

Purposeful Peer Support Aotearoa

Te Whakaoranga mā te Taunaki Aropā o Aotearoa

Framework



Tautoko Tāne
Male Survivors Aotearoa

Purposeful Peer Support Aotearoa (PPSA) is a framework for co-creating a purposeful journey toward wellbeing. Each person's journey will be unique and self-determined facilitated within a collaborative peer relationship and guided by PPSA principles.

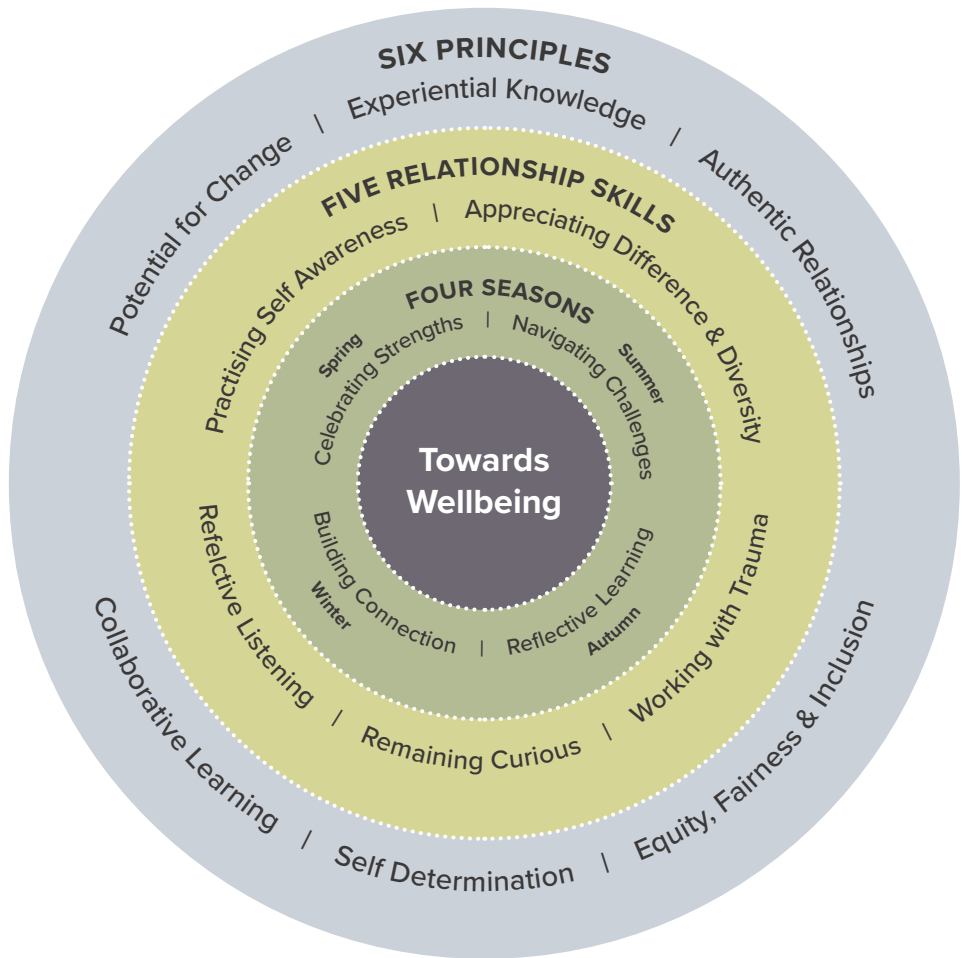
Together we will practice the relational skills that keep us connected and learning to develop and sustain the meaningful relationships that will enable and support our wellbeing – enduring relationships that will help us to move through the different stages or 'seasons' of our wellbeing journey.

