




2016

Akaka Māhuru


MAHIA
RANGATAHI
TOA

EVALUATION



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Waka Hourua

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Acknowledgement

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

On behalf of the Waka Hourua Māori and Pasifika Suicide Prevention Programme, Te Rau Matatini would like to acknowledge Mahia Rangatahi Toa for their commitment to supporting and developing Mahia rangatahi to grow in self-confidence, physical skills, and ability to identify peers in need of help.



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Key Messages

- Fostering positive rangatahi (youth) community engagement.
- Providing rangatahi with opportunities to participate in physical activities and challenges that build skills, confidence, and self-esteem.
- Supporting community based initiatives to become better resourced and upskill in suicide prevention.
- Assisting rangatahi to have more knowledge about suicide risk and protective factors, as well as seeking additional support.

Background

Located on the remote Mahia Peninsula, which has experienced a high number of suicides; Mahia Rangatahi Toa Youth Development Group was established in 2012 to teach young people adventure and activity skills. Many of the rangatahi (youth) attending Mahia Rangatahi Toa have experience of suicide in their own whānau. Mahia Rangatahi Toa’s initiative, which involved the group becoming better resourced and participating in a suicide wānanga (training), aligned with all of the objectives of the Waka Hourua programme:

- Families, whānau, and communities are strongly connected to one another and people actively participate in the wider community
- Families, whānau and communities have their own approaches and plans in place and are actively building resilience and reducing risks of suicide
- Families, whānau and communities have stronger relationships and confidence to be able to talk about their difficulties, and
- People bereaved by suicide receive the support they need within their families and whānau.

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

Pathways	Indicators
<ul style="list-style-type: none"> • Support positive initiatives for rangatahi (culture, sport, learning) 	<ul style="list-style-type: none"> • Access to cultural activities to foster positive engagement for rangatahi with learning

Objectives



Mahia Rangatahi Toa promotes activities for rangatahi which offer them the opportunity to be part of a cohesive and self-governing group. Rangatahi have been actively involved in designing the Mahia Rangatahi Toa programme since 2013. The group is supported by the Mahia Māori Committee, which is comprised of representatives from local marae. The group is also establishing links with other local organisations and groups.

This Mahia Toa Rangatahi Toa is based on a military service model of shared challenges, friendship, and mutual respect. Under the guidance of a skilled and experienced group facilitator, at risk youth are challenged with low, medium, and high skill level tasks in an alcohol and drug free environment. These tasks develop their capacity to overcome fear and increase their self-confidence and self-worth. Mahia Rangatahi Toa promotes values that will support healthier living, community unity, and develop skills to meet challenges. Rangatahi have the opportunity to be mentored and mentor others in healthier living. Mahia’s rural environment works well for individual and group challenges.



The Waka Hourua Māori and Pasifika Suicide Prevention programme fund supported Mahia Rangatahi Toa to purchase new camping equipment for activities, secure greater confidence in the long term sustainability of the group, and the opportunity for their rangatahi to participate in a suicide prevention wānanga (training).

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

Programme

Mahia Rangatahi Toa Programme Deliverables

Key Deliverable	Key performance standard	Status
Purchase Camping resources for rangatahi programmes (as identified in Project Plan).	Camping resources purchased and stored appropriately.	Achieved
Rangatahi design criteria & processes for utilization of camping resources to support local rangatahi initiatives.	Utilisation criteria and systems for use of equipment has been designed by rangatahi.	Achieved
Establish programme wānanga for rangatahi to learn the correct use of and best practice for resources.	Wānanga on safe use of resources completed.	On-going
Suicide prevention wānanga held in area for rangatahi. Facilitated by Safe Communities in Wairoa and supported by ACC.	Wananga completed, 90% rangatahi participants able to recognise a peer at risk and take the appropriate action.	Achieved

Participants

Mahia Rangatahi Toa engaged with six rangatahi from the Mahia community, many of whom had experience of suicide in their whanau. All of the rangatahi were of Rongomaiwahine whakapapa. As shown in figure 1, 66.7% were tāne (male) and 33.3% were wāhine (female).

