



MENTAL HEALTH & ADDICTION REGIONAL NETWORK

Service Development • Workforce Development • Partnerships & Relationships

Midland Region Mental Health and Addictions Network

RISE UP!

...TO RECOVERY, TO THE CHALLENGE, TO THE FUTURE...

Youth Summit 2013 – Evaluation Report



March 2014

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1.0 Executive Summary

The Midland Regional Network – Mental Health and Addictions supported three Summits in 2013. Planning for the Summits commenced in 2012 through the Midland Leadership Networks, Te Ao Whānau-Whānau Leadership Network, He Tipuana Nga Kakano-Consumer Leadership Network (see separate report) and a Youth Summit Steering Group and Youth Sub-group. All three Summits were held in Rotorua during October and November 2013.

This report focuses on the Youth Summit. The Youth Summit held two streams, one for providers and one stream for youth. Over the two days, 247 participants from across the Midland region attended. Abstracts were sought for both streams, the Steering Group and Youth Sub-group (see [Appendix 1](#)) selected presenters based on their innovative approaches when engaging youth. Each presenter was evaluated using a simple Likert scale (see [Appendix 2](#)).

In line with the Ministry of Health's Service Development Plan: Rising to the Challenge (Rising to the Challenge), the youth participants comprised of predominately hard to engage youth from across the region. One Rotorua special education class was released to attend the two days.

Using simple Likert scales, participants evaluated the pace, presenter's knowledge of the topic, content and the presenter's interest in the participants. The Youth Summit was rated as successful based on the participant's feedback. A more detailed analysis can be found in [Section 3](#) of this report. Overall, the venue where the conferences were held was rated high with the ease of registration process being rated highest.



The Youth Summit were supported by Eru George, Pou Herenga, Lakes District Health Board, who provided a mihi and karakia each morning. The Midland Regional Network Team would like to acknowledge Uncle Eru's on-going support of the mahi undertaken by the Midland Regional Network Team.

The Midland Regional Network Mental Health & Addictions would also like to thank Gemma Gibson (Taranaki DHB) for designing the Youth Summit logo. Te Rau Matatini for their support with conference folder

resources, attendance and travel sponsorship for to ensure youth attendance and Matua Raki for accommodation sponsorship for the youth who attended and conference folder resources. We would also like to thank the Werry Centre for the conference folder resources and attendance at the Summit ([see Appendix 3](#)).

2.0 Introduction and Approach

In 2012, the Midland Regional Network – Mental Health and Addictions supported four Midland Mini-conference days focused on Consumer, Family Whānau, Māori and Addictions. All four days were highly successful and feedback from the Evaluation forms completed by the participants identified the need for further conferences to enable the sharing of innovation and creativity. To that end, objectives were identified in the mental health and addictions component of the Midland Regional Services Plan 2012-2013.

Rising to the Challenge sets the scene for where services need to be by 2017. The Midland Regional Network Leadership Networks identified consumer, family whānau and youth as its priority to further develop over the 2012-2013 years. With this in mind, in February 2012 the planning for the Midland region summit days commenced with each of the Midland regional stakeholder networks inputting into the planning.

The Youth Summit – Youth Steering Sub-group determined the theme, with both the Steering Group and Sub-group determining the presenters and format of each of the days. Invitations were sent to each presenter and a brief profile of themselves and abstract where completed. Flyers advertising the summit were sent out in advance and invitations to register were sent across the region. The Youth Summit streams were led by Master of Ceremonies from across the region.

The Youth Summit had limited places to keep costs affordable. The Youth Summit was held in October 2013.

Evaluation forms were completed by participants prior to leaving to ensure that feedback was gained on how the participants found the days, suggestions for improving the days was ascertained and if they found value in the Summit concept.

As the sponsor for this project, I would like to thank the Midland Regional Network Team for all of their support during the planning, prior to, during and post all of the Midland Summits. The work programme that the three Midland Summits generated was ambitious and it is to the credit of Akatu Marsters, Belinda Walker and Nathalie Esaiah-Tiatia that all of the Midland Summits were successful.



Eseta Nonu-Reid
Midland Region Director
Mental Health & Addictions

3.0 Youth Summit: Rise Up! - “...To Recovery, To The Challenge, To The Future....”



...TO RECOVERY, TO THE CHALLENGE, TO THE FUTURE...

The Midland Youth Summit was led by the Midland Youth Steering group and Midland Sub-Working group with the support of the Midland Regional Network team.

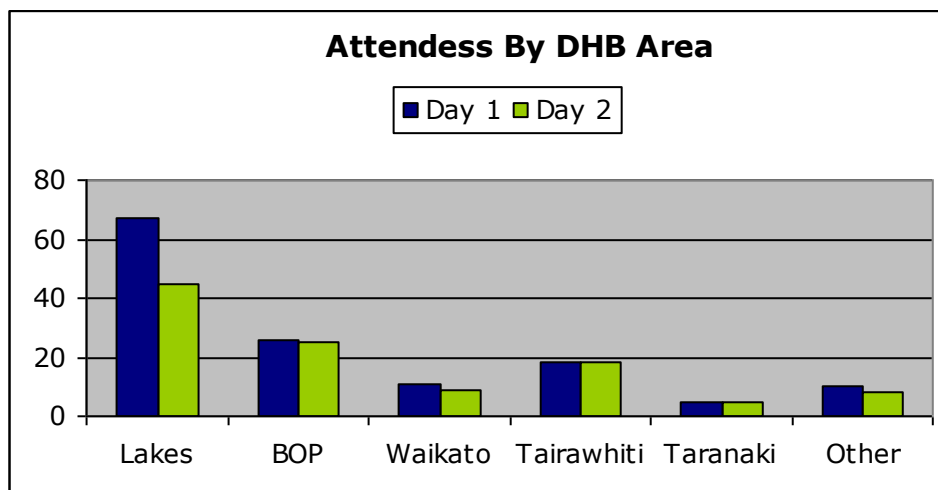
Two streams were run concurrently over two days for Providers and Youth with the planning tailored for both streams to ensure presentations were suitable for the audiences.

For the Provider stream 68 registrations were received and 65 for the Youth stream a total of 133 participants. Of those that registered we had 103% attendance with an additional 4 unregistered attendees for day one and 83% in attendance for day two.

A larger percentage of the participants were from the Lakes district, followed by the Bay of Plenty, Tairāwhiti, Waikato and Taranaki. Other participants were from Corrections, Justice or the Ministry of Social Development.

Attendance By DHB Area

District	Numbers Attended	
	Day 1	Day 2
Lakes	67	45
Bay Of Plenty	26	25
Waikato	11	9
Tairawhiti	18	18
Taranaki	5	5
Other	10	8
Totals	137	110



4.0 Meet the Masters of Ceremony



Chloe Fergusson – MC for Youth Stream

You'll be excited to read that Chloe's strengths are in service development, policy development, and consumer advocacy both at the frontline of services, and in leadership type roles. She is good at getting things done and is passionate about ensuring there is a consumer voice in all service changes.

Chloe is interested in improving services for Māori people who experience mental health and addiction problems - having accessed these types of services quite a bit growing up.

Chloe is from Ngapuhi, but has been staying and working in Tairāwhiti for two years now. She has two beautiful children and an amazing partner. Chloe's hope is that services develop to meet the needs of future mokopuna and the part she plays in that battle is ever changing and developing. Chloe hopes this Summit is able to address some of the gaps that rangatahi face in the services.

Kahurangi Tibble – MC for Youth Stream

As you can see from my mug shot I definitely meet an essential requirement of being from Ngāti Porou, having a PHAT head. Fortunately I also whakapapa from two other iwi. One of which makes me beautiful and the other which makes me gorgeous. Which, if you add these together gives you BEAUTI-GORGEOUS.



I am 33 years old and am in a loving relationship and we have two amazing children. I have a background in community work within youth, disability and students services. I am currently working and living in Turanganui a Kiwa (Gisborne), as an AOD Counsellor for Tairāwhiti District Health.

Interests

Sports: Waka Ama, Rugby, League, American Football, X-Fit and Wrestling
Interests: 80's Cartoons, Comics, NZ Music/Dub/Reggae/Hip Hop



Matetu Mihinui – MC for Provider Stream

Matetu is of Tuhourangi descent raised in Whakarewarewa Village, Rotorua.

Matetu entered the Mental Health arena in 2005 as a health professional in our Intensive Psychiatric Inpatient Unit – Te Whare Whakaue, as a Mental Health Support Worker.

In 2008 Matetu moved into the Addiction sector with the inception of Te Whare Oranga Ngakau, a Kaupapa Māori Residential for the Midland Region as a support worker – Te Utuhina Manaakitanga Trust. During this period Matetu re-trained and became a Registered Practitioner and currently works alongside an awesome crew of Rangatahi AOD Clinicians and youth workers which form our Youth Team at Te Utuhina Manaakitanga.

As someone who has lived experience of both services as a young person, Matetu is honoured to be part of the 'Rise Up' Summit 2013. No reira, nau mai, haere mai, piki mai

Marita Ranclaud – MC for Provider Stream

I am delighted to be part of hosting the Youth Summit. Born and raised in Rotorua, I have a background in mental health nursing and more recently Planning and Funding. As mother to three, I look forward to hearing more about the great things happening for young people.



5.0 Meet the Guest Speakers, Keynote Speakers and Presenters

5.1 Guest Speakers

Jordi Webber – Opening Address

I am part of a family of six, two brothers, one sister and happily married parents. I was born and raised in Rotorua. I am of Mormon faith, I love sports, I love performing and I am a people's person.

The next five years of my life is dependant on Titanium, because at the moment, I am fully committed to this group, but when it has done its course, that is when I will put everything into my acting. But while being in Titanium, I am looking for very casual modelling and acting jobs. I would like to build my experience in anyway that I can.



Jordi Webber – Rise Up! – Summit Evaluation

Overall Presentation	1	2	3	4	5	Avg	Aggregated Data
Overall rating	0	3	11	17	10	3.8	<div></div>
Content is applicable to the Summit	0	1	11	16	13	4	<div></div>
Content has enlightened and given me direction	1	1	15	14	10	3.7	<div></div>
I found value in the presentation	1	1	13	12	14	3.9	<div></div>
Presenter	1	2	3	4	5	Avg	Aggregated Data
Generated my interest in the presentation content	1	1	11	10	17	4.0	<div></div>
Demonstrated excellent knowledge of content	0	1	11	14	14	4.0	<div></div>
Was interested in the participants and engaged our heart	0	1	11	10	18	4.1	<div></div>

Lyall Thurston, Deputy Chair, Lakes District Health Board – Opening Address



Well-known and respected community leader, Lyall Thurston, is no stranger to most people in the Rotorua District. An internationally respected public health lobbyist and advocate, Lyall is a Life Member of CCS Disability Action (formerly known as NZCCS) and a past national president of that organisation.

Currently deputy chairman of Lakes District Health Board, he chairs the community and public health committee and the disability support advisory committee. A former member of the Teacher Registration Board, chairman of the Ministerial Advisory Committee on Special Education, member of the National Board of Workbridge and the Ministerial Advisory Committee on Health and Disability, and a former Rotorua District Councillor, Lyall has served as a school trustee since the advent of Tomorrow's Schools in 1989. He was awarded the Companion of the Queen's Service Order (QSO) for community service in 1998 and is a Justice of the Peace and well-known and respected community leader.

