



Community in Mind

**Hei Puāwai Waitaha –
a flourishing Waitaha**

Strategy for rebuilding health and
wellbeing in greater Christchurch



Community in Mind

Acknowledgements

The following agencies support and have contributed to the development of the Community in Mind strategy:



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“
**THERE ARE
THINGS THAT
PEOPLE CAN
DO ONLY AS
FAMILIES AND
NEIGHBOURS
THAT ARE
VITAL TO A
GOOD AND
SATISFIED LIFE.**
”

Peter Block & John McKnight

American authors (The Abundant Community) and experienced practitioners in asset-based community development.



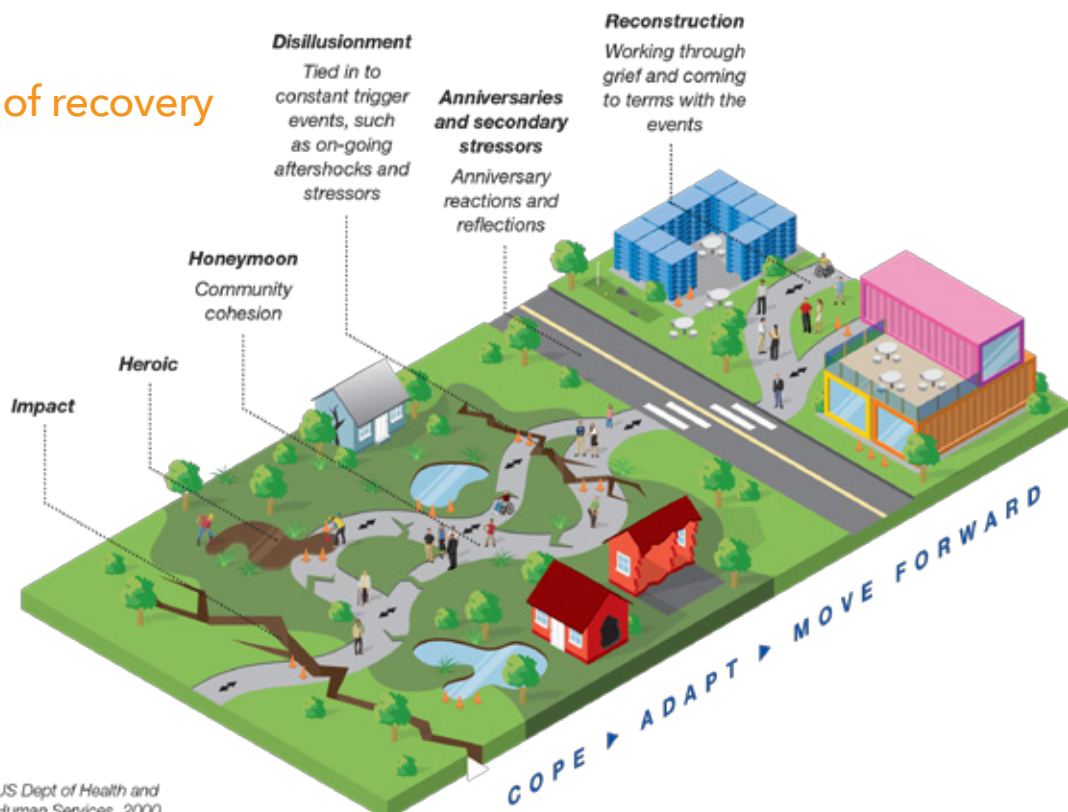
WHAT IS PSYCHOSOCIAL RECOVERY?

Psychosocial effects are defined as how individuals feel and how they relate to each other.

International literature suggests that psychosocial recovery after a disaster takes five to ten years. As the diagram in this page shows, recovery has several phases which communities and individuals progress through differently. Initially people pull together to deal with immediate concerns then later wellbeing declines in a 'disillusionment' phase when people realise the full impact of the event. Wellbeing improves when people start to move forward with their lives.

