

# **Does a bicultural approach work?**

**Outcome Measures in Maori and Non Maori clients  
Ed Craig, Higher Ground, Auckland, New Zealand**

# Higher Ground

**18 week residential therapeutic community in Auckland**

**12 step AA / NA , abstinence based model**

**Clients are over 20, with dependence to alcohol / drugs, mainly from Auckland and Waikato regions**

**Charitable trust, overseen by board of trustees**

# Treaty of Waitangi



Signed by Maori and the Crown in 1840

Three key themes

- Partnership between Maori and the Crown
- Participation of Maori in governance
- Protection of Maori treasures

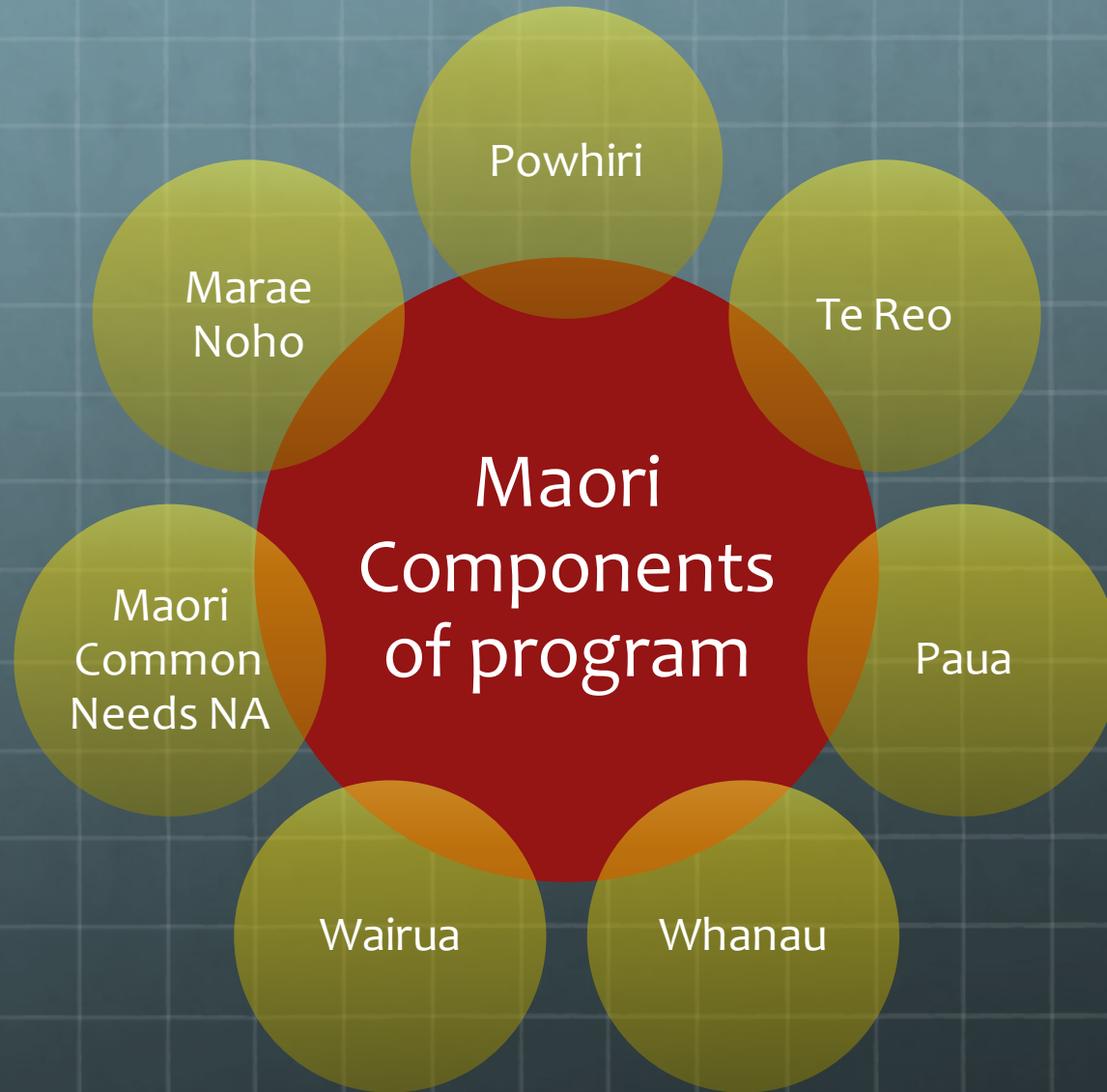
# Bi Cultural Approach

**Maori representation on Board of Trustees**

**Maori Cultural Advisor**

**Support and advice from Kaumatua (Tribal Elders)**

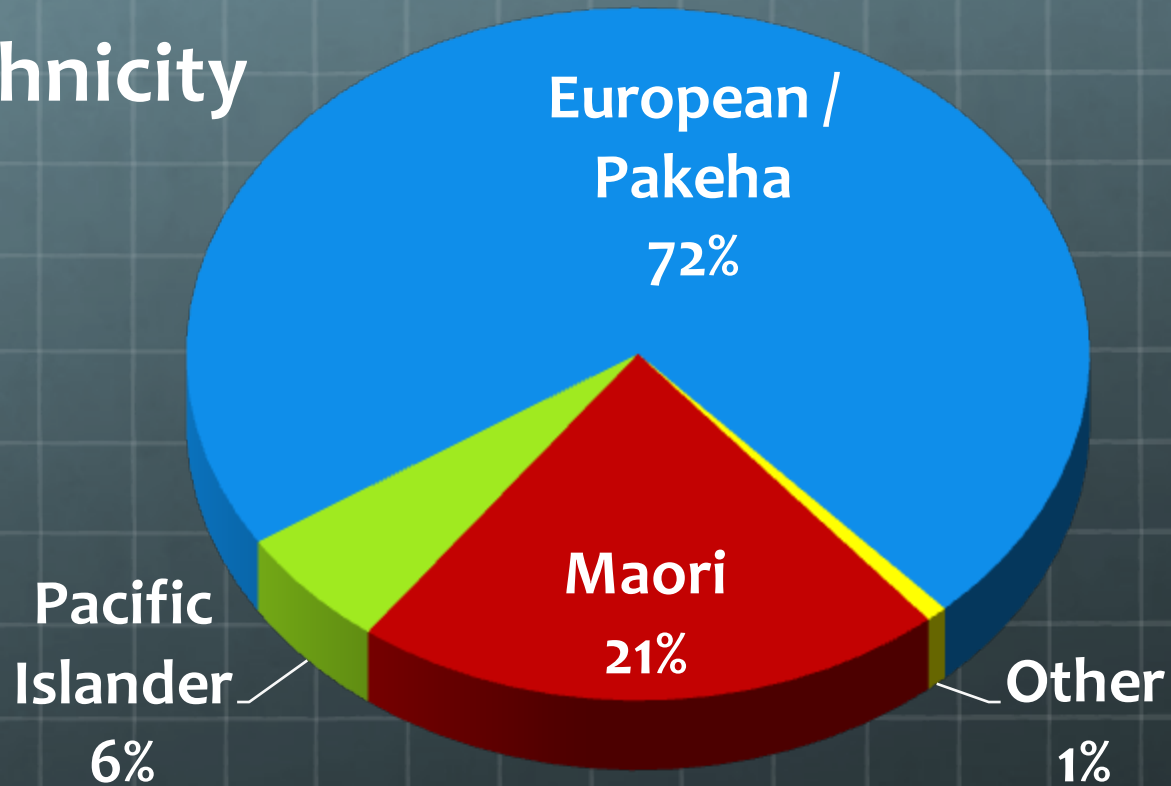
**Embraces principles of Treaty of Waitangi – partnership, participation and protection**