Figure 1. Gender of participants

Participants Gender

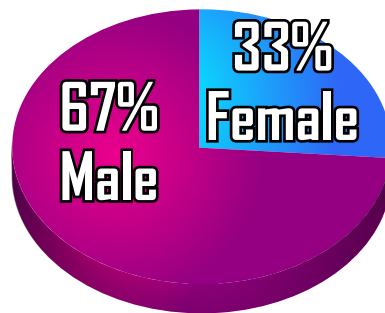
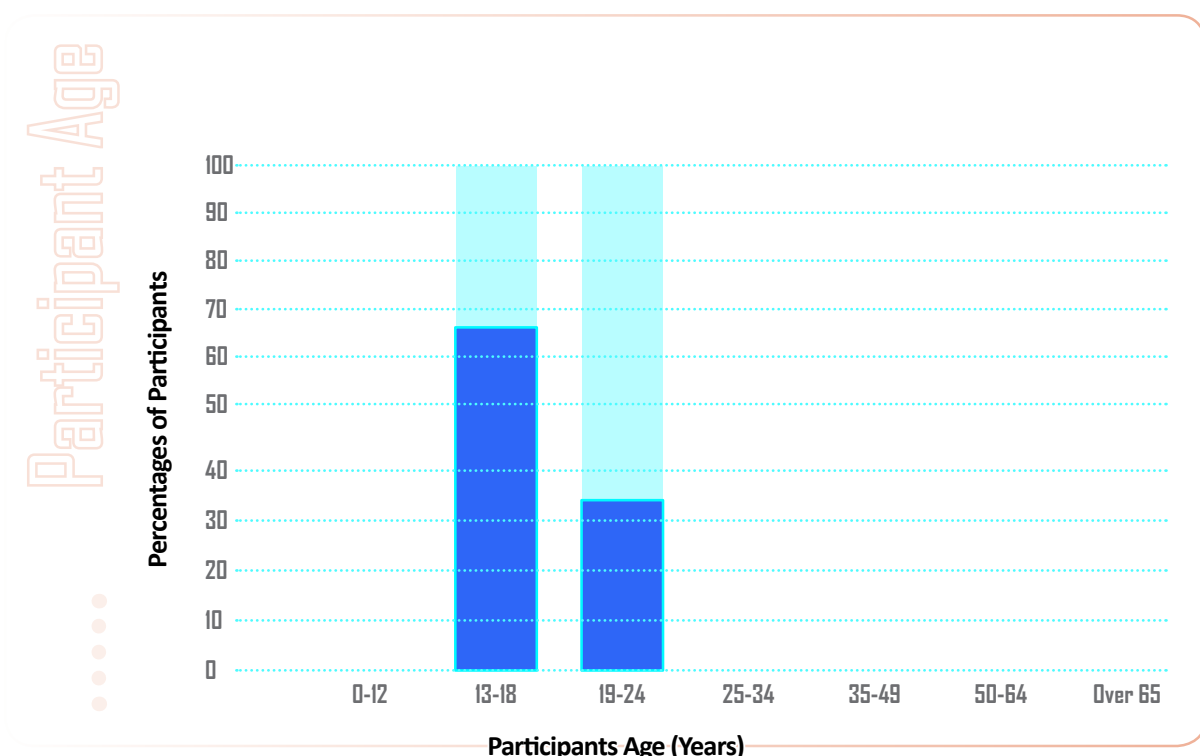


Figure 2 displays the age distribution of the rangatahi. All were under the age of 24 years, 66.7% were between 13 – 18 years old and 33.3% were between 19 – 24 years.

Figure 2. Participants Age Groupings



Equipment & Wananga



Camping Equipment



Mahia Rangatahi Toa purchased a variety of new camping equipment in order to improve their self-sufficiency as a group and increase the enjoyment of their camping trips. Equipment included small items such as chilly bins and kettles through to larger ones like camping tables, chairs, a gas barbeque, and three Kayaks.

Mahia Rangatahi Toa report that having the new equipment has had a really positive impact on their rangatahi. In the past there were financial barriers to the rangatahi going camping. Having access to equipment means they see going camping as something they can realistically do and are considering where in their local district they would like to go. The equipment has allowed aspirations and eagerness to experience camping grow. The new equipment compliments and does not replace Mahia Rangatahi Toa's practice of bush survival skills.



Mahia Rangatahi Toa would like to share their new equipment; they look forward to the development of other youth organisations in their area whom could benefit. In the meantime, their equipment has been shared with other local organisations such as Mahia Returned Services' Association (RSA). The income generated from the equipment being hired out is used to teach the rangatahi money management skills and maintain upkeep of their equipment.