5.2 Keynote Speakers

Harmz De Thierry & Te Ahurei Rangatahi Krew – Keynote Speakers



- Harmz is Aotearoa born and bred - Tribally hails from Waikato-Tainui and Ngati Porou, also connects to Taranaki and France through his Grandparents.
- Was raised in the streets of Rahui Pokeka/Huntly and is now living in H-Town/Kirikiri-roa with Partner and 4month old Daughter!
- Harmz is hyped and happy about his mahi as the Rangatahi Health Promoters for Te Ahurei a Rangatahi, Sharing Positive Vibrations and Messages to the Masses!!!
- Harmz is hugely passionate about his Family, his Mahi, his Indigenous Culture and his Hip Hop Culture.
- Harmz loves supporting things that uplift and empower Māori, and loves being one!
- Harmz is an active member of his Bboy/Bgirl krew the “U-Knights”,
- Harmz is a proud member of Waikato wide Graffiti Familia called “GKUS” and honored to be a member of the Universal/Worldwide Hip Hop organisation called “Universal Zulu Nation – Aotearoa Zulu Chapter 64”.
- Harmz feels privileged to be a part of the Rangatahi steering group, and is ready to rock and have a great time with everyone that is a part of this awesome kaupapa.

Te Ahurei a Rangatahi is a youth health education and promotion organisation that aims to support Rangatahi and Whaanau to make better informed decisions.

Te Ahurei a Rangatahi translates to ‘the gathering of youth’, and it is this fundamental event that forms the basis of service delivery, meaning young people coming together engaging in activities around positive youth health and well-being.

Harmz & Krew – Summit Evaluation

Overall Presentation	1	2	3	4	5	Avg	Aggregated Data
Overall rating	0	0	4	12	30	4.56	<div></div>
Content is applicable to the Summit	0	0	4	12	30	4.55	<div></div>
Content has enlightened and given me direction	1	1	6	11	27	4.34	<div></div>
I found value in the presentation	0	1	4	13	28	4.47	<div></div>
Presenter	1	2	3	4	5	Avg	Aggregated Data
Generated my interest in the presentation content	0	1	3	16	26	4.45	<div></div>
Demonstrated excellent knowledge of content	0	1	5	11	29	4.47	<div></div>
Was interested in the participants and engaged our heart	0	1	2	12	31	4.58	<div></div>

Paula Mekomoko – Keynote Speaker

Kia ora!
 Ko Makeo me Mauao ngā Maunga
 Ko Waiaua te Awa, Ko Te Awanui ki Tauranga te Moana
 Ko Waiaua me Opureora ngā Marae
 Ko Ngati Patumoana me Ngai Tuwhiwhia ngā Hapu
 Ko Mataatua te Waka
 Ko Te Whakatohea me Ngaiterangi ngā Iwi
 Ko Paula-Mauri Mekomoko tōku ingoa.



What's up! My name is Paula Mekomoko; I was born in Tauranga Moana, raised in Wellington and now reside under the beautiful shade of Mt Maunganui. I am 23 years young and have been employed as a youth worker at Te Puna Hauora ki Uta ki Tai. I have been in the workforce officially for 18 months but unofficially since 2008. Since the early days I have upgraded my status from Teina to Tuakana and now have a major leadership role with my involvement with Tuakana n'Teina rangatahi advisory group. I have been successful in a new position within the organisation and am now a .5 Whānau Ora Co-ordinator working mainly with pakeke and their whānau and .5 in my youth worker role.

It has been an honour to be asked to be a speaker at the Midlands Regional Youth Symposium.

Paula Mekomoko – Summit Evaluation

Overall Presentation	1	2	3	4	5	Avg	Aggregated Data
Overall rating	0	1	10	10	18	4.2	<div></div>
Content is applicable to the Summit	0	1	7	14	17	4.2	<div></div>
Content has enlightened and given me direction	0	4	11	12	12	3.8	<div></div>
I found value in the presentation	0	3	8	14	14	4	<div></div>
Presenter	1	2	3	4	5	Avg	Aggregated Data
Generated my interest in the presentation content	0	4	10	10	14	3.9	<div></div>
Demonstrated excellent knowledge of content	0	2	7	13	17	4.2	<div></div>
Was interested in the participants and engaged our heart	0	2	8	8	21	4.2	<div></div>

Tania Wilson – Keynote Speaker - The Workforce on the Rise



Of Te Arawa (Tuhourangi) and Ngapuhi descent, Tania has spent the past 28 years working as a Clinical Psychologist & consultant in a number of settings including forensic, maternal mental health, and child adolescent mental health. Her former roles have included Clinical Director for a large NGO, Manager & Lead Clinician of a regional Child and Adolescent Mental Health Service, and consultant to various government departments on clinical issues, risk management, training development and delivery, program design and professional development. Tania is currently a Senior Advisor for The Werry Centre for Child & Adolescent Mental Health at the University of Auckland. Her current areas of interest are building capacity and competencies in services, workforce development, infant mental health,

working with children and youth with complex needs.

All services working with youth & their Whānau do so because they want to make a positive difference and contribute to young people achieving a sense of wellbeing and moving forward to a bright and rewarding future. If we are to build both the capacity and capability of the Workforce to achieve these service goals what do we focus on first?

In this presentation we will review the findings from Youth 2012 which is the latest national survey and third in a series and, as highlighted by the authors, provides a compelling picture of the health and development of young New Zealanders from across our country and across diverse communities and ethnicities. This latest survey adds new insights about the health and wellbeing of our youth as well as identifying areas of concern.

And for the Midland region we will look at the access rates for young people seeking help from mental health services, and consider what the workforce will need to meet this growing demand.

Finally we will also consider how the threads of identified need, the current demand for service & current national priorities can be woven to provide a platform for targeted service and workforce growth in the future.

Tania Wilson – Summit Evaluation

Overall Presentation	1	2	3	4	5	Avg	Aggregated Data
Overall rating	4	8	18	9	4	3.0	<div></div>
Content is applicable to the Summit	3	3	16	15	6	3.4	<div></div>
Content has enlightened and given me direction	4	9	17	9	3	2.9	<div></div>
I found value in the presentation	5	8	15	10	4	3	<div></div>
Presenter	1	2	3	4	5	Avg	Aggregated Data
Generated my interest in the presentation content	5	11	15	8	4	2.8	<div></div>
Demonstrated excellent knowledge of content	3	5	12	15	8	3.4	<div></div>
Was interested in the participants and engaged our heart	5	11	12	10	5	2.9	<div></div>

5.3 Youth Presenters

Jon Fletcher & Pam Kupa-Sheeran (Youth Stream) - Rise Up in Words – Part 1



Ko Te Whatuiapiti te tangata, Ko Takitimu te waka, Ko Kauahehei te maunga, Ko Tukituki te awa, Ko Roto aa tara te waiuu, Ko Te Whatuiapiti te marae, Ko Te Whatuiapiti te whare tipuna, Ko Te Whatuiapiti te hapu, Ko Te Whatuiapiti te Iwi, Ko Pam Kupa-Sheeran taku ingoa.

Pam Kupa Sheeran has been with Te Waireka for 10 years. She has slowly worked her way up the ladder to become the Service Manager. She is a direct descendant of the rangatira Te

Whatuiapiti.

Ko Mataatua raua ko Mamaru oku waka, Ko Matakāa raua ko Maungataniwha oku maunga, Ko Te Tii Mangonui raua ko Tokerau oku moana, Ko Whitiara raua ko Kauhanga oku marae, Ko Rangatiratanga raua ko Te Poho o Ngati Kahu oku whare tupuna, Ko Ngati Rehia raua ko Te Paatu oku hapu, Ko Ngapuhi raua ko Ngati Kahu oku Iwi, Ko Hone Fletcher toku ingoa.

Jon Fletcher has been with Te Waireka for the past 9 years. Starting as kai manaaki and then moving into a Clinician role.

Jon Fletcher & Pam Kupa-Sheeran – Summit Evaluation

Presentation	1	2	3	4	5	Avg	Aggregated Data
Overall rating	0	1	4	5	6	4	<div></div>
Content is applicable to the Summit	0	1	3	5	7	4.1	<div></div>
Content has enlightened and given me direction	0	2	5	6	3	3.6	<div></div>
I found value in the presentation	0	1	5	4	6	3.9	<div></div>
Presenter	1	2	3	4	5	Avg	Aggregated Data
Generated my interest in the presentation content	0	1	7	3	5	3.7	<div></div>
Demonstrated excellent knowledge of content	0	2	3	5	6	3.9	<div></div>
Was interested in the participants and engaged our heart	0	1	5	3	7	4	<div></div>

Jon Fletcher & Pam Kupa-Sheeran (Youth Stream) - Rise Up in Words – Part 2

Te Waireka is a Kaupapa Māori based community social service specialising in alcohol and other drug and mental health treatment interventions for youth and Whānau. Our models utilise both Māori and western based clinical practices and are free to all people.



The programme consists of four stages

- Manaaki Mauri- settling in stage, relapse prevention, celebration, prepare for next stage
- Whakapiki Mauri-Awakening the inner life force, relapse prevention, celebration, prepare for next stage
- Whakaoho Mauri-Acknowledging dreams and aspirations, relapse prevention, celebration, prepare for next stage
- Whakatau Mauri-Aftercare planning, relapse prevention, coping strategies, celebration, prepare for next stage

Through the medium of korero (speech), oratory, of sharing our experiences through the spoken word we nurture our Whānau's mana, self esteem and identity. Together as a Whānau we create an environment where it safe to be able to speak of our experiences both joyous and mamae (painful). To be able to honour the mana and tupuna (ancestors) that everyone brings to the table. All stakeholders have to walk the talk, most especially the facilitators.

Through the medium of mahi puoro (music) we are able to provide a platform to engender healing, self expression, confidence and desire to better oneself even if this means that there is a bit of competition involved. Even more so everyone has waiata (songs) that means something special to them. We are able to provide opportunities for more sharing to occur to let our Whānau hear and see each other's inspirations and expressions of feeling, identity and allow us to glimpse into each others spirits.

From this sharing many of our Whānau have been compelled to write their own waiata either collectively or individually. Either way this is a gift in so many ways.

