



LeVa

Igniting communities, creating change

Le Va programmes, resources and tools



Le Va

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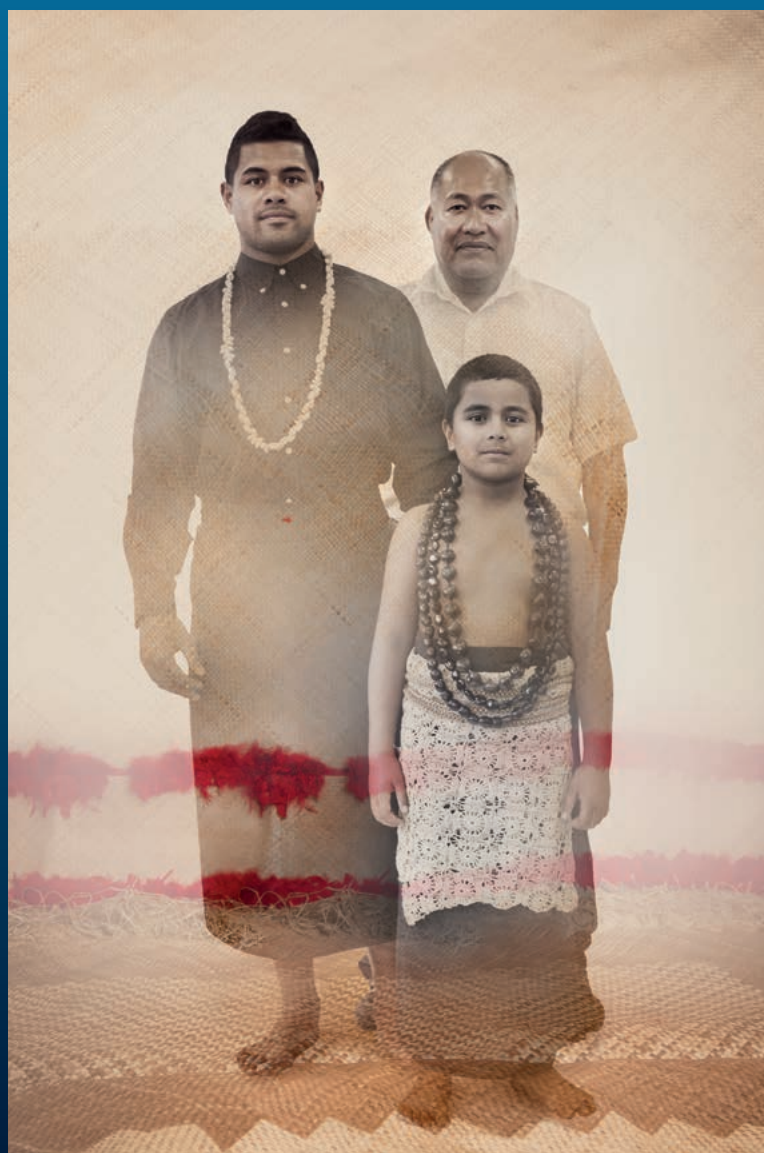
Talofa Lava, Kia Orana, Mālō e lelei, Ni sa bula vinaka, Fakaalofa lahi atu, Mālō ni and Kia ora koutou.

This publication provides a snapshot of the services and resources we provide at Le Va.

Le Va is a Pasifika-led mental health and wellbeing organisation dedicated to supporting young people, families and communities to unleash their full potential. We provide clinically safe, evidence-informed and co-designed resources, tools, information, training, workshops and support services.

Le Va takes a holistic view of wellbeing, encompassing physical, mental, emotional, spiritual, cultural and environmental components. This is reflected in our portfolio of work spanning the mental health, addiction, public health, suicide prevention, disability, youth wellbeing and violence prevention social sectors. Le Va's evidence-based work is co-created with people who have lived experience, Pasifika cultural knowledge holders and expert thought leaders nationally and internationally.

We do this all while recalling our traditional values, and applying them safely, in a contemporary way.



We work alongside the services and people who deliver mental health, addiction, public health, suicide prevention and general health and wellbeing services to develop flourishing communities who are reaching their full potential.

We believe that the solutions lie within our own communities, so that is where you'll find us. We walk alongside churches, sports clubs, education centres, community organisations, and relevant groups with large Pasifika populations to ensure the right knowledge, skills and information is reaching the right people at the right time. But we are also at home in the business world, engaging corporates, and advising government on policy that counts for Pasifika people.



Preventing violence by nurturing respectful relationships and thriving communities



Providing Pasifika communities with suicide prevention education and tools



Supporting our mental health and addiction workforce for better outcomes across New Zealand



Equipping communities with the skills, knowledge and confidence to prevent suicide



Improving the quality of health services through cultural competency



Equipping young people to look after their mental health



Nurturing youth wellbeing as they study, learn, and thrive



Engaging youth participation to create long-lasting change



Strengthening the Primary Mental Health and Addiction workforce



Mental health and wellbeing tools for online gaming communities



A tool to improve problem solving skills

Mental Health and Addiction

Our Mental Health and Addiction portfolio of work equips the mental health and disability workforce with cultural responsiveness, practical tools, and innovative and integrated programmes of care. We do this to reduce the health inequities experienced by Pasifika people.

