



ANALYSIS OF CLIENT OUTCOMES SUMMARY REPORT

PROGRAMMES 1 – 6
2016 - 2018



“Tai Wātea has taught me to never give up and to be confident in who I am and take pride in everything I do. And they’ve shown me that I can persevere through anything I put my mind to”

“The course empowered me to become confident in myself, to be proud of who I am. Before I started the course, I was unsure of going out into society because of the way people would look at me and judge me. When I came onto the course, no one judged me for who I was, no one looked at me the wrong way”

“I’m more connected, I know my pepeha, I know it off by heart. Every sentence in my pepeha I know what I’m talking about. I’m proud of who I am, I’m proud of being Māori”

“I can definitely say the course has given me hope. It’s shown me that there’s more to life than alcohol, weed and other substances and games”

“If I can do this, I can do anything, and if I do this, I can show my family that I can stop and I’m not that drug kid. It’s shown me that I’m not a mistake and I’ve got a purpose in life, and I’ve got to live the way I want to live it”

“Before I started, I was just a lost boy with negative thoughts. Now I just want to do good, be the best partner and father I can be, not just for my family, but for myself”

“When we’re going out to the sea... it was sort of like my time to just like go out there and chill out, have my peace, and during the course when I was doing it, there wasn’t much peace in my life”

“Grab a surfboard, stretch, karakia, in the water. On the surfboard, gliding. Not putting much effort into it, just need to push, paddle a bit, jump, stand up, catch a wave. It clears everything. No hate in me or sorrow. It’s being free, like you’re flying”

“If you don’t keep catching those waves, if you don’t keep paddling out then you won’t catch anything. It’s sort of like that in life, if you don’t keep trying you’re not gonna go anywhere”

“Believing in who I am, that’s a big thing actually. I always used to get told that I was nothing, that I would never amount to anything. I’ve proved everyone wrong. It feels really good”

INTRODUCTION

LIVE FOR MORE

Live for More Charitable Trust (Live for More) is a non-profit organisation that provides community based clinical support for young people (17-25) who are caught up in the justice system and lifestyles of drug and alcohol abuse. The aim of Live for More is to successfully engage young people, healthily challenge them where possible and support each one to move forward in life towards the future they truly want and deserve. Live for More follows a harm reduction and non-judgemental approach, allowing young people to lead the way and decide what they want to change in their lives.

MISSION

Live for More believes that there is so much more to life than drugs, alcohol and crime. Our vision is for confident and hopeful rangatahi/young people free from their pasts and empowered to live fulfilling lives. Live for More operates on the basis that:

1. Every single young person can have a meaningful and successful future, regardless of their past decisions and where they have come from;
2. With the right support and encouragement, young people are able to make better decisions and turn their lives around for a healthier future;
3. Every single young person has value, should be treated with respect and deserves a chance; and,
4. When you look beyond the hardened exteriors that many challenging young people have, you see the latent potential that lies within.

VALUES

AROHA - LOVE

Aroha encompasses the ideas of love, sympathy, charity, compassion and empathy all at once. Having genuine aroha for young people is the necessary first step in building a healthy relationship with them.

TŪMANAKO – HOPE

Hope allows young people to see that change is actually possible. Hope is the seed which grows into great things, where there has been hopelessness.

PITO MATA – POTENTIAL

All young people have true potential, but often they do not know this or know how to use it. They need to first see their potential, and then be empowered to use their potential and grow it to full.

WHAKAMANA - EMPOWERMENT

Empowering young people to live healthy and successful lives by walking alongside and supporting young people wherever they are on their journey. The aim is to see them standing on their own and living a life of freedom.

MANAWANUI – PERSEVERANCE

Truly changing is hard work. Equipping young people with a mind-set which will enable them to keep persevering and pushing forward in life.

LIVE FOR MORE SERVICES

Live for More services include:

- 1. Clinical Support** Assessment, risk management, alcohol and drug counselling, and individual goal setting
- 2. Life Skills Support** Practical support and advocacy for obtaining IDs, WINZ, court, probation, getting a license, engaging into education/employment, etc.
- 3. Tai Wātea Surf Therapy Programme - Phase 1** Eight-week long group programme using surf therapy. Also includes cultural work, motivational speakers and group therapy
- 4. Resiliency Surf Therapy Programme - Phase 2** Ten-week long group programme using surf therapy. Also includes ten resiliency-building group sessions

Tai Wātea Surf Programme

Live for more uses surfing as a therapeutic tool to engage young people, provide unique clinical support to them, and empower them to make healthy, lasting changes. Surfing gets the young people active, teaches them new skills, and builds their confidence.

Tai Wātea translates to Waves of Freedom and runs over eight consecutive weeks for one full day each week. Each week consists of surfing and other physical activities in the morning, followed by lunch, cultural work and clinical group work. The young people learn their pepeha which enables them to grow in their identity and confidence. They also learn a haka over the eight weeks which they perform at their graduation. The clinical group work consists of educational discussions, reflections on their own lives, as well as motivational speakers who come and share their personal journeys of change and transformation. The programme intends to empower the young people to see that change is possible, and that they are in control of their futures.

Each week of the programme has a particular theme, which is the focus of the clinical group, but also relates to the idea of surfing. There is the recurring analogy of riding the "waves of life" and learning how to "ride the waves well". The young people learn that similar to when you fall off surfing, in life we must learn to get back on the board.