Safe Use & Best Practice for the Resources



An important component of this initiative was the rangatahi learning how to safely use, maintain, store, repair, and record use of the camping equipment. Mahia Rangatahi Toa has established a programme of wānanga for their rangatahi to learn correct use of and best practice with their new camping equipment. Which is part of Mahia Rangatahi Toa's overall focus of providing rangatahi with an alternative focus to their normal day to day lives and preparing them to participate in outdoor pursuits.

Mahia Rangatahi Toa developed an inventory template, labelled all of their equipment, and are learning how to check the parts of their equipment. An example of policy prepared regarding maintenance and repair of equipment, specifically the barbeque, is provided in appendix one. Modules like this are expected to be delivered in a formal classroom environment, with instructions available for rangatahi to learn how to carry out a defect report, defect log, investigations, and hiring processes.

The development of these wānanga are on-going. An evolving list of modules is determined through consultation with rangatahi. Potential topics include; using the gas barbeque safely, tents/gazebos, kayak safety, toilets/sanitation, and cooking and water. Mahia Rangatahi Toa prioritises wānanga topics based on weather conditions, availability of resources, and activities occurring in the wider community which the group participates in (e.g. ANZAC day). Mahia Rangatahi Toa meets mainly once a week, but also participate in wider community events in the weekends.

Rangatahi acquisition of skills is judged during their participation in Mahia Rangatahi Toa camps or wider community projects they participate in. The rangatahi demonstrate their knowledge by carrying out specific tasks and by teaching what they have learnt to others. In terms of their knowledge of the new equipment, it is demonstrated through the maintenance of the equipment, as well as their accountability and documentation practices. An example of the documentation created for good practice with equipment is provided in appendix one.

Suicide Prevention Wananga

Since previous plans of participating in a Suicide prevention wānanga facilitated by Safe Communities in Wairoa was not possible, Mahia Rangatahi Toa's facilitator linked with the Hawke's Bay District Health Board's suicide and prevention representative as they were promoting the establishment of a local response team for Wairoa. This response team will focus on a Suicide Prevention and Post-vention support model.

On the 10th of September 2015, Mahia Rangatahi Toa participated in QPR Gatekeeper Foundational Training: Suicide Screening, which was delivered by QPR New Zealand (www.QPR.org.nz). This training aims to teach people to Question, Persuade, and Refer; Specifically, be able to ask people about whether they are having thoughts about suicide, and then persuade them to accept a referral for help. The perceived benefit of the workshop was that the rangatahi would gain a clear understanding of the signs and symptoms of those at risk of suicide and appropriate actions to take.

Mahia Rangatahi Toa noted that before the course that there was a strong desire among the rangatahi to divert conversation away from the subject of suicide, and that a large proportion of the youth had had or have friends and/or family members that have participated in self harm and/or suicide.

QPR Gatekeeper Foundational Training: Suicide Screening

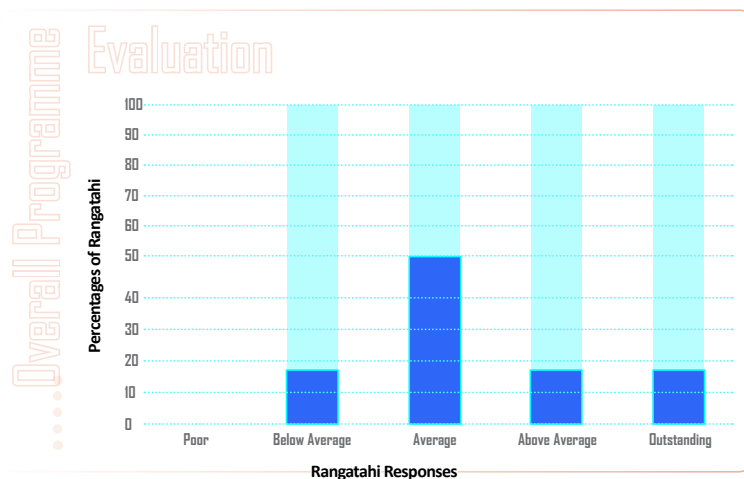
Six Mahia Rangatahi Toa rangatahi completed the QPR training and associated evaluation forms. The rangatahi participated in the training alongside seven other community members; including other students, tutors, and a social worker. The training consisted of learning through a video and interactive activities. The workshop participants watched a video relating to addictions, in order to assist the discussion of risk factors for and protective factors against suicide. The training participants were split into two discussion groups to share their ideas of what increased risk and what was protective. The rangatahi were observed by Hawkes Bay DHB staff as being engaged and actively participating in this activity. A key message from this training was that if a friend says they are suicidal, it is important to tell someone and not to promise to keep it a secret.