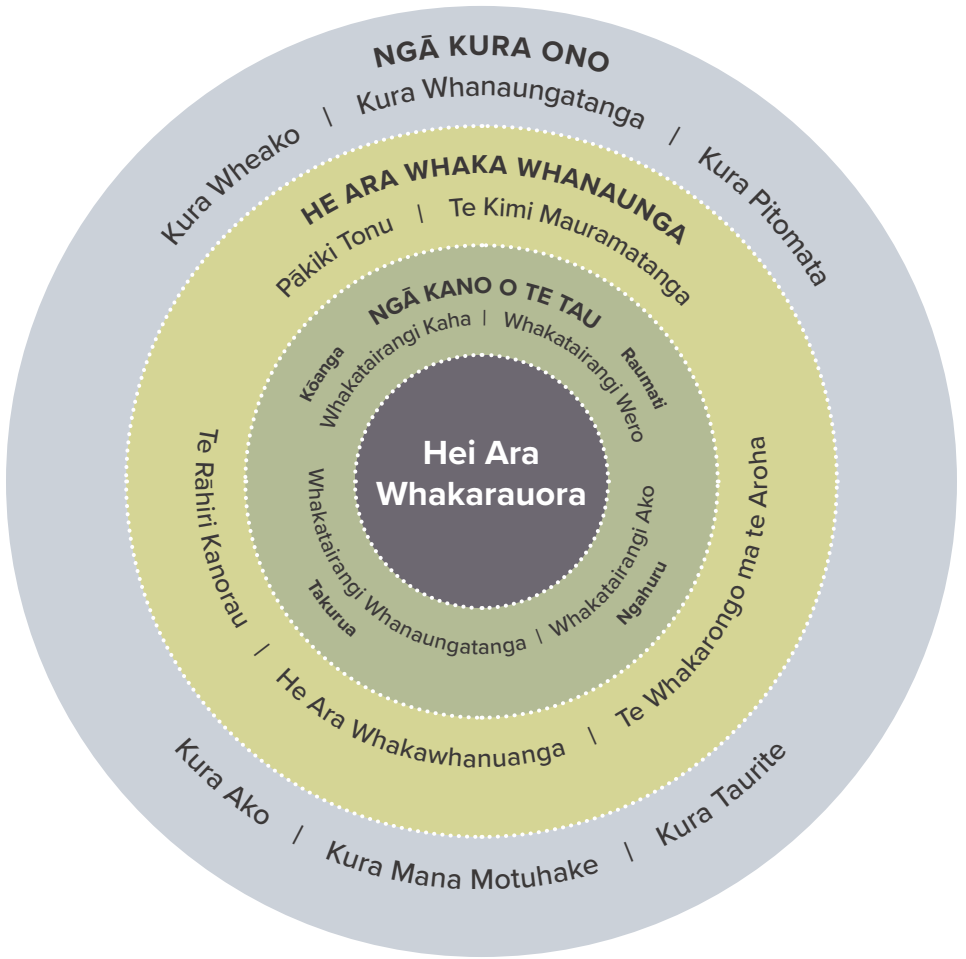
We begin our journey by meeting a survivor in their "winter", responding with warmth and planning together for what might be possible. We identify strengths and personal resources, cultivating and growing these to sustain us through the tough times.

With the harvest gathered in, we take time to pause and reflect, ready to start the cycle afresh and plan for new growth.

For more information about PPSA please contact Tony Chamberlain, Tautoko Tāne | Male Survivors Aotearoa

Email info@malesurvivor.nz
Mobile 64 220 435 806





Six Principles Ngā Kura Ono



These six principles guide the peer-to-peer relationships that support each person's unique journey.

We value what we've learned through our life experiences. We are full of potential, which we can realise when we have a sense of meaning and purpose in our lives.

Purposeful Peer Support Aotearoa lets us practise relating to others. Through shared experiences we find new understandings, so we each can grow and learn, separately and together. When we welcome and respect what each person brings, we create a world in which we can all flourish.

