


2016



Aka Kaurua


PIRITAHU
HAU ORA
TRUST

EVALUATION



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Acknowledgement

He hōnore
He korōria
He maungārongo ki te whenua
He whakaaro pai ki ngā tāngata

On behalf of the Waka Hourua Māori and Pasifika Suicide Prevention Programme, Te Rau Matatini, I would like to acknowledge Piritahi Hau Ora Trust for their commitment to provide suicide prevention and awareness training that will support and build resilience rangatahi in their hapū and community.



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Te Kīwai Rangahau (Research and Evaluation)
Te Rau Matatini

Key Messages

Waka Hourua

- Youth are enthusiastically engaged in supporting each other around sensitive issues such as suicide when empowered.
- The RAID movement is a kaupapa that was well received by rangatahi on Waiheke Island.
- Celebration as rangatahi is just as important as suicide training and awareness.
- Service providers should support rangatahi to create their own ways to prevent suicide.

Background



Piritahi Hau Ora

Piritahi Hau Ora Trust (PHOT) is a marae based health service for all people on Waiheke island. In response to the death of six young Māori on Waiheke Island in 2013 whānau identified the need to make marae-based, multi-channel Waiheke Island-specific information, education and support acceptable and accessible.

PHOT has a Multi-disciplinary, kaupapa Māori service that includes:

- Health providers GP
- Practise nurse service
- Home based, alcohol and addiction services
- Whānau counselling services for tamariki and their whānau

The Waka Hourua Project was a component of PHOT's five-part inter-related project that seeks to enhance suicide intervention, to train whānau in suicide prevention, to develop Waiheke Island-specific information, education and communication resources, to recruit and train rangatahi and implement an anti-bullying programmes in schools.

For more information about PHOT see the website below
<http://www.piritahihauora.org/>

Project Objectives

Objectives:

The Waka Hourua project comprised five inter-related parts:

- Enhancing the co-ordination and development of the Waiheke Island Suicide Intervention roopu (group) that formed after the six island based suicide completions and three contagions and whānau related completions.
- Informing and educating whānau and community using the Waiheke Island Suicide Intervention roopu, RAID Movement, suicide prevention workshops (like Applied Suicide Intervention Skills Training) and rostered whānau support.
- Developing resources, including a social media communication tool targeting rangatahi on Waiheke Island.
- Initiating and supporting rangatahi, to run a rangatahi support group, recruiting through schools and learning through marae-based wānanga.
- Developing effective anti-bullying programmes and policies in collaboration with all our schools and education facilities.

This initiative also aligns with Goal 3 of the Waka Hourua Outcome Framework, specifically the pathways and indicators under Secondary Prevention: Targeting at risk individuals

Pathways	Indicators
<ul style="list-style-type: none"> • Encourage rangatahi leadership in key situations (whānau, hapū and iwi and community) 	<ul style="list-style-type: none"> • A leadership network is established to increase rangatahi capability, skills and knowledge to prevent suicide

This report prepared by Te Kīwai Rangahau, Te Rau Matatini’s Research and Evaluation team, provides a review of the Piritahi Hau Ora Trust initiative. This review summarises the information gathered by Piritahi Hau Ora Trust during the initiative for the purpose of assessing their programme’s effectiveness, in turn showing the development of the initiative, numbers of participants, achievements, benefits, as well as a future focus. The overall focus of this review therefore was to assess the effectiveness of Piritahi Hau Ora Trust to achieve its agreed Waka Hourua goals and to determine how the programmes implementation aligns to the overall intent, and design of the programme, and what actually happened during its implementation (how much, how well, and is anybody better off).