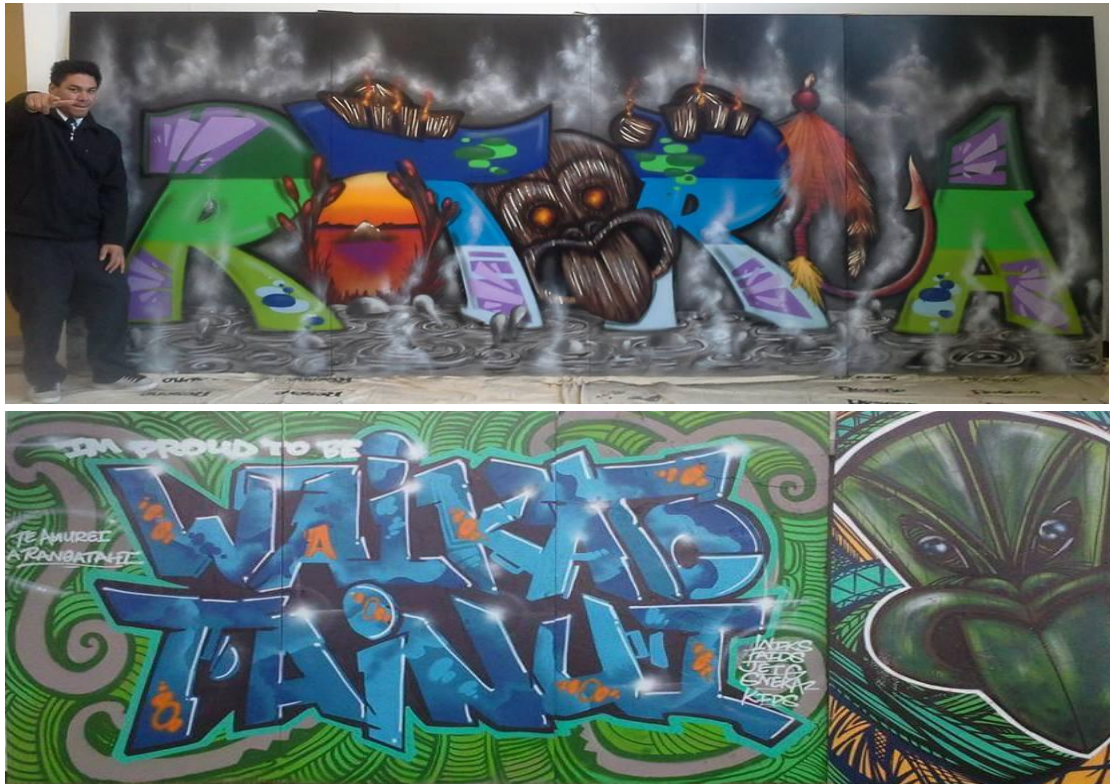
We are proud to speak of and workshop this intervention at the upcoming summit to show how in Ngai Te Whatuiapiti we are:

Rising Up.....to recovery, to the challenge, to the future.....

Jon Fletcher & Pam Kupa-Sheeran – Summit Evaluation

Presentation	1	2	3	4	5	Avg	Aggregated Data
Overall rating	0	1	3	5	4	3.2	<div></div>
Content is applicable to the Summit	0	0	4	5	4	4	<div></div>
Content has enlightened and given me direction	0	0	3	7	3	4	<div></div>
I found value in the presentation	0	0	2	6	5	4.2	<div></div>
Presenter	1	2	3	4	5	Avg	Aggregated Data
Generated my interest in the presentation content	0	0	2	6	5	4.3	<div></div>
Demonstrated excellent knowledge of content	0	0	3	6	4	4.1	<div></div>
Was interested in the participants and engaged our heart	0	0	5	4	4	3.9	<div></div>

Jacob Chrisohoou & Harmz De Thierry (Youth Stream) - Rise Up in Art Workshop



Jacob Chrisohoou & Harmz De Thierry – Summit Evaluation

Presentation Rating	1	2	3	4	5	Avg	Aggregated Data
Overall rating	0	1	3	3	8	4	<div></div>
Content is applicable to the Summit	0	2	2	5	6	4	<div></div>
Content has enlightened and given me direction	1	2	1	6	5	4	<div></div>
I found value in the presentation	0	1	4	4	6	4	<div></div>
Presenter	1	2	3	4	5	Avg	Aggregated Data
Generated my interest in the presentation content	1	0	2	7	5	4	<div></div>
Demonstrated excellent knowledge of content	0	1	1	7	6	4	<div></div>
Was interested in the participants and engaged our heart	0	0	2	4	9	4	<div></div>

Poetic Justice – Te Utuhina Manaakitanga Trust (Youth Stream) Rise Up In Dance Workshop

<p><i>Poetic Justice</i> is about voicing our stories Giving life to our tales through hip-hop melodies Lyrical meds help us maintain mentally Lyrical demonstrating our own remedy This is all about challenges, our future and recovery. Our destiny is in the process of discovery</p> <p><i>Poetic Justice</i> is a strength based Rap/Hip-hop Music Program. Rap music has been used as a medium to create a pathway for us rangatahi to express and organize our thoughts, to enhance natural musical talents, and to provide us rangatahi with an outlet to express our challenges, dreams and visions.</p>	<p>We the rangatahi have left Rap Music sessions with comments like <i>"Composing that song was like having lyrical meds"</i> <i>"I have been able to express my future aspirations"</i> <i>"Share my good & bad life experiences through my lyrics"</i></p>
<p><i>Tawhiri Mathews</i> is the name on my photo ID, But locals in Ngapuna know me as <i>Little T</i> Young slick Māori boy 19 years old With dreams & visions just waiting to be told</p>	<p><i>Justan Wilson</i> is the name given from my mummy. But my kinfolk in Tokoroa all know me as <i>Juddy</i>. My mission is to help our rangatahi achieve their dreams. Lyrical medicine is what I am peddling so our stories we sing.</p> <p>My real name is <i>Kacy</i> my alias <i>Kase 9</i> Rotorua is my birth place I'm never hard to find Got it tatted on my arm the place that I am from Rapping a brighter future especially for number one</p>
<p>The focus of the program is about our mental wellbeing and healthy choices in regard to Alcohol/Drug use. It provides us an opportunity to share what troubles us in a way we feel comfortable. Music produce's a natural high for us; we are able to create music about us and the things that we care about. The music we produce gives us hope to achieve goals outside our own environment. We would like to share what we are doing with other rangatahi throughout the nation so that they may experience the highs that we have.</p> <p>This is a program that is tailored to young people's specific needs; sessions are developed around our needs and visions not what others want for us. This process is designed to encourage us rangatahi to create our own positive future.</p>	

Poetic Justice – Summit Evaluation

Presentation Overall	1	2	3	4	5	Avg	Aggregated Data
Overall rating	0	0	6	3	6	4	<div></div>
Content is applicable to the Summit	0	0	5	6	4	3.9	<div></div>
Content has enlightened and given me direction	2	0	6	4	3	3.4	<div></div>
I found value in the presentation	2	0	4	2	7	3.8	<div></div>
Presenter	1	2	3	4	5		
Generated my interest in the presentation content	1	1	4	4	5	3.7	<div></div>
Demonstrated excellent knowledge of content	0	1	8	2	4	3.6	<div></div>
Was interested in the participants and engaged our heart	0	1	5	5	4	3.8	<div></div>

5.4 Provider Presenters

Krista Davis, Get Smart, Tauranga (Provider Stream)

Stoked Tai Ora Surf Therapy



Krista is 26 years old and originally from California. She moved to New Zealand about 5 years ago and now calls Aotearoa home, as she feels this is where she is meant to be. Krista is passionate about the AOD field and loves working with youth as a drug and alcohol counsellor, seeing their positive change and making a better future for themselves. Krista is a surf addict and loves surfing; she knows the positive effects it has had on her own life so wanted to incorporate a way for at-risk youth she works with to experience the joy of surfing and use it as a tool to help themselves.

PURPOSE: An alternative therapeutic program incorporating surfing and group work as a means to help inspire and encourage positive change in at-risk youth.

VALUE:

Stoked tai ora has reduced drug use in many at-risk youth around Tauranga. This program reaches the 'unreachable' non-engaging youth and sparks motivation previously lying dormant. Youth enjoy Stoked tai ora and it is their choice to come along. It provides Tauranga youth with safe alternatives to drugs and positive opportunities to create a better future for themselves. Any physical activity promotes mental and physical health. So, introducing young people to an activity they enjoy can help them start making better life choices.

Instead of the typical AOD counselling approach, which focuses on 'changing the bad', Stoked tai ora shifts this focus to providing the 'good' - surfing. Clients can see the benefits of changing and start to make positive changes for themselves. This program shows youth a better way instead of telling them. Once they see this better way, they want it and they choose it.

Krista Davis – Summit Evaluation

Presentation Overall	1	2	3	4	5	Avg	Aggregated Data
Overall rating	0	0	4	7	16	4	<div></div>
Content is applicable to the Summit	0	0	3	5	19	5	<div></div>
Content has enlightened and given me direction	0	1	5	11	10	4	<div></div>
I found value in the presentation	0	0	3	9	15	4	<div></div>
Presenter	1	2	3	4	5	Avg	Aggregated Data
Generated my interest in the presentation content	0	0	3	3	13	4	<div></div>
Demonstrated excellent knowledge of content	0	0	4	6	17	4	<div></div>
Was interested in the participants and engaged our heart	0	0	3	6	18	5	<div></div>

Mino'aka Kapuaahiwalani-Fitzsimmons (Provider Stream)
“Critical Success Factors in Kaupapa Māori Alcohol & Other Drugs Residential Treatment: Māori Youth Perspectives”

Indigenous Hawaiian currently working in the field of addictions as a clinical therapist with Pai Ake Solutions and completing a Masters in Health Sciences through the National Addiction Centre, Christchurch School of Medicine, Otago University.



There is a significant gap in the research literature regarding issues related to Māori rangatahi alcohol and other drug (AOD) residential treatment. Historically, the majority of residential AOD treatment services for adolescents have been modelled on adult treatment services which paid little attention to the developmental and cultural needs of indigenous youth. This omission has often left indigenous youth with no alternative but to attend mainstream services, in which they may feel culturally alienated.

The current research looked at what Māori rangatahi, who have accessed a kaupapa Māori AOD youth residential treatment service, perceive as the critical success factors in their treatment. Understanding these perspectives will help to better inform the future design, implementation and delivery of AOD residential treatment for Māori rangatahi.

Qualitative semi structured individual interviews were conducted with 10 Māori rangatahi, employing a kaupapa Māori framework. Participants were randomly selected from the 65 youth who attended Rongo Atea in 2009. Participants were asked a set of questions about what they thought worked for them while in treatment; what helped them to make any significant changes to their substance use, mental and emotional wellbeing, and general personal and social development.

The participants identified program intervention/components that were success factors in their treatment and also made suggestions for change. The results also highlighted the need for rangatahi participation and input to be included in the development, design and policy making of AOD treatment services that serve them.

Mino'aka Kapuaahiwalani-Fitzsimmons – Summit Evaluation

Overall Presentation	1	2	3	4	5	Avg	Aggregated Data
Overall rating	0	2	6	12	8	3.9	<div></div>
Content is applicable to the Summit	0	0	6	14	8	4.1	<div></div>
Content has enlightened and given me direction	0	5	7	9	7	3.6	<div></div>
I found value in the presentation	0	1	8	11	8	3.9	<div></div>
Presenter	1	2	3	4	5	Avg	Aggregated Data
Generated my interest in the presentation content	0	2	11	7	8	3.8	<div></div>
Demonstrated excellent knowledge of content	0	0	6	10	12	4.2	<div></div>
Was interested in the participants and engaged our heart	0	1	9	9	9	3.9	<div></div>

Gail Morley and Julie Ryle (Provider Stream)

Horse Power – Empowering Youth Using Equine Assisted Therapy and Learning



Equine Assisted Therapy and Learning is a modern, solution focused, experiential treatment modality which is taking the world by storm. There are over 3500 certified EAGALA certified professionals in 41 countries, offering over 600 programmes.