Five Relationship Skills He Ara Whakawhanauga

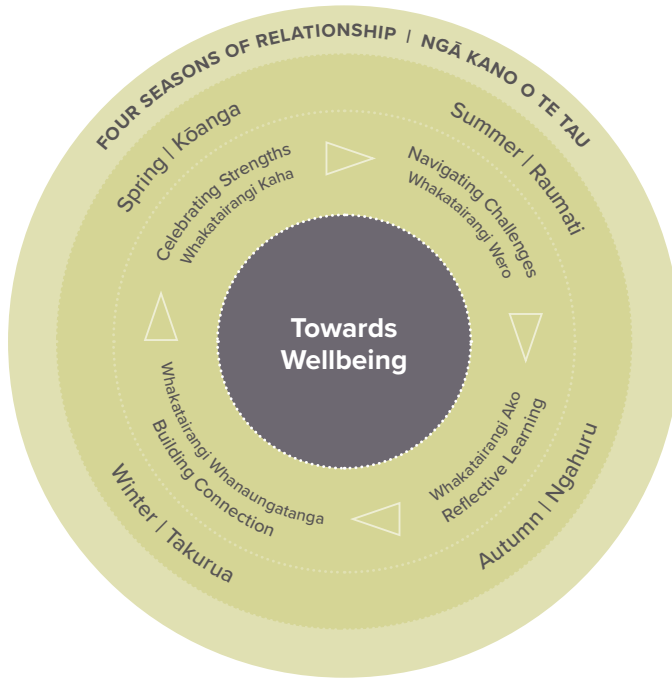


Achieving the intentions of Purposeful Peer Support Aotearoa means practising relational skills that keep us connected and learning.

As peer workers:

- We practice developing our self-awareness and learning to appreciate difference and diversity.
- We practice reflective listening skills and developing courage in working with trauma, whether it's our own or someone else's.
- We practice remaining curious by encouraging ourselves to be genuinely interested in each other's experiences.

Four Seasons Relationship Model



The four seasons model is a metaphor to illustrate the process of building and growing Purposeful Peer Support Aotearoa relationships.

As part of our commitment to partnership with tangata whenua, we have aligned this metaphor with the lunar calendar (Maramataka) which was introduced by the Pacific voyagers to Aotearoa and then adapted over time by Māori to align with local conditions and seasons.

We understand that relationships can move through different stages or “seasons”; our Purposeful Peer Support Aotearoa relationship does too.

We begin by meeting a survivor in their “winter”, responding with warmth, and planning together for what might be possible from here. We identify existing strengths and personal resources, to grow and develop for the future.

Over time we may become discouraged or tired; to sustain ourselves through the tough times we are able to draw on the strengths we have cultivated.

With the harvest gathered in, we take time to pause and reflect, ready to start the cycle afresh and plan for new growth.

Our Wellbeing Framework



The five interconnected pillars of our wellbeing framework reflect a synthesis of two Māori models of health, three well known international wellbeing/wellness models¹ and aligns with the NZ Mental Health foundation’s ‘five ways to wellbeing’. The integration of these models affirms our holistic focus on the spiritual, social, mental/emotional, occupational, and situational (physical) aspects of wellbeing.

Towards wellbeing, the focus of Purposeful Peer Support, requires our individual one-on-one and group peer support work to have a considered emphasis on encouraging meaningful wellbeing outcomes for survivors.

We sustain a wellbeing focus by helping survivors to create wellbeing plans that reflect their individual focus on working towards outcomes that enable and support their recovery journey.

“Wellbeing is when people are able to lead fulfilling lives with purpose, balance and meaning to them.”
 “Ka hua mai te whaiora, ina ka āhei te tangata kia whai i nga mea nunui i ō rātou rā i te ao nei, kia tūtika, kia whau kiko te noho.”

– NZ Government Wellbeing Budget 2019

¹ The framework includes the WHO ‘quality of life’ framework, Seligman’s ‘wellbeing’ construct, the Myers/Sweeney model of ‘wellness’, two well-known Māori models of health – ‘Te Whare Tapa Whā’ and ‘Te Wheke’ and the NZ Mental Health ‘five ways to wellbeing’.