*“O le ala i le pule,
o le tautua”*

The pathway to leadership
is through service

Mental Health & Addiction



Training

The following are catered to the Pasifika mental health, addiction, and disability workforce.



Navigating Mental Health

The goal of this training is to equip the Pasifika Access & Choice workforce with the knowledge and skills to recognise and respond to common conditions encountered in Pasifika Primary Mental Health and Addiction (PMHA) and to promote holistic wellbeing.

Objective: Navigating Mental Health participants will

- ✕ learn about the Access & Choice initiative and its background
- ✕ increase knowledge of holistic wellbeing, depression and anxiety
- ✕ gain skills and strategies to support the Pasifika community to enhance their holistic wellbeing
- ✕ gain skills to deliver culturally appropriate psychoeducation on depression and anxiety.

Training details

- ✕ FREE for those who are eligible
- ✕ In person – half day training

Is this training for you?

Navigating Mental Health is a foundational level training for anybody working in a Pasifika Access & Choice role. The training has been developed for individuals who:

- ✕ are not formally trained in mental health
- ✕ work in non-clinical and/or non-registered frontline roles, such as health coaches, community support workers, and navigators
- ✕ work with Pasifika communities in a primary care setting
- ✕ support Pasifika people with managing wellbeing, depression and/or anxiety.

Navigating Addiction

The goal of this training is to support the Pasifika Access & Choice workforce to grow in confidence when applying addiction approaches and strategies for those experiencing alcohol and other drug (AOD) related challenges.

Objective: Navigating Addiction participants will

- ✕ learn how to identify and respond appropriately to people who present with addiction issues
- ✕ increase knowledge about addiction, addiction development, and impacts addiction can have on Pasifika communities
- ✕ gain confidence to apply AOD specific approaches and strategies for Pasifika.

Training details

- ✕ FREE for those who are eligible
- ✕ In person – half day training

Is this training for you?

Navigating Addiction is a foundational level training for anybody working in a Pasifika Access & Choice role. The training has been developed for individuals who:

- ✕ work in non-clinical and/or non-registered frontline roles, such as health coaches, community support workers, and navigators
- ✕ work with Pasifika communities in a primary care setting
- ✕ support Pasifika people to manage AOD challenges.

Programmes

Le Tautua Pasifika Leadership Programme

www.leva.co.nz/training-education/le-tautua

The *Le Tautua* emerging leaders programme aims to equip Pasifika participants with knowledge, practical resources, and tools to become more effective leaders and managers. Participants will experience a transformative leadership journey with a focus on the contemporary execution of traditional values in practice – in clinical, cultural, and community contexts.

Objective: Growing our Pasifika mental health and addiction leadership capability.

- ✕ Gain knowledge
 - Increase knowledge about the foundational difference of being a Pasifika leader in the context of Aotearoa New Zealand
 - Increase knowledge of cultural intelligence and its effectiveness
- ✕ Gain skills
 - Increase understanding of outcome-driven coaching and mentoring conversations
 - Increase ability to conceptualise how cultural values work at a practical leadership level
- ✕ Gain confidence
 - Increase understanding of self-identified strengths and the ability to conceptualise and apply it confidently
 - Increase potential to become a leader in the sector

Futures that Work Pasifika scholarship and mentoring programme

www.leva.co.nz/training-education/scholarships

Growing the capacity and capability of the Pasifika mental health and addiction workforce, the *Futures that Work* scholarship programme is a combination of paying for your study fees, mentoring, cultural and pastoral care, as well as support and identifying employment and career pathways.

Objective: Growing our Pasifika mental health and addiction workforce by:

- ✕ getting your fees paid
- ✕ getting your study sorted
- ✕ helping you get your dream job

Addiction and Problem Gambling Harm scholarship programme

www.leva.co.nz/training-education/scholarships/

From 2024, Le Va is administering a new Addiction and Problem Gambling Harm Scholarship, funded by Te Whatu Ora.

Objective: Increasing the capability and capacity of the addiction and problem gambling workforce.

This scholarship is open to anyone studying towards a qualification that contributes to reducing harms from alcohol and other drugs and problem gambling.



Growing Pasifika Solutions (GPS)

www.leva.co.nz/our-work/gps-satellite-seminars

Growing Pasifika Solutions is about igniting community collaboration for wellbeing solutions. It's about coming together and seeing the invisible, all the potential of our Pasifika people and families, and organisations together from across sectors.

Objectives: *Growing Pasifika Solutions* will

- ✘ bring people together from across sectors – providing a platform for integrating approaches for collective solutions to some of the issues our young people and their families face
- ✘ validate Pasifika solutions that meet the needs of Pasifika communities
- ✘ facilitate relationships across boundaries, between communities, providers, government
- ✘ promote technology as an innovative medium to share knowledge
- ✘ provide a platform for communities to update on progress.

Access and Choice

Access and Choice is about giving people more access to Primary Mental Health and Addiction services and more options of support within communities. This is done by improving collaboration between general practices, non-government organisations, and other mental health and addiction services. The Ministry of Health has contracted Le Va to develop a preliminary set of core skills and knowledge required to successfully deliver Pasifika Primary Mental Health and Addiction (PMHA) Services (for clinical and non-clinical workforces).