Group is open to Maori and non Maori

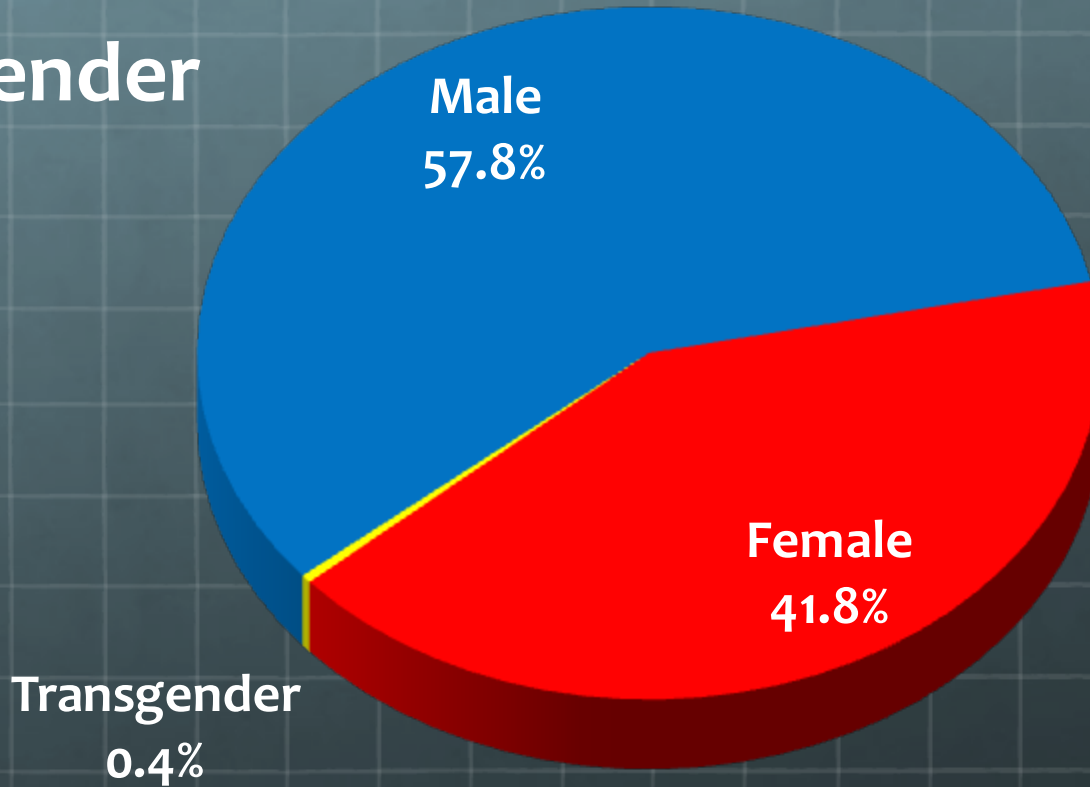
# Client Population

## Ethnicity



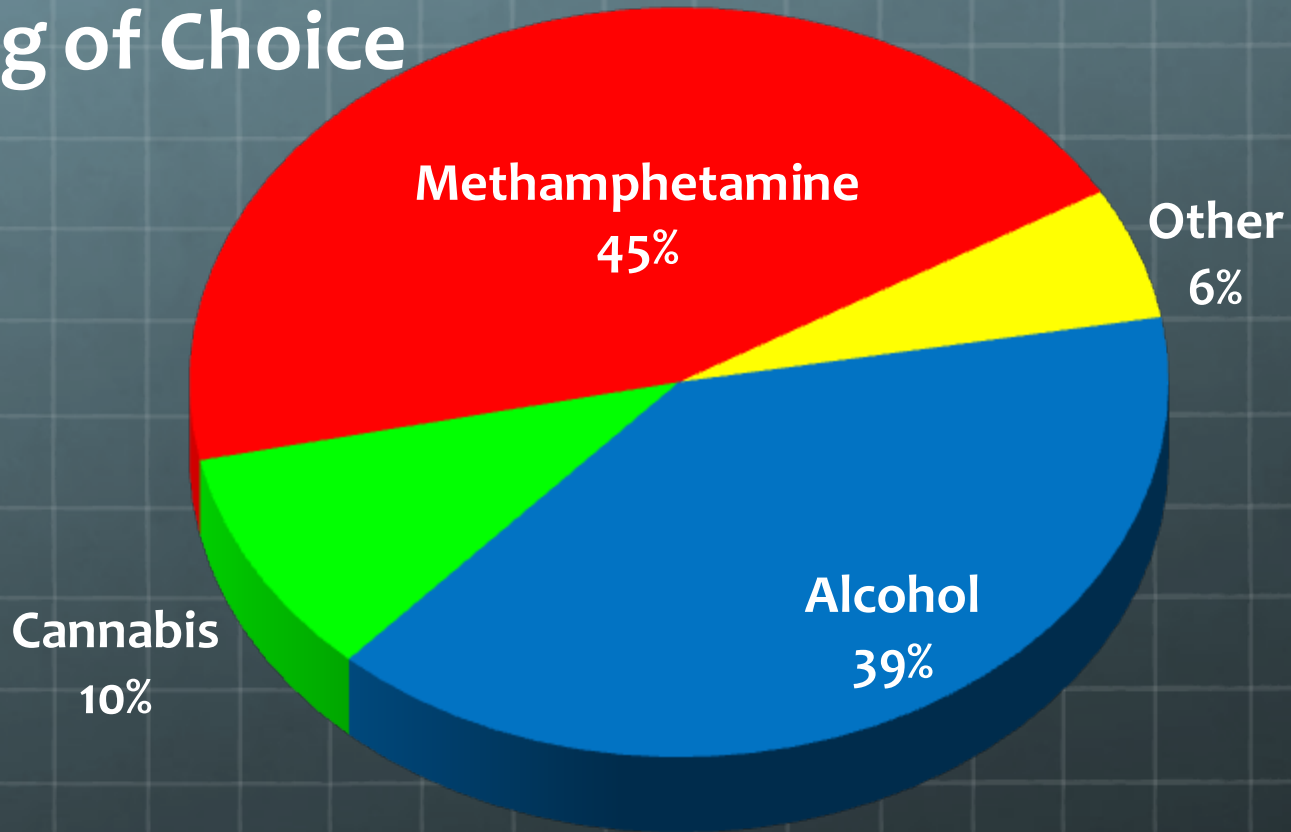
# Client Population

## Gender



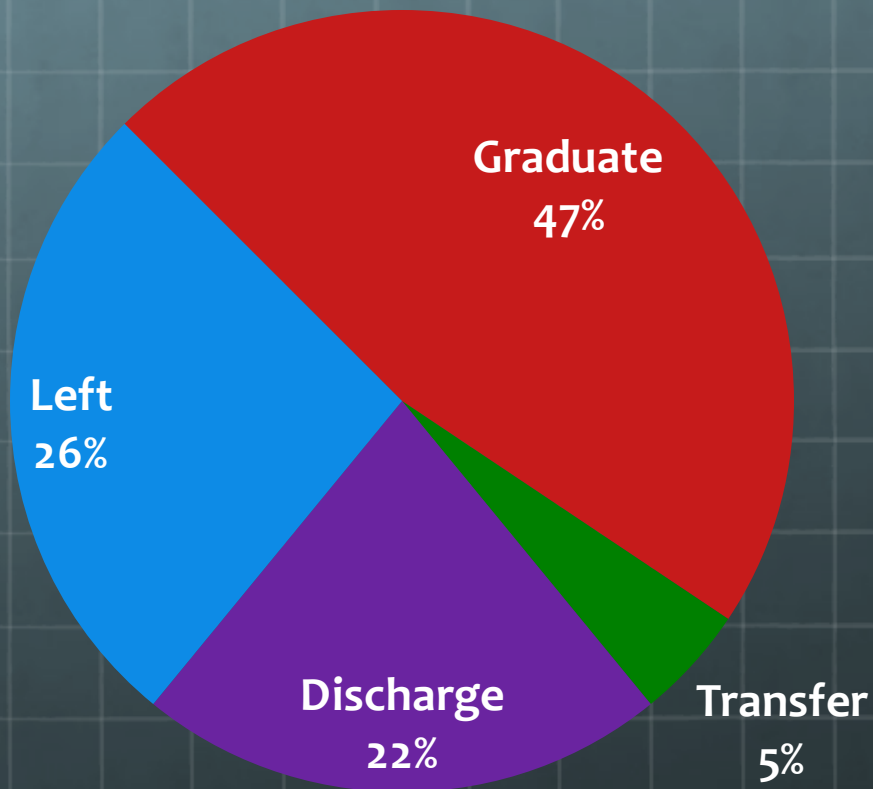