Founded in 1999, EAGALA is the leading international nonprofit association for professionals using equine therapy to address mental health and human development needs. Their vision is that every person worldwide will have access to these services known as [Equine Assisted psychotherapy and Equine Assisted Learning](#).

Tauranga CAMHS has been offering this treatment to clients and families since 2010 in group format with individual and family sessions accessible by packages of care. Programmes have been run for clients with diagnosis such as Anorexia Nervosa, Depression, and Anxiety etc as well as with At Risk Māori Youth, and young people with suicidal thinking and recurrent self harm and interpersonal problems.

The programmes aim to increase young people's self-awareness, their ability to acknowledge and adapt their coping strategies, understand boundaries, choices and consequences, and seeks to improve relationships.

The sessions are facilitated by a Mental Health Professional, Equine Specialist, and a team of horses. The horses are loose in the arena and the participants are given tasks to perform with the horses and then enabled to process the experience and search for metaphors of how experiences might relate to life outside of the arena. Participants are able to use the sessions with the horses to try out problem solving, learning about their boundaries, choices and consequences and developing safe and positive relationships.

Gail Morley & Julie Ryle – Summit Evaluation

Overall Presentation	1	2	3	4	5	Avg	Aggregated Data
Overall rating	1	0	2	11	11	4.2	
Content is applicable to the Summit	1	0	2	10	12	4.2	
Content has enlightened and given me direction	1	0	6	9	9	4	
I found value in the presentation	1	0	1	10	13	4.3	
Presenter	1	2	3	4	5	Avg	Aggregated Data
Generated my interest in the presentation content	1	0	2	13	9	4.1	
Demonstrated excellent knowledge of content	1	0	1	9	14	4.4	
Was interested in the participants and engaged our heart	1	0	4	11	9	4.1	

Ingrid Altena, Jan Bell & Jane Kelly (Provider Stream)
Evidence Based Programmes



Ingrid Althena has worked in Child and Adolescent Mental Health for over twenty years, as a mental health practitioner, a team leader, project manager, trainer and coach. She currently works with Youth Horizons Trust in the Bay of Plenty heading the specialist foster care programme for adolescents diagnosed with conduct disorders.

Ingrid will provide a brief overview of the Youth Horizons Specialist Care Programme and the profiles of the young people in our care. She will introduce the Teaching Family Homes model of managing the extreme behaviours many of the young people present with. The model will be briefly explained via a targeted skills development approach. The impact and the results of this work will be highlighted through a case study of a 14 year old young woman currently in Youth Horizons care.

Jan Bell has worked in Child and Adolescent /Alcohol and Drug services for over 20 years as a Clinician, Counsellor ,Case Manager and Supervisor. She has been with Youth Horizons for the past 10 years in the role of Supervisor /Therapist with the Intensive Clinical service delivering both an FFT and wraparound service to clients and their families in the Bay of Plenty. Youth Horizons is contracted by the DHB to provide evidence based interventions to young people (and their families/Whānau) who present with challenging behaviour and mental health needs.

Jane Kelly has worked in the social services field for 15 years as a social worker, case manager, counsellor Jane has worked as a facilitator and case manager for WAVE (women against violence education). Before joining Youth Horizons Trust Jane was the Strengthening Families Co-coordinator for the Bay of Plenty. Jane had been with Youth Horizons for 6 years as a Therapist with the Intensive Clinical Service delivering both Functional Family Therapy and Wraparound services to clients and their Whānau/families in the Bay of Plenty.

Jan and Jane will provide an overview of the Bay of Plenty intensive clinical service specific to the delivery of Functional Family Therapy as an evidenced base model of intention for age 10 and up. Jan and Jane will also cover YHT wraparound approach of family intervention which targets the needs children/tamariki and their families/Whānau when the child is not cognitively able to participate in FFT process.

Ingrid Altena, Jam Bell & Jane Kelly – Summit Evaluation

Overall Rating of Presentation	1	2	3	4	5	Avg	Aggregated Data
Overall rating	0	1	3	7	5	4	<div></div>
Content is applicable to the Summit	0	1	2	8	5	4.1	<div></div>
Content has enlightened and given me direction	1	1	3	6	5	3.8	<div></div>
I found value in the presentation	0	2	2	6	5	3.9	<div></div>
Presenter	1	2	3	4	5	Avg	Aggregated Data
Generated my interest in the presentation content	0	2	4	4	6	3.9	<div></div>
Demonstrated excellent knowledge of content	0	0	4	5	7	4.2	<div></div>
Was interested in the participants and engaged our heart	1	1	4	4	6	3.8	<div></div>

Sabrina Solomon, Te Utuhina Manaakitanga Trust (Provider Stream)

Conversing With My Grown Up Self: The Key To Collaboration



The requirement for services to implement 'Integrated Solutions' across sectors continues to challenge both Mental Health and Addictions services across New Zealand. As a population group, Maori have on average the poorest health status of any ethnic group in the country, but to address these challenges there are significant changes needed across Mental Health and Addictions services in order to meet future needs of Maori. This presentation will outline the key to collaborating and engaging with Maori in New Zealand and present a challenge for all who are working with Maori across the sectors.

Sabrina is of Te Arawa descent, and grew up in Rotorua. She has worked in Mental Health residential respite and treatment services since 2007. Sabrina is an Associate Alcohol and Other Drugs Practitioner with DAPAANZ and currently works as a Youth AOD Counsellor with Te Utuhina Manaakitanga Trust, Rotorua.

Sabrina Solomon – Summit Evaluation

Overall Presentation	1	2	3	4	5	Avg	Aggregated Data
Overall rating	0	1	2	6	9	4.3	<div></div>
Content is applicable to the Summit	0	0	3	6	9	4.3	<div></div>
Content has enlightened and given me direction	0	0	4	6	8	4.2	<div></div>
I found value in the presentation	0	0	3	5	10	4.4	<div></div>
Presenter	1	2	3	4	5		
Generated my interest in the presentation content	0	1	3	6	8	4.2	<div></div>
Demonstrated excellent knowledge of content	0	0	3	4	11	4.4	<div></div>
Was interested in the participants and engaged our heart	0	1	2	3	12	4.4	<div></div>

Sela Kingi & Kelly Johnson - (Provider Stream)
Looking at Health from the Inside Out – Youth Stylze



Sela Kingi of both Māori and Tongan Descent with 10 years previous full primary teaching behind her.

From a Whānau of 8 siblings and (5 girls & 3 boys) now married with 3 children (1 boy & 2 Girls). Raised for most of her life in South Auckland, Otara, before transitioning to Kawerau during her secondary years. She is currently in her second year as a Whānau Ora Kaimahi and first year as Education Team Lead (in both areas). Kelly Johnson of Māori descent – Tuwharetoa Iwi, born and raised in Kawerau with a wonderful partner and 3 boys. Current Position of Rangatahi Physical Activity Kaimahi for Tuwharetoa Ki Kawerau, however 8 years previously with the Hauora with many diverse roles. Her focus has been on nutrition and physical activity for rangatahi and Whānau as they find their way to well-being.

The outcome for this specific presentation was to have young people express and share their current community involvement and life experiences with other young people (for youth, with youth, not without youth). It was an opportunity to allow the youth to have 'a voice' by encouraging and supporting each other to take a stand against the negativity in their lives, acknowledging their past hurts while turning it into positivity as they aided their peers. Each member of 'Youth Stylze' shared their individual situations that brought them to become involved in the group 'Youth Stylze' (Kawerau Group) and how they connected within their community with their mentor Sela Kingi and her service, Tuwharetoa Ki Kawerau Health, Education and Social Services. All the stories shared were emotionally touching and significant to many youth, who face similar challenges, as a young person living in today's society.

Sela Kingi & Kelly Johnson – Summit Evaluation

Overall Presentation	1	2	3	4	5	Avg	Aggregated Data
Overall rating	0	0	0	4	22	4.8	<div></div>
Content is applicable to the Summit	0	0	1	3	22	4.8	<div></div>
Content has enlightened and given me direction	0	0	1	4	21	4.7	<div></div>
I found value in the presentation	0	0	1	4	21	4.7	<div></div>
Presenter	1	2	3	4	5	Avg	Aggregated Data
Generated my interest in the presentation content	0	0	1	4	21	4.7	<div></div>
Demonstrated excellent knowledge of content	0	0	0	4	22	4.8	<div></div>
Was interested in the participants and engaged our heart	0	0	0	4	22	4.8	<div></div>

Te Puna Hauora Ki Uta Ki Tai (Provider Stream)

Evidence Based Programmes



GM of Kaupapa Māori Hauora Hinengaro services including Tamariki and Rangatahi. Passion for working with rangatahi well-being and supporter of rangatahi career pathways in Māori Health.

The exciting and innovative presentation will demonstrate a resource tool that has been developed by some staff and supported by kuia and kaumatua. The tool is a set of 80 Māori / English laminated cards which cover a wide range of emotions, feelings and states of being. Sometimes it is difficult for children and adults in any health or social service situations, to articulate how they are feeling and to talk about issues with which they are faced. The range and option of different cards offers an easy, non-intrusive approach to invite kōrero and conversation.

The cards are versatile and can be used within many different health or education setting, some examples are:

- When counselling or working with children or adults
- For individuals or Whānau with health or social needs; and or
- Group work

A resource such as the Korero Mai cards offers a safe and unobtrusive way to creating or motivating conversation for service-users in health, social or Whānau family settings. They are an 'enabler' tool towards tamariki / rangatahi recovery and future well-being. The resource has come about through dearth of Māori / English resources when working with our young people and Whānau. It has also come about through staff taking the initiative to not only develop the resource, but to generate another source of income to inject back into service delivery, particularly as Government funding is becoming less with no new funding.

The resources have a two-pronged approach: Firstly and most importantly they are a tool for working with rangatahi and Whānau to initiate and motivate kōrero; and secondly they are Māori staff-led initiatives to help increase funds to inject back into service delivery, particularly in the current economic environment.

