



Hāpaitia: Living Well

October, 2025

Project Development

September 2022

HQSC called upon all Districts to participate in the Maximising Physical Health Project and Southern joined this work.

2023

Consultation with consumers, families, clinicians across secondary and primary care and development of change ideas.

2024

Prioritisation and planning for implementation of change ideas.

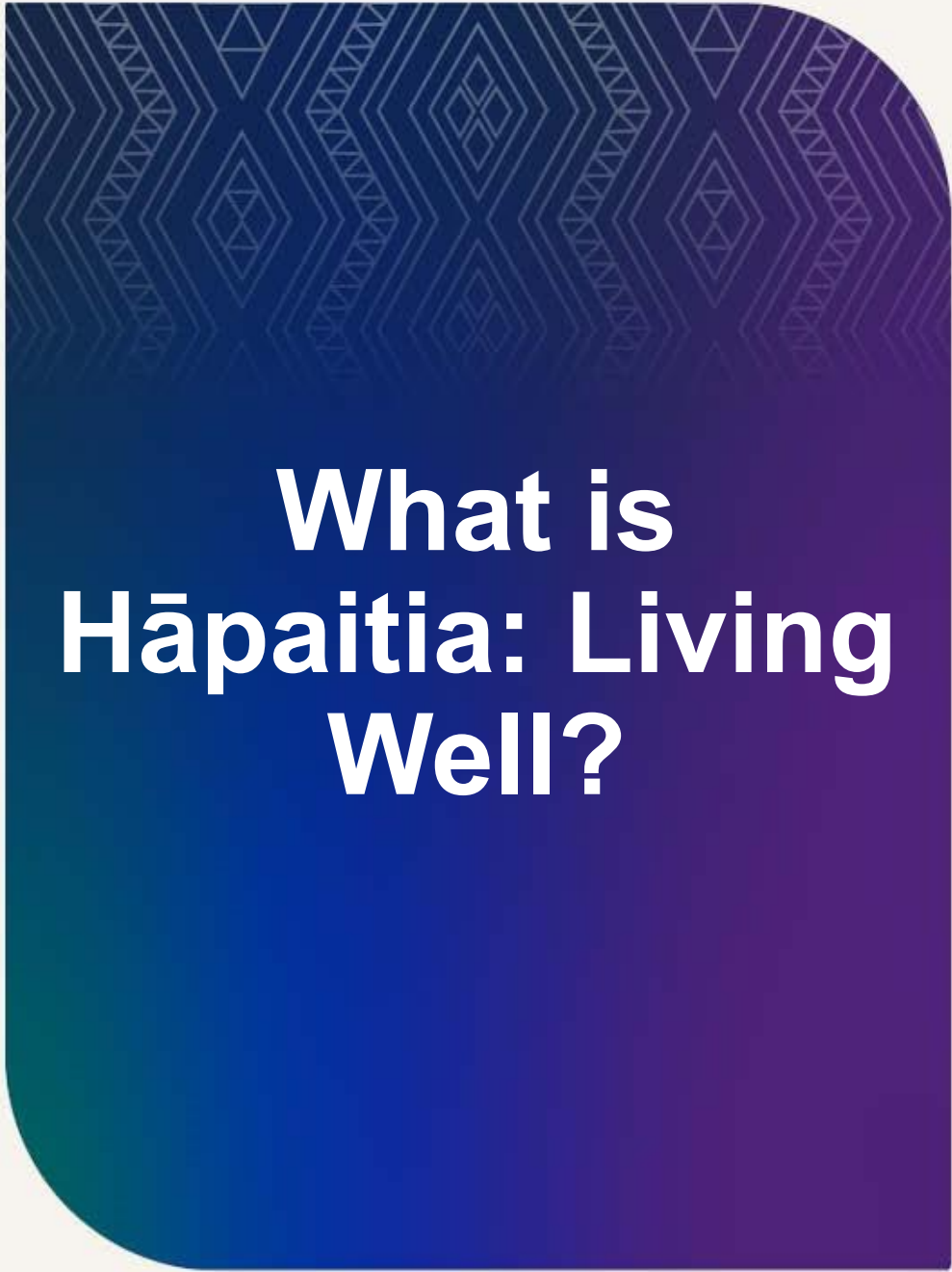
February 2025

Hāpaitia: Living Well implemented at Community Programmes.