For us in greater Christchurch, this pattern was complicated by the aftershocks and the widespread impacts of the disaster. For some the disillusionment phase occurred several times.

Stages of recovery

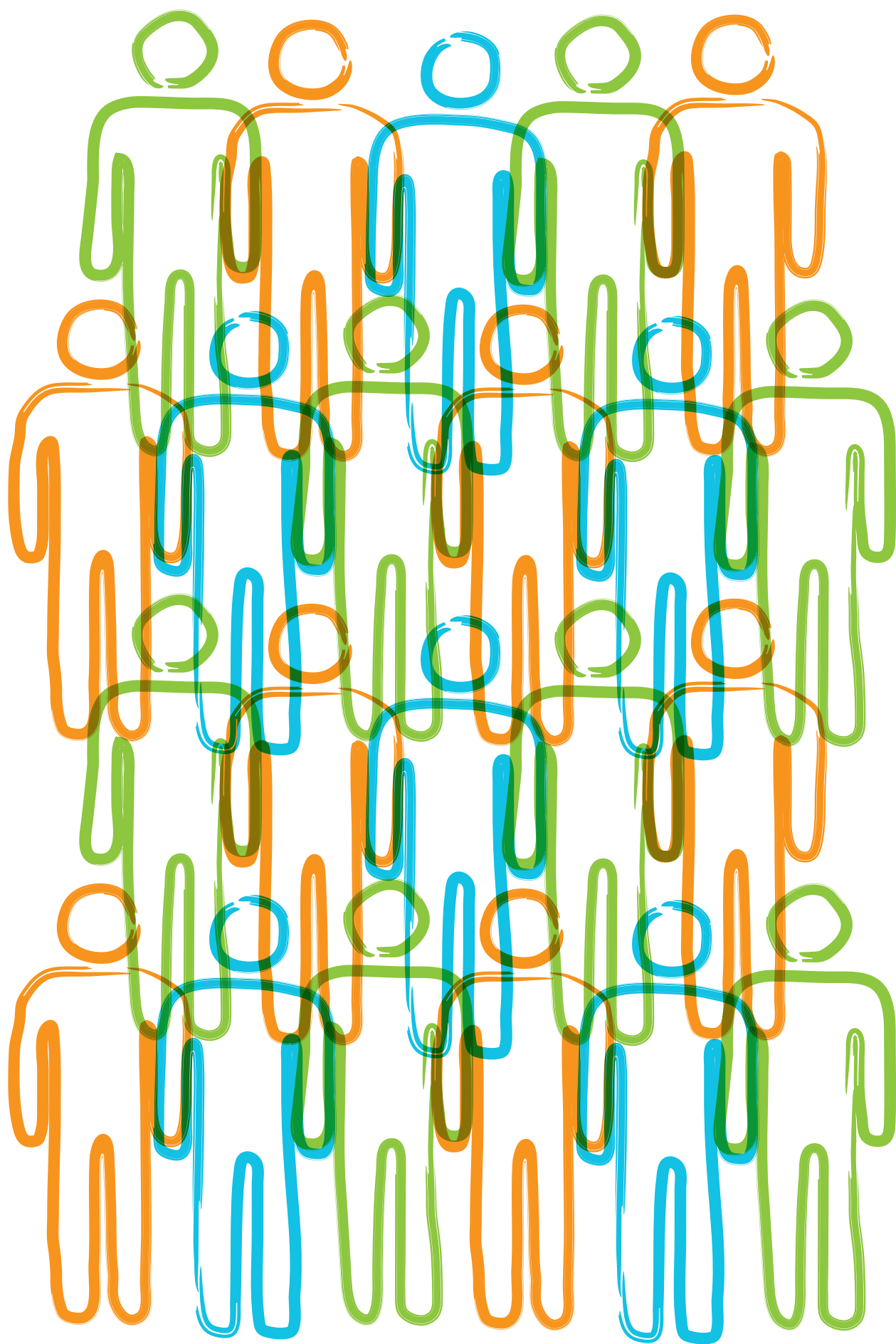


US Dept of Health and Human Services, 2000



Wellbeing improves
when people start to
move forward with
their lives.