Te Puna Hauora Ki Uta Ki Tai – Summit Evaluation

Overall Presentation	1	2	3	4	5	Avg	Aggregated Data
Overall rating	0	0	3	7	16	4.5	<div></div>
Content is applicable to the Summit	0	0	3	7	16	4.5	<div></div>
Content has enlightened and given me direction	0	1	4	5	16	4.4	<div></div>
I found value in the presentation	0	0	4	7	15	4.4	<div></div>
Presenter	1	2	3	4	5		
Generated my interest in the presentation content	0	0	3	8	15	4.5	<div></div>
Demonstrated excellent knowledge of content	0	0	2	8	16	4.5	<div></div>
Was interested in the participants and engaged our heart	0	0	4	7	15	4.4	<div></div>

6.0 Youth Summit Evaluation Form - Feedback for Presenters

6.1 Guest Presenters Feedback

Jordi Webber

Jordi was good	Webber was interesting. Enjoyed his talk on his youths, of growing up	Lacked instruction language nor young people cultures	Jordi Weber was awesome at the start
Great MC – very interesting	Personal story was the highlight	Awesome korero	Enjoyed Jordi's story
Big ups to Jordi Webber	Set the scene – excellent		

6.2 Keynote Speaker Feedback

Harmz & Krew

Excellent presentation and support for rangatahi in Kirikiriroa, excellent educational programs. Excellent interactions	loved these young guys-engaging + so true to the cause young people that can truly connect with our Rangitahi	Awesome mahi will remember the top 5 kaupapa the ever users to engage with rangatahi	Great presentation! Loved everything you guys spoke about. You guys are onto it, kia mau te wehi
Fun presentation real interesting to see what others are doing in their rohe	great to learn about the mahi Harmz & the new do with rangatahi	Absolutely wonderful, very entertaining for the youth amazing This team is tumeke	Awesome! Young peeps working and educating peeps loved their energy and their mahi
Great presentation/ very inspirational	A tad to colloquial but was exciting and fun	Not applicable to all youth	Vibrant, informative and inspiring well done!
Great positive role models	Awesome, amazing – good team	Really enjoyed it. I think the work you do is great kapai	Not all youth speak and act the way the presenters portray
The key message for me was keep it real	Great energy. Highly intelligent	Mean/inspiring/tauke	Great presentation team

Paula Mekomoko

Made it easy for us to relate too as she talked about her school years and its how a lot of teenagers feel towards school these days	Great to see the courage of young person on her journey. She might have shortened it a bit to bring across key points	was a moving and incredible story of this mischief girl turn into a successful woman tu meke	Awesome examples for rangatahi achieving goals, sorting issues while being supported, ka pai
Keep it real, inspiring	Privilege to learn background, personal journey, humorous - wahine toa, awesome!!	Lovely to hear a young persons story - powerful message	Always good to hear rangatahi's own journey
Paula is an inspiration young person and has a powerful message to deliver, fantastic!	Really enjoyable presentation to start the day, Youth perspective!!	Enjoyed hearing your story and about your work - keep up your awesome work	Impressing Paula with education and work

Congratulations Paula, lovely presentation	Paula portrayed lots of self confidence	Love your story, go for gold girl	About herself, was funny
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Tania Wilson

Very heavy on statistics for keynote; would be good in provider/research audience but not with rangatahi hard to engage. Could be done with input on presentation by rangatahi?	the stats were great never captured rangatahi, needed to be friendly if you are going to say Māori words you need to pronounce correctly	Sadly not all youth focused in terms of them being half the audience would have been best presented to providers only	Maybe this topic could have been presented with a bit more excitement with the number of youth present
Technical problems may have impeded her presentation & topic difficult to make interesting	Wee bit of a dull presentation and not that engaging. Good information though	It was interesting statistics but I didn't feel very engaged Good study overall	Think it was a bit technical for a keynote, but information was important
Interesting, but not engaging and uninteresting for youth	More item to digest graph information a lot of good data	Always hard to motivate after lunch...rushed	NO OFFENCE was too long repetitive not engaging talked at not to very boring
Good to have both types of presentations felt that the organisers were not supportive of her korero	Unfortunate this was straight after lunch so late start, shortened time, interesting and important data A bit dry but good info Lacked intuitive language	Should have given her more time Positive presentation Should have given her more time	Too much stats, wrong time of the day Will use this service with out young people

6.3 Youth Presenters Feedback

Jon Fletcher & Pam Kupa-Sheeran

Very interactive, I identify with stories. Reduce risk/ and relationships Whānau	loved it, exciting, entertaining kept me interested an informative success	Great korero	They are great and funny
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Poetic Justice

Rangatahi were capturing and pulled you in their world through rap and words of expression	Was awesome and amazing to see talent developed and furthered		
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6.4 Provider Presenters Feedback

Krista Davis

Considering only 2 years this has been operating. Youth are really making progress loving this programme	Nice clear presenter, appreciated linking of the activity to therapeutic process	Love the passions, the progress being made in such a short time	Ka pai to mahi. Activity based therapy sounds great for engaging
Great example of genuinely taking it to the rangatahi - loved this	Miharo - gave me ideas and inspirational korero	Great, as assures me I am on the right track	Shame the video didn't work at the start
Very cool service - wish I could try it	Interesting youth focused work	Great, loved personal stories	Excellent presentation Krista
Awesome initiative	Good Outcomes		

Mino'aka Kapuaahiwalani-Fitzsimmons

Tino rawe! I korero I a ki taku manawa, tino waimarie au ki te whakarongo ki tona korero. Mihi nui ki a ia, he rangatira	Would prefer fewer slides with a lot of small print quotes, more large print "key points"	Interesting perspectives and good to hear youth feedback on residential AOD for youth	Interesting info - would have liked more info on findings, need this research so much
Humble presenter, reminded us all that surfing is a traditional Hawaiian Sport	Nice view from Rangatahi view / opinions - very important to share	Presentation "just ended". Fell very short of the time allocation	Great to hear outcomes are real and people acknowledged
Would like a reference for the full document please	Great presentation and data collected	Thank you Mino'aka	Wow

Sabrina Solomon

Enjoyed the korero, challenging. Reinforced korero on same subject but another arena, education, intermediate level	A great reminder to be REAL at all times. Loved te open, honesty Sabrina and gentle awareness Well presented	Heart felt and sincere delivery, Sabrina is a great speaker, deliberate & meaningful	it was good information and value but it seemed a little monotonous in presentation - great insights
Amazing korero, identified important gaps and missing links in the services	Lovely images. Great feeling to the presentation	Great!! Very personal and effective!	Amazing presentation, so true!!

Gail Morley and Julie Ryle

Having worked as a personal trainer with intellectual disability children taking them horse riding was life changing - wanted for a while to bring to Gisborne	Ideas and concepts appreciated will take away some awesome whakaaro on a kaupapa very unknown to me	Love this! It is awesome and I'd love to get youth I work with doing this. I agree there is power with horses	Ideas and concepts appreciated will take away some awesome whakaaro on a kaupapa very unknown to me
Horses - use therapy in relation to youth (Horse whisperers great form of learning)	Interesting concepts - again thinking outside the square	Practical and simply presented - enjoyable	Interesting hands off approach & initiative
I am very interested in this type of therapy	Great concepts working with horses	Unimpressed with presentation	Thanks, it was great model of therapy
Good piece of information	Loved it...wow	Innovative	

Ingrid Altena, Jan Bell & Jane Kelly

Long, a lot of talking little enthusiasm, too much talk about policy, guidelines, analysing. Need to show some of their success, role play, share story, show stats does the programme work? Youth worker only person that was interesting she gave examples	Great service, would like to see in Rotorua community	Very interesting learning about those programmes how they're managing and the outcomes/achievements for Whānau	Interesting to hear another service provider, would like to know more about developing horizons service and health model development
	Interesting	Good to hear of FFT and ICNT	

Tuhoe Hauora

Loved the Tuhoe Whānau heartfelt + deep moving korero= ranatahi + story of single mama	Not engaging, not enough input from youth. We all do and engage what is presented	Heartfelt testimony from Marsha and korero from rangatahi tuturu Māori practice	Spoke to my wairua and affirmed to me why I do this mahi mauri ora!
Fantastic coverage from all aspects, courage and kaha	Ka nui te mihi kia koutou great presentation!	Keep it real! Love the success stories	Real life story, great-feeling and emotional
Personal story was the highlight	Ka pai		

Sela Kingi & Kelly Johnson

Technical difficulties with technology hindered the flow of this still awesome presentation. Good link with audio & visual creativity of youth ie. music. Excellent presentation & content	Very cool to hear about the initiatives in Kawerau. Cool to have new group of youth as part of the presentation	Passionate & strong delivery of a great imitative of Youth Services in Kawerau. Succinct & punchy presentation - fantastic!	Inside out through their eyes, looking and feeling! Kia kaha awesome presentation ki Kawerau!! Awesome
Awesome work, great team. Youth participation/voice makes the biggest difference	Great passion & enthusiasm from Sela & Kelly - courageous new roopu here to support	Excellent presentation by Sela & Kelly - pity the PowerPoint was a bit sluggish but all turned out great!!	Great presentation - relevant - great youth voice & that they have been heard
Awesome service. Love how they involved youth & encouraged participation? Together	Inspired by their motivation and aroha for their mahi - inspiring to see - tau ke!	Fantastic to learn community taking positive action	Great presentation very inspirational
Amazing work - good to see th is being done in Kawerau, really enjoyed presentation			Good use of technology (video) to help present mahi. Great speakers and cool to meet rangatahi

Te Puna Hauora Ki Uta Ki Tai

Great presentation on card resource through scenario skits; good to see what new resources are being developed to assist mahi in the sector! Ka pai!	Enjoyed hearing their vision. Loved the Māoritanga. Interesting initiative with developing resources	Beautiful looking resources, excellent kaupapa. Having the cards on each table would have been great to look through	Great to have interactive presentation - the resource looks very useable! Great waiata a ringa!!
Cards, kete, pens, played out scenes awesome great way to learn and connect with the language.	Would have been nice to have the kete/card resource on each table to have a look at	Doing great work - impressive! Will be purchasing motivational card packs	Great innovative tool, good luck with your long term goals and visions
Great to see a resource specific to Aotearoa NZ, great team work	Very interesting. Congratulations on the resource cards.	A little bit hard to hear with the group scenarios	Great tool, awesome! Role play okay, hard to see and hear
Mean change up of role playing. Mean cards	Great presentation and great resource	Want the resource	I would go and see them

7.0 Youth Summit Return on Investment

A total of 137 participants attended day 1 and a total of 110 people attended day 2. A total of 247 participants over the two day Youth Summit.

Sponsorships were received from Te Rau Matatini to assist youth travel to attend the two days and further sponsorship was received from Matua Raki to assist with youth accommodation.

The total cost for the Youth Summit was \$17,211.92 with a \$69.40 return on investment per person total cost.

Total Number Participants Attended	Day 1 137	Day 2 110	Notes All \$\$ excl GST
Briefing Meeting: 20 Oct			
Venue & Catering	261.96	261.96	Total split over two days
22 October Dinner for Youth		199.07	
Venue & Catering Cost: (Function Package)	5,269.57	4,721.74	
Accommodation:			
2 x Rooms - Midland team	217.38	217.38	Total split over two days
Youth YHA	1,000.22	1,000.22	
Steering Group	519.98	519.98	
Filming	1,100.00	1,100.00	Total split over two days
Other Disbursements			
Koha	86.96		Jordi Webber
Dynamics	105.00	105.00	Total split over two days
Printing	63.75	63.75	Total split over two days
Tokens x 8	28.76	28.76	Total split over two days
Art x 20	170.24	170.24	Total split over two days
Total Cost	8,823.82	8,388.10	
Per Person Cost	64.41	76.26	

Overall, participants felt that the summit met all of their expectations and felt confident to feedback to other people. The location of the summit and registration process was of an acceptable standard.