Why This Matters

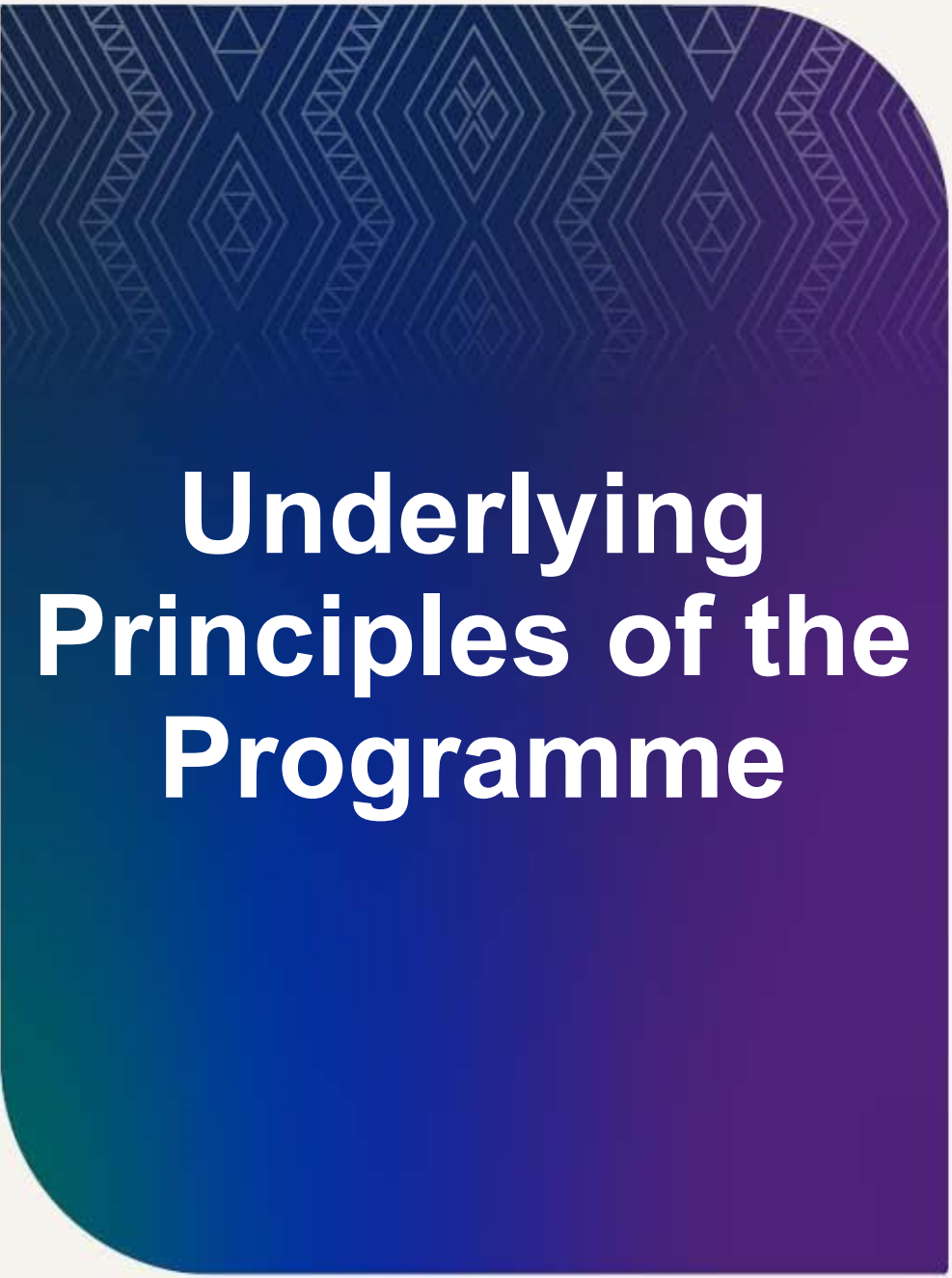
- Health consumers face disproportionate physical health challenges
- Second-generation antipsychotics contribute to metabolic risks
- No existing formalised wellbeing programmes in secondary services for this population group
- “Don’t Just Screen — INTERVENE”





What is Hāpaitia: Living Well?