Project Deliverables

Table 1: Key deliverables of PHOT

Key Deliverables	Key Performance Standards	Status
1. Project Establishment Coordination and development of Waiheke Island Suicide Intervention (WISI) roopu	Co-ordinator identified and appointed	Achieved
2. Project Delivery Publish fortnightly "Good Stories" panui	Inserts in local papers starting 1st of June	Achieved
3. Volunteer roster completed	Volunteer support in place for whanau in crisis	Achieved
4. Support pathway for whanau and carers developed	Dissemination of pathway	Achieved
5. Live social media communication tool/website	Website being accessed by rangatahi and community	Achieved
6. Establish a rangatahi focus group	Waiheke high school PSS team engagement in rangatahi roopu	Achieved
7. Acknowledgement of mandated rangatahi leaders	Article published in local papers	Achieved
8. Raid movement marae wananga for rangatahi	Attendance of minimum 50 rangatahi at wananga	Achieved
9. Anti-bullying hui with all schools on the island	Effective anti-bullying policies in place	Partially Achieved
10. Workshop for whanau and community about impact of bullying	Minimum 30 attendees at workshop 90% rate workshop as very helpful	Partially Achieved
11. Suicide Awareness Training	All programme staff and volunteers complete training	Achieved
12. Marae hui to teach whanau coping strategies and skills	Minimum 30 attendees at 12 marae based hui	Partially Achieved
13. WISI hui completed	Completion of 8 WISI hui over the calendar year	Achieved

Project Research And Development

Participants

A total of 2798 people attended one hui or event during the course of the project. The participants were comprised of NZ European (1759), Māori (872), and Pacific Islanders (167). Of the total amount, 1215 identified their gender (766 males and 449 females) with the majority situated within the 13-18 year old age group.

