

How to use the Recovery Star™ in the context of the Māori health model – Te Whare Tapa Whā

The Māori health model – Te Whare Tapa Whā, emphasises the importance of considering a person’s health in a holistic way that recognises the interrelations between physical, spiritual, family/social and mental health.

The Recovery Star is ideally placed to support the implementation of this model since it is a holistic tool covering each of these dimensions, and by prompting detailed discussion of these areas within one conversation it allows the links to be more clearly identified. The 4th Edition of the Recovery Star fits even better with the Te Whare Tapa Whā model than previous editions.

Te Whare Tapa Whā dimension	Relevant Recovery Star™ areas
<p>Taha tinana (physical health)</p> <ul style="list-style-type: none"> • Good physical health is required for optimal development. • Our physical ‘being’ supports our essence and shelters us from the external environment. • The physical dimension cannot be separated from the aspect of mind, spirit and family. 	<p>Physical health: Physical health is included in the Recovery Star in recognition of its strong relationship with mental health. This area includes actions that support both physical health and well-being.</p> <p>Addictive behaviour: includes alcohol and drug use that can harm physical and emotional health</p> <p>Other areas that are likely to relate to physical health are Living skills (because it includes cooking and cleaning), and Home (because it includes suitability of accommodation).</p>
<p>Taha wairua (spiritual health)</p> <ul style="list-style-type: none"> • Faith and wider communication. Health is related to unseen and unspoken energies. • Damage to the wairua or spirit can contribute to physical illness 	<p>Identity and self-esteem includes cultural, religious or spiritual identity.</p> <p>Trust and hope includes having beliefs and values, which may be religious, that give meaning to difficulties and help get through them.</p>
<p>Taha whānau (family health)</p> <ul style="list-style-type: none"> • Belonging, caring and sharing as part of a wider social system. • How family can contribute to illness and assist in curing illness is fundamental to understanding Māori health issues 	<p>The value of support from family and friends is recognised in all outcome areas, with the final stage noting that family and friends can provide useful support and some areas including support from these sources lower down in the Journey of Change</p> <p>There are also specific outcome areas focusing on belonging and friendships (Friends and community) and important connections (Relationships)</p> <p>Use of time is also relevant as it includes having meaningful activities that give a sense of purpose, including parenting/caring or other activities that give a sense of belonging in the wider social system.</p>
<p>Taha hinengaro (mental health)</p> <ul style="list-style-type: none"> • The capacity to communicate, to think and to feel. • Mind and body are inseparable. • How we see ourselves in this universe, our interaction with that which is uniquely Māori and the perception that others have of us. 	<p>All areas of the Recovery Star relate to mental health, but the most directly relevant areas are as follows:</p> <p>Managing mental health includes understanding and coping with mental health symptoms, which may include tools relating to physical, spiritual or family health.</p> <p>Addictive behaviour includes addiction to drugs, alcohol, gambling or something else that is causing harm.</p> <p>Identity and self-esteem includes having a positive sense of identity and knowing where you fit in the world.</p>