

# youth health

## health programmes

### MacroAuckland Research - Evidence of Need

Research demonstrates that young people in Auckland face specific health challenges, with mental health support, relationship issues and drug use being issues of particular concern.

Health outcomes are significantly worse for Maori and Pacific young people and are also worse in areas of higher deprivation. This provides a geographical focus of need within South Auckland, and Manurewa in particular, given that the area has:

- A very young age structure, with 52% aged 0-29 years
- A concentration of high deprivation, with 33% of residents living in the lowest decile areas
- A high proportion - over 56% - of Maori and Pacific residents

Research carried out by Kidz First Children's Hospital on behalf of CMDHB outlines prevalent youth health issues in Manurewa, which include:

- High injury rates
- High rates of suicide and suicide attempts
- Alcohol and drug abuse
- Depression and anxiety
- High teenage pregnancy rates and sexually transmitted infections
- Increasing rates of obesity

These issues are highlighted further by Counties Manukau District Health Board's (CMDHB) Reproductive Health Action Plan, which indicates that around half of sexually active young people in South Auckland don't consistently use contraception when having sex.

More than 10% of male secondary schools students and up to 25% of female students in Manukau are reported to have high levels of depressive symptoms, highlighting the mental health challenges for young people in South Auckland.

### Action on Issues

Taiohi Whai Oranga will provide holistic health programmes that are youth focused and youth friendly from a central youth health 'hub'. The health hub will be situated at Manurewa Marae, providing 'one-stop-shop' support for youth by delivering a programme of sexual health advice, mental health counselling and addictions support alongside youth development and transition mentoring schemes.

By offering these services side-by-side the project aims to:

- Reduce the stigma for youth accessing health support by involving young people in service design through the Taiohi Whai Oranga youth health council
- Allow easy inter-agency referral and better joined-up working; enabling local health and youth organisations to deliver from a shared community location

- Embed a culture of youth development into health provision
- Provide personal development opportunities for young people and support transitional pathways through education and employment

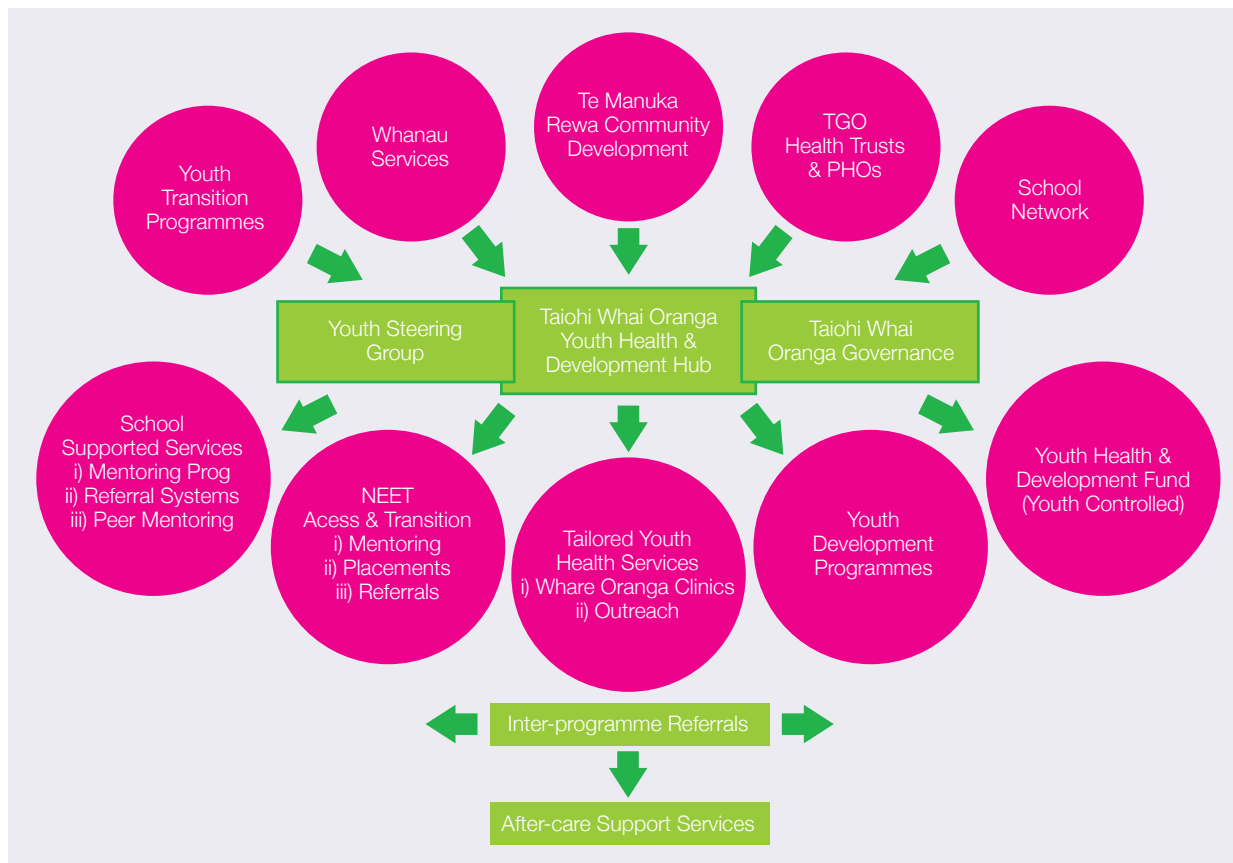
These aims align with CMDHB's identified priorities for youth, the Youth Development Strategy Aotearoa and Whanau Ora principles. The hub model draws on best practice, using evaluation from collaborative models Whai Marama Youth Connex in Hamilton, The Link Youth Health Service in Tasmania and Youth Café's in Ireland.

The project will build on the success of Te Manu Aute Whare Oranga community health clinic at Manurewa Marae, which currently provides free clinical health services to the community but does not have resources for youth-specific health and development programmes.

### Collaboration

The hub model is based on collaborative delivery. By managing a network of partner services the programme will reduce duplication and support effective joined-up delivery.

The model works on the basis of strong community networks that have reach into the youth community to refer young people 'into' the hub, and clear youth governance to ensure services delivered 'out' of the hub are youth-appropriate.



Collaboration is vital in ensuring that full wrap-around support can be provided to young people, and that the hub's services are reinforced by action in schools and in the family context.

Partners involved in the development of Taiohi Whai Oranga to date include Manurewa Marae, local schools, Iosis Family Solutions, Community Action Youth and Drugs, Ministry of Social Development, Counties Manukau District Health Board, Whai Marama Youth Connex and Raukura Hauora o Tainui.

### Funding

Funding of \$795,000 for Taiohi Whai Oranga will provide facilities and a three year delivery programme. This includes salaries for a youth health worker, youth development worker and service co-ordinator, as well as a resourced building extension to Te Manu Aute Whare Oranga.

### Sustainability

Through careful outcomes-measurement, the project will demonstrate the effectiveness of community-based and youth-specific health service, and as such will be well placed to secure sustainable service-delivery contracts with government agencies.

*For more information about this project, please contact Mark Bentley or Kat Stanier on 09 277 8833 or visit the MacroAuckland website [www.macroauckland.org.nz](http://www.macroauckland.org.nz)*