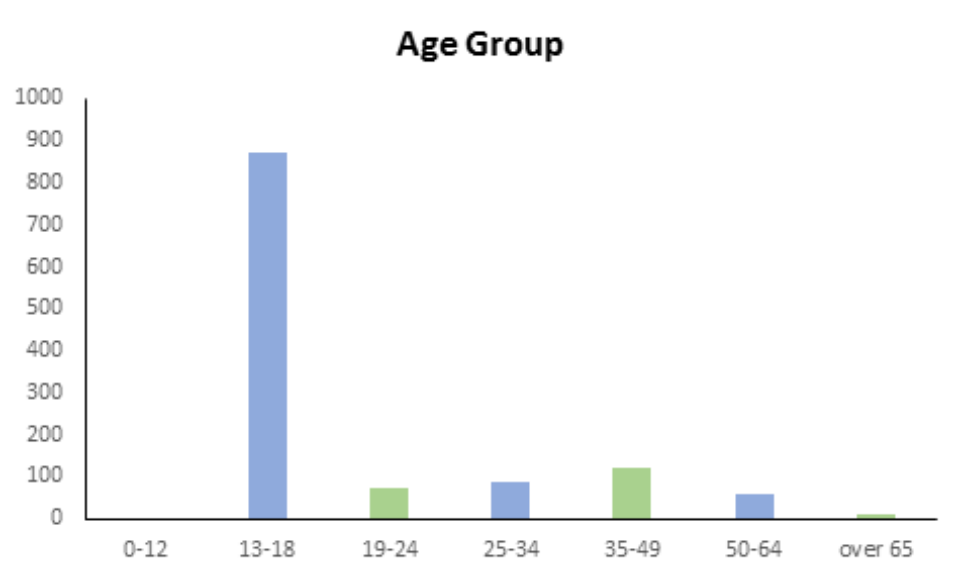


Figure 2: Graph of age group of the participants

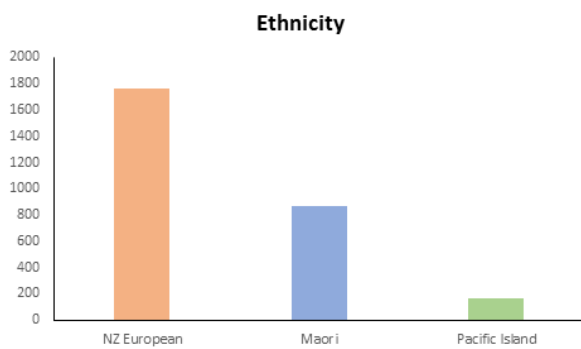


Figure 3: Graph of ethnicity of the participants

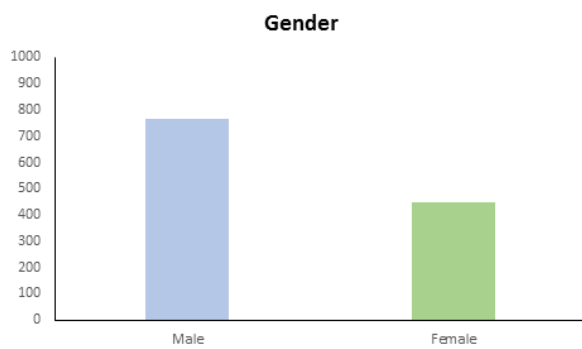


Figure 4: Graph of participant gender

Project Delivery

The project incorporated five interrelated parts and generally defined how PHOT planned to prevent, intervene and provide post-vention support to whānau and in particular rangatahi, around issues of suicide for Waiheke Island.

Figure 5: PHO project components



Waiheke Island Suicide Intervention Roopu

To establish the Waiheke Island Suicide Intervention (WISI) roopu, PHOT reached out to other organisations and individuals such as the Taylor Centre, Ostend Medical Centre, and Waiheke Health Trust to form the core working group of the WISI roopu. The purpose of WISI was to mediate and strengthen the development of resilience, hope, positivity and connectedness throughout Waiheke Island. By bringing together organisations, practitioners, and services, PHOT believed it could better advocate and support community environments for whānau, at school, work, and in the community. A total of eight core working group meetings were held at the Piritahi marae throughout the course of the project:

Three WISI sub groups were also created to focus on key issue and report on the outcome to the WISI working group. The three sub groups were:

Community Awareness

Developing community awareness and prevention processes.

Health Providers

Resource sharing, coordination of health agencies and providers, develop intervention, post-vention processes, support/mentoring for caregivers, allocate existing funding for urgent/ high risk people.

Advocacy

Funding, political advocacy, research, invite community members (e.g. school principal, local board.

The importance of the early intervention strategies outlined by WISI was highlighted as an important factor for intervening with a young Māori male who were experiencing suicidal ideation. Another significant outcome amongst many was the establishment and creation of suicide support and intervention pathways that were well supported and developed by Waiheke Island stakeholders. Interconnected with the suicide intervention framework was a support pathway that was addressed in four key ways:

1. Legal parameters investigated by Advocacy Subgroup around care outside of normal hours
2. The establishment of The Youth Collective (TYC), a High School based peer support network
3. Piripoho, a support group help monthly for those who have suffered traumatic loss of a loved one
4. Regular WISI meetings to provide ongoing health initiatives for the community

