



2016

Akaka Hourua

TE AWANUI
HAUORA
TRUST

EVALUATION



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A large, decorative graphic in the bottom right corner of the page. It features a light blue background with white, stylized, swirling patterns that resemble traditional Māori art. The patterns include a large, prominent swirl and several smaller, circular motifs.

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 would like to acknowledge the Te Awanui Hauora Trust for their commitment to the wellbeing of the community on Matakana Is, Tauranga Moana and to increasing the awareness and prevention of suicide for rangatahi.

Nāku noa,
Nā



Dr Kahu McClintock
Te Kiwai Rangahau (Research and Evaluation Team)
Te Rau Matatini

Key Messages

- To date, none of the rangatahi involved in the programme has needed to use their care plans.
- The Tuakana/Teina Model should be utilised wherever possible.
- Two separate sessions were run to assist better different rangatahi age groups, which is believed to be more empowered, independent, confident people and well equipped to achieve their goals and be able to handle anything that life throws at them.
- We should work alongside our rangatahi.

Background

A Community Health Needs Assessment Survey compiled by Te Awanui Hauora Trust, on Matakana Island, showed 40% of the Island population is aged between 12 and 24 years, and 70% of the residents were low income with limited access to specialist services for whānau and few experiences for many of the Rangatahi in their community.

Te Awanui Hauora Trust intends to increase their focus on youth intervention within and on behalf of the Te Awanui community and be more proactive in the approach to suicide awareness and prevention. As a Whānau Ora service provider they needed to grow the range of approaches used with whānau and develop coaching, goal setting, assessment and action planning skill sets.

The Kīwai Rangahau, Te Rau Matatini evaluation team was commissioned to undertake a review of the Waka Hourua Fund. The focus of this specific review therefore was to assess and to determine how the Te Awanui Hauora Trust programme implementation aligns to the overall intent, and design of the Waka Hourua programme and what actually happened during its implementation (how much, how well, and is anybody better off).

Project Objectives

Waka Hourua goals identified by Te Awanui Hauora Trust that align to their project encompassed the following;

- Community leaders empower people, foster resilience and bring people and resources together
- Families, whānau and communities have stronger relationships and confidence to be able to talk about their difficulties
- Families, whānau and communities are strongly connected to one another and people actively participate in the community
- People bereaved by suicide receive the support they need within their families and whanau.
- Families, whānau and communities have their own approaches and plans in place and are actively building resilience and reducing risks of suicide
- People are informed about and assisted to access the services available to them

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

Pathways	Indicators
<ul style="list-style-type: none"> • Support positive initiatives for rangatahi (culture, sport, learning, music) 	<ul style="list-style-type: none"> • Whānau have solidified links with each other and whenua • Communities and health services enter a partnership to foster positive engagement for rangatahi with learning • Access to cultural activities to foster positive engagement for rangatahi with learning

Project Deliverables

The programme is designed to assist Te Awanui Hauora Trust deliver appropriate support and interventions to at risk rangatahi. The purpose of this programme is to:

- Promote positive suicide prevention messages in a relevant, meaningful way for rangatahi and whānau in our community
- Provide a series of holistic, youth-focused, activity based wānanga over a year
- Complete entry assessment and tracking through the period, develop risk assessment and management plans where required
- Build the capacity and capability of Māori whānau dealing with suicide risk
- Provide an activity-based programme that maximises independence and builds leadership and resilience.

The outcomes for rangatahi will be a sense of contributing, belonging and connectedness in the community, confident in having choices and feeling positive and comfortable with their own identity.