The potential risk factors and protective factors identified by the training participants during discussions are as follows:

Risk Factors	Protective Factors
<ul style="list-style-type: none"> • Peer pressure • Grief • Jealousy • Threats • Bullying • Domestic Violence • Substance Abuse • Not paying [tickets] • Fear/Despair • Sexual abuse/rape • Shame • Rejection • Pissed off • Lonely • Depression • Paranoid • Cyber Bullying • Abused teenager • Avoidance • Loss 	<ul style="list-style-type: none"> • Whānau • Sports • Therapy • Share problems with someone you respect • Info on where to go • Taking away the means • Reading your own signs

After Mahia Rangatahi Toa had completed the QPR Gatekeeper Suicide Prevention training, they completed evaluation forms. The analysis that follows is based on the rangatahi responses. As figure 3 shows, the members of Mahia Rangatahi Toa who participated in the training were asked to rate the overall programme by choosing one of the following options; poor, below average, average, above average, outstanding.

Figure 3. Rangatahi ratings of overall programme



In response, 16.7% of the rangatahi rated the overall QPR programme as outstanding, 16.7% rated it as above average, 50% rated it as average, and 16.7% rated it as below average. So 83.3% of the rangatahi thought the training was average or better.

Figure 4. Rangatahi ratings of programme content

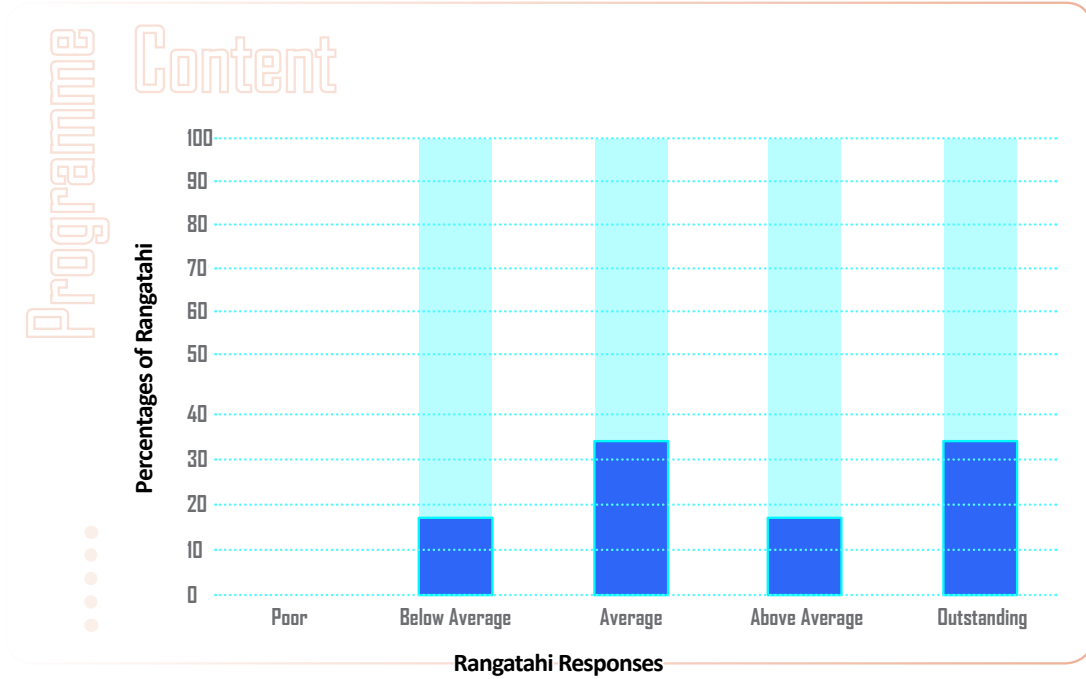


Figure 4 shows the ratings the rangatahi gave for the content of the QPR training. In response to this question 33.3% of the rangatahi rated the content of the QPR workshop as outstanding, 16.7% rated it as above average, 33.3% rated it as average, and 16.7% rated it as below average. So 83.3% of the rangatahi thought the training was average or better.

