

The logo for 'Equally Well' is centered in the upper half of the image. It features the words 'Equally' and 'Well' in a bold, orange, sans-serif font, stacked vertically. To the right of the word 'Well' is a small icon consisting of two overlapping triangles, one blue and one orange, forming a larger triangular shape.

**Equally
Well**

Māori Health Strategy 2020-25

Ngā Waka o Matariki

November 2021

Equally Well Ngā Waka o Matariki Equally Well Māori health strategy – rōpū biographies

Tui Taurua: I have been a user of Mental Health Services for over forty years. At that time suicide by my own hand was my intended destination. In 2001 I was discharged from the last psychiatric facility of this journey because I was still trying to fulfill my own self prophecy. I began working in the mental health arena in 1995. In 1996 I was the first Māori Consumer Advisor. During those early years there was no Māori Mental Health Service and being colonised I didn't even know that the Māori part of me was important. All I knew was my wairua was hurt and in pain and I had no idea why. I came to understand the importance of equity and social justice in Māori Mental Health and Addiction with the outlook of overseeing meaningful change for the enrichment and betterment of our communities, whānau, hapū and iwi.



Helen Lockett PhD: Tēnā tātou katoa, nō Ingarangi au, e noho ana au ki Whakaorori. I began working with Platform and Te Pou in 2013 to initiate and develop the Aotearoa New Zealand Equally Well collaborative and work with the Backbone Team on a part-time basis alongside my role as a strategic policy advisor to the Wise Group. The evidence for the relatively poor health outcomes for tāngata whai ora became very clear. Through Equally Well I am committed to working with others, across multiple levels of the health and health-related systems, to find ways to improve health and wellbeing and achieve physical health equity. My work interest and focus is on connecting research, policy, and practice, in particular, to address the systemic barriers which create inequities.

Reena Kainamu PhD RN FNZCMHN: Ko Pūtahi te maunga, ko Ōmapere te roto, ko Kohewhata te papakāinga, ko Ngāpuhi te iwi, ko Ngātiwhakaaeke te hapū, ko Te Kotahitanga te marae. Ko Te Arani Kainamu (m. Hayes) tōku mama, ko Ripeka Arepata Maihi rāua ko Te Ururoa Kainamu ōku tūpuna. Tokowhā ngā tamariki, e toru ngā tamahine me te tamatane. I am a health practitioner and health writer enjoying community development and action research. Individuals and organisations are agents of change in transforming health and social environments to better serve the health needs of Māori whānau and communities.



Kahurangi Fergusson-Tibble, Principal Advisor, Māori, Te Pou. Ko Hikurangi te maunga, ko Waiapu te awa, ko Ngāti Porou te iwi, ko Ngai Taharora te hapū ko Taharora te Marae, ko Maaka Tuaranga Tibble tōku mātua, ko Roberta Huinga Tibble (nee Cookson) to koka, ko Kahurangi Fergusson-Tibble tōku ingoa, ko Chloe Fergusson-Tibble taku hoa Rangatira. Tokorua ngā tamariki, ko Jaxyn rāua ko Storm a rāua nei ingoa. Tīhei Mauriora! I have a background in mental health, addictions and lived experience as a person living with a visual impairment. As Principal Advisor, Māori I hope to bring my skills, talents and networks to Te Pou, to ultimately improve outcomes for Māori within the health sector.