

# Global Indigenous Suicide Prevention and Mental Health and Well-being Research Symposium (26-27<sup>th</sup> February 2018)

*The two-day Global Indigenous Suicide Prevention and Mental Health and Wellbeing Research Symposium will examine what works for Indigenous suicide prevention and well-being research focusing on case studies in prevention research including how researchers know whether they are making a difference. Research findings on the role of reo/language development and cultural reconnection; advocacy; performing arts; art, whānau ora, tribal development, pathways to safe mental health care and other research will be briefly presented and followed with brief discussion and questions/comments.*

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## Topics covered

- What do we know about indigenous suicide?
- What works to prevent indigenous suicide?
- What are the risks for indigenous suicide?
- What is unique about indigenous mental health and well-being?
- How do we protect our families and communities from suicide?
- Do we have the whole story of indigenous suicide?
- Turning indigenous suicide around - inspiring stories of change through trauma
- Culture in the clinic
- Clinical practice in cultural settings
- Community development and indigenous suicide prevention
- Self-determination and indigenous suicide prevention
- Talking about suicide safely through strengths based story-telling
- Innovations in indigenous suicide prevention
- Indigenous psychology
- Other topics to be identified by participants and researchers
- Towards a global agenda for indigenous suicide prevention

## Style of course

This is a symposium style course which features – keynote speakers in world leading suicide prevention and mental health and well-being research teams and projects (see bios below for Professors Laurence Kirmayer, Joe Gone; Pat Dudgeon; Malcolm King and Dr Alexandra King); research showcase sessions with researchers from Aotearoa, Australia, Pacific, Canada, United States and question and answer time, discussion and a summary of the day will be included at the end of each day. Each session has been timed to enable questions which will be gathered in and used to guide and structure the *researchers* meeting on 28<sup>th</sup> of February.

Break-out workshops (maximum of 40 per session) in a range of topics will address specific risk and protective factors for suicide prevention based on the available research for example understanding 'P' addiction in indigenous communities; e therapies; talk therapies; indigenous mindfulness; art, creativity and suicide prevention; indigenous story-telling; Reo Māori and well-being etc. As part of the registration, you will be invited to identify and prioritise your preferred workshop(s). If you have preferences for specific workshop content please email the convenor on [keri.lawson-teaho@otago.ac.nz](mailto:keri.lawson-teaho@otago.ac.nz) asap.

We will try and accommodate your request depending on numbers interested in a particular workshop topic.

*Watch this space for updates on the workshops, workshop presenters and topics.*

## Who should attend

This course has been designed by Māori and indigenous public health and suicide prevention and well-being research practitioners who have track records in indigenous suicide prevention and well-being research in their own communities and nations. Indigenous researchers and practitioners from Australia, Canada and the United States will share their research with indigenous communities alongside locally based Māori and Pacific suicide prevention practitioners, clinicians and researchers in a collaborative approach to finding answers to suicide in indigenous communities and in informing well-being This summer school symposium will be of interest to Indigenous researchers and students; practitioner/researchers, clinicians, Government and NGO sectors, youth workers, school teachers, social workers, community advocates and anyone with an interest in preventing indigenous suicide and elevating indigenous mental health and well-being.

# Timetable

Venue: Horne Lecture Theatre, Level 12, Ward Support Block (Blue Lift) Wellington Regional Hospital

Day One: 26 February 2018

Time	Session
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8:30am	<b>Mihi Whakatau:</b> Mana Whenua
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8:50am	Housekeeping
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9:00am	<b>Opening of the Symposium</b>
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**Associate Professor Bridget Robson**, Associate Dean Māori; University of Otago, Wellington School of Medicine and Health Sciences

**Mrs Arawhetu Gray**, Director Maori Health Services/Manager Planning & Funding Mental Health and Addiction Services Capital Coast District Health Board, tbc

**Dr Keri Lawson-Te Aho**, Senior Researcher/Medical Educator, Te Roopu Rangahau Hauora ā Eru Pōmare, University of Otago, Wellington School of Medicine and Health Sciences

9:15am	<b>Opening Keynote Address: Global Vision, Local Action – The Tūramarama Declaration</b> <b>Professor Sir Mason Durie</b> KNZM FRSNZ FRANZCP
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**Keynote: The Story of the Takitimu Waka**

Kaumātua Whaea Raiha Gray, Ngāti Māhanga, Waikato/Tainui

**Hon. Queen Pā Ūpokotini Āriki**, OBE; Rarotonga

Māmā Rosie Blake, Consul General, Cook Islands Consulate

10:30am	<i>Morning Tea</i>
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10:30am	<b>Keynote Title: Colonising Discourses, Decolonising Imperatives</b>
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**Kaumātua Moana Jackson** – Internationally Acclaimed Indigenous Rights Lawyer (tbc)

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Time	Session
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11.15am **Main Theatre: Māori Suicide Prevention and Well-being Research Showcase (*Chair, tbc*)**

**Dr Keri Lawson-Te Aho** – evidential review for Māori suicide prevention

**Mr Michael Naera** – evidencing the Tūramarama Declaration

**Dr Kahu McClintock** - Towards a Māori Suicide Prevention Research Agenda

**Dr Waikaremoana Waitoki** – Indigenous Psychology in Aotearoa

**Dr Lynne Russell** – Mental Health Promotion with Māori

**Dr Elizabeth Kerekere** – Takatāpui Past and Present

**Dr Lily George** - Kokiritia te aroha: Building hope and resilience with Ngātiwai taitamariki and whānau.

**Mr Keri Ōpai** – Te Reo Hāpai – the Language of Enrichment

1.15pm *Lunch break*

2.00pm **Keynote Title: Educating Pasifika Youth**

**Assistant Vice-Chancellor (Pasifika), Victoria University of Wellington, Associate Professor Hon Luamanuvao Winnie Laban QSO**