Objectives: *Access and Choice* will

- ✘ transform the Pasifika workforce with new skills and competencies
- ✘ develop new and emerging workforces
- ✘ support leadership and system change across the continuum of need
- ✘ empower whānau, individuals and communities to respond to distress and build the foundations for mental wellbeing
- ✘ validate Pasifika solutions that meet the needs of Pasifika communities.

For mainstream, non-Pasifika health and disability workforce interested in cultural competency training, we recommend our Engaging Pasifika programme.



Engaging Pasifika cultural competency training
www.leva.co.nz/training-education/engaging-pasifika

The purpose of the *Engaging Pasifika* programme is to support mainstream health and disability workers to gain foundational knowledge and skills to safely engage with, and effectively deliver, quality services for Pasifika communities. This purpose is fulfilled through a blended learning approach of three training courses. The programme is a deliverable across mental health, addiction, disability and public health programmes.

- ✘ **EP Online: Laying the Foundation** – An engaging, interactive online course which all learners are required to successfully complete in order to participate in EP Live training. Watch our video to get a preview at www.youtube.com/watch?v=0JU1yvpdIYs.
- ✘ **EP Live: Culture in Action** – A full day cultural immersion training facilitated by a team of expert Pasifika knowledge holders.
- ✘ **EP+: Beyond the Horizon** – Additional online courses that focus on specific Pasifika groups, providing more information, tools and techniques for effective engagement.

Objectives: *Engaging Pasifika* participants will

- ✘ understand key principles for engaging effectively with Pasifika people and their families
- ✘ understand and apply the concepts of Va and its significance to Pasifika people
- ✘ apply the values, tools and principles that enable and support cultural competence.

Training details

- ✘ FREE for those who are eligible
- ✘ 2 online modules, AND
- ✘ In person – full day training OR
- ✘ Live online training – 3 hours

Is this training for you?

The *Engaging Pasifika* training has been developed to meet the needs of our:

- ✘ non-Pasifika workforce wanting to increase their understanding of Pasifika cultures
- ✘ Pasifika workforce wanting to know more about other Pasifika cultures.



Resources & Tools

Inu Ora: This plain-language guide is for individuals, families and communities who want to know the facts about alcohol, including the amount of alcohol in a standard drink, how alcohol can affect your family, how alcohol affects your body and where to get help if you need it.

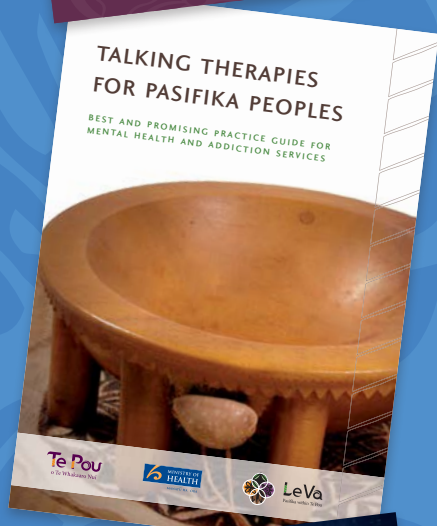
Kato Fetu: A comprehensive body of knowledge available to inform the Pacific mental health and addiction sector, services and workforce.

Talking Therapies for Pasifika Peoples: A guide document on ways of working with Pasifika individuals and their families. The guide presents processes which may help therapists build rapport and maintain engagement with Pasifika populations.

Trauma-informed approach when working with Pasifika people: When working with Pasifika people in New Zealand, Le Va promotes a strengths-based approach aimed at holistic restoration of people's wellbeing. We have produced this learning module to raise awareness of the effects of trauma and a trauma-informed approach, but specifically with a focus on a healing-centered approach when working with Pasifika people and families.

Anxiety and Depression factsheets are available in Samoan, Tongan, Fijian, Cook Islands and English.

Navigating with compassion factsheets are available in Samoan, Tongan, Fijian, Cook Islands Māori and English.





Pasifika Suicide Prevention

"E fofo e le alamea le alamea"
– The solutions to Pasifika
suicide lie within our Pasifika
communities.



Pasifika for Life

FLO: *Pasifika for Life* is Aotearoa New Zealand's national Pasifika suicide prevention programme. This programme equips Pasifika families and communities to prevent suicide and to respond safely and effectively if a suicide occurs. The FLO programme is founded on five Pasifika pathways to wellbeing:



1. Connect

Relationships based on love make us feel valued and develop our self-worth. Connecting with nature, creativity, study or work can also engage your positive emotions.



2. Strong families

Family is where life begins and love never ends. Family can give us a sense of self, and support during tough times.



3. Talk

Talking helps us process thoughts and feelings and reach out for help when we need it. Good communication is key to nurturing healthy relationships with friends and family, at school or at work.



4. Cultural Identity

Culture gives us a sense of belonging, pride and identity. For young people, the stronger their cultural identity, the stronger their mental wellbeing.



5. Spirituality

Faith in God, or connecting with something bigger than ourselves can fuel positive emotions and support our sense of purpose and meaning in life.

Workshops

The following workshops are designed for Pasifika youth and their families.

FLO Talanoa Suicide Prevention Training

www.leva.co.nz/events-registration/4-flo-talanoa-live-online

FLO Talanoa is a Pasifika suicide prevention education programme that is evidence-informed, culturally safe, and specifically designed for our Pasifika communities. Learn more about the risks and warning signs of suicide, and how to respond and help build a plan for you, your family and wider community.

