideas towards taking action to improve the quality of physical health care for tāngata whai ora.

The hui was delivered over four weeks across three locations, Tāmaki Makaurau (Auckland), Ōtautahi (Christchurch), and Te Whanganui a-tara (Wellington).

Topics covered included

- Ngā Waka o Matariki presentation – A backgrounding in our te ao Māori foundation strategy.
- Lived experience perspectives – speaking to experience of diagnostic overshadowing. Speakers will vary by location.
- Presentation on the Tupuānuku research: Nourishing the physical health care of tāngata whai ora – led by University of Otago and discusses the enablers and barriers affecting equitable health care for tāngata whai ora.
- Presentation on Te Pu Korokoro: Improving the physical health of Māori with psychosis – Te Pu Korokoro, led by the University of Otago’s Cameron Lacey in 2021, describes the physical health care received by Māori with psychosis.
- Opportunities to identify actions we can each take to collectively bring about change.

Method

The table below details the number of people who attended the workshops and evaluation responses received by location. There were only two evaluation feedback from the Te Whanganui-a-tara hui, out of the 19 people that attended the hui. This indicates a low response rate; therefore, data analysis excludes this data as part of efforts to uphold the principle of anonymity and fair representation of results.

Location	Date	Number in attendance	Evaluation responses	Response rates
Tāmaki Makaurau	9 October 2024	40	29	73 percent
Ōtautahi	15 October 2024	25	20	80 percent
Te Whanganui-a-tara	22 October 2024	19	2	11 percent

Results

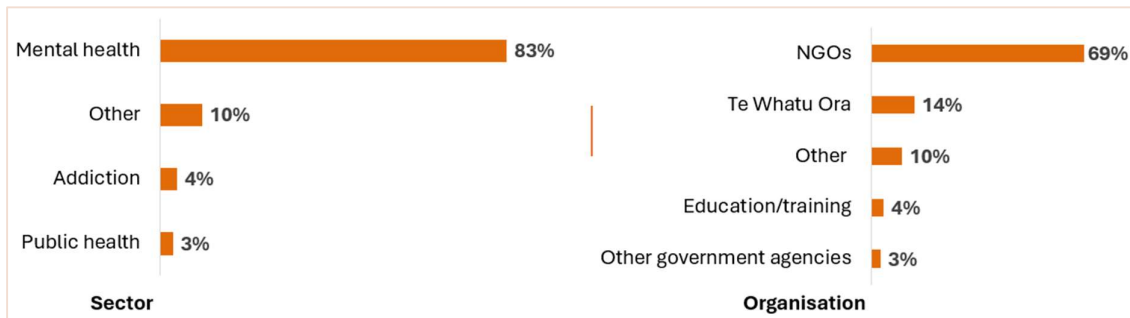
Evaluation feedback is presented by location.

Auckland hui feedback

Sociodemographic

Majority (83 percent) of the people who attended the hui were from the mental health sector. More than two-thirds (69 percent) worked in a non-governmental organisation, and 14 percent worked in Te Whatu Ora. See Figure 1.

Figure 1: Sector and organisation trainees worked in (29 people)



Understanding of topics

Attendees reported increases in their understanding after the hui. More specifically, their understanding of Ngā Waka o Matariki, and Tupuānuku research increased 12, and 6 times, respectively. Similarly, their understanding of Te Pu Korokoro: improving the physical health of Māori with psychosis, diagnostic overshadowing increased four, and three times, respectively. See Figure 2.

Figure 2: Trainees' understanding of topics (27 people)

	Percent of trainees who rate their understanding of topics as 'good' or 'very good' after the hui		
	Before the hui	After the hui	Change
Ngā Waka o Matariki	7%	81%	▲+74%
Tupuānuku research	15%	85%	▲+70%
Te Pu Korokoro: Improving the physical health of Māori with psychosis	19%	74%	▲+55%
Diagnostic overshadowing	37%	96%	▲+59%

Applying learning from the hui to practice

Almost everyone (**96 percent**) who attended the hui fed back that they were able to identify specific actions they can take in their roles to help bring about change and gave examples of such. More specifically, people said they would promote Equally Well activities within their teams, engage with and involve whānau more, as well as respect the choices of tāngata whai ora. See comments below.