Your Participation	1	2	3	4	5	Avg	Aggregated Data
The summit met all expectations	0	1	10	12	17	4.1	<div></div>
I feel confident to be able to feedback to other people	0	0	8	11	20	4.3	<div></div>
Process / Environment	1	2	3	4	5	<input type="checkbox"/>	
Registration was an easy process	0	1	5	6	28	4.5	<div></div>
Location of the forum / meeting	0	0	4	10	26	4.5	<div></div>

8.0 Questions and Answer Boards

Rising to the Challenge and Prime Minister's focus on the health and wellbeing of youth was a main driver for the Midland region. The Midland Clinical Governance Network and Regional Portfolio Managers Group identified that where there were some pockets of consultation occurring in the individual DHBs, there was little in the way of regional collected feedback. The Midland Youth Summit served two purposes; one was to provide a platform for providers and youth to launch a variety of youth engagement strategies that are working as well as to canvass the opinion of youth providers and youth on a series of questions that were aligned to the Rising to the Challenge.

Midland Youth Summit Answers to Provider Stream Questions

1. How can improved access pathways better encourage youth to seek support? How can services increase access to youth?	
<ul style="list-style-type: none"> ▪ Share information ▪ Youth meetings – more resources in secondary MH, better resourced service especially secondary MH ▪ Youth Expo ▪ Fund day bring all services together make it like a Top Town – Amazing Race style ▪ Free youth friendly and governed services ▪ Any door is the right door ▪ Accessibility – more youth input ▪ No age limits re contracts ▪ Raise profile – be available and friendly ▪ Get out in the schools and tell us youth 'What's Up' – we never know about services and what they are for until it's too late! – At least we will know where to go.....what do you think?? ▪ Go to where the youth are – schools etc ▪ More youth 'faces' and input ▪ Youth forums within every High School then Regional groups ▪ Community / hapu / Iwi liaison ▪ One Stop Shop! ▪ Mobile services ▪ Creating youth friendly environments with youth input ▪ Share information ▪ Youth meetings – more resources in secondary MH, better resourced service especially secondary MH ▪ Youth Expo ▪ Fund day bring all services together make it like a Top Town – Amazing Race style ▪ Free youth friendly and governed services ▪ Any door is the right door ▪ Accessibility – more youth input ▪ No age limits re contracts ▪ Raise profile – be available and friendly ▪ Services provided in schools – face book – not just dialogue 	<ul style="list-style-type: none"> ▪ Go to where the youth are – schools etc ▪ More youth 'faces' and input ▪ Youth forums within every High School then Regional groups ▪ Community / hapu / Iwi liaison ▪ One Stop Shop! ▪ Mobile services ▪ Creating youth friendly environments with youth input ▪ Go to where the youth are – schools etc ▪ More youth 'faces' and input ▪ Youth forums within every High School then Regional groups ▪ Community / hapu / Iwi liaison ▪ One Stop Shop! ▪ Mobile services ▪ Creating youth friendly environments with youth input ▪ Working together for youth and their family ▪ Give more choices around who and what services they would like ▪ Always be out there in the community – health promotion – always available ▪ After hours services in places they hang out e.g. Youth Centres ▪ Have participation youth for youth support them ▪ Accessibility in lower schools – primary / intermediate – education and knowledge sharing ▪ Using technology as a user friendly conducive to youth ▪ Lessen criteria, open door services that don't send rangatahi somewhere else ▪ Get out in the schools and tell us youth 'What's Up' – we never know about services and what they are for until its too late! – At least we will know where to go.....what do you think??

2. How do we support the improvement of youth: <ul style="list-style-type: none"> • mental health and wellbeing, • physical health and, • social inclusion 	
<ul style="list-style-type: none"> ▪ Free services for youth, NOT RED TAPE ▪ Free physical health – mahi kai, kori tinana ▪ Free activities – what rangatahi have that means or \$ to access services?\ ▪ Open Youth Centre in Gisborne and Waikato ▪ Provide opportunities ▪ Make things accessible to youth i.e. affordable or without cost ▪ Not limiting or removing barriers to participation ▪ Employment – self esteem – inclusion – options ▪ Free parking ▪ Organised sports activities in local parks ▪ Homework centre – holistic wrap around one stop shop for health services ▪ Include youth in service development ▪ Include youth in policy making ▪ Riders against teenage suicide ▪ Self training – to address bias and prejudice toward rangatahi – older peoples poor attitude/judgement ▪ More youth voice at decision making levels ▪ Youth styles – alternative education 	<ul style="list-style-type: none"> ▪ Flexi funding ▪ Free services easily accessible mobile services ▪ Youth friendly ▪ Early workforce development ▪ Increasing positive opportunities for rangatahi ▪ Including youth voice in assessment and solutions to helping them ▪ Systems work to maintain inclusion of Youth in school ▪ LISTEN, inclusive/work alongside – don't let them down too much of that already ▪ Youth stylez working together ▪ Outdoor pursuits (adventurous solutions) ▪ Educate in sexual health ▪ Partnerships and collaboration at all levels and access difference levels – no gate keeping ▪ More youth advisory groups in lots of different areas where thee is a youth population (which can include community things as that covers all age groups) ▪ Staff encouraged to come after school
3. How can we encourage youth to take the lead in their care?	
<ul style="list-style-type: none"> ▪ Advise about options then let them lead ▪ Gauge their confidence in their ability to lead their care and empower them to have more confidence ▪ More awareness of what is available for youth ▪ Choices and options for treatment and recover ▪ Awareness, responsible, listen, let them lead ▪ Nothing changes if nothing changes! Change starts from within oneself with the support of positive people ▪ Walk alongside them – encourage them to see their strengths ▪ Korero me whakarongo ke a ratai ma, ma ratai kei hei mahia ta ratou mahi ▪ Youth development – becoming role models – becoming mentors ▪ Do not make assumptions! Ask and respect their perspectives and their ideas 	<ul style="list-style-type: none"> ▪ Be yourself / inspire youth they are the Rangatira me apopo ▪ Ensure they have a voice within planning ▪ Advisory Groups – mentoring – Tuakana/Teina development ▪ Walk beside them ▪ Youth leadership expos e.g. TKKSHS 9/11/13 ▪ Talk to youth ▪ Contingency management ▪ Reward systems ▪ More youth friendly services that know how to korero to our communities ▪ Upskill tangata whānau kaupapa Māori ▪ Help them to figure out their passions, values beliefs dreams and support them in that by belief in them and connect them with a mentor that would fit well with them. Give beneficial and relevant information ▪ Provide programmes for youth run by youth ▪ Inform them about illness

4. What are some of the ways that youth can contribute to service development?	
<ul style="list-style-type: none"> ▪ Youth advisors trained, resourced and paid ▪ Youth voice participating ▪ More youth services on the ground instead of sitting in their offices making decisions for minorities ▪ Youth for Youth – need support as they want to get on with it not be tied up with process and policy ▪ Steering yeah, but groups ▪ Let them speak up and don't say nah ▪ Give them the chance to lead e.g. let them run a hui/meeting under the guidance of the provider/service ▪ Youth can advise on more effective and current ways of communicating with rangatahi, i.e. rangatahi use of social media such as FB, Twitter, apps, smartphone's etc 	<ul style="list-style-type: none"> ▪ Be more involved in community events – help plan and run them ▪ Find opportunities for them to exhibit their talents in festive ways ▪ Family whānau satisfaction surveys ▪ Leadership at all levels including the top ▪ Youth supporting youth positions – peer support or a youth that can relate to their particular need or issue ▪ Youth part of interview for new staff ▪ Discussion groups – getting out there to find out what's happening ▪ Collaborative approaches to issues ▪ Involve rangatahi – teach and support – listen to rangatahi – be silly with them have fun ▪ Youth helping to creating youth resources ▪ Encourage youth leadership
5. What can we put in place so that youth can let us know whether they feel that their personal power has/ hasn't increased?	
<ul style="list-style-type: none"> ▪ Regular weekly visit / home, community etc – Facebook – Open door policy ▪ Create a Youth Advisory Board!!!!!!!!!!!! ▪ Korero kanohi ki te kanohi, not just to tick boxes but to actively enforce change ▪ Evaluation every meeting ▪ Evaluate their opinions and assessments ▪ Have regular hui / feedback ▪ Active participation in evaluations ▪ Creative evaluations ▪ Objective / neutral people to korero with ▪ Provide after hours programme ▪ Continuity 	<ul style="list-style-type: none"> ▪ Weekly afternoon chat, connect time ▪ By enabling youth to be apart of governance entities ▪ Korero whakarongo ▪ Have a youth member sit on forum / BoT of organisations ▪ Vehicle / opportunity for youth to voice progress ▪ Online Facebook Surveys (voucher reward system) ▪ Create a singly HoNOS score for personal power
6. What ways is your service challenging youth stigma and discrimination?	
<ul style="list-style-type: none"> ▪ Involving Youth Services into our MH Awareness Week to deliver the message, education and that an illness is not the person ▪ Our service has a holistic view and has consulted with youth focus groups. We are keen to develop service ▪ Promoting positive aspects of youth ▪ We are working on it! ▪ Involving youth in Health Promotion awareness events ▪ Strengths based ▪ By not stigmatising and discriminating them. Including them in all levels of participation i.e. review meetings, planning, implementation etc ▪ Paramount of child is primary 	<ul style="list-style-type: none"> ▪ Normalising mental health ▪ Support ▪ Youth Advisory Groups ▪ Korero tahi ▪ Treat them as people too! ▪ Mana rangatahi programme ▪ Education others about youth – giving them the full picture ▪ Employing youth – listen to our youths needs – walk alongside youth ▪ Listening to their voices – Advisory Roopu established – Training for further development ▪ Encourage our youth to be Kaitiaki ▪ Support on Facebook ▪ Supporting youth on the right path ▪ MH Awareness Week activities in schools

<ul style="list-style-type: none"> Tuakana – Teina supports ‘leading by example’ 	<ul style="list-style-type: none"> – other school education programmes
7. How does your service demonstrate cultural competence?	
<ul style="list-style-type: none"> Support Te Arawa driver Whakaaro, whakarongo ki nga kai mahi and management tautoko our services holistic view and encourage staff to engage Cultural supervision – respect listening Tatau Pou = grid of competencies and self education – regular profession development on cultural issues – required core competencies for registration Models for all cultures Strive to understand and be sensitive to others cultural values and tikanga Approachable people Regular noho marae – culture of the agency which allows Cultural supervision with Kaumatua and Kuia – karakia / waiata daily – promote tino rangatiratanga – kai 	<ul style="list-style-type: none"> Māori models of health and strong emphasis on Whānau Ora – Māori for Māori – Pasifika for Pasifika Treaty of Waitangi – no discrimination – all are equal Opportunity to speak to a Kaumatua – choice of a Māori facilitator Always ask for guidance from whaanau and cultural advisors Te Pou Mataaho (Nga Awatangi) – karakia, waiata, waiata-a-ringa, Mirimiri, kuia/Kaumatua etc Professional development From each persons very first visit/contact – whānaunga – hui – so on Tikanga and kawa of your Iwi Diverse staff Listening to ex-youth They demonstrate lip service
8. Does your service have Youth Peer support services? <ul style="list-style-type: none"> If yes, where? And what does that look like? Where do these positions sit within the organization, community, and region? If no, what are the strategies in place to include these positions moving forward? 	
<ul style="list-style-type: none"> Yes. We support the establishment of rangatahi advisory group and administer scholarships to assist rangatahi to further or entre careers in mental health and addictions No, no strategies – should be highlighted with management? We have a Residential facility for youth from out of town (CYFS / Justice) No – no strategies Yes – funded Youth Internships which is supported by Te Utuhina Manaakitanga Trust clinicians Yes – Rotorua Yes Taneatua. We network with other services Yep! That’s my job. Sit at organisation who do peer support, advocacy for people (whānau, adult, youth, child) 	<ul style="list-style-type: none"> No – nothing No but working on it Youth / peer supports would need to see the benefit for them and be confident in their ability to help Whānau hui – weekly meetings where youth voices heard Youth mentors HELP! Monthly youth input to peers No – No – new service, so strategies are to be established. no strategies, but something to think about No – nothing Weekly meetings held Youth Café No fought for external supervision but no internal support or communication! These are set up for individuals as and when needed
9. How do we as providers ensure that whānau are an integral part of your service and the recovery journey for youth?	
<ul style="list-style-type: none"> Identify barriers e.g. financial, stigma, fear of unknown and address these Non-blaming approach helps Include whānau in care plans and goals 	<ul style="list-style-type: none"> Whānau always invited / welcome – have whānau support worker – open rangatahi prefer to start on their own or take their own journey to recovery and involve whānau in