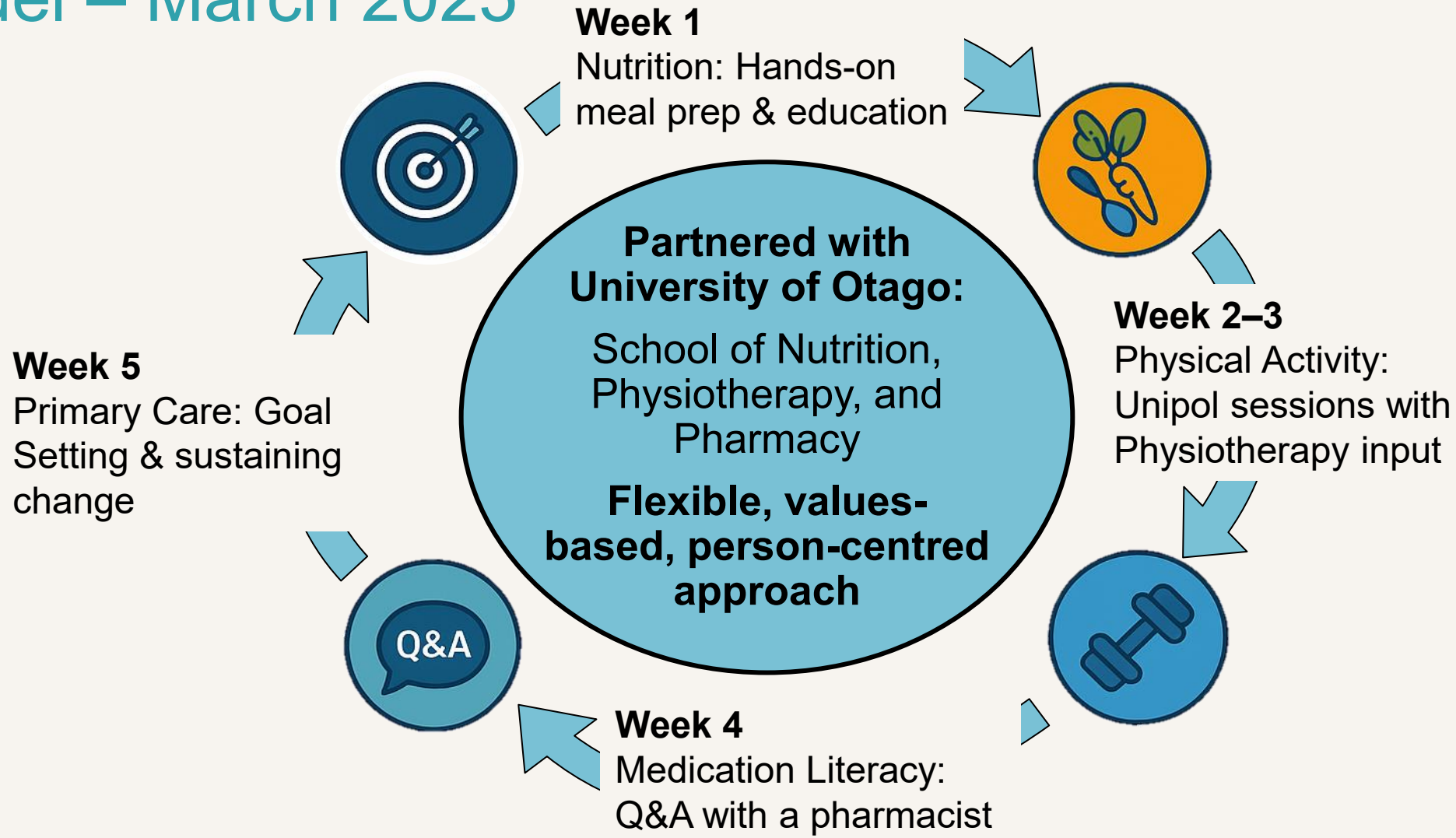
- Initially, a five-week pilot programme supporting people prescribed antipsychotic medications to build habits that last (since increased to 6-weeks).
- In partnership with the University of Otago and primary care providers.
- Brings together nutritionists, dieticians, physiotherapists, pharmacists, oral health practitioners, health improvement practitioners and health coaches to do something deceptively simple - help people form good habits.