Figure 5. How well the course met its' objectives

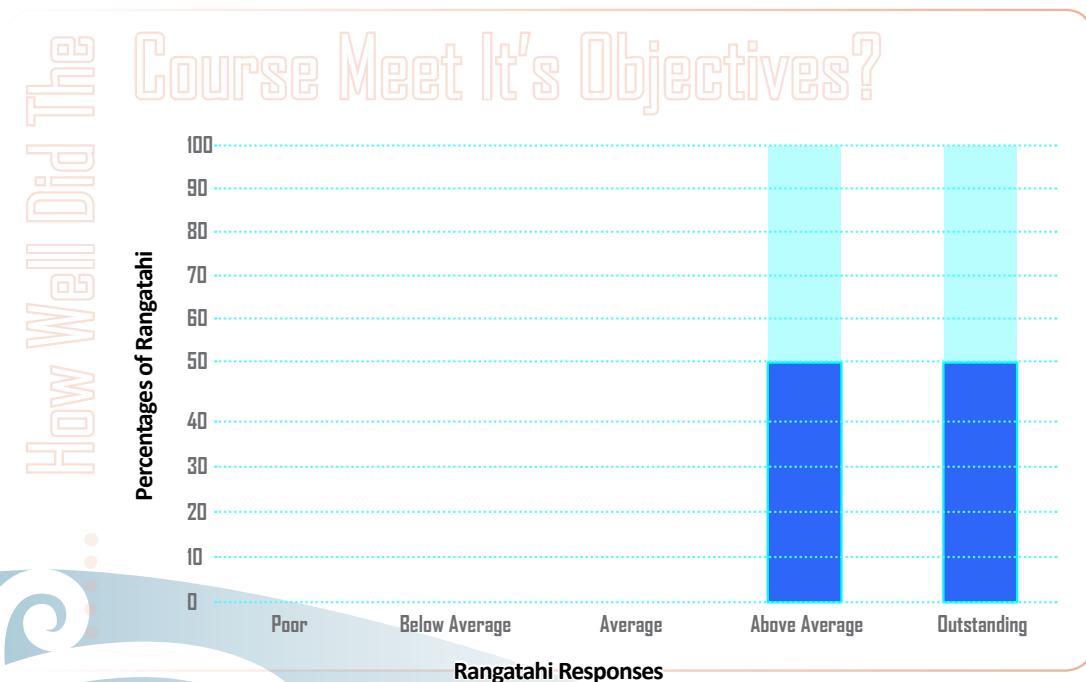


Figure 5 shows the ratings the rangatahi gave for how well the QPR workshop met its' objectives. In response to this question 50% of the rangatahi rated the QPR workshop as above average and the other 50% rated it as outstanding at meeting its' objectives. So 100% of the rangatahi thought the training was above average or better.

Figure 6. How effective the training was at improving suicide prevention knowledge and skills

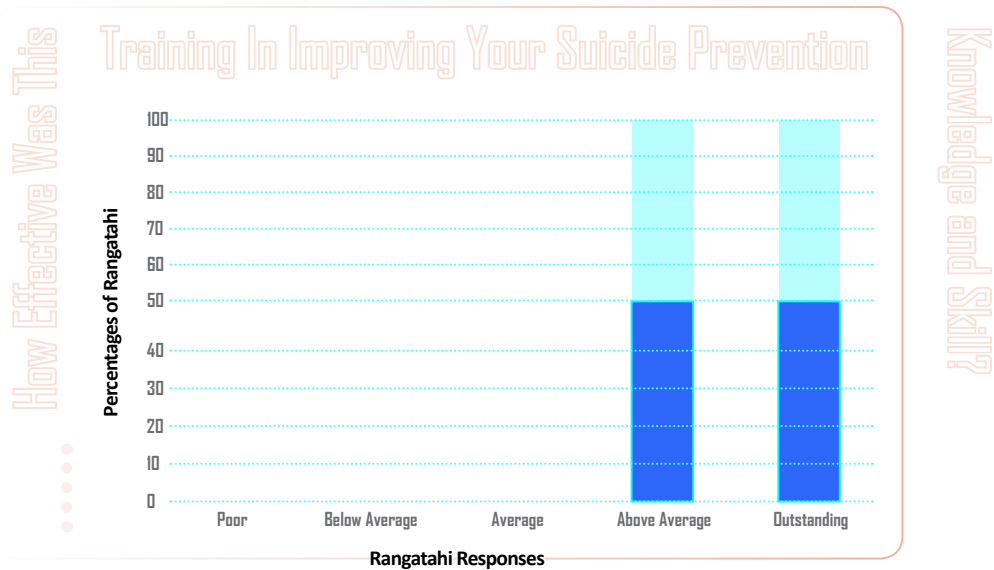


Figure 6 shows the ratings the rangatahi gave for how effective the QPR workshop was in improving their suicide prevention knowledge and skills. In response to this question 33.3% of the rangatahi rated the QPR workshop's effectiveness as outstanding, 16.7% rated it as above average, and 33.3% rated it as average. So 100% of the rangatahi rated the effectiveness of the QPR training in improving their suicide prevention knowledge and skills as average or better.