<ul style="list-style-type: none"> ▪ Provide whānau with strategies and refer to services to help them ▪ Mediate between youth and whānau ▪ Whānau are invited to attend – education/counselling group for parents – how to support their rangatahi ▪ Whānau included where possible – always include where possible ▪ Not all the time as some youth work better without whānau ▪ Whānau champions ▪ Te Pou Mataaho (Ngati Awatangi re Whānaungatanga model) ▪ Mahi tahi ▪ By initially meeting with them before our service gets involve 	<ul style="list-style-type: none"> ▪ their own time ▪ Whaiamanaaki ▪ Walk the talk live what you practice – ensure services are doing more than just a job ▪ Whakawhānaungatanga ▪ Tapa Wha ▪ Whānau advisors in service ▪ Don't get to enslaved to privacy issues which negate whānau levels of involvement ▪ We have Whānau support worker a our roopu ▪ Give opportunities for youth and whānau to meet together in an environment safe and comfortable for them (more accessible) ▪ Whānau are made sure that practice is transparent and collaborative with them – walking with whānau within their whānau culture. Checking to evaluate whether they feel they have control and a voice in the service
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8.1 Provider Question Board Key Themes

<p><i>Access</i></p> <ol style="list-style-type: none"> 1. Better information – use technology more 2. Mobile services especially in rural and rurally remote areas 3. Youth One Stop shops 4. Lessen the entry criteria 5. Go to where the youth are e.g. school 6. After hours services <p><i>Supporting Healthy Lifestyle Choices</i></p> <ol style="list-style-type: none"> 7. Free services – health checks 8. Youth community activities - physical 9. Include a youth voice – youth in schools <p><i>Youth Leadership</i></p> <ol style="list-style-type: none"> 10. Youth Advisory Councils 11. Youth programmes developed and delivered by youth 12. Provide a range of options <p><i>Youth Service Development</i></p> <ol style="list-style-type: none"> 13. More Youth Advisors 14. Youth involved in recruitment of staff working with youth 15. Increasing youth leaders 	<p><i>Youth Personal Power</i></p> <ol style="list-style-type: none"> 16. Youth Advisory Board 17. Facebook Youth Survey <p>Discussion groups with youth</p> <p><i>Challenging Youth Stigma and Discrimination</i></p> <ol style="list-style-type: none"> 1. Youth strength based focused groups 2. Mental Health Awareness stands in schools 3. Tuakana / Teina support – leading by example <p><i>Cultural Competence</i></p> <ol style="list-style-type: none"> 1. Kaumatua / Kuia access 2. Cultural supervision 3. Seek appropriate advice <p><i>Youth Peer Support Services</i></p> <ol style="list-style-type: none"> 1. Working in isolation – need mentors and supervisors 2. Need youth strategy that is implemented <p><i>Family / Whanau Involvement in the Youth's Journey</i></p> <ol style="list-style-type: none"> 1. Family Whanau involvement from the first meeting 2. Non-blaming culture where family whanau input is pivotal
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Midland Youth Summit Answers to Youth Stream Questions

The questions posed to the youth participants were framed up by the Youth Steering Sub-group to ensure they were tailored to youth but at the same time responded to the key drivers of Rising to the Challenge.

1. Have you ever used a mental health or addiction service?	
<p>1. <u>Yes/No</u> 9 – YES 1 – YES, the people didn't make me want to come back 6 – No 1 – Discretion</p> <p>2. <u>What worked?</u> Having someone listening and working hard / Got help / Going into the ward / Relation / Got coffee / Therapy programme, flexible and nice staff / Laughter & listening / Friendly face 2 – Answered No 2 – Answered N/A</p> <p>3. <u>What didn't work?</u> Not being listened to properly by certain "professionals" and medication / Getting talked down to / Getting my way / Judging / Not nice / Hard to get support, not sure where to go when struggling / Listening to un-positive stories / Whack systems / AOD Ed 2 – Answered No 2 – Answered N/A</p> <p>4. <u>What could be done better?</u> People who relate and actually do their job and LISTEN / Get trained more / Nothing / More often / Friendly people / Alternatives to medication tried first / Younger youth provider / be straight up / Make it fun / Embrace all cultures.</p>	
2. What would make it easier for you to use mental health or addiction services?	
<ul style="list-style-type: none"> ▪ Spread the word through youth ▪ Having a case manager that has been through your situation ▪ Someone who has been through the same things as you and have the same understandings and no judgements, just support. ▪ Hearing more about them. They're often un-heard of until things get too bad ▪ Being broadcasted across the television more ▪ Knowing where or who to contact ▪ Having someone that you can relate to ▪ Support ▪ Knowing who I would need to contact ▪ Knowledge of services out there ▪ Support ▪ Free rides ▪ Support from the whānau 	<ul style="list-style-type: none"> ▪ Smiles ▪ Have like exciting things or activities to motivate ▪ Heaps of outgoing activities, goals and rewards ▪ Free service ▪ Happy and smiling faces ▪ Some only do it because it's their job. ▪ Accessibility and details if the services are really willing to help. ▪ Better support early on, not having to tick a box or have a diagnosis to get support. More peer support and mentoring and appointments outside of school/work hours. ▪ Less judgement around services, make it more individual. ▪ Knowing the person before you talk about issues ▪ Knowing the kaimahi.

3. What would put you off getting help?

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| <ul style="list-style-type: none"> ▪ People who pressure me into getting help ▪ Not so much for my own well-being but definitely other ▪ Peer pressure ▪ A practitioner that tries to force not encourage ▪ Peer pressure I think ▪ People wanting me to do what they want me to do ▪ Not being listened too when you seek help ▪ The professionals only want to do what they say, not what they say not what they practice ▪ Not being heard ▪ Depression ▪ Numerous therapists have put me off because they don't actually listen or help and often just put me on medication. Also, my own thoughts were a big disadvantage. ▪ Negative thoughts ▪ Barriers to getting support e.g. Services that make it hard to get in. Knowing that the kind of support I want isn't out there e.g. Alternatives to meds. Not knowing what support is out there, not wanting to accept things are going downhill ▪ Knowing that the people helping you are all s--t. ▪ Being put down!!! ▪ People who pressure me into getting help ▪ Not so much for my own well-being but definitely other | <ul style="list-style-type: none"> ▪ Peer pressure ▪ A practitioner that tries to force not encourage ▪ Talking to people I don't know ▪ Stigma and discrimination ▪ Not being listened too when you seek help ▪ The professionals only want to do what they say, not what they say not what they practice ▪ Judgemental people and peer pressure ▪ Getting talked down to ▪ Judgemental people aka blockers ▪ Dickhead of a person helping me ▪ Getting put down and talking to people I don't know ▪ Being judged ▪ Just being too shy and think that people will not understand and spread your background ▪ Fear knowing that eventually people will notice that you are crazy. Or people finding out that something is wrong with you ▪ Stigma ▪ Feeling weak ▪ Fear. The fear of being judged, the fear of not getting the support I need, fear of going back to my old ways. |
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4. Who do you talk to if you are feeling stuck or things are hard?

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| <ul style="list-style-type: none"> ▪ Family ▪ Dogs, pets, the microphone ▪ My Mum – Biggest, baddest and most supportive person who I can rely on ▪ Family or friends or other people I trust ▪ My mummy / Mum / My Mum / Mum / ▪ My best friend, my Dad, my sisters ▪ My Dad ▪ Papa and close whānau beavers ▪ AOD. Doctors. Friends. Family | <ul style="list-style-type: none"> ▪ Mum, Dad or girlfriend ▪ Whānau. Friends ▪ Say Prayers, talk to my Mum or Dad who passed on ▪ Either my best friend, therapist, or sometimes my Mom ▪ My Atua, Jesus Christ ▪ My Best friends ▪ Friends or people I trust. |
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5. Have you ever felt excluded by others because they think you are different?

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| <ul style="list-style-type: none"> ▪ Yes, my health workers ▪ Yes, They don't understand me, and think I'm weird. ▪ Yeah of course, black person white society ▪ Yes, by friend ▪ Yes I'm white and it goes both ways for racism ▪ Yes, this included social exclusion, verbal | <ul style="list-style-type: none"> ▪ Yes, because I'm quieter than everyone else ▪ Yes, female ▪ Yes, all of the time. But there's nothing wrong with being different ▪ Yes, because I was proud to be a Māori. Stay true to who you are ▪ Yeah, all the time but it's not something that gets me down, it makes me represent |
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<p>bullying and cyber bullying</p> <ul style="list-style-type: none"> ▪ Yes, not being understood and getting looked at funny ▪ Yes, just being brown – dress a bit differently, I like to stand out. The more people persecute the more I react and work to be different ▪ Yes – not obviously but subtly I think so. By workmates, when looking for flats... at school... ▪ Yes. Bro its crap. But it took me ages to forget what people think and just re-live life happily ▪ Yes, I felt like I had to be fake just to fit in with others. But in the end, I figured it was my own mind being mean to myself 	<p>myself more to rub it in! Be yourself</p> <ul style="list-style-type: none"> ▪ Yes. I guess it always comes down to judgements and how long it takes for people to get over themselves ▪ Being brought up on my Māori side and then moving to my Samoan family was a hard transition. I was forced to choose friends because of race or the cliques. ▪ No because I avoided FAKE PEOPLE!! And just be straight (True) ▪ Fake friends who used you, to know your background then mock and humiliate makes you feel betrayed!!! ▪ Yes, because we were poor as ▪ Yeah, had to be fake.
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6. What would make you feel like you are in charge of your own wellbeing?

<ul style="list-style-type: none"> ▪ Letting me do what I want to do, not something everyone wants me to do ▪ Having independence! ▪ Making your own choices ▪ Letting me make my own decisions and own mahi but with support and awhi ▪ Making sure you are on top of things and positive in life ▪ My other half. Supervisor ▪ Empowered ▪ Always knowing there is someone worse off than I am. I appreciate everything I have ▪ When life is going great, I feel healthy and the people around me feel my buzz!! ▪ Not being shy, having more confidence 	<ul style="list-style-type: none"> ▪ When people don't judge and they let you be who you want to be ▪ No judgements and just support to your own ideas ▪ People alongside not behind helping ▪ When people aren't on my case saying I'm useless and rubbish like that. ▪ Identity ▪ Being a leader not a follower ▪ Having confidence sharing my own life experiences ▪ Having confidence ▪ Being myself – in every sense from walk, talk and look.
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7. What support would help you best when you are feeling stuck or things are hard for you?