# Client Population

## Drug of Choice

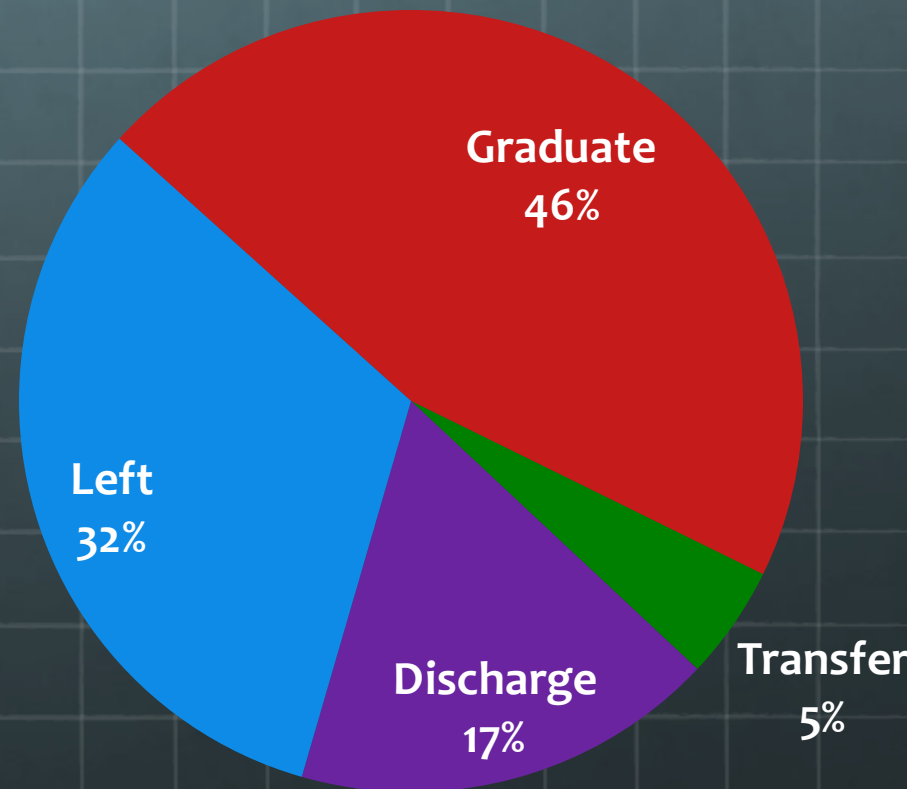


# Completion of Program

Maori

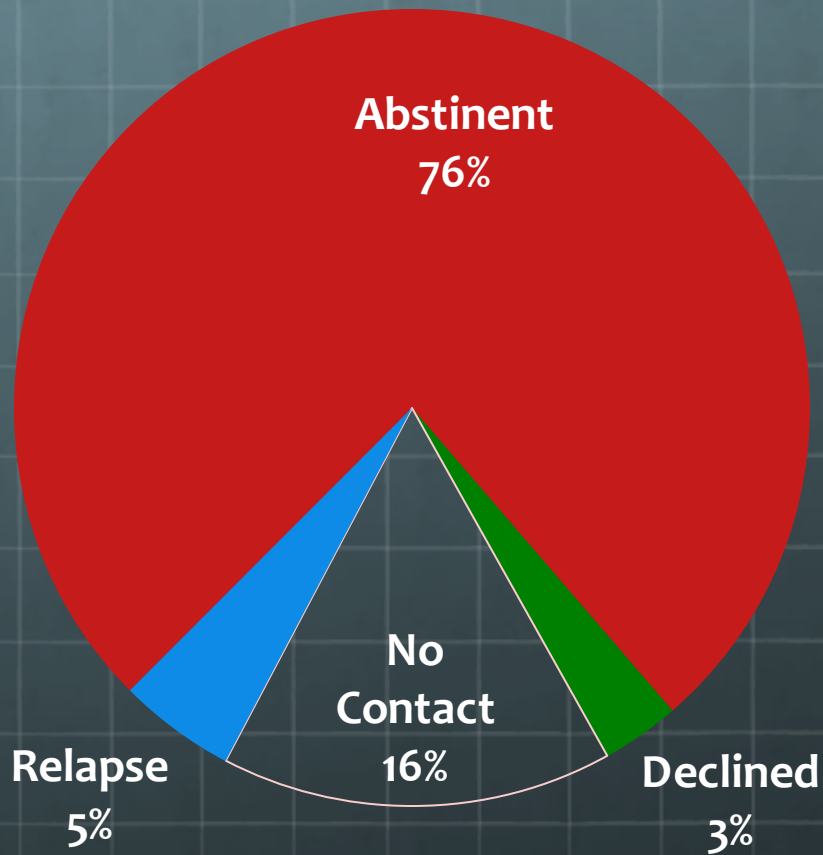


Non Maori

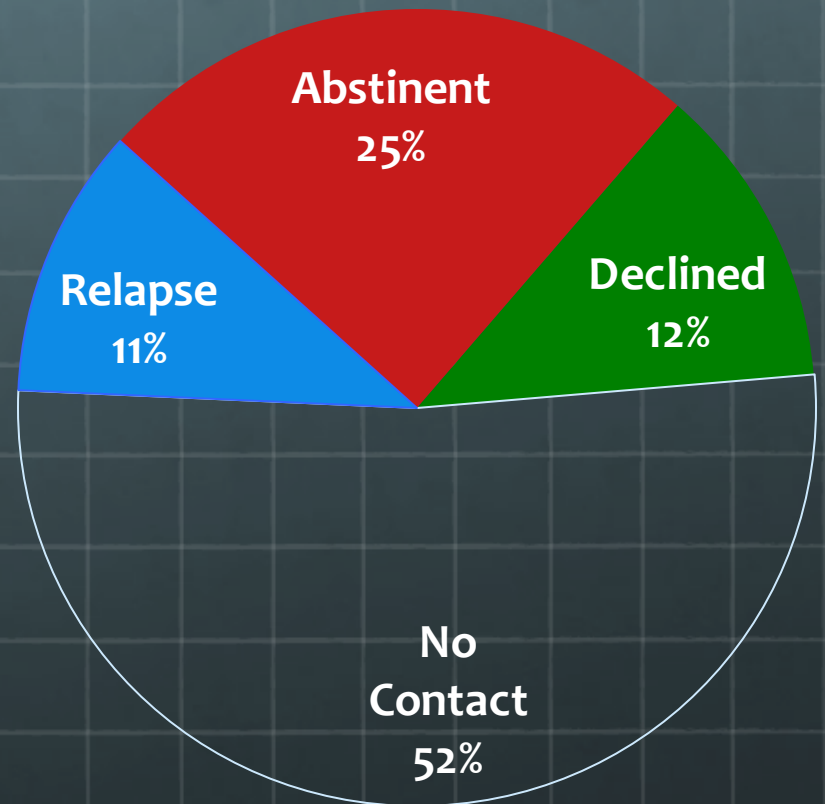