Figure 7. Instructors demonstration of knowledge of the subject matter

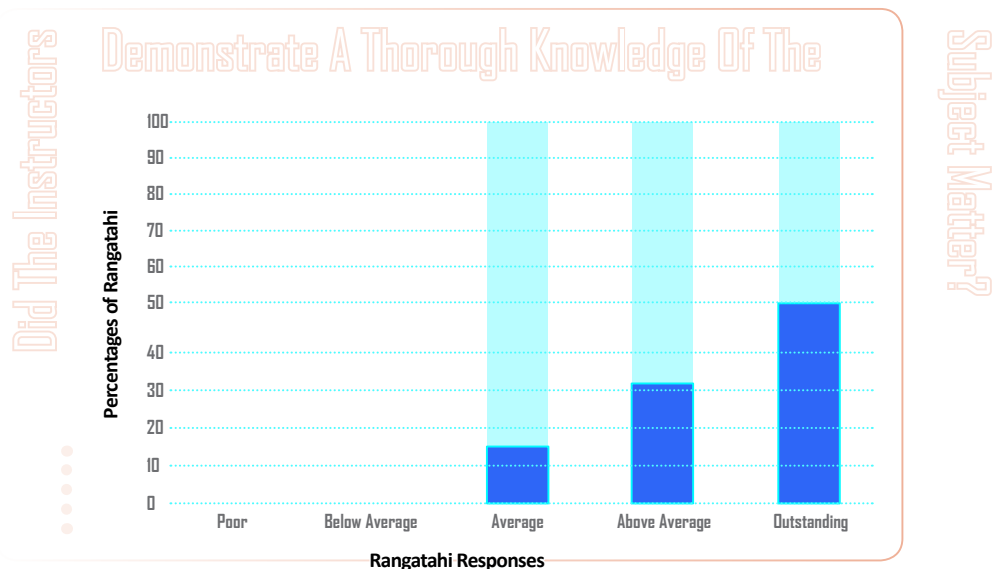


Figure 7 shows the ratings the rangatahi gave for whether the instructor of QPR workshop demonstrated a thorough knowledge of the subject matter. In response to this question 50% of the rangatahi rated the instructor’s demonstration of knowledge as outstanding, 33.3% rated it as above average, and 16.7% rated it as average. So 100% of the rangatahi thought the instructor’s demonstration of knowledge was average or better.

Figure 8. Degree of practical application to work

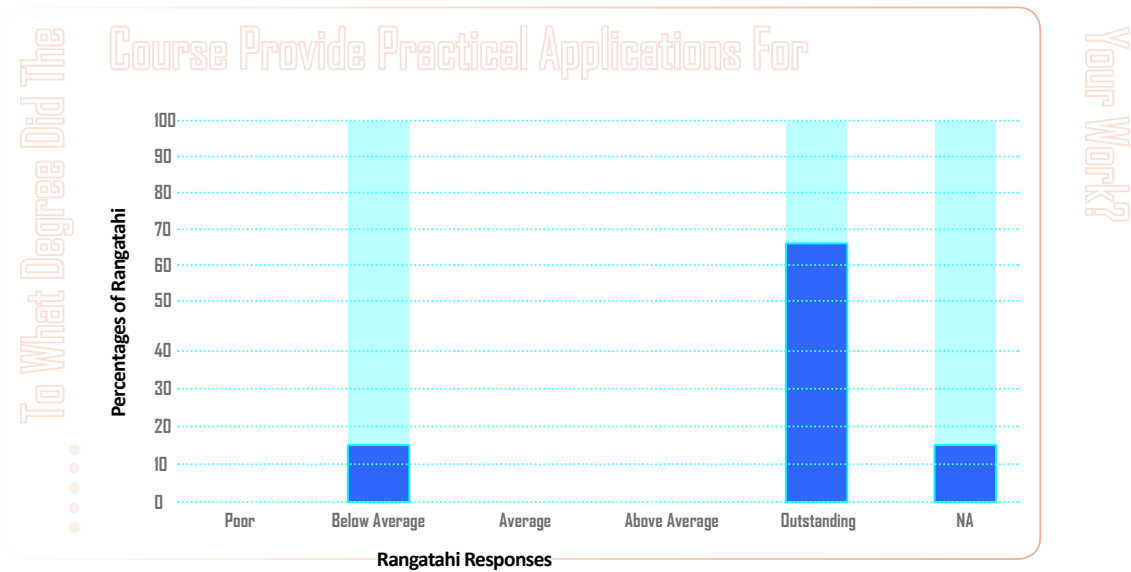
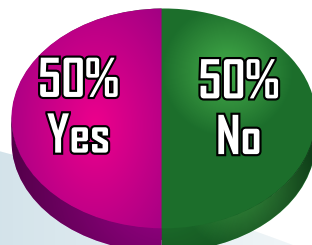