Key Deliverables	Key Performance Standards	Status
1. Infrastructure, Resource, Programme Development and Planning.	<ul style="list-style-type: none"> • Design of wānanga programmes for Rangatahi. 	Fully Achieved
2. Rangatahi Focus Group	<ul style="list-style-type: none"> • Rangatahi focus group terms of reference developed. 	Fully Achieved
3. Implementation phase	<ul style="list-style-type: none"> • Activity based wānanga held with a 90% attendance at all hui on/off Matakana Is 	Partially Achieved
4. Develop an Island specific Suicide Prevention Strategy and Action Plan	<ul style="list-style-type: none"> • Good quality information and resources on suicide prevention are available to all whanau on the Island 	Fully Achieved

Table 1: Key Deliverables

Participants

Te Awanui Hauora Trust reached out using the existing networks it has on Matakana Island to recruit rangatahi for suicide prevention programme. Overall a total of 157 participated in the programme predominantly made up of rangatahi between the ages of 13-18 years of age. Kaumatua and the rangatahi's whānau were invited to also participate. The programme had an equal mix of both male and female with 69 female participants and 68 males.

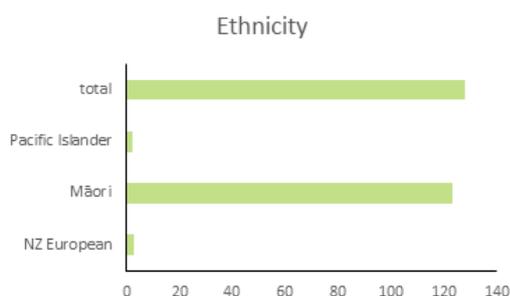


Figure 1: Gender of participants



Figure 2: ethnicity of participants

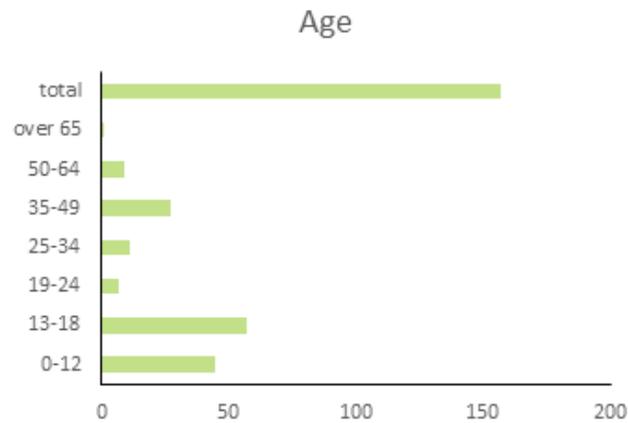


Figure 3: Age range of participants

Programme: Matakana/Rangiwaea Rangatahi Plan

Rangatahi and whānau received an invite through the Kura (school), Kohanga (early childhood, Hauora and Tubby's Store, by text and Facebook (working off the current rangatahi lists from the Hauora) to attend an introduction evening which included.

Karakia (prayer)

Introduction to programme facilitators

Kōrero about the programme and answer any questions

Go over rules, regulations and safety procedures – these were reinforced in the hardcopies given to rangatahi/whanau

Kai

Karakia

An information pack was given to each attendee (5-25years) or their parent/guardian which contained permission slips, 'Ko Wai Au' Survey and/or Care Plan (age dependent). All necessary paperwork was followed up prior to the first session.

After the Introduction evening, all rangatahi, 5-25 years and their whānau were invited to attend the weekly Friday night sessions, which began at 6 pm, for 1-1.5 hours per session. These sessions involved Island Style CrossFit, Sport (initially Touch Rugby), Outdoor/Indoor Team-Building activities/games, dancing/singing, controlled graffiti, cooking.

During the weekly sessions, kaumātua and whānau from the Island and also people who live off the Island, e.g., Pastor Leon with his Youth Group from town, Te Kahu from Te Aho Tuu Roa (Enviroschools) Family Planning, Emergency Services, e.g., Police and Army Recruiters were encouraged to be involved.

As well as Friday sessions, Te Awanui Hauora Trust put on a camping activity one weekend a month for two nights was organised alternating the younger (5-9years approx) and older (10+years) rangatahi and their whānau. Activities included karakia, setting up camp, pitching tents and organising beds, ablution areas, lighting a fire and fire safety, setting up cooking areas and learning how to cook on a gas cooker/open fire, setting up a comfort zone, Island history, stories, sing-a-long, setting and fixing fishing nets, hunting and fishing, gathering kai/kaimoana, games, swimming and preparing and cooking a hangi. The Marae was utilised wherever possible for stay-overs, especially in the colder weather.