Waiheke Island Suicide Intervention Pathway

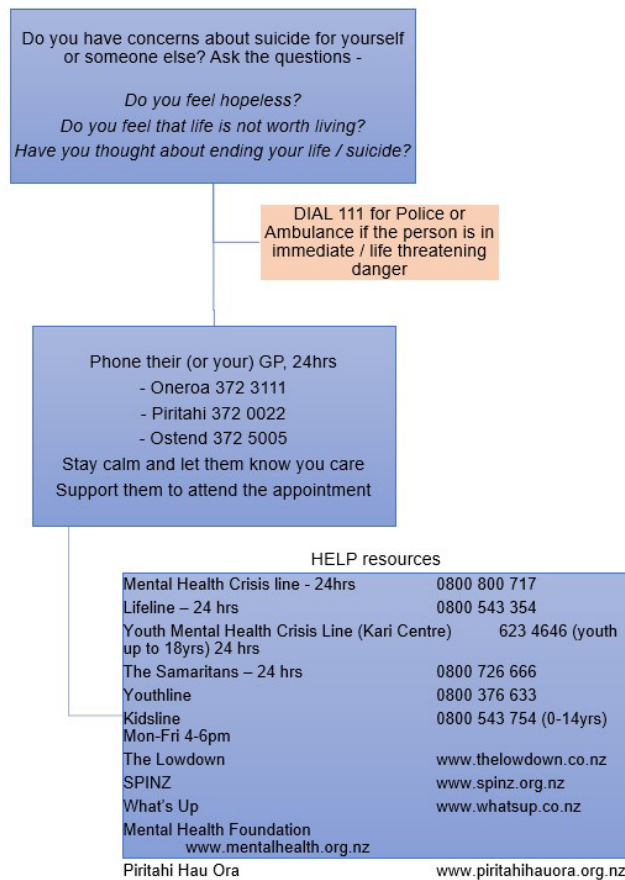


Figure 6: WISI intervention pathway plan

The Waiheke Island Intervention Pathway was also printed onto a wallet sized card to serve as a go to reminder of possible actions to take.

Suicide Prevention Workshop



The suicide prevention workshops were delivered in three streams, whānau based wānanga held at Piritahi marae, youth activities centred on the RAID (Respond to All In Distress) movement kaupapa, and a school based anti-bullying programme called Bullying Prevention and Response. The whānau based wānanga were one day events held at Piritahi marae centred on building the capacity of the community using a suicide intervention programme called Question, Persuade and Refer (QPR). The wānanga also provided space to whakanoa tapu issues like suicide and to share experience from other whānau who are survivors or have been effected by suicide.

Figure 7: Whānau who attended a wananga at Piritahi marae



The Bullying prevention and response guide resource was developed by the Ministry of Education(<http://www.education.govt.nz/school/student-support/student-wellbeing/bullying-prevention-and-response/bullying-prevention-and-response-a-guide-for-schools/>). PHOT kaimahi (staff) delivered the resource at meetings held at Waiheke High School, Waiheke Primary School and Te Huruhi Primary school. The resource helped to facilitate a review of current policies and appropriate actions for schools on Waiheke Island to establish effective anti-bullying policies.

Figure 8: Picture of the Bullying prevention and response

The hui also provided an opportunity to discuss strategies and build relationships which were issues identified during the meeting. Other strategies to address bullying included meeting with different team members, identifying common themes from the presentation, meeting at teacher gatherings for introductions and connection. As a way to facilitate reconnection Te Huruhi Primary school visited Piritahi Marae and worked through 3 rotations with learning activities.

The last implementation of suicide prevention awareness and training was the incorporation of the RAID movement (<http://www.theraidmovement.co.nz/>) as a central kaupapa for The Youth Collective (TYC). Following a visit to Whangarei, several TYC representative felt inspired by the programme to meet regularly, visit schools with their message, to inspire, and to choose life over everything. The noho (stay) included:

- A two-day RAID movement was hosted by TYC on Waiheke island to achieve:
- Kia Piki te Ora suicide prevention programme (<https://www.health.govt.nz/system/files/documents/publications/kia-piki-te-ora-suicide-prevention-programme-evaluation-final-report-jun15.pdf>)
- QPR training
- Promotion of mental health and wellbeing
- Promotion of safer reporting by media
- Support whānau and community driven action that encourages positive social behaviour in children and young people and reduce the incidence of bullying
- Implement youth designed/youth delivered activities (for youth/by youth)

The RAID movement event was also attended by the Whangarei contingent of the RAID movement. Some of the other events included: Pōwhiri (welcome), a spoken word showcase, beach activities and waka ama (outrigger canoe).



Figure 9: Pictures of rangatahi who attended the RAID movement event

Rangatahi Support Group: The Youth Collective



In response to a rangatahi steering group it was decided that Waiheke Island needed a rangatahi support group as a space for rangatahi to find support, information, and discuss issues such as suicide. TYC also took on responsibility as an advisory group, taking responsibility for rangatahi who identify as suicidal. TYC has a strong peer group support and presence at Waiheke High School meeting regularly to discuss topical issues and receive training such as Diversion. TYC also held rangatahi social events such as the Art Competition which included prizes and generated a lot of discussion.