Please note, the FLO Talanoa workshop is not a treatment or support group. Some content may cause distress for vulnerable people.

Objectives: *FLO Talanoa* participants will

- ✗ be better informed of the risk factors, protective factors and warning signs for suicide
- ✗ gain an understanding of how Pasifika cultural beliefs and practices influence wellbeing
- ✗ know what to do and say if concerned about someone's safety
- ✗ know how to access help if required
- ✗ gain the confidence to talk about suicide in a safe way.

Training details

- ✗ FREE for those who are eligible
- ✗ In person – half day training OR
- ✗ Live online training – 3 hours

Is this training for you?

The *FLO Talanoa* training has been developed for:

- ✗ those who want to increase their knowledge about Pasifika suicide prevention.

It is not a treatment or support group.

Mental Wealth Youth Workshop – Anxiety and Depression

www.leva.co.nz/events-registration

A youth workshop that aims to equip Pasifika young people and their communities with the knowledge and skills to understand and address mental distress. It encourages young people to maintain and nurture good mental wellbeing and is complemented by the *Mental Wealth website*, www.mentalwealth.nz. The workshop covers topics such as anxiety, depression, how to check in on a friend, and coping strategies for mental distress.

Objectives: *Mental Wealth* participants will

- ✗ gain an understanding of how to check in on a mate or a family member who is in distress
- ✗ know what to do or say in challenging situations
- ✗ know how to look after yourself and your own wellbeing.

Workshop details

- ✗ FREE for those who are eligible
- ✗ In person – 2 hours OR
- ✗ Live online training – 2 hours

Is this training for you?

This programme is for Pasifika youth who want to learn how to take care of their mental health.

Suicide Prevention

LifeKeepers will support you to develop the skills and knowledge you need to create communities of C.A.R.E. and help reduce suicide in Aotearoa New Zealand.



LifeKeepers is New Zealand's national suicide prevention training programme. Funded by Te Aka Whai Ora, it is free to frontline community services and general community members aged 18 years and over. *LifeKeepers* can be purchased by organisations, professionals, and government agencies not meeting criteria.

LifeKeepers National Suicide Prevention Training www.lifekeepers.nz

LifeKeepers represents a bold step forward in suicide prevention unique to Aotearoa New Zealand. It combines an internationally proven, evidence-informed approach with local knowledge and experience, to provide a programme that is community focused, clinically safe, and culturally responsive.

In developing *LifeKeepers*, Le Va consulted widely and was guided by clinicians, academics in the field of suicide prevention, people with lived experience of attempting suicide, people who have lost loved ones to suicide, community leaders and cultural knowledge experts.

These partners drove the design and delivery of *LifeKeepers*, ensuring it works in an Aotearoa New Zealand context, and is part of a wider suite of national initiatives across government, and national suicide prevention services funded by Te Whatu Ora, Te Aka Whai Ora and the Suicide Prevention Office.

Objectives: *LifeKeepers* gives people the skills to recognise and support those at risk of suicide. The programme's trainings and resources create communities of C.A.R.E. across Aotearoa New Zealand. It does this by supporting participants to

- ✕ Connect with compassion
- ✕ Ask with courage
- ✕ Respond with confidence
- ✕ Engage different services and support for those at risk of suicide.

Training details

- ✕ FREE for those who are eligible
- ✕ *LifeKeepers* General – in person full day training OR
- ✕ Mana Akiaki – *LifeKeepers* for Māori – in person full day training OR
- ✕ e-Learning – 2 hours



Participants have the option to choose from one of three modalities:

LifeKeepers General

A full day, in-person training for general communities across Aotearoa New Zealand.

Mana Akiaki – LifeKeepers for Māori

Mana Akiaki: *LifeKeepers* for Māori is a full day, in-person training delivered through a te ao Māori lens, weaving te reo me ōna tikanga, ngā whakataukī, and mātauranga Māori. Fluency in te reo Māori is not necessary for this training.

LifeKeepers e-Learning

Available anytime, anywhere and supports participants to learn at their own pace, encouraging frequent breaks. Progress is saved throughout to enable participants to start and stop as they please.

Is this training for you?

This programme is for those who want to increase their knowledge, skills, and confidence to identify and support someone who may be at risk of suicide, helping them access the support they need.





Resources & Tools

Flo Knowledge Bank

www.leva.co.nz/our-work/suicide-prevention/resources-and-research/

The FLO Knowledge Bank is an online hub of educational tools and information for Pasifika families and communities to know how to prevent suicide, and to respond safely and effectively when and if suicide occurs in their community. Our downloadable resources and links can be utilised by New Zealand's Pasifika population if they are worried about someone and need further support.

- ✕ What to do in an emergency
- ✕ What to do, say and know if you are worried about someone
- ✕ What to do and say after a suicide attempt
- ✕ Information on coping with loss
- ✕ Finding the help you need
- ✕ Tactics for preventing suicide
- ✕ Stories of personal experience
- ✕ Pasifika media guidelines for reporting in New Zealand
- ✕ Critical elements for successful implementation of community-based suicide prevention initiatives for Pacific Island People in Aotearoa New Zealand
- ✕ When you are grieving factsheet

Le Va Pasifika Suicide Prevention Community Fund

www.leva.co.nz/suicide-prevention-fund

The *Le Va Pasifika Suicide Prevention Community Fund* is aimed at preparing more Pasifika families and communities to respond effectively to prevent suicide within communities if a suicide attempt occurs.