HOW ARE THE PEOPLE OF GREATER CHRISTCHURCH DOING?

“...an important focus of recovery is the establishment of the basis for a new future. Recovery is, in the end, the resumption of a meaningful life: the life you want to lead.”

Dr Rob Gordon

In September 2012, 42 per cent of the population reported distress and anxiety associated with aftershocks,¹ but by April 2013 this had dropped to 16 per cent.² In addition, the residents of greater Christchurch continue to face stress caused by the process of rebuilding their homes, businesses and lives. Dealing with insurance was negatively impacting 37 per cent of the population in September 2012,³ and in April 2013 this continued to affect 26 per cent of residents.⁴

We have to find ways to cope with and adapt to the impacts of rebuilding our region's infrastructure, housing and community facilities. We have a way to go before we all feel that we are fully in control of our lives.

One in five residents report that they experience stress always or most of the time and many have taken advantage of the support available.⁵ Since September 2010, Earthquake Support Coordinators have helped over 7,000 households and thousands of people have accessed free counselling or received significant support from their GP, 0800 Canterbury Support Line or an Earthquake Assistance Hub. Thousands more have been visited in their homes by a community group, church or non-government organisation. Very meaningful and generous support has been offered daily by people who have taken the time to help their neighbours and others in their community.



¹ CERA Wellbeing Survey September 2012, p20, available online at <http://cera.govt.nz/wellbeing-survey>

² CERA Wellbeing Survey April 2013, p46, available online at <http://cera.govt.nz/wellbeing-survey>

³ CERA Wellbeing Survey September 2012, p20, available online at <http://cera.govt.nz/wellbeing-survey>

⁴ CERA Wellbeing Survey April 2013, p37, available online at <http://cera.govt.nz/wellbeing-survey>

⁵ CERA Wellbeing Survey April 2013, p30, available online at <http://cera.govt.nz/wellbeing-survey>