“Promoting Equally Well to our micro community of health providers, train all new staff about Equally Well and overshadowing, inclusion of lived experience, include family whānau more”.

“Utilising holistic needs assessment and introducing the appropriate and effective resources while respecting the choices of tāngata whai ora”.

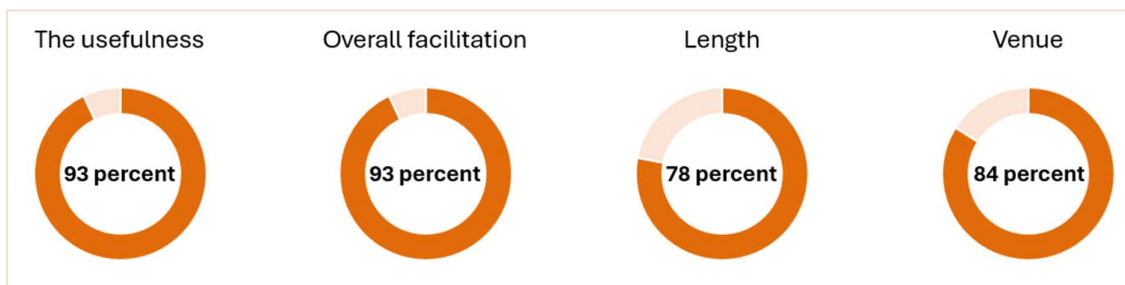
More than half of the people who provided feedback (13 out of 25, **52 percent**) said the backbone team could provide additional assistance or resources to help them take actions. Eleven people provided examples of such, and emerging topics include a directory of NGOs providing services, and the research paper and slides presented at the hui. Someone also suggested a conference to educate everyone in the sector about Equally Well.

Everyone (100 percent) indicated that they plan to use the learnings from the hui in their practice, and some gave examples of how they intend to do this. Emerging themes include sharing about Equally Well among their teams during team meetings, using the knowledge gained during health coaching and formulating a functional Equally Well checklist to use.

Feedback on hui delivery

Almost all trainees (93 percent) found the content, and overall facilitation of the hui to be either ‘good’ or ‘very good’. Over three quarter (78 percent) said the same of the length and 84 percent said same of the venue. See Figure 3 below.

Figure 3: Attendees rating of the delivery of the hui (27 people)

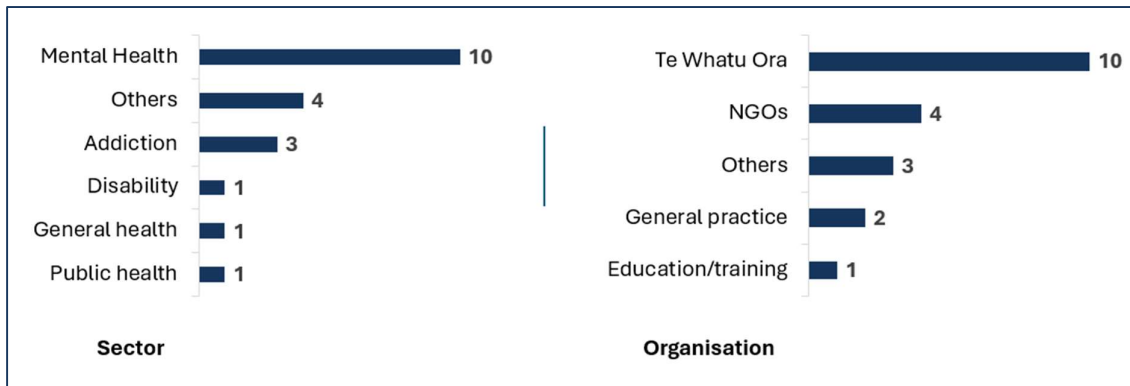


Ōtautahi hui feedback

Sociodemographic

Half of the people who attended the Ōtautahi hui were from the mental health sector (Figure 4 - Left). People who selected other sectors specified consumer (specialist addiction treatment), neurodivergent, primary care and social wellbeing sectors. and work in Te Whatu Ora (Figure 4 - Right).