The Community Fund seeks to support Pasifika communities to effectively implement community-based suicide prevention initiatives so that families and communities are:

- ✕ strongly connected
- ✕ equipped with the skills to cope with distress
- ✕ actively building resilience and reducing the risks of suicide
- ✕ assisted in accessing support services and
- ✕ supported to build a strong cultural identity to enhance mental wellbeing.

Contact us for more information at flo@leva.co.nz



Aunty Dee Problem solving tool

www.auntydee.co.nz

Aunty Dee is a free online problem-solving tool that helps guide Pasifika people to identify, work through and resolve problems. Designed to encourage people to take an active approach to coping with problems, Aunty Dee is a systematic approach to decision-making, guiding the person to think about and explore challenges in a structured way. It is not a crisis nor a monitored service.

Objectives: This interactive online tool navigates issues relating to bullying, depression, alcohol abuse, sexual or gender identity and grief, as well as a range of other problems.



Mana Restore

www.mentalwealth.nz/manarestore

Mana Restore provides information and resources for Pasifika online gamers and their families about mental health and wellbeing. Available now on the new Mana Restore Discord server, gamers can access information about healthy gaming, screen time tips, digital detoxing and much more while still gaming. Parents of gamers are also able to access the Mana Restore webpage for information on gaming and how to support their young gamers.



Scan the code to check out the Mana Restore Discord Server or go to www.mentalwealth.nz/manarestore/ to visit the website.



Guidelines for Pasifika media reporting

www.leva.co.nz/our-work/suicide-prevention/resources-and-research/media-reporting-guidelines/

Pasifika media can play a key role in leading safe messaging when reporting suicide to our Pasifika communities.

Our guidelines were co-created with 23 Pasifika media organisations from across Aotearoa.





Le Va

FOR YOUTH

Le Va for Youth
www.leva.co.nz/youth

This programme is a collaborative effort by Pasifika youth, for youth. The process of development has been guided by our Youth Advisory Group and the programme positions them in the forefront to ensure they have an opportunity to influence content that affects them. With young people guiding these tools and resources, we nurture the va and partnerships in the best interests of youth and Pasifika communities.

In consultation and support from our youth community, Le Va's **Pasifika Youth Participation Guide** consist of nine tips to support other organisations and groups to effectively engage with an authentic youth participation approach. This guide is based on three themes: **radical acceptance + absolute inclusion leads to full participation.**



Niu Wave

www.leva.co.nz/youth/niu-wave

Niu Wave is our youth wellbeing programme which aims to equip Pasifika youth with the right tools and skills to nurture their wellbeing as they study, learn and grow.

Niu Wave delivers group mentoring sessions and monthly wellbeing workshops in a year-long programme which provides Pasifika secondary school students with wellbeing resources and tools. Pasifika secondary school students are placed within 10 wellbeing villages based on their location and matched with a Le Va Mentor who supports them throughout the programme. This programme culminates in leadership graduation events where youth are celebrated and acknowledged for their commitment and their journey.

There are five wellbeing workshops.

- ✘ **Village wellbeing:** youth build connections with their villages to nurture their wellbeing.
- ✘ **Cultural identity:** youth strengthen their self-worth through Pasifika culture.
- ✘ **Mental health:** youth increase positive mental health to build mental wealth.
- ✘ **Respectful relationships:** youth identify healthy relationships and how to maintain them.
- ✘ **Leadership:** youth lead their own wellbeing and learn how to advocate positive wellbeing for their communities.

Violence Prevention

The name *Atu-Mai* is based on the Cook Islands proverb 'I te aro'a atu, i te aro'a mai – love given, love received.'



Atu-Mai: Preventing Violence for Pasifika

www.leva.co.nz/our-work/violence-prevention

Atu-Mai aims to equip Pasifika young people and their families with the right knowledge, information, education, resources and tools to prevent violence happening in their lives. Taking an educational and skills-based approach, *Atu-Mai* tools and resources aim for behavioural change across generations, strengthening Pasifika communities by developing confident and resilient Pasifika young people. The programme content combines evidence-based approaches with expert knowledge, community leadership, and is co-designed with Pasifika young people to ensure it is culturally relevant, family focused and community-led.

Workshops

The following workshops are for Pasifika youth aged 16 to 24.

I AM Cultural Identity Fono

www.leva.co.nz/training-education/atu-mai-workshops/i-am-workshop

Designed to equip young people with knowledge about their Pasifika culture in order to educate and empower them to live violence free. The workshops aim to show young people how their Pasifika culture can strengthen their self-worth and, through using their cultural values in everyday modern life, they can unleash their potential.

Objectives: By the end of the free training, participants will

- ✘ strengthen their cultural identity to uplift their self-worth
- ✘ learn about Pasifika cultural values and find out why violence is not our culture
- ✘ apply Pasifika values in everyday situations.

Workshop details

- ✘ FREE for those who are eligible
- ✘ In person – 2 hours OR
- ✘ Live online – 2 hours

Journey to the Pacific Fono

www.leva.co.nz/events-registration/13-atu-mai-youth-workshop-journey-to-the-pacific

Journey to the Pacific is a fono for youth that explores our Pasifika migration stories across the Pacific, including our migration to Aotearoa New Zealand. The fono also equips youth with communication tools to connect with their elders.

