

# Taiohi Ora Youth Wellness



## It's been a busy start to 2018 for the Taiohi Ora team

We kicked off our in-school programme working with four pilot schools across Taranaki at the start of the term. We are working hand-in-hand with schools: students, teachers, pastoral care teams and guidance counsellors to ensure we are delivering a service that really helps. In most cases this has meant tailoring the service for each school depending on the unique needs of their students.

At the same time we continue to roll-out our community work with taiohi across Taranaki. The service is receiving large numbers of referrals each week, and our clinicians are working hard to support the many young people in our community requiring help. We are only able to offer limited services in the community at the moment, while we are still in a pilot phase, but will review this as the service evolves.

To assist the referral process we have simplified our service criteria to make it easier for referrers to see if we can help:

### INCLUSION CRITERIA:

- ✓ Taiohi aged between 12 and 18 years old and residing in Taranaki
- ✓ Taiohi experiencing mild-moderate mental health, eg. Low mood, anxiousness, anger
- ✓ Taiohi experiencing distress as a result of difficult life experiences and circumstances, eg. bullying, relationship difficulties, stress
- ✓ Taiohi requiring support with managing emotions and associated behaviours, to increase their level of wellbeing and resilience

### EXCLUSION CRITERIA:

- ✗ Taiohi requiring urgent crisis intervention, eg. serious risk to self and/or others
- ✗ Taiohi who meet specialist service criteria, such as severe mental health or substance use issues, complex developmental/behavioural difficulties, or require a diagnosis
- ✗ Taiohi already receiving support from a 'like' service
- ✗ Taiohi under 16 years old if legal guardians do not consent
- ✗ Taiohi who do not consent

## A Whānau Ora approach

One of the things that makes our Taiohi Ora service unique is working from a Whānau Ora perspective. This means recognising that a person's health and wellbeing are influenced by their home environment and family and adopting a holistic approach.

When our team first start working with a client they will take a whānau snapshot that will look at what other stresses may exist in a home. If appropriate, and if the whānau consents, we

would then refer the whānau to other Tui Ora services that could help support them too.

In practice, this could mean referring a parent to the Taranaki Stop Smoking Service if they want to quit smoking, or making sure the whānau receive help with finances and budgeting. The service priority will always be the taiohi needing help but when appropriate we will adopt a broader approach that will benefit the whole family.

**To refer to the Taiohi Ora Service please contact Tui Ora on 06 759 4064 and ask for a referral form. Completed forms should be forwarded to [intake@tuiora.co.nz](mailto:intake@tuiora.co.nz)**

## Engaging with our stakeholders

**A recent initiative** by the teams at Taiohi (Youth) Services in Taranaki is sure to encourage better collaboration, more accurate referrals and stronger relationships with key stakeholders in the health community.



*The Taiohi Ora team from left to right:  
William Wells, Sandi Cummings, Jo Kindberg,  
Tosca Lammerts van Bueren and Markham Grey*

In two recent presentations to CAMHS (Child & Adolescent Mental Health Services) and Taranaki District Health Board Public Health Nurses, the Youth Service team and the Taiohi Ora Youth Wellness Service have educated providers about their service.

Taiohi Ora Team Leader, Tosca Lammerts van Bueren explained that the initiative was born at Tui Ora:

“We are looking to improve the quality of the referrals we receive and a big part of achieving that is educating other providers and services about what we can do, and also what we can’t do. And also finding areas where we can work better together.

“It’s also provided a great networking opportunity where we get to meet each other, put names to faces and build stronger working relationships.”

In February public health nurses from Waitara down to the Waitotora Valley, and all the way around the mouna were formally welcomed to

Youth Service with a mihi whakatau. A shared lunch ahead of the formalities meant people had a chance to relax and get to know each other.

Tosca said it gave their team an opportunity to explain the difference between their service and other providers working in the same space like Family Works, Footprints, school guidance and community counsellors:

“We look at our clients from a Whānau Ora perspective. So although we focus on the young person we also would look to address problems that could be happening within the family or home environment.”

Tosca said:

“We are really pleased with how the last two presentations have gone. The audiences have been engaged, asked lots of questions and it’s been a very positive engagement for both sides. We are also aware that this is only the beginning of ongoing collaborative discussions with other organisations and services.”

The teams plan to present to representatives from Oranga Tamariki this month.

### **Craig Simpson - Principal, Hawera Intermediate**

*“Our school has been working with the Taiohi Ora service to help our students who need a little hand up. They might be a bit anxious, or have a fear they need to overcome, just so they can see over the fence.*

*Two clinicians from the team have been working alongside our pastoral care support team, meeting with small groups of students who need a bit more support, for a whole range of issues. Although it’s still in the early stages we are seeing some positive outcomes, and look forward to seeing more.*

*Schools across the country have been crying out for this kind of help for the last two decades. The needs of students are growing and the schools are doing their best to cope. We would love to see this support continue, and to increase in the future.”*

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