<ul style="list-style-type: none"> ▪ Music, smiles, positivity, whānau, food, favourite things to do! ▪ Hip hop music, Graffiti, food, family ▪ Family, my partner, sleep, keeping perspective – It won't always be like this. Gardening, writing, hanging out with my pets and friends / discrete clinical advice, family ▪ Mum or Dad, sometimes it's easier to go to people the same age or a sibling or something ▪ Go to family (whānau) for awhi ▪ Loving! Someone who gives good advice ▪ Positive support. Those who are willing to help me move forward!! 	<ul style="list-style-type: none"> ▪ Aroha, forgiveness ▪ My family, my partner, my daughter GOD! ▪ Whānau ▪ Mum ▪ Love ▪ Love Whānaungatanga support awhina ▪ Learn about whakapapa to give you kaha and mana ▪ Going to my whānau ▪ Best friend or someone who has gone through it before ▪ People listening! And not judging – having positive people around me 24/7 ▪ Having trust, finding that one person you can tell everything to.
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8. Do you think that your cultural beliefs and needs are important to your wellbeing? Why/why not?

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| <ul style="list-style-type: none"> ▪ Yeah hard, if you understand your whakapapa you have grounding, a place you feel strong and feel happy ▪ Yes! Ae!! It's a blessing and a treasured we always need to maintain to keep us strong as a nation. Haati Māori ▪ Yes. Also be yourself not like everyone else! ▪ Yes, because I've been brought up around culture. So that's how I portray myself and act ▪ Yes. It's spiritually healthy and gives you a sense of belonging making you feel a part of something bigger than yourself ▪ Yes. Because we should be proud of who we are. We are all taonga. Represent what you believe in and f*** the haters ▪ Yes. Understanding where I come from gives meaning and perspective to my MH experiences. I have a place and family support, friends with similar understandings of the world ▪ Important sense of belonging | <ul style="list-style-type: none"> ▪ Of course it's important, this is who I am and what I've grown to know ▪ Yes, it's who I am ▪ Yes. It's what I've been taught to know and brought up around / hard out because that who we are and what we are. We need to keep our cultural beliefs strong for the future ▪ I think that it's ok because it's your beliefs ▪ Yes, because everything to do with cultural wellbeing is got to do with whānau and whakapapa! ▪ Fully! Knowing one's self is all bar everything in terms of cultural identity ▪ The roots of the tree is what makes us!! ▪ Of course!! Because our culture and beliefs are who we are!! ▪ Culture is who I am, know my culture before you can know me. ▪ No, I don't really have any cultural beliefs. ▪ Yes. Because I've been brought up around my culture so that's how I act. |
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9. Would you rather be supported by someone who has experience of mental health & addiction problems? Why/why not?

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| <ul style="list-style-type: none"> ▪ Yes and No. Yes because they understand the struggles and what not. But the support of family and their constant love and care will help push on ▪ It's not a must have as there are people who can help through 3D perspective ▪ A bit of both. ▪ No, because it is not cool ▪ I just want help from people that care about me not people that just see me as a statistic and pay check / I'd prefer to talk to someone I know not some random. ▪ Yes, because it's easier to relate ▪ Yes, because they will be easy to talk too. They will be able to relate to what I'm going through and give me advice and direction on how they got through it and over-came their addiction problems ▪ Yes, I would ▪ Yes, because we sort of on the same track in a way ▪ Yes, because they will know what's going on ▪ Yes, because they will have a better understanding and will be able to help you more and they won't judge?? ▪ Yes, because they own a story similar to | <ul style="list-style-type: none"> ▪ Abso-fricking-lutely!! I'd much rather have someone to talk to who has had personal experience with mental health issues, because when they say they understand they really do. I don't want to talk to someone who has just come out of university and says what a book says! ▪ Yes, because they know ▪ Yes, because that's when connections are made ▪ Yes! Why, because they'll be able to relate to what you're going through and what you've been through also it is a nice way to see that everything is going to be okay ▪ Yes because it's an inspiration to see someone come from so low to high, a person that supports you ▪ Yes, they know the struggle and outcome ▪ Yes! Action is louder than words ▪ Yes, because you will have a better connection ▪ They know everything! They are inspiring people and it's really unique and a privilege to listen to them and their experiences. It's awesome to hear their stories and how they overcome it all! ▪ Yes, because they give you experienced |
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<p>that of what someone is going through</p> <ul style="list-style-type: none"> ▪ Yes, as they understand what you are going through ▪ Yes, because it's easier to relate 	<p>feed-back and awhi</p> <ul style="list-style-type: none"> ▪ Yes, because I'd rather talk to someone that can relate to my problems.
<p>10. What does a good mental health & addiction service look like to you?</p>	
<ul style="list-style-type: none"> ▪ Te Kupenga Net Trust x2 ▪ Te Puna Hauora ▪ Te Utuhina Manakitanga Trust ▪ A help centre, no judgement and their there to support you through your needs ▪ When they understand you and work all together so that you are not telling your story over and over again ▪ Variety of things, Loving people ▪ Love and support ▪ Healthy people helping people 	<ul style="list-style-type: none"> ▪ Safety, friendly, helpful and fun ▪ Whānau ▪ Trust ▪ A good and easy persons to talk to, Love and support ▪ One that has people who seriously understand and have good staff that don't kick you out because your 16! True story ▪ Firm foundations, great morals, easily connected, culturally sensitive, adaptable ▪ Free! Helpful! Whānau orientated and welcoming.

8.2 Youth Question Board Key Themes

<p><i>MH&A Services – what works</i></p> <ul style="list-style-type: none"> ▪ People who do their job and listen ▪ Younger youth providers ▪ Alternatives to medication <p><i>What makes it easier</i></p> <ul style="list-style-type: none"> ▪ Smiles ▪ Knowing them before they start working with you ▪ Activities that engage youth ▪ Access information <p><i>What stops you from getting help</i></p> <ul style="list-style-type: none"> ▪ Staff who only want you to do what they say ▪ Peer pressure / being pressured into getting help ▪ Fear / of being judged <p><i>Who helps when you are stuck</i></p> <ul style="list-style-type: none"> ▪ Family / whanau ▪ Friends ▪ Bullying / cyber Parents <p><i>Exclusion because of being different</i></p> <ul style="list-style-type: none"> ▪ Bullying, cyber-bullying ▪ Racism – both ways ▪ Friends who do not understand you 	<p><i>Being in charge of your well-being</i></p> <ul style="list-style-type: none"> ▪ Having independence – choice ▪ Confidence ▪ Support not judgement <p><i>What helps when you are stuck</i></p> <ul style="list-style-type: none"> ▪ Family / whanau ▪ Friends who you trust ▪ People listening not judging ▪ Music, art, hip hop <p><i>Is cultural beliefs important</i></p> <ul style="list-style-type: none"> ▪ Yes for spiritual health ▪ Yes for sense of belonging ▪ Yes for identity <p><i>Youth Peer Support</i></p> <ul style="list-style-type: none"> ▪ Yes they share similar stories ▪ Anyone who listens and is not judgemental <p><i>What does a good MH&A service look like</i></p> <ul style="list-style-type: none"> ▪ Loving, healthy, helpful people ▪ Staff who understand ▪ Help centre who is non-judgemental ▪ Safe and trustworthy
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9.0 Appendices

Appendix 1 - Youth Summit Steering Group Members

Jim Dickinson – Family Advisor, Taranaki DHB and Regional Chair Whānau Leadership Network

Hester Swart – Clinical Director, Taranaki DHB

Jenny James – Portfolio Manager, Taranaki DHB

Donna Blair – General Manager, Te Utuhina Manaakitanga Trust, Rotorua

Marita Rancauld – Portfolio Manager, Lakes DHB

Tania Wilson – Werry Centre, National Workforce Centre

Hine Moeke-Murray – Manager, Te Kupenga Net Trust, Tairāwhiti

Chloe Fergusson – Consumer Leader, Tairāwhiti

Belinda Walker – Midland PRIMHD Decision Support, Midland Regional Network-MH&A

Eseta Nonu-Reid – Midland Regional Director, Midland Regional Network-MH&A

Youth Steering Sub-group Members

Hamiora de Thierry – Rangatahi Health Promoter, Te Ahurei a Rangatahi, Waikato

Paula Mokomo – Youth Worker, Te Puna Hauora Ki Uta Ki Tai, Tauranga

Kelly Pope – Youth Consumer Leader, Werry Centre, National Workforce Centre

Brad Clarke – Student, New Plymouth

Sela Kingi – Whānau Ora Kaimahi & Education Team Leader, Tuwharetoa Ki Kawerau

Belinda Walker- Midland PRIMHD Decision Support, Midland Regional Network-MH&A

Chloe Fergusson – Consumer Leader, Tairāwhiti

Appendix 2 - Youth & Provider Evaluation Form



MENTAL HEALTH & ADDICTION REGIONAL NETWORK

Midland district health boards' shared services agency Service Development • Workforce Development • Partnerships & Relationships



...TO RECOVERY, TO THE CHALLENGE, TO THE FUTURE...

Overall Rating of Presentation	1 ☹	2 ☹	3 ☺	4 ☀	5 ♥
Overall Rating					
Content of the presentation is applicable to the Summit					
Content has enlightened and given me direction					
I found value in the presentation					
Presenter	1 ☹	2 ☹	3 ☺	4 ☀	5 ♥
Generated my interest in the presentation content					
Demonstrated excellent knowledge of the content					
Was interested in the participants and engaged our heart					

Other Comments:

Appendix 3 - Youth Sponsors



National Addiction Workforce Development

Matua Raki kindly donated funds to assist in the accommodation costs for Youth

www.matuaraki.org.nz



TE RAU MATATINI

Te Rau Matatini kindly donated funds to assist with travel costs for Youth from Taranaki & Tairāwhiti

www.matatini.co.nz



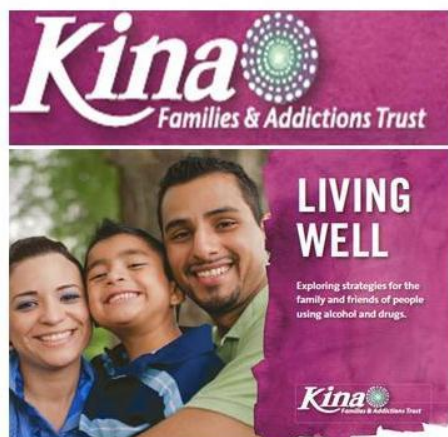
The Werry Centre kindly donated the conference bags, pads and pens.

www.werrycentre.org.nz



Gemma designed the "Rise Up" logo for the Youth Summit.

Taranaki DHB



KINA Trust kindly donated literature "Living Well" booklets

www.kindatrust.org.nz



Skylight & Health Promotion Agency kindly donated literature "Ruby's Dad & Bewildered" booklets

www.skylight.org.nz

www.hpa.org.nz