Objectives: *Journey to the Pacific* participants will

- ✘ discover the journey that our Pasifika ancestors made across the Pacific Ocean
- ✘ explore how they found and settled the many islands of the Pacific
- ✘ learn about the migration story of Pasifika elders to Aotearoa New Zealand.

Workshop details

- ✘ FREE for those who are eligible
- ✘ In person – 2 hours

Respectful Relationships

www.leva.co.nz/events-registration/34-atu-mai-youth-workshop-respectful-relationships

The *Respectful Relationships* fono explores respectful relationships from a Pasifika perspective. It equips young people with tools to experience healthy relationships with others and the knowledge to identify warning signs of an unhealthy relationship.

Objectives: *Respectful Relationships* participants will

- ✘ identify healthy relationships
- ✘ spot warning signs of unhealthy relationships
- ✘ explore tips for healthy relationships
- ✘ know when and where to get help.

Workshop details

- ✘ FREE for those who are eligible
- ✘ In person – 2 hours





Upstander

www.leva.co.nz/events-registration/15-atu-mai-youth-workshop-upstander

To stop violence from happening in our communities, we must stand together against violence. Our *Upstander* workshop equips Pasifika youth and communities with the skills to take a stand against violence. An upstander is someone who notices a potentially harmful or dangerous situation and does something to make things right. They know what's happening is wrong and have the courage to step up.

Objectives: By the end of the free training, participants will

- ✘ understand the difference between an Upstander and Bystander
- ✘ discover how being an Upstander is linked to our Pasifika values
- ✘ learn the steps to upstand
- ✘ equip yourself with a variety of tools to upstand.

Workshop details

- ✘ FREE for those who are eligible
- ✘ In person – 2 hours OR
- ✘ Live online – 2 hours

Training

The following training is for professionals.

One of the goals of *Atu-Mai* is to help the workforce to support our Pasifika community. We have developed the I AM Professionals and Pasifika Perspectives: *Atu-Mai* Cultural Competency trainings for professionals and community leaders working in the violence and sexual violence sector.

Pasifika Perspectives: *Atu-Mai* Cultural Competency

www.leva.co.nz/events-registration/25-atu-mai-cultural-competency

The Atu-Mai team has created a cultural competency workshop for non-Pasifika professionals. Evidence shows culturally competent practitioners increase engagement, treatment retention and treatment effectiveness.

Objectives: By the end of the free training, participants will

- ✘ learn about the *Atu-Mai* programme, including our socioecological approach
- ✘ increase awareness of self in relation to others and within the system
- ✘ explore concepts of system privilege and unconscious bias
- ✘ learn about Pasifika people and culture including values, social structures and the 'va'
- ✘ explore how to engage Pasifika in a healing-centred way, weaving together culture and care to support Pasifika.

Training details

- ✘ FREE for those who are eligible
- ✘ In person – half day training

Is this training for you?

Working in the violence and/or sexual violence sector

I AM for Professionals

I AM for Professionals is a values-based training that is designed for professionals working with Pasifika youth.

Objectives: *I AM for Professionals* participants will

- ✘ learn about the *Atu-Mai* programme, including our socioecological approach
- ✘ learn how to support Pasifika youth to strengthen self-worth through culture
- ✘ discover Pasifika cultural values and how to utilise them with Pasifika youth

Training details

- ✘ FREE for those who are eligible
- ✘ In person – half day training OR
- ✘ Live online training – 2 hours

Is this training for you?

Currently in a position (or will be in a position) supporting Pasifika youth





Workshops

The following workshops are for parents.

Fathers Fono

www.leva.co.nz/events-registration/24-fathers-fono

Fathers Fono is a parenting workshop aimed at bringing Pasifika fathers together, supporting each other to be engaging Dads through relationships, values and self-care.

Objectives: *Fathers Fono* participants will

- ✕ understand the importance of engaging with children
- ✕ have skills to build authentic and sincere relationships
- ✕ apply strategies to manage challenging times.

Workshop details

- ✕ FREE for those who are eligible
- ✕ In person – 2 hours OR
- ✕ Live online training – 2.5 hours

1000 Days of Alofa

www.atumai.nz

The first 1000 days of life starts from the time a mother is pregnant with her baby through to when a child is two years old. When our children experience loving and safe relationships during this time, we set them up to have a successful future.

Objectives: *1000 Days of Alofa* participants will

- ✕ understand why the first 1000 days of life are so important
- ✕ find out how showing alofa (love) can grow great brains, leading to strong and resilient children with bright futures
- ✕ explore the power of relationships within the first 1000 days of our children's lives
- ✕ commit to put our alofa into action! Develop a Legacy of Alofa plan to guide our actions.



Resources & Tools

Atu-Mai e-Learning

www.atumai.nz

Le Va's *Atu-Mai* free online learning is an interactive platform of knowledge and tools for Pasifika people to live violence-free. We encourage young Pasifika to have safe and respectful relationships by strengthening their self-worth and educating them on their Pasifika cultural identity.

Other resources include topics such as:

- ✕ respectful relationships
- ✕ intergenerational communications
- ✕ parenting and family relationship skills.