Figure 10: Newspaper clipping from the Art Competition

The ability from the WISI group in providing a support for TYC was critical in facilitating activities, resources, training, and the self determination of TYC.

Social Media Campaign

The social media campaign was put in place to provide rangatahi with a medium for communication. PHOT set up a Facebook page to provide a space for Waiheke Island youth to communicate and stay in touch. The Facebook page included inspirational thoughts, news updates, and events. Since the page was established 424 people have “liked” the page.

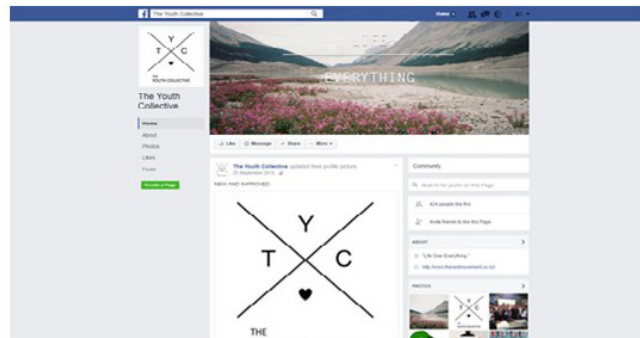


Figure 11: Screenshot of the TYC Facebook page

<https://www.facebook.com/The-Youth-Collective-729947527061889/>

Aligned with the social media campaign was the publication of articles in the newspaper that promoted inspirational rangatahi leaders and suicide prevention events. The use of local newspapers also helped identify PHO as a community contact for help and advice for whānau at risk.

Evaluations

No written evaluations were taken during the project. Although oral evaluations were done at the time, there is no sufficient information to suggest that anyone was better off. The feedback from the verbal evaluation identified a desire to continue the RAID movement, that the rangatahi were enthusiastic about spreading the work, with a desire to mentor youth to respond to all in distress. Furthermore, the events were an opportunity to whanauangatanga, manaaki, and establish lifelong connections.

Future Focus

The WISI group continues to meet regularly and has developed a response pathway with identified post-vention coordinators. WISI continues to use media to provide support and a space for rangatahi to discuss issues surrounding suicide.

Conclusion

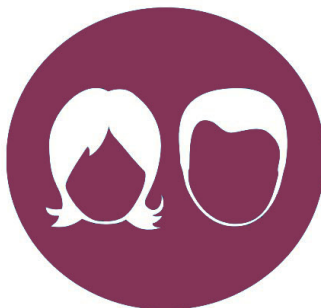
In response to several rangatahi suicides on Waiheke Island, PHOT coordinated and developed a plan of action through the WISI group to address issues of suicide on the island. The project included multiple youth noho, RAID movements, whānau suicide and awareness and prevention workshops, and Anti bullying hui with school management and teachers. The events were well attended by rangatahi and whānau and reflects the desire of the community to provide intervention and support for the community of Waiheke Island. No written evaluations were conducted with the participants, oral feedback suggests that the rangatahi were enthusiastic about spreading the work of the RAID movement and a desire to mentor youth to respond to all in distress. PHOT as a stakeholder within the WISI group continues to provide support and space for rangatahi to discuss issues of suicide and ultimately reduce incidences of suicide on Waiheke Island.

Waka Hourua
Piritahi Hau Ora Trust



.....
A community based rangatahi initiative that focussed on suicide Awareness Prevention training, such as school based antibullying, support group and RAID movement meet ups.
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Whānau and Rangatahi focussed workshops and activities were held at Piritahi marae throughout the duration of the project.
.....



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2798 people attended one hui or event during the course of the project
31% Māori
37% Wāhine
63% Tāne
.....

.....
The project also included a social media campaign that provided a medium through Facebook for Waiheke rangatahi to connect and publications in the local newspaper to champion local rangatahi achievement
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Maka Kaurua



Te Rau Matatini