Underlying Principles of the Programme

- **Personalised, not prescriptive:** Participants define their own goals—what they want, not what clinicians think they should want. Helps to build intrinsic motivation that lasts.
- **Voluntary participation:** No one is forced to join. Engagement only works when people choose it.
- **Practical, hands-on sessions:** This isn't a discussion group. It's cooking, moving, asking, and doing.
- **Support throughout:** From student facilitators to clinicians, participants are never left to navigate things alone.
- **A clear path beyond:** Connections to health coaches and long-term support **continue from the start**. Community support referrals are integrated throughout the module.

Original Group Intervention Model – March 2025





Outcomes: A Positive Impact, Despite Challenges

- Increased involvement in physical health strategies:
 - Smoking and alcohol reduction.
 - Weight loss and healthier eating habits.
 - Regular exercise and activity.
- Attendance comparable to other modules
- 1:1 staff/client ratio enhanced engagement
- Positive feedback from all participants

Voices of the Group

"I didn't know how to cook until this group. Now I want to try at home."

"I feel like I understand my meds and my body better now."

"This has helped my mental and physical health together."

"I've been cooking for over 30 years and only learnt cheap ways to cook healthy today."

"I've been eating less and losing weight [1-month post-group]."

Lessons & Innovations



5 weeks was more effective than expected



Activities and theory were well balanced



Structured workbook would increase engagement



Group size can increase to 10 clients

Next Steps



Discuss integrating peer support into the module.