#CatchYourself

www.leva.co.nz/our-work/catchyourself

#CatchYourself has been designed to help Pasifika people maintain respectful relationships in stressful situations, such as a pandemic, severe weather events, or cost of living crisis. In these situations, it is common for people to feel a myriad of emotions, including frustration and anger. *#CatchYourself* provides a suite of practical resources to help people maintain positive relationships during times of stress.

Check out a range of culturally-appropriate and evidence-based resources to educate and empower people to respect those within their village. Resources cover a range of topics including:

- ✕ preventing violence
- ✕ how to notice signs of distress
- ✕ recognising emotions and understanding anger
- ✕ understanding and living the va.

Disability Support

Le Va works alongside community groups to reduce negative stigma and ensure the right information is reaching the right Pasifika people in the right way, so they can get the support they need. Our health literacy approach aims to serve Pasifika people with disabilities and their families so that they can make informed decisions about accessing appropriate supports. Through this, we promote inclusion and acceptance by developing a positive narrative about disability in Pasifika languages.

Faiva Ora Leadership Group

www.leva.co.nz/our-work/disability-support/faiva-ora-leadership

The Faiva Ora Leadership group enables Pasifika people with disabilities to advance and champion Pasifika disability issues by having their views represented at the highest levels in New Zealand.

The leadership group:

- ✕ provides quality advice and support to the Ministry of Health and its funded disability support services on issues relating to Pasifika people with disabilities, family and communities
- ✕ provides advice on the implementation of the Faiva Ora National Pasifika Disability Plan, roles and responsibilities.

Positive Messages from the Pulpit

Faith, spirituality and church remain an important part of life for Pasifika communities in New Zealand. *Positive Messages from the Pulpit* ensures that we can raise awareness around disability support services and, at the same time, break down the stigma and discrimination that exists within Pasifika communities. Le Va works alongside various churches and ethnic-specific congregations to reduce negative stigma and ensure important health and disability messages and information to access support services is reaching the right people in the right way.

Faiva Ora Innovation Fund

www.leva.co.nz/our-work/disability-support/innovation-fund

This fund aims to mobilise community groups and Pasifika people with disabilities to live the life way they want, and promote inclusion and acceptance. This initiative aligns with the vision and actions set out in the Ministry of Health's Faiva Ora Action Plan.

- ✕ Enhance community development and action by mobilising communities and disabled Pasifika people to lead innovation and take ownership.
- ✕ Empower Pasifika disabled people and their families to have a voice.
- ✕ Reduce stigma and discrimination of disabilities within Pasifika communities.
- ✕ Increase access to the right support, including disability support services and strengthening community and natural supports.
- ✕ Support people with disabilities to participate in their communities.
- ✕ Enhance the wellbeing of Pasifika people with disabilities.

Resources & Tools

Le Va's resource library provides a comprehensive information hub of disability support resources and tools. From church resources and workshops to reduce stigma, to Le Va's *Engaging Pasifika* cultural competency training, all resources have been included to help address inequities in the Pasifika disability population. The Pasifika guide to *Disability Support Services* is available in English and six Pasifika languages.

Visit www.leva.co.nz/our-work/disability-support/resources-and-tools

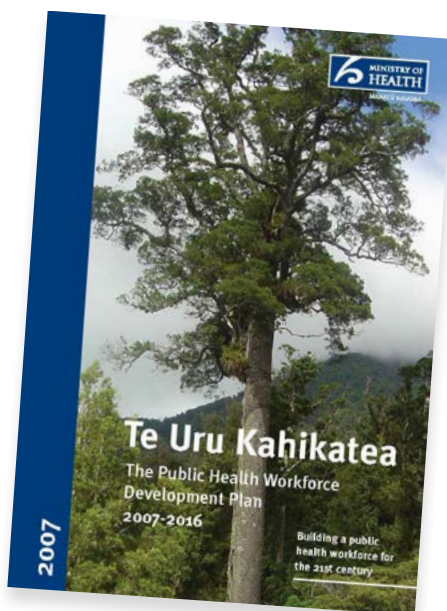
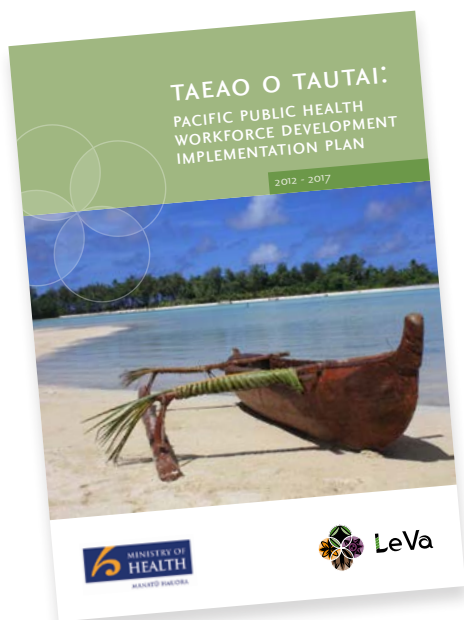
Pasifika Public Health Workforce Development

With a vision of reducing inequalities, strengthening the Pasifika public health workforce ensures that the Pasifika workforce supply meets service demand. *Engaging Pasifika* Cultural Competency training for the workforce will contribute to more responsive and better quality services, and ultimately better outcomes for Pasifika people and their families.