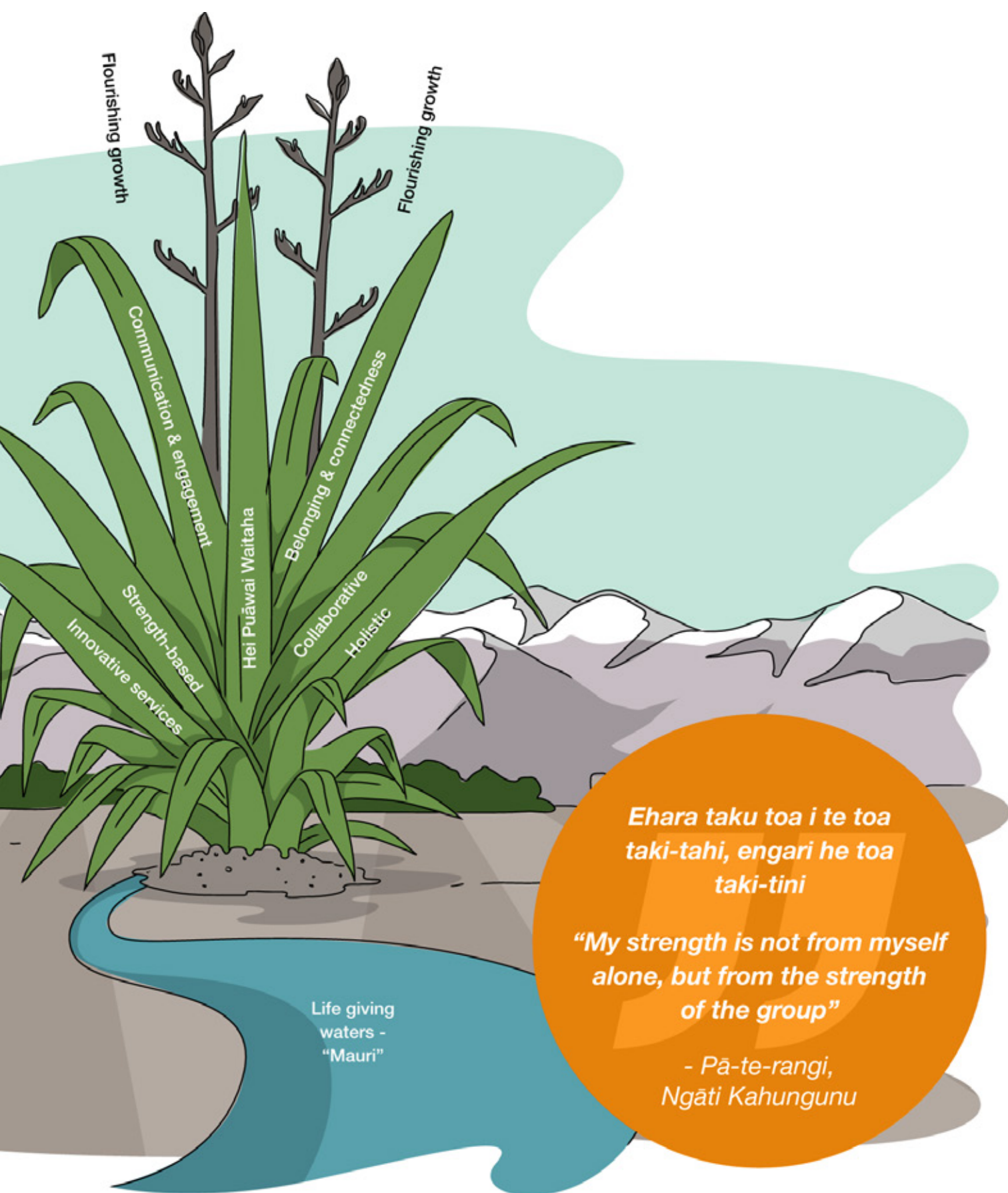
THE RECOVERY PROCESS

Hei Puāwai Waitaha
means a flourishing
Waitaha. People in greater
Christchurch belong to
positive and inclusive
communities and actively
lead the life they want.

The purpose of the Community in
Mind strategy is to guide agencies
to develop, target and coordinate
their work programmes for the
psychosocial recovery of greater
Christchurch communities.



People in Greater
Christchurch belong
to positive, inclusive
communities and actively
lead the life they want



*Ehara taku toa i te toa
taki-tahi, engari he toa
taki-tini*

*"My strength is not from myself
alone, but from the strength
of the group"*

*- Pā-te-rangi,
Ngāti Kahungunu*



STRATEGY PRINCIPLES

When someone is flourishing they are interested and engaged in life, live with purpose and meaning, and feel positive most of the time.



Strengths-based

Focus on the drivers of community strength and resilience. Improve the capacity of people to cope, adapt and move forward with their lives.



Holistic

Consider all the things that help keep people healthy: the determinants of health.



Targeted and evidence informed

Use local and international evidence to evaluate and target services to those most in need.



Belonging and connectedness

Recognise that people are part of a whanau, communities and networks which bind them together.



Community focused

Enabling and empowering communities to shape their own recovery is positive, self-organising and supportive of diversity.



Collaborative

Develop relationships and facilitate working partnerships in ways that complement each other's strengths.



STRATEGY OBJECTIVES

Community in Mind sets the following objectives to ensure that people in greater Christchurch belong to positive and inclusive communities and actively lead the life they want.

Leadership and Integration

- Communications are clear and use a variety of media.
- Monitoring data and information about psychosocial resilience is publicly available.
- Community leaders have access to tools, information and resources to increase skills and capability.
- Locally led initiatives are developed and valued as part of recovery.
- Agencies collaboratively deliver client-focused services.