Figure 8 shows the ratings the rangatahi gave for what degree the QPR workshop provided practical applications for their work. In response to this question 66.7% of the rangatahi rated the degree the course provided practical applications for work as outstanding, 16.7% rated it as below average, and 16.7% did not respond to the question.

Figure 9 shows whether the rangatahi said yes or no in response to the question about whether they felt more competent/confident speaking to people about suicide after the QPR training. In response to this question 50% said yes, and the other half said no.

Figure 9. Competency/Confidence speaking to people about suicide

Do You Feel More Competent/Confident Speaking To People About Suicide?



While only 50% of the rangatahi felt competent/confident speaking to people about suicide after the training, overall the majority of ratings given for the different aspects of the training were average or better. This may indicate that while they may not feel confident/competent to talk to someone about suicide they still had an increase in knowledge of suicide prevention. Competency and confidence to speak to people about suicide may also have been effected by age, as 66.7% of the rangatahi from Mahia Rangatahi Toa were aged between 13-18 years. Interestingly, one of the participants who chose 'below average' ratings, identified as feeling more competent and confident to speak to people about suicide.

Future Focus

Mahia Rangatahi Toa are optimistic about the future of the group and look forward to adding further challenges to their programme and developing skills to meet these challenges. In particular, the rangatahi look forward to learning more about recruitment, mentoring, management skills, being self-governing, and self-sustaining.

Conclusion

This Mahia Rangatahi Toa project, funded by the Waka Hourua Māori and Pasifika Suicide Prevention programme, trained six rangatahi in QPR Gatekeeping foundational training: Suicide Screening. This increased their knowledge and skills in suicide prevention; and 50% of the rangatahi felt more competent and confident speaking to people about suicide. The project also lead to Mahia Rangatahi Toa being better resourced and therefore in a greater position to provide local rangatahi with opportunities to participate in and gain confidence through outdoor activities.

Appendix One

Overall Outcome

To promote good practice in Maintenance and repair – BBQ

Outcomes:

1. Recommended storage methods
2. Immediate after use maintenance
3. Hardware checks
4. Identifying faulty hardware
5. Replacing/repairing faulty hardware
6. Administration
7. Accounting for hireage
8. Establishing good logistic support for hireage.