2.30pm **Pacific Research Showcase (chair, tbc)**

**Dr Monique Faleafa** – Evidential review for Pasifika Suicide Prevention

**Dr Denise Kingi-'Ulu'ave** – Clinical Research in Pasifika communities

**Dr Everdina Fuli** – Mana Enhancing Research Collaborations tbc

**Dr Jemaima Tiatia-Seath** – Mana Enhancing Research Collaborations tbc

**Dr Siali Foliaki**, - Evidence Based Crisis Mental Health Services for Pasifika mental health (tbc)

Afternoon tea

3.40pm **Keynote Title: Evidenced based Indigenous Measures of Well-being (tbc) – Local and global indigenous wellbeing research measures**

**Professor Malcolm King PhD, FCCP & Dr Alexandra King, MD, FRCPC, First Nations, Canada**

4.40pm **Closing Karakia and Waiata**

**Evening Keynote Title: Improving mental health outcomes for Aboriginal and Torres Strait Islanders: Sharing the Evidence of Effective Interventions**

**Professor Pat Dudgeon** - BAppSc. GDip (Psych). PhD. FAPS

6.00pm *Light Supper*

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Time	Session
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Venue: Horne Lecture Theatre, Level 12, Ward Support Block (Blue Lift) Wellington Regional Hospital  
Day Two: 27 February 2018

Time	Session
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8:30am Karakia and Registration for day 2

8.50am Housekeeping

Summary of Day 1: Dr Keri Lawson-Te Aho (convenor)

9.00am **Opening of day 2:** Whaea Raiha Gray and Whaea Moe Milne

**9.15am Opening Keynote Title: Tōku Māpihi Maurea - Te Reo Māori me ōna Tikanga and Māori suicide prevention**

**Whaea Moe Milne - QSM, RNPsych. BTchg**

10.00am **Morning break**

**Keynote Title: Rethinking Mental Health Services for American Indian Communities: Postcolonial Perspectives**

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Time	Session
	<b>and Possibilities</b>
	<b>Professor Joseph Gone</b> - PhD, Professor of Psychology (Clinical Area) and American Culture (Native American Studies)
11am	<p><b>North American Research Showcase (chair tbc)</b></p> <p><b>Professor Laurence Kirmayer</b> – A Review of the Evidence for First Nations suicide prevention in Canada</p> <p><b>Professor Malcolm King and Dr Alexandra King</b> – A Review of the Evidence for First Nations Mental Health and Wellbeing in Canada</p> <p><b>Dr Joe Stone/Amber Logan</b> – The Evidence of methamphetamine impacts on poor mental health outcomes in Native communities – what can we do?</p> <p><b>Professor Joe Gone</b> Discussion</p>
12.30pm	<p><b>Main Theatre: Aboriginal and Torres Strait Islanders Research Showcase</b> (chair, tbc)</p> <p><b>Professor Pat Dudgeon and researchers</b> – Unpacking the evidence of effective interventions for Aboriginal and Torres Strait Islander Suicide Prevention and Mental Health and Well-being</p>
1.30pm	<i>Lunch break</i>
2.00pm	<p><b>Keynote Title: The Role of Transcultural Psychiatry in Indigenous Suicide Prevention Globally</b></p> <p><b>Professor Laurence Kirmayer</b> - MD, FRCPC, FCAHS, FRSC Discussion</p>
3.20pm	<p><b>Keynote Title: Māori ways of improving the well-being of Māori youth and children with TBI (Traumatic Brain Injury)</b></p> <p><b>Professor Hinemoa Elder</b> – MD, FRCPC</p>
4.00pm	Afternoon tea
4.30pm	<p>Evaluation/Summary of Symposium/Where to from Here/Research and Planning Meeting</p> <p>Discussion/questions</p>
5:30pm	<p>Certificates of Participation</p> <p>Closing Karakia</p>

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Day Three: 28<sup>th</sup> February 2018

## Setting Global Priorities for Indigenous Suicide Prevention and Mental Health and Well-being Research

A Meeting of Indigenous Suicide Prevention and Mental Health and Well-being Researchers

### Speakers

[Dr Keri Lawson-Te Aho](#) is the only full time Māori Public Health Lecturer and Research Fellow at the University of Otago, Wellington School of Medicine and Health Sciences. She has more than 30 years' experience in Māori Public Health from policy development, through to intervention and programme design. She also has extensive experience in whānau, hapū and iwi development, having worked for a number of iwi in framing and formalising healthcare and tribal development responses. Keri was a Research Fellow with the East West Center in Hawai'i in 1995 and completed research placements in Indigenous Public Health at the Johns Hopkins Medical School, Indian Health Services, Rockville Maryland, and the Native American Research and Training Center at the University of Arizona, Tucson. Her research interests are in the areas of historical trauma, healing and suicide prevention Indigenous self-determination and tribal development. [See Keri's PhD here](#). Keri is a member of the International World Dignity University Initiative (nominated in 2015 and 2016 for a group Nobel Peace Prize); the Society of (American) Indian Psychologists, Doctors without Borders and a New Zealand representative on the International Taskforce of Indigenous Psychologists. She is well published in the area of Māori and indigenous suicide prevention.

## Course cost

\$400 for the entire symposium if registered as part of the early-bird before 20 December 2017.

A 50% discount is available to full-time students, those unwaged and University of Otago staff.

For further information contact:

- Keri Lawson-Te Aho, Email: [keri.lawson-teaho@otago.ac.nz](mailto:keri.lawson-teaho@otago.ac.nz)