Social Environment

- Community connectedness gives people a sense of belonging and helps define peoples sense of place.
- Improved psychosocial understanding and learning for individuals and communities.
- Services are appropriately targeted and develop the strengths of high need populations.
- Community-led activities promote local empowerment and are positive, inclusive and well resourced.

Built Environment

- Spaces and places for communities to be, meet and do are safe, open and accessible.
- Community engagement influences the design of anchor projects.
- The needs of vulnerable populations are accommodated in the built environment.
- Homeowners have clarity about the future of their properties and communities.
- Homes and buildings are safe, healthy and affordable to rent and to own.





CERA wishes to acknowledge the contribution made by The Mental Health Foundation of New Zealand and their 'Flourishing Otago' document.

Economic Environment

- Volunteering and giving is valued.
- Insurance issues that are affecting the recovery are identified and resolved where possible.
- Local economies and businesses thrive.
- Recovery employment provides opportunities for skills development.

Cultural Environment

- The stories, history and culture of Ngāi Tahu are woven into the new Christchurch.
- Communities are culturally inclusive, encourage participation and work collaboratively.
- Participation in sports, recreation, arts and cultural opportunities increases.
- Sports, recreation, the arts and creative sectors are supported to contribute to community recovery.

Natural Environment

- Opportunities to enhance the natural environment are embraced in the rebuild.
- Active transport options (cycling, walking, public transport) are supported.
- Green spaces and natural settings are accessible for play, reflection and relaxation in the city.



PRIORITY ACTIONS

The implementation of the six objectives of Community in Mind are shaped by three interconnected focus areas. The priority actions sit within these three focus areas. The associated Programme of Action will describe how this Strategy will be implemented.

“
**LEADERS OF
SUCCESSFUL
COLLECTIVE IMPACT
INITIATIVES HAVE
EMBRACED A NEW
WAY OF SEEING,
LEARNING AND
DOING THAT MARRIES
EMERGENT SOLUTIONS
WITH INTENTIONAL
OUTCOMES.**

”

John Kania & Mark Kramer

Authors recognised for their expertise in organisational strategy and development and the customer benefits of agency collaboration.



Community-led Kurupae Hāpori

Communication & engagement Taumata Kōrero

Innovative Services Pāpori Rerekē

- Support and encourage communities to shape and lead their own recovery.
- Build on capacity, knowledge and skills within the community to build resilience.
- Influence recovery decision-makers through community engagement opportunities.
- Build on understanding psychosocial recovery, how it affects people differently and ways to care for each other.
- Organise activities to connect and to plan and prepare as a community or neighbourhood.
- Build networks through participation in sports, recreation, arts and cultural activities.
- Provide accessible leadership development opportunities for community leaders and service providers.
- Facilitate engagement for constructive and enduring governance, partnerships and relationships for recovery.
- Promote information about pathways for people to access psychosocial services and supports.
- Share understanding about psychosocial impacts experienced after a disaster and strategies to improve wellbeing.
- Clearly communicate the stories of hope and progress as well as the challenges.
- Communicate the availability of spaces, cultural activities and participation opportunities.
- Provide access to community building tools, information and leadership learning sessions.
- Deliver services that are collaborative, accessible, innovative and inclusive.
- Support communities through resettlement.
- Listen to communities and collaborate to embrace a new way of seeing, learning and doing.
- Target and adjust delivery models and referral pathways to develop people's strengths.
- Ensure decision-makers consider the needs of vulnerable people and influence other programmes that help improve psychosocial recovery, such as the insurance and rebuild programmes.
- Actively monitor and communicate trends to identify high need populations and emerging stressors.
- Rebuild or repair accessible spaces for community, sport, art and cultural activities.





**Community
in Mind**



Canterbury Earthquake Recovery Authority

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