-
- 1.1 Equipment to be stored in a dry easily accessible location. It is to be covered with a customised cover that is dedicated to that piece of equipment. It should be stored dry and clean. All fat residue is to be eliminated and all plates and detachable accessories are to be clean and dry. The gas bottle is to be disconnected from the appliance. Cupboard storage is to be empty. Any rotisserie attachment is to be stored separately from the equipment. Gas Bottle is to be stored with other gas bottles, marked suitably to notify all members that it is for the BBQ. The bottle should have a notebook that will record filling of the bottle and each time that it was used.
 - 2.1 On completion of/return of equipment for storage the unit must be checked for cleanliness. The cleaning of the equipment may still have fat residue on parts which must be cleaned and dried before storage. The use of hot soapy water is to be brush/scrubber applied to equipment inside and out. The fat drip tray must be removed and cleaned separately as with the fat catchment bowl. Particular attention to the back of the unit and to the plates. Burnt food residue must be scraped off the cast iron. The use of a wire brush may be used on the plates for difficult to remove residue.
 - 2.2 Once the equipment has been thoroughly washed, it must be wiped dry with a cloth. It is important that there are no pools of water in the unit which in the long term would promote rust. Once washed and dried, the cover must be placed over the unit, ensuring that there are not extraneous parts cutlery, utensils left in the cupboard. The gas bottle is to be disconnected and stored with other inflammable containers in area allocated. This cleaning process is also recommended whilst the unit is being used on a daily basis at an organised camp. This may not occur if it has been hired by another group.
 - 3.1 Hardware checks incorporates safety and usage of the equipment. Seals at the end of the intake hose and connecting hose to the gas bottle. Ensure that all rubber seals are not damaged and that there is no gas leakage. This is done by ensuring that the rubber seals have not perished, or are missing. The connection to the bottle are to be inserted and screwed to their furthest point by hand. When turning on the gas do a quick smell and sound check that there are not leaks between bottle and unit. Ensure before turning on the gas, that the line in to the unit is tight into the unit and firm at the connection.
 - 3.2 Checks must be made on all hinges and moving parts. Hinges are to move freely and are to be oiled as necessary. Check that hinges are fixed firmly to the unit and that all fixings are tight ensuring that the hinges are not moving on the unit and only as designed. Ensure that the doors of the cupboard open and close correctly and are not obstructed and/or bent. Ensure that the unit wheels move freely and that the wheel brakes function correctly. Ensure that the gas delivery components are correctly seated and that all element covers are suitably placed. Ensure that the fat residue tray is correctly located and that the fat drip container is correctly located.

NB. The ignition is connected on the unit. Should the ignition be faulty, note in defect book. Any checks that are unsatisfactory are to be written into the defect book.

- 4.1 A fault or defect is identified by a number of indicators. These could include:
- Natural actions of moving parts are absent
 - Unusual noise on movement
 - Difficulty in normal function of moving parts
 - Clear signs that damage has occurred to the unit
 - Leakages rendering the continued use of the unit dangerous
 - Parts missing
 - Natural function fails
 - Unnatural function whilst unit is in use
 - Total malfunction of the unit.
- 5.1 The first aspect of repair/replace is based on the degree of denegration to the unit, its safety implications and the time and supplier of replacement parts. It is common for suitable replacements to be adapted which has its own outcomes that may or may not be satisfactory. A long time for replacement parts to be procured and sent could be inordinate. Decisions to replace/repair will fall to the board. When considering action to be taken, a recommendation needs to be made in writing by the maintenance supervisor. Information relating to cost of replacement/repair, a reputed supplier/service provider, and a timeframe needs to be provided before a decision can be made. These details must be sought as soon as the defect is reported in the defect book. An investigation on how the equipment was damaged and all necessary information for timely repair.
- 6.1 Hireage of the equipment is a means of income for the club. This defrays the cost of repairs replacement of the unit and annual depreciation. Hireage would be at the discretion of the maintenance supervisor. Cost of Hireage is decided by the Board with a booking and deposit in place to defray any cost of repair by the hirer. Hireage is to be regulated and not to be available when the Rangatahi require it for their events/activities.
- 7.1 Accounting for hireage of equipment is to be direct credited to the bank account. Hirer to quote their name on the deposit of required monies. The financial accountability falls to the Treasurer, however this is co-ordinated with the maintenance supervisor.
- 8.1 Reservation of bbq, a registration of each hirer, to complete a hireage registration process that will include the following details;

Name of hirer
Address of hirer
Contact Telephone
Email address
Date
Period of Hireage
Item description
Deposit paid if applicable
Comments of Hirer
Signature
Disclaimer

Contact details of Mahia Rangatahi Toa point of contact is considered appropriate.

Waka Hourua
Mahia Rangatahi Toa



A community based, rangatahi focused, initiative which strengthened the resource base of this outdoor activity youth development group and facilitated members to participate in suicide prevention training.

New camping equipment was purchased in order to improve the groups self-sufficiency and enjoyment of their camping trips. The rangatahi also participated in a Question, Persuade and Refer (QPR) suicide prevention workshop.



6 rangatahi participated:
100% Māori
33.3% wāhine
66.7% tāne
100% under 24 yrs

The camping equipment providing the rangatahi more opportunities to learn skills and build confidence, in a alcohol and drug free environment. Through the QPR workshop the rangatahi learnt about a variety of topics including understanding suicide, how to talk to people about suicide, and how to assist people get help.



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Maka Kaurua



Te Rau Matatini