



Rākau Roroa

Online application criteria

Kia ora e te whānau – Welcome to Rākau Roroa

He mana tō te mātau ā-wheako

Our Lived Experience is our strength

What is Rākau Roroa?

Rākau Roroa is a programme that teaches people with personal Lived Experience of mental distress and/or addiction and recovery to confidently challenge self-stigma, prejudice and discrimination by publicly championing positive messages around the value of these experiences.

Rākau Roroa more than a just an online training programme, it's the foundation of our grassroots social movement. Through training and ongoing support our graduates, called 'Tall Trees', will;

- Be equipped with the tools, skills and messages required to challenge discrimination and prejudice and encourage inclusive behaviours in their communities.
- Apply their learning to the communities they already have influence in (whānau/families, workplaces, churches and on marae).
- Have public respect by being credible, authentic and honest about their mental health struggles and strengths.
- Confidently look for opportunities to disclose their Lived Experience in a way that challenges myths and stereotypes.
- Walk the talk as a competent, capable and professional community leader who is open about their Lived Experience of mental distress.
- Be part of a social network or 'forest' of Tall Trees who work collectively on social action initiatives to redress inequity, injustice and misinformation.

Who can apply?

Any person with Lived Experience of mental distress and/or addiction and recovery can apply to participate in the Rākau Roroa online training programme and become part of the Rākau Roroa social movement. We define recovery as being able to flourish in the presence and absence of symptoms. We are particularly interested in hearing from people who identify with any of the below:

- Māori
- Pacific peoples
- Rainbow community
- Between 18 and 25 years of age
- Over 60 years of age
- New mothers

- Men / Males
- Live rurally
- Experience of serious/profound mental distress and recovery
- Connected to the above-mentioned communities

What do I need to apply?

To apply for the Rākau Roroa online training programme you must meet **all** the criteria listed below:

1. Have access to a laptop, computer or tablet, with internet access and camera/video calling ability to take part in Zoom (or similar online platform) video calls.
2. Be available for the entire duration of the online course. Dates and time commitments are stipulated in the application form.
3. You must live in and be a NZ resident or citizen to take part.
4. You have personal Lived Experience of mental distress and/or addiction and recovery. You are ready to reflect on your journey as something of value to be learned from.
5. This is not a support service. You will have a Facilitator and a course-peer or 'responsa-buddy' to support your learning and reflection during the training. However, due to the nature of the training, it's extremely important that you have someone outside the programme you trust that you can lean on for support if challenging feelings come up for you during the training.
6. You are confident that with the right training and support you will be able to positively work with your community to reduce self-stigma, prejudice and discrimination to benefit people with Lived Experience of mental distress.
7. You are well supported emotionally and professionally to be open about your Lived Experience.
8. You have a clear picture of how you would like to blend your personal strengths and passions with the knowledge and skills gained from the online training to create a project and/or strengthen and empower your community.
 - a. This could be creating a play, touring an exhibition, speaking publicly about wellbeing, working with media, stepping into governance, changing policy, deciding to pursue a career in mental health or simply changing conversations around mental distress by sharing your own story of recovery.
 - b. Becoming a Tall Tree will allow you to empower others, positively change conversations around mental health in Aotearoa and help reduce self-stigma, discrimination and prejudice about mental distress.

If you meet the criteria above, we would love to hear from you!

When completing the application form please:

- Allow 20-30 minutes to complete the application
- Complete all sections of the application form
- Contact us if you have any accessibility needs, questions or concerns by emailing **rakauroroa@changingminds.org.nz**
- Attach references/letters of support
- Attach a photograph of yourself (for internal use)
- Confirm that you can dedicate sufficient time and energy to complete the training

Please apply now by clicking on our **[Survey Monkey application form](#)**