The goal was to get to know all their rangatahi and work alongside them to build their confidence, leadership, team-work and resilience so that they believed and achieved their goals.

During the hui rangatahi were encouraged with their whānau to prepare a care plan and in receiving the information, we were given a better understanding of each individual rangatahi; to know what their needs might be and then access assistance or direct them on to service providers if needed. None of the rangatahi involved in the programme have needed any assistance or been referred on to other service providers to date.



TE AWANUI HAUORA – RANGATAHI CARE PLAN

Name: Heeni Te Mela	Age: 13	Date: 25/09/14
Telephone Number(s): Home: Cell: Emergency Contact: Aroha Te Mela Home and the:	Address: Matakana Island	
MY GOALS		
Goal 1	Actions to Achieve Goal	
To finish school, get all my credits and more.	Commit and do everything I have planned to do	
Goal 2	Actions to Achieve Goal	
Do well in my sport and whatever else I want to accomplish	Commit and work hard towards it	
Goal 3	Actions to Achieve Goal	
Get a good job and get set up for when I am older	Listen, learn and be a good role model	
Whānau Support	Support and Action Required From Whānau	
They can help by following me and supporting me along the way	Following through with me all the way	
How can Te Awanui Hauora offer support?		
Comments:		

Care Plan Completed By:

Name: Heeni Te Mela

Signature: _____

Figure 4: example of Whānau care plans

The Tuakana/Teina Model was utilised wherever possible during this programme. Friday night sessions offered two separate, age appropriate sessions running concurrently and met together at the beginning and end of the sessions. The programme was designed to be able to be sustainable. The rangatahi would be more empowered, independent, confident people and well equipped to achieve their goals and be able to handle anything that life throws at them.

Activities

The main phase of the programme commenced at the beginning of December 2014 and has since then held six rangatahi camps, movie nights and facilitated a two-day Rangatahi Leadership programme 'Te Amorangi', during the school holidays. Island Style Crossfit continued during this time, with three sessions being held almost every week and close to 400 attendees participating overall.