# 3 Months After Treatment

Graduated

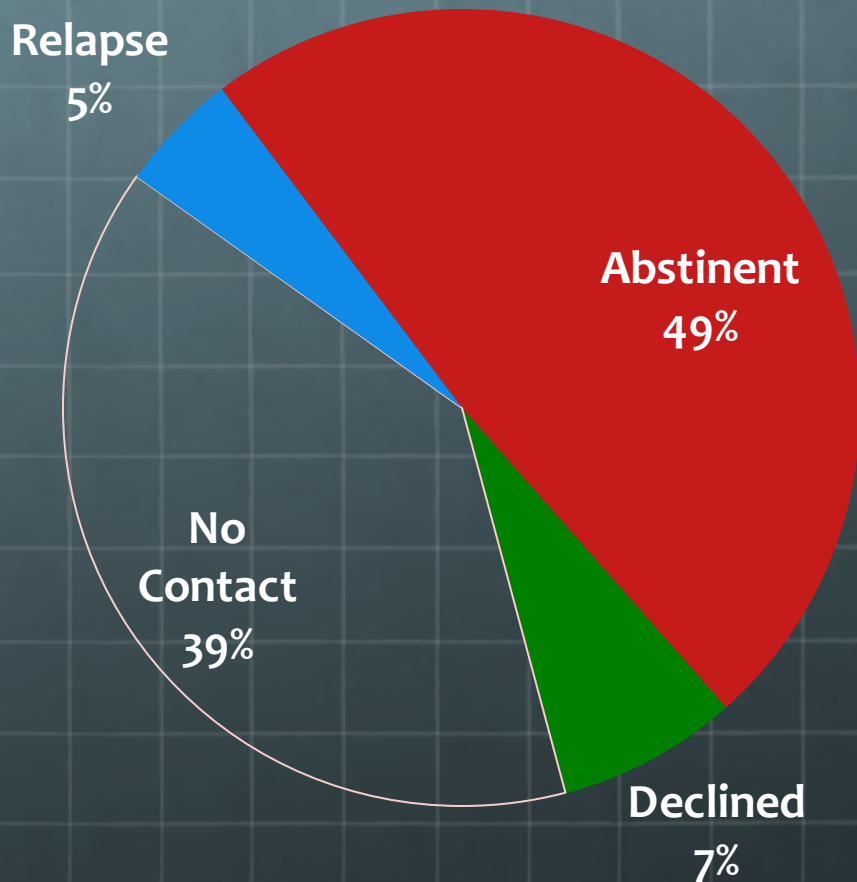


Discharged / Left

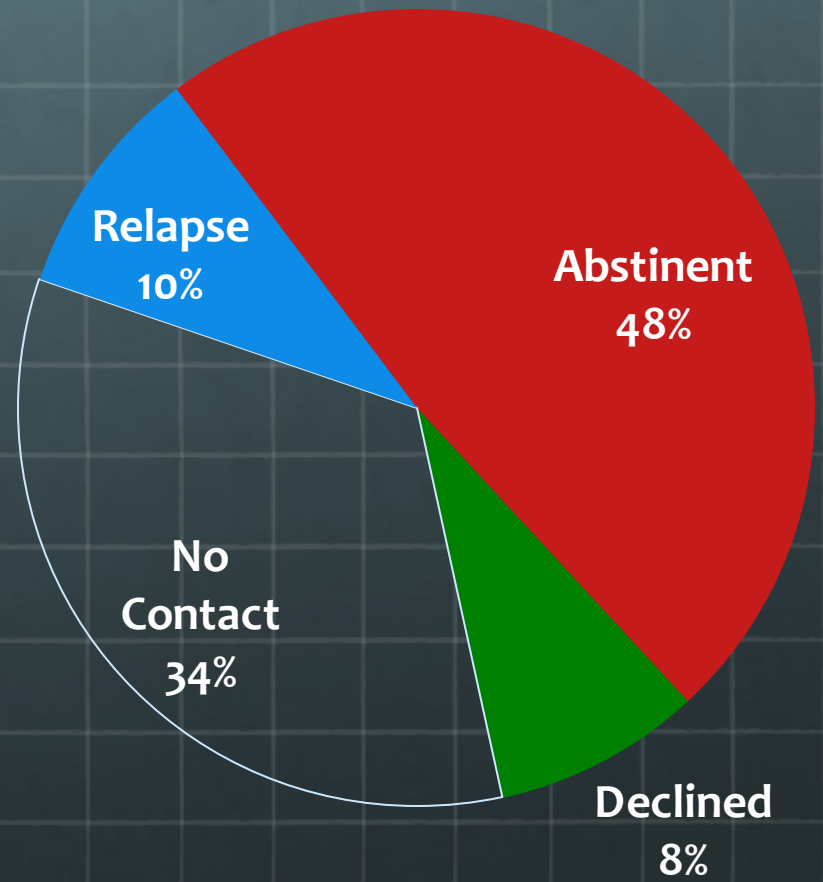


# 3 Months After Treatment

Maori



Non Maori







# Research Method

Clients complete a series of self assessment questionnaires at start, during and after treatment:

- Beck Depression Inventory - Beck, A. 1961
- Maudsley Addiction Profile - Maudsley Hospital, 1998
- Higher Power Relationship Scale – Rowan, N. 2006

