

# **Tofatumoanaina**

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# Background

**In our local area Pacific communities are made up of:**

- **56.2% Samoan**
- **19.7% Cook Islands**
- **9.3% Tokelau**
- **4.2% Tongan**
- **2.6% Fijian**
- **2.6% Niue**
- **3.4% others including Kiribati, Tuvalu, Tahiti**

# Trauma in the Pacific

- **Tsunami**
- **Cyclones**
- **Spanish Flu**
- **Outbreak of Measles**
- **Black Saturday – Samoa trauma at hands of NZ administration**
- **Dawn Raid**

# **O le Taea Afua study**

- **Cultural protocols**
- **Relational self**
- **Tapu and sa in relationships**
- **Spiritual and the self**
- **Family involvement**
- **Traditional healers**

# **MATCH ADTC/TRACY STUDY**

- **Modular Approach to treating children with Anxiety, Depression, Trauma and Conduct problems**
  - **Re-packaging of the most effective evidence based treatments for these problems in children**
  - **RCT's in Boston, Hawai'i, New Zealand and Norway- NZ results not yet out**
  - **The NZ Study attempted to create a big enough sample size for Maori and Pacific young people**

# Case Study

- **12 year old Samoan girl**
- **Lives with single father, sister and grandfather**
- **Pre-Assessment:**
  - **elevated on SDQ Overall Distress, Emotional Distress and Hyperactivity & Concentration Difficulties (child)**

# Case Study

- **Elevated on SDQ Emotional Distress and kind & helpful behaviours (parent)**
- **Clinically Elevated on Trauma: sexual abused by cousin**
- **Primary Problem Area: Trauma**

# **Top Problems**

## **Amanda's Top Problems:**

- 1. I want to get rid of flashbacks.**
- 2. I freeze when boys/men give me a hug.**
- 3. I am not doing well at school.**

## **Dad's Top Problems:**

- 1. My daughter is scared when she is in company**
- 2. My daughter does stupid things.**
- 3. My daughter's school work is falling behind.**



# MATCH Treatment

Learning about anxiety (father)	Getting acquainted & learning about anxiety (child)	Learning about anxiety (child)	Fear Ladder	Learning to relax
Trauma Narrative	Wrap up			

# **MATCH ADTC & Culture**

- **Can adapt for culture**
- **Cultural metaphors and stories**
- **Pacific relaxation exercise**
- **Draw on families culture**
- **Some Samoan language used**

# Outcome

## **Amanda's Top Problems:**

- 1. I want to get rid of flashbacks***
- 2. I freeze when boys/men give me a hug***
- 3. I am not doing well at school***

## **Dad's Top Problems:**

- 1. My daughter is scared when she is in the company of boys/men.***
- 2. My daughter does stupid things.***
- 3. My daughter's school work is falling behind.***

# **Cultural Considerations**

- **Engagement is crucial!**
  - **Pasifika protocols and language**
  - **Acknowledge spiritual and sacred connectedness**
- **Open and end sessions with prayer**
- **Use language, narratives, metaphors, proverbs, biblical/aspirational quotes**

# **Cultural Considerations**

- **Use role models who are Pasifika athletes/sport people in New Zealand**
- **Show families you genuinely care about them!**

# Conclusion

- **Treatment can be adapted**
- **Pacific cultural protocols**
- **Skill of the clinician is crucial**
- **MATCH ADTC works well with Pacific CAMHS clients/families**
- **Tofatumoanaina**