Taeao o Tautai: Pacific Public Health Workforce Development Implementation Plan 2012-2017 supports the development and implementation of the national public health workforce strategy *Te Urukahikatea 2007-2016*. The Samoan name *Taeao o Tautai* refers to the "morning for the fisherman" – an appointed time of stewardship and leadership as they navigate the seas for village sustenance. This plan helps chart and guide the workforce who are *tautai* or navigators of a new day dawning.

The four priorities to action in *Taeao o Tautai* are:

- ✕ upskilling and retention
- ✕ strengthening Pasifika leadership
- ✕ supporting effective practice
- ✕ cultural competency.



Taeao o Tautai: Pacific Public Health Workforce Development Implementation Plan, 2012-2017 – Le Va

Te Uru Kahikatea | Ministry of Health NZ

#WeAreChurch

www.leva.co.nz/resources/we-are-church

For Pasifika people living with disabilities, negative stigma can be a significant barrier to accessing community support or leading the life they choose. Breaking down the barriers to access is one of Le Va's priorities. By fostering positive attitudes we can reduce, and ultimately aim to eliminate, the negative stigma that exists. This initiative is to help Pasifika churches and congregations support people with disabilities. PHAB Pasifika, in partnership with Le Va, has launched a suite of resources for Young Pasifika with disabilities, or what PHAB Pasifika refers to as young people with different abilities, emphasising how church plays a positive role in connecting and supporting their wellbeing.

#CatchOn

www.leva.co.nz/protect-your-bubble

#CatchOn ensures Pasifika families and those in our communities have access to information about the COVID-19 vaccine. This interactive programme includes a series of frequently asked questions and helpful links, enabling people to make an informed decision about being vaccinated against COVID-19.



"I may not have good sight, but God has blessed me with great vision."

Fatima currently works as a Pacific Services Coordinator at the Royal New Zealand Foundation of the Blind. Fatima has an eye condition called retinitis pigmentosa which means her left eye has only light perception and her right eye has tunnel vision (no peripheral vision). Fatima has two children and her passions are crochets, reading and enjoying time with her grandchildren.

You can play an important role in ensuring that people with disabilities are included and made to feel welcome in our churches.

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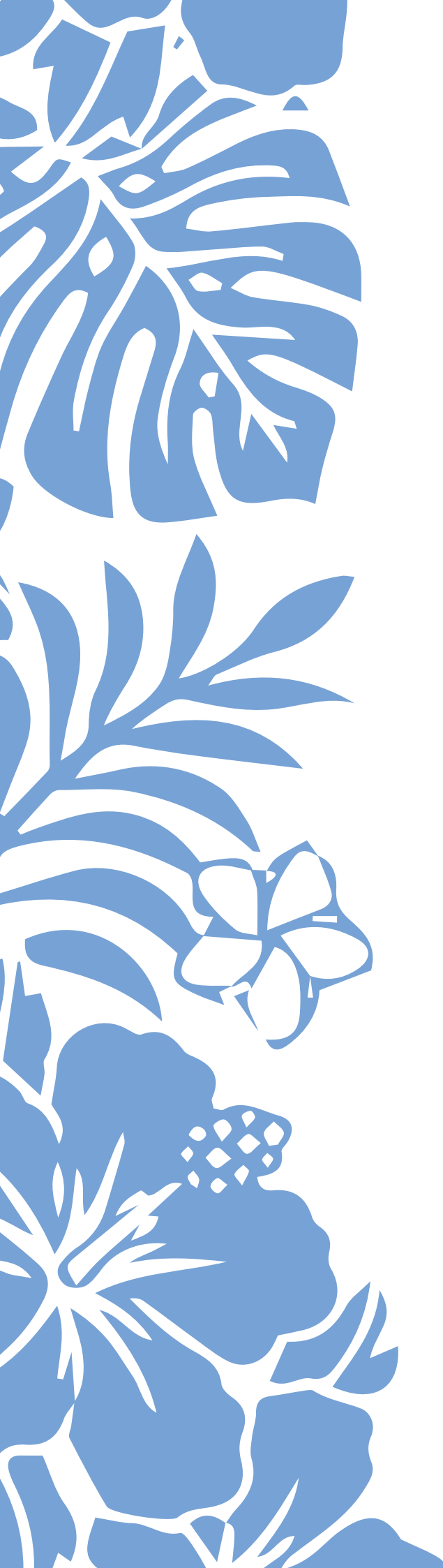
"When I go to church I feel happy and strong."

Lolomaniela came to New Zealand from Tonga after a car accident left him a paraplegic. He is a wheelchair user. Lolo has continued to participate and enjoy those things that bring him joy. This includes rugby union, rugby league as well as singing and conducting a brass band.

You can play an important role in ensuring that people with disabilities are included and made to feel welcome in our churches.

LeVa www.leva.co.nz





For more information about Le Va programmes,
resources and funds, contact the Le Va team at

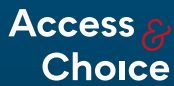
www.leva.co.nz/about/request-for-support

*Faafetai tele lava,
Malo 'aupito,
Meitaki maata,
Fakafetai,
Fakafetai lasi,
Fakaauae lahi,
Vinaka vaka levu*





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