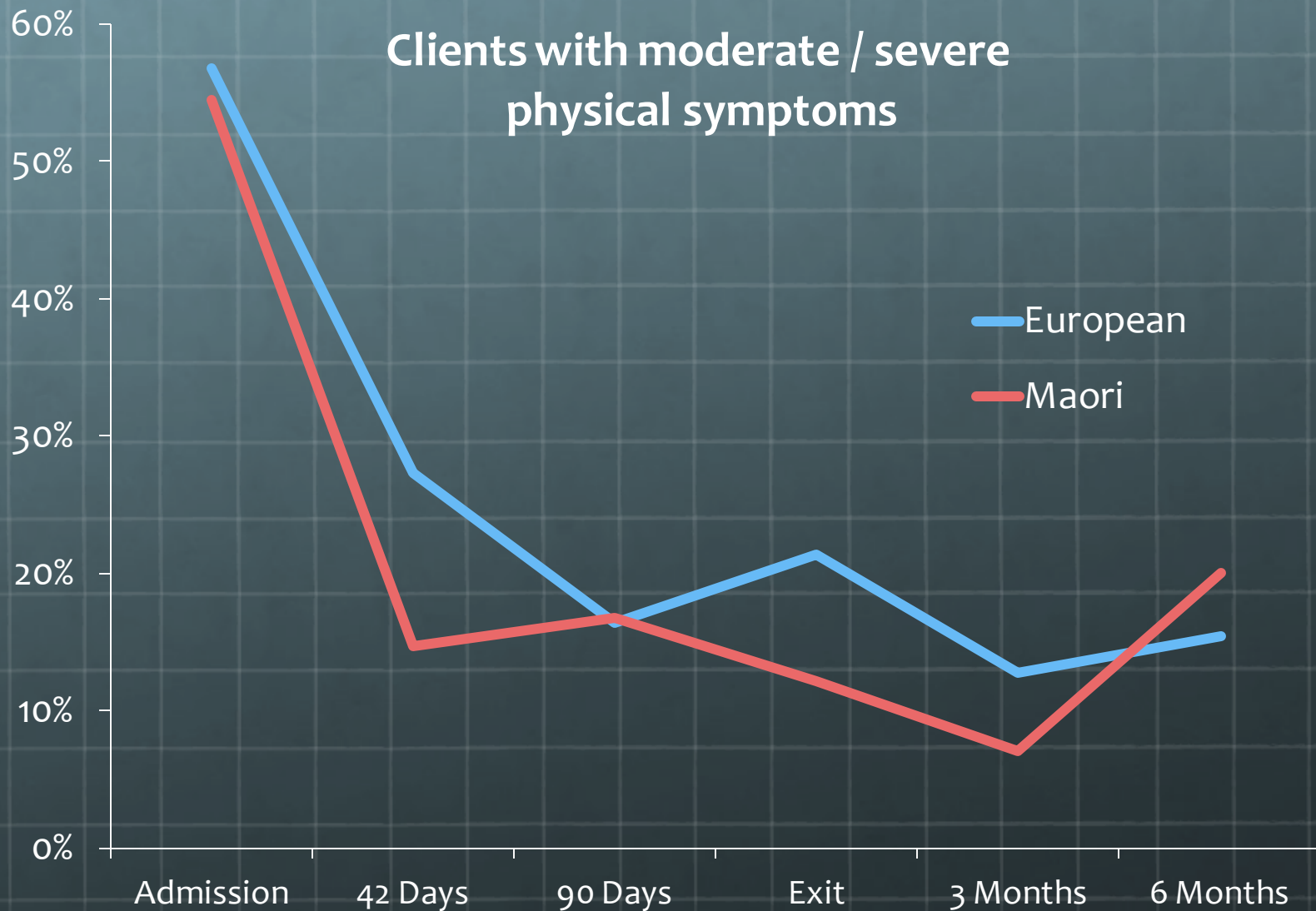
# Te Whare Tapa Wha

This is a holistic model of Maori health, based on the four walls of a building – all are required for clients to be well. (Durie M. 1985)

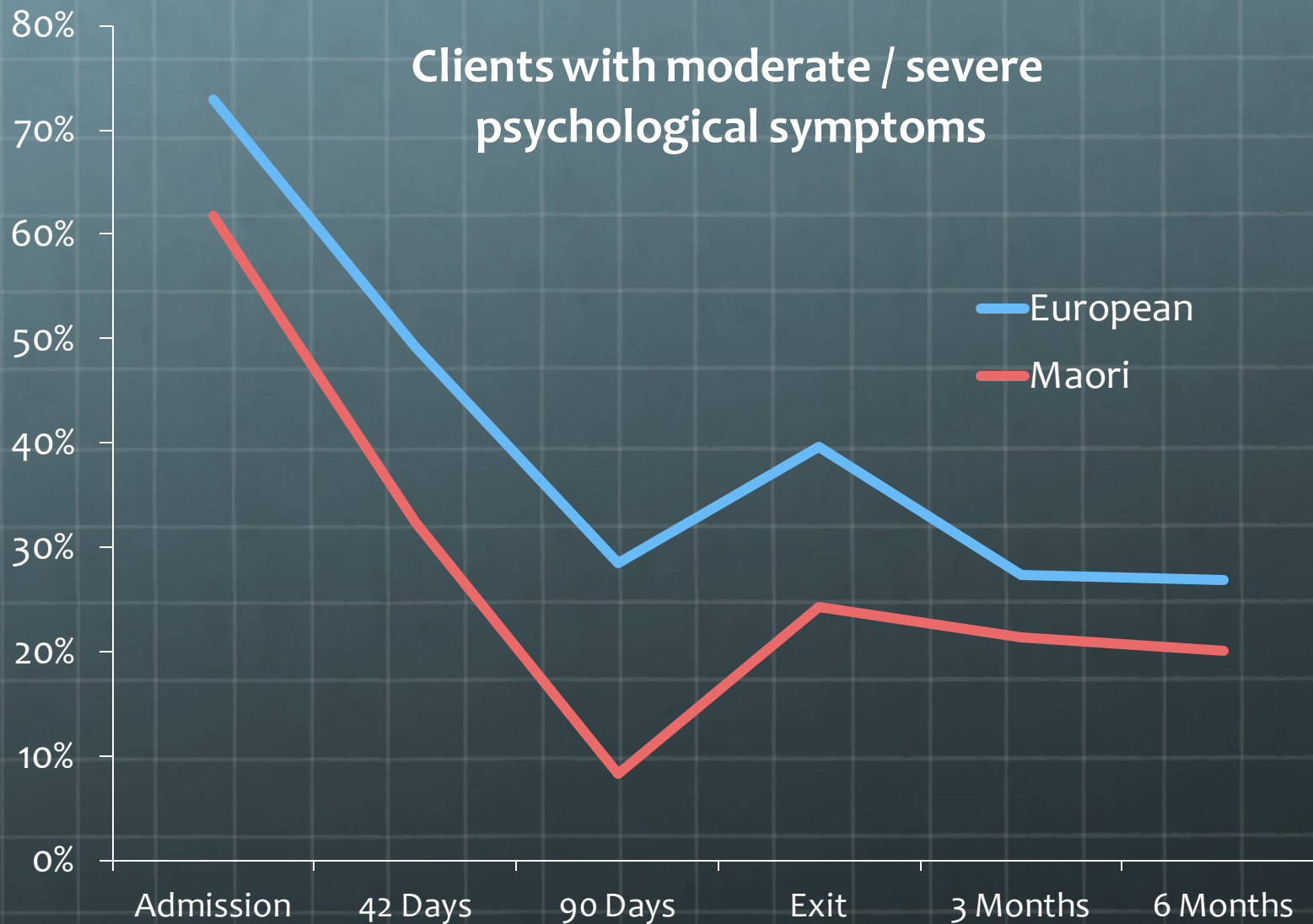
- |  |                      |
|--|----------------------|
|  Te Tinana    | physical well-being  |
|  Te Hinengaro | mental well-being    |
|  Te Wairua    | spiritual well-being |
|  Te Whanau  | family well-being    |