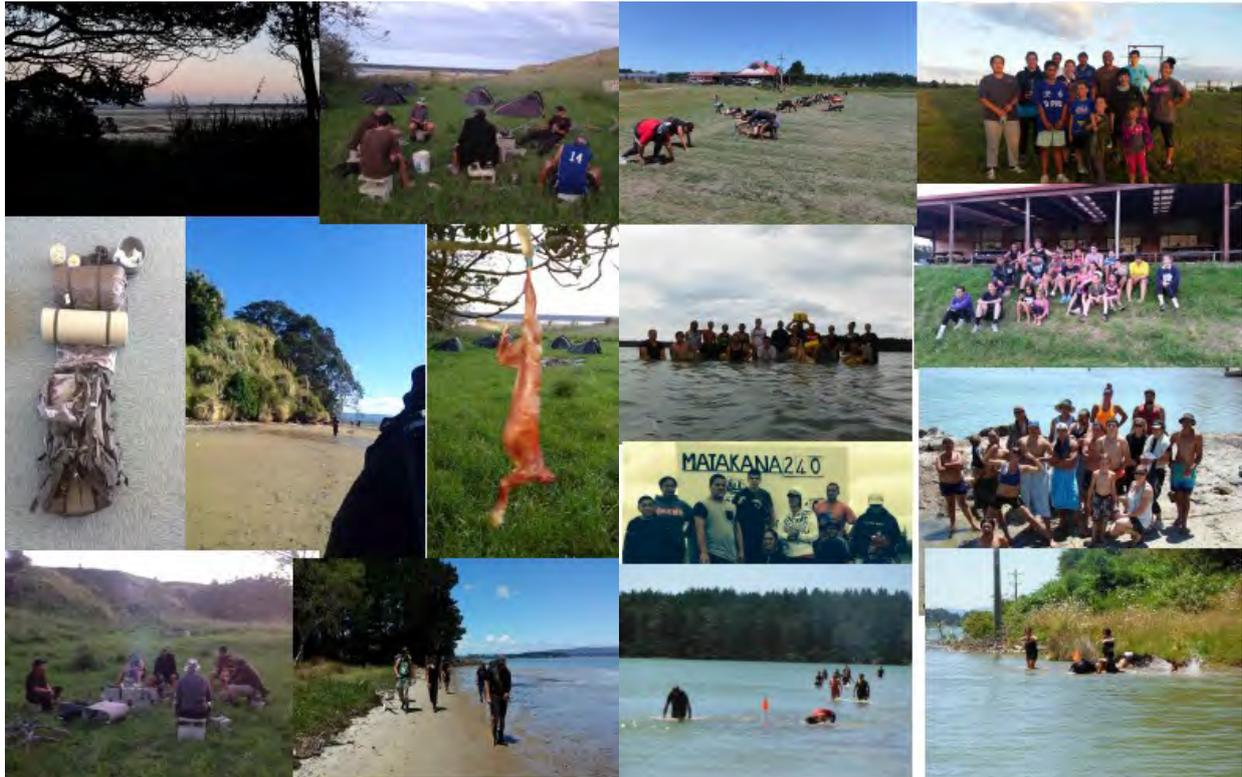


Figure 5: Collage of activities from the programme

Marae Kitchen Rules (MKR), started in June 2015. The teams for MKR consisted of one rangatahi under 18 years and one rangatahi or whānau member over 18 years, to give some of the rangatahi an arena in which to showcase their cooking talent and other skills that they have learnt.

Evaluation

The Rangatahi Focus Group members, kaumātua (elders) and whānau were sought out to provide feedback when required. This was informal and no minutes or evidence is available to substantiate that it occurred. This makes it difficult to evaluate how better off our rangatahi are after completing the programme. However, Te Awanui Hauora Trust was successful at implementing activities, their programme plan and Suicide prevention/intervention plan, but it is also difficult to measure if Te Awanui Trust reached their goal of 90% attendance to hui.

Future Focus

Maka Hourua

Te Awanui Hauora Trust is committed to the continuation of this programme with commitment by the facilitators to continue. Te Awanui Hauora is currently looking for more funding to be able to make flexible changes when and where necessary, to keep the rangatahi interested and participating and maybe try out some new activities or adventures on or off the Island.

Conclusion

In conclusion, Te Awanui Trust completed six camps over six months and has facilitated, movie nights, CrossFit and been part of the annual Island 'Whānau Day' where an eating challenge was held that involved close to 30 rangatahi and whānau, as well as supporting our local Kura with specific sporting events. The programme was also successful at creating a suicide prevention plan.

As part of the programme was a two-day leadership programme (Te Amorangi), primarily facilitated by two members of our Rangatahi Focus Group a hēnd was held to build the resilience and confidence of Matakana Island rangatahi. Ability to interact/socialise with others of all age-groups, just by attending and being part of the activities/programme.

Although there are photographs to support the implementation of the activities, no written or formal evaluation process was carried to assess how better off the participating rangatahi group is. However, Te Awanui Hauora Trust is committed to the continuation of this programme and to building resilient and confident rangatahi.



Te Awanui Hauora Trust



A Community based initiative which developed wānanga in order to build connections within the community and build rangatahi confidence, leadership, teamwork, and resilience, as a means of suicide prevention.

Whānau participated in a variety of fun rangatahi (youth) focused community events; Tamariki and rangatahi participated in rangatahi camps, movie nights, a two day rangatahi leadership programme, and Crossfit. Three community members also completed a two day Applied Suicide Intervention Skills Training (ASIST) programme run by Lifeline Aotearoa.



129 tamariki and rangatahi participated:
100% Māori
33.3% wāhine
66.7% tāne
Majority 25 years & under

There is a strong commitment to continuing these youth activities, training in suicide prevention, and the development of a Matakana island specific suicide prevention strategy



Prepared by:
Te Kīwai Rangahau Research and Evaluation Team



Te Rau Matatini

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Maka Kaurua



Te Rau Matatini