Te Ihi Tu Trust
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22 May 2002

E nga iwi, e nga karangatanga, te ihi me te rahi
Tena koutou, tena tatou katoa

Te Ihi Tu Trust is a rehabilitation centre in Taranaki New Zealand that runs three (3) thirteen (13) week programmes per year. Its main focus being to reduce recidivism among maori men as there is a disproportionate number of them in the prison system. As part of the criteria when clients make an application to come to the Trust they must first acknowledge that there is a need to change their current behaviour patterns. The Vipassana Meditation Course was first introduced into our programme in May 1999. All staff have participated in the course and have found the tool to be most beneficial. The Vipassana Meditation Course is run at the beginning of each intake of new clients. We have found that our clients focus and awareness becomes more attuned and receptive to their own needs and are able to participate more honestly and successfully throughout the remainder of the programme and on returning to their families are able to implement into their personal lives the necessary changes needed to improve their quality of life.

In 1999, of the fourteen (14) men that attended our programme, seven (7) had not reoffended in the first twelve (12) months after leaving.
In 2000 of the sixteen (16) men that attended our programme eleven (11) had not reoffended in the first twelve (12) months after leaving.
In 2001 of the sixteen (16) men that attended our programme seven (11) had not reoffended in the first twelve (12) months after leaving.

Since having introduced Vipassana into our programme forty six (46) men have practiced/learnt the technique of Vipassana meditation, of that figure twenty nine (29) have not reoffended.

Kati ake nei
Kaore e kume roatia te korero
Naku noa a

Raanga Haddon