# Te Tinana

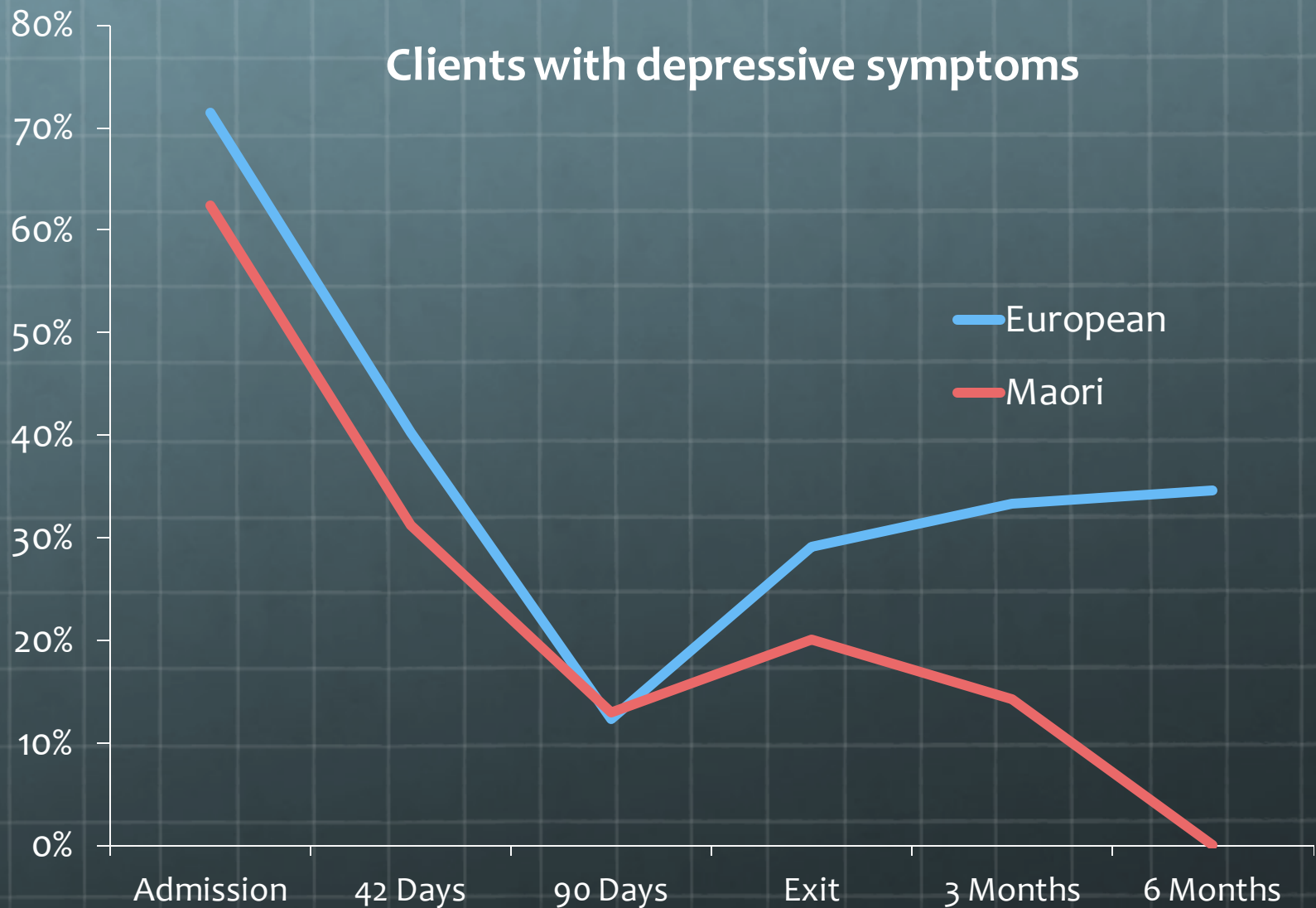
# Physical well-being



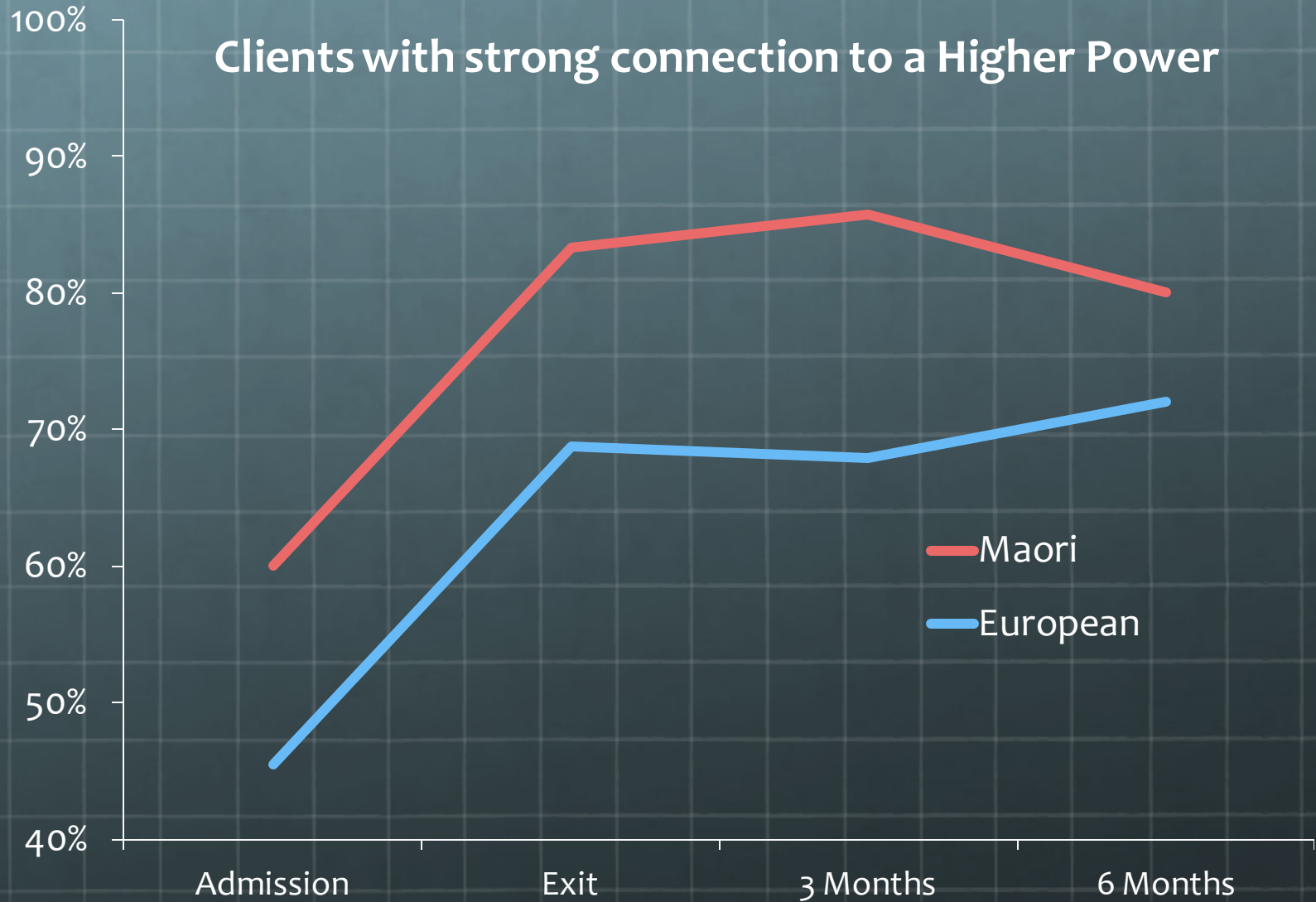
# Te Hinengaro Mental well-being



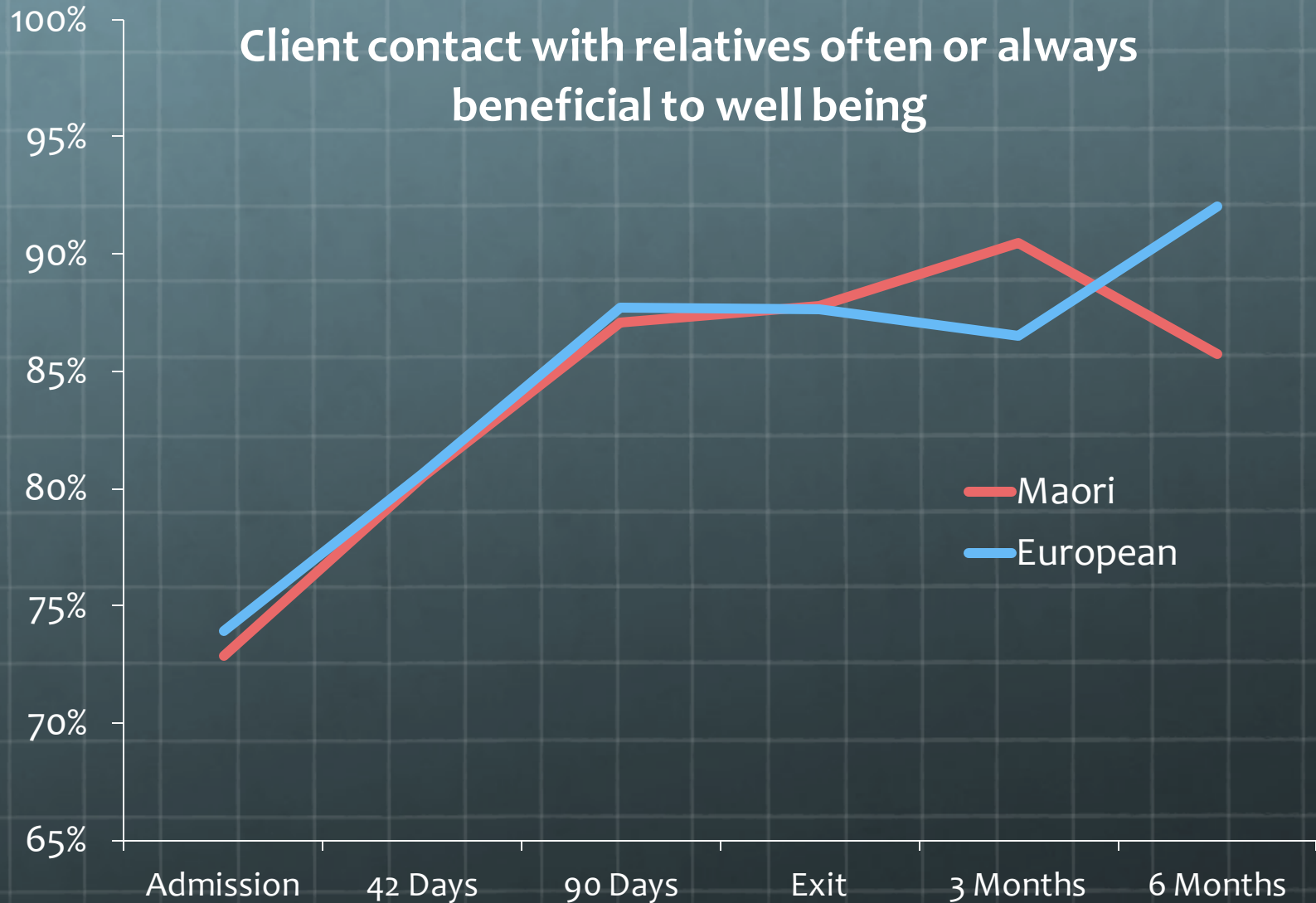
# Te Hinengaro Mental well-being



# Te Wairua Spiritual well-being







# Te Whanau Family well-being



# Summary

In the four areas of Te Whare Tapa Wha

- |  |                      |
|--|----------------------|
|  Te tinana    | physical well-being  |
|  Te hinengaro | mental well-being    |
|  Te wairua    | spiritual well-being |
|  Te whanau    | family well-being    |

Higher Ground serves Maori at least as well as non Maori.

Maori have less psychological symptoms and less depression than non Maori.

Maori are more spiritually connected than non Maori.





# Conclusion

- 🌐 A bicultural approach which is inclusive of both non Maori and Maori appears to serve Maori well
- 🌐 Addition of culturally specific treatment modalities complements and supports Maori
- 🌐 Outcomes for Maori are at least as good as those for non Maori

# Acknowledgements

- 🌐 Clients of Higher Ground for participation in project
- 🌐 Clinical Team and Research Team for collection and assimilation of data
- 🌐 Advice and input of Maori cultural advisor
- 🌐 Board of Trustees for support and guidance

# References

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