Figure 4: Sector and organisation trainees worked in (20 people)



Understanding of topics

As with the Tāmaki Makaurau group, Ōtautahi attendees reported increases in understanding of topics, however the feedback from the Ōtautahi group showed they had prior understanding about the topics before the hui. Their understanding of Ngā Waka o Matariki, and Tupuānuku research increased 3.3, and 2.4 times, respectively. Similarly, their understanding of Te Pu Korokoro: improving the physical health of Māori with psychosis, diagnostic overshadowing increased 1.5, and 1.1 times, respectively. See Figure 5.

Figure 5: Trainees' understanding of topics (17 people)

	Percent of trainees who rate their understanding of topics as 'good' or 'very good' after the hui		
	Before the hui	After the hui	Change
Ngā Waka o Matariki	18%	59%	▲ +41%
Tupuānuku research	29%	71%	▲ +42%
Te Pu Korokoro: Improving the physical health of Māori with psychosis	35%	53%	▲ +18%
Diagnostic overshadowing	65%	71%	▲ +6%

Applying learning from the hui to practice

Everyone reported that they identified specific actions they can take in their role to bring about change. Some people gave examples of actions they identified. Emerging themes include advocating for their own needs to be addressed, working collaboratively with others on projects, and supporting awareness about overshadowing. One attendee said,

“I gained extra confidence to push for my needs to be addressed, & some things that could help my sister support her young, neurodivergent, Māori, son navigating the health system.”

People identified other areas where they needed more resources or assistance from the backbone team to help facilitate these changes. Examples of things mentioned include.

- “additional training on addressing unconscious bias”
- “medication info, health tracking booklets, and ideas for other assessment tools”
- “ongoing resources on the website and quarterly emails about new resources”
- “PowerPoint presentation delivered at the hui”

In addition, everyone who attended the hui said they plan to use their learning from the hui in practice and gave examples of how they intend to do this. Particularly, people said they would be more mindful of their own behaviours and share knowledge and resources gained from the hui with colleagues and peers. Some comments are presented in quotes below.

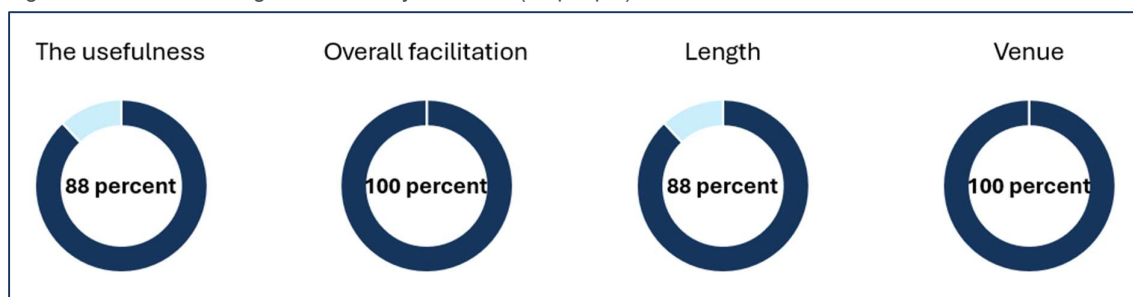
“I plan to examine more closely my behaviour as a consumer. I want to share the overshadowing video with family”.

“Have a kōrero with people at work and keep it front of mind”.

Feedback on hui delivery

Everyone (100 percent) rated the overall facilitation and venue to be either ‘good’ or ‘very good’. Eighty-eight percent said the same of the usefulness and length. See Figure 6 below.

Figure 6: Attendees rating of the delivery of the hui (17 people)



Conclusion

Overall, attendees understanding of topics increased after the hui, despite attendees from the Ōtautahi hui having some prior knowledge of topics. In line with the purpose of the hui, there was agreement in people's willingness to act towards a change and apply learning from the hui to their practice. Some people advocate for more Equally Well training, and more time to go through each session.

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