Ensure robust follow-up protocol to maintain health outcomes



Use workbooks to consolidate learning



Consistent start/end times if possible

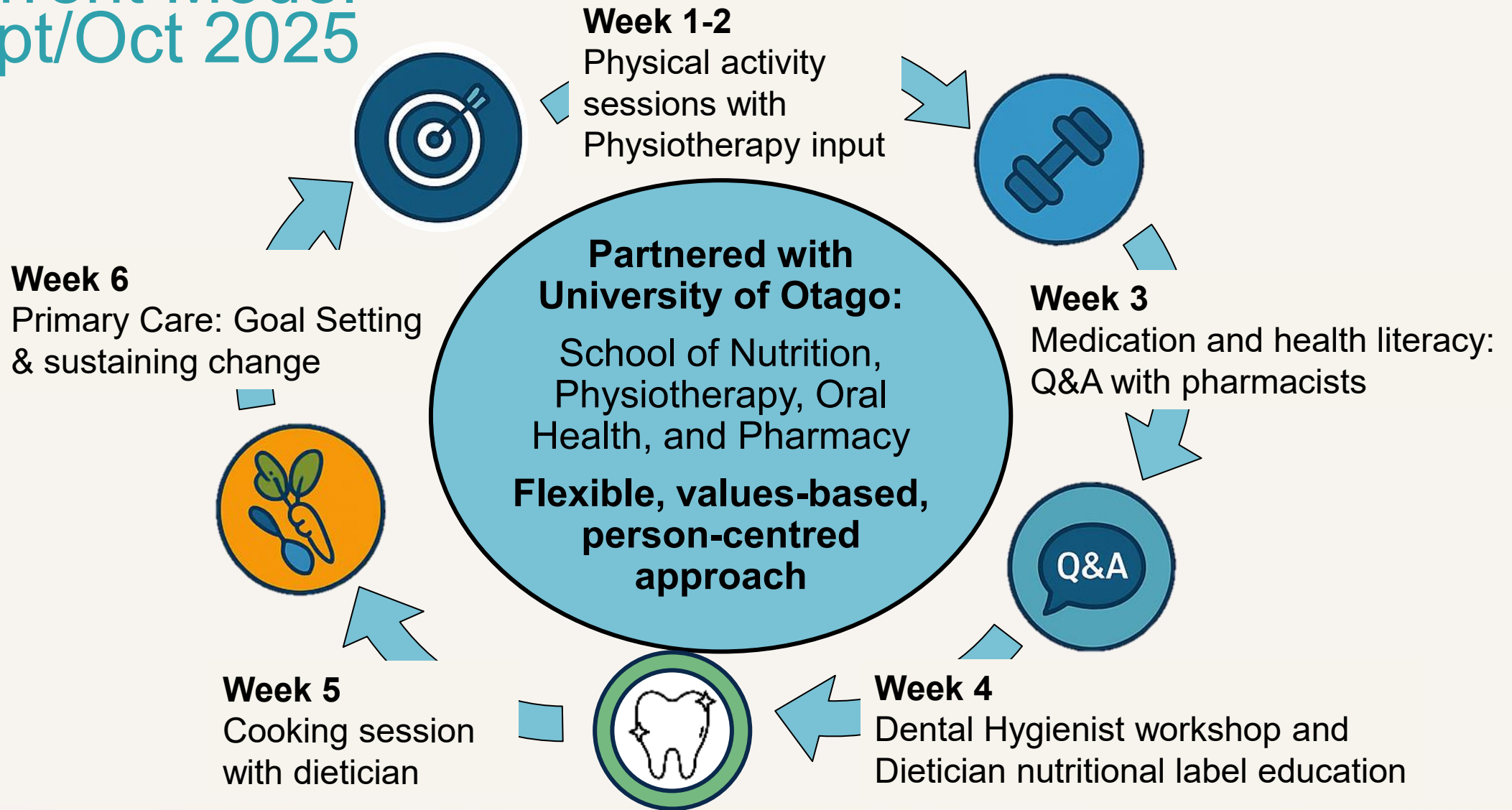


Extend to 6 weeks



Extend to oral health promotion and
Include nutrition-label education & grocery
shopping trip

Current Model – Sept/Oct 2025



HĀPAITIA: LIVING WELL MODULE

Module Purpose

This module has been designed to improve the physical health of people who have been prescribed antipsychotic medication.



The module aims to provide practical skills and experiences for understanding a client's physical health needs and ways to improve their lifestyle.

We take a person-centred approach; the client decides their physical health needs/goals and what is important for their wellbeing.



Community Programmes

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Freephone: 0800-443-366

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Psychiatric Services Building
Dunedin Hospital
201 Great King Street

The 'Hāpaitia: Living Well Module' Covers

- A cooking session focusing on healthy, budget friendly, recipes.
- Learning about nutrition labels and oral health.
- Creating a personalised physical activity plan, and games, at the recreation centre.
- A forum with a pharmacist to ask questions and learn about health checks and medications.
- Goal setting and action planning with primary care for positive lifestyle changes

Community Programmes wishes to acknowledge the partnership with the University of Otago and Non-Government Organisations who help run this module.

Who Are We?

Community Programmes is a free specialist adult mental health service providing assessment and treatment within the context of a recovery-oriented group programme. We support individuals who face significant challenges with their mental health that impact on their day-to-day functioning.

Contact Us

COMMUNITY PROGRAMMES

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Community Programmes
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Dunedin 9054



Entrance to Psychiatric Services Building:
201 Great King Street, Dunedin 9016
Please go to the second floor.

Equally
Well



Health New Zealand
Te Whatu Ora

Hāpaitia: Living Well

Community Programmes



Referral Process

- Complete Internal/External Referral Form
 - Please send to community.programmes@southerndhb.govt.nz
- ERMS for GP practices
- Contact 03-470-9262 or 027-232-4133 or above email with any queries