PURPOSE OF THIS SUMMARY

Live for More has completed six Tai Wātea programmes over a two-year period (programmes 1 - 6). This summary report presents a snapshot of overall client outcome data. A full analysis of all statistical data and qualitative interview data can be located in the full report through request to Live for More,

OVERALL CLIENT OUTCOMES – ACROSS PROGRAMMES

SNAPSHOT – OVERALL

- 94% of clients rate the overall Tai Wātea programme as 5 out of 5
- 97% of clients rate the surfing experience as 5 out of 5
- 94% of clients rate the guest speakers on the Tai Wātea programme as 5 out of 5
- 73% of clients rate the group work on the Tai Wātea programme as 5 out of 5
- 85% of clients rate their learning on the Tai Wātea programme as 5 out of 5
- 78% of clients rate their confidence after the Tai Wātea programme as 5 out of 5
- 82% of clients rate their motivation to change after the Tai Wātea programme as 5 out of 5
- 75% of clients rate their pepeha knowledge and recitation after the Tai Wātea programme as 5 out of 5
- 82% of clients rate their haka knowledge and performance after the Tai Wātea programme as 5 out of 5
- 79% of clients rate being happier after the Tai Wātea programme as 5 out of 5
- 82% of clients rate their comfort in groups to talk freely after the Tai Wātea programme as 5 out of 5
- 93% of clients rate the Tai Wātea staff and facilitators as 5 out of 5
- 83% of clients have reduced their alcohol and drug use since being on the Tai Wātea programme
- 69% of clients have self-reported stopping illegal activities
- 31% of clients have self-reported reducing illegal activities

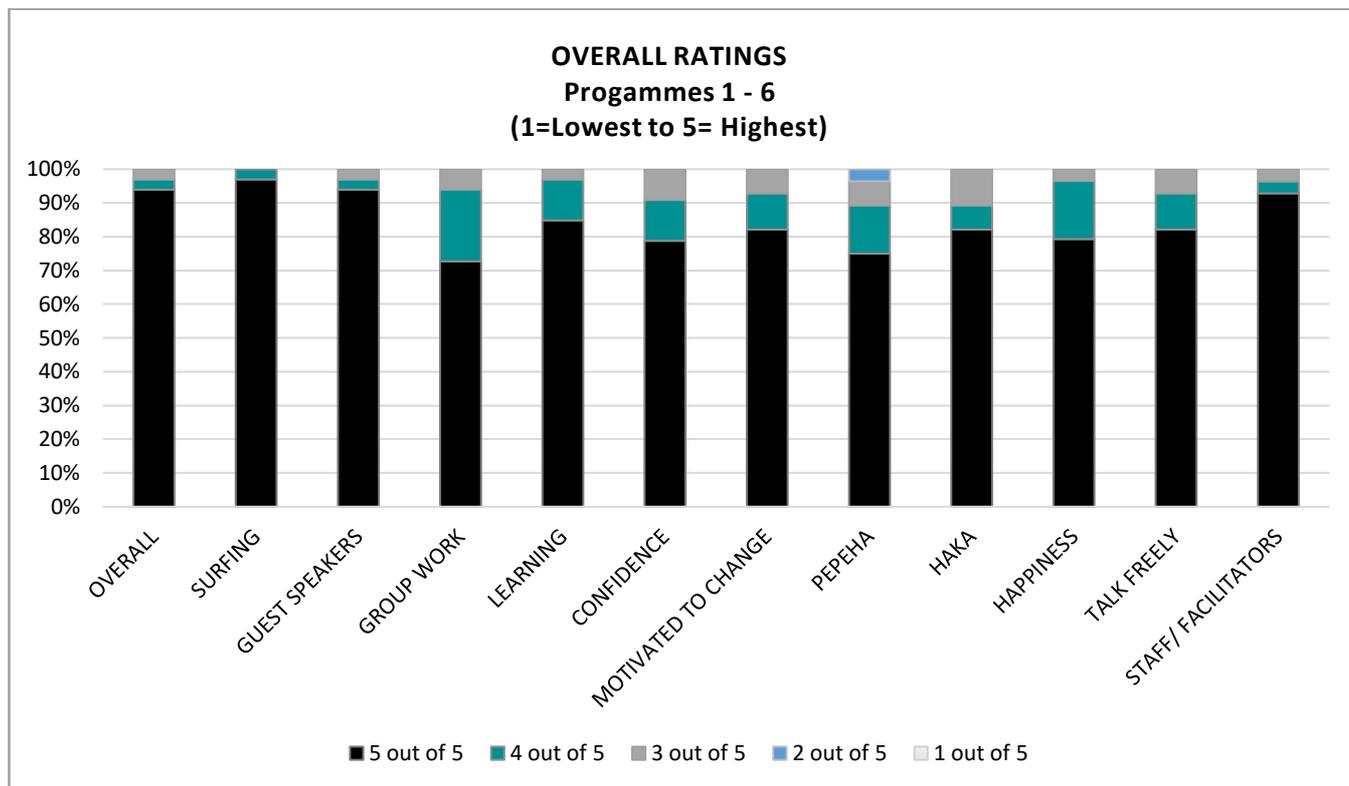
Client projection (of the 16 interviewed) of where they be now, would without the Tai Wātea programme:

- 69% estimated they would be in prison
- 56% estimated they would be currently stoned or drunk
- 31% estimated they would be suicidal or would have committed suicide
- 25% estimated they would be re-offending
- 25% estimated they would be living on the streets
- 25% estimated they would be doing nothing
- 19% estimated that they would be dead

BIGGEST SUCCESS FACTORS TO THE PROGRAMME

Overall the statistical data indicates a very successful programme with high tangible outcomes for the clients. Key success factors include:

1. **Surfing Experience** 32 out of 33 clients rating the surfing experience as 5 out of 5, and one client rating it as 4 out of 5
2. **Guest Speakers** 31 out of 33 clients rated the guest speakers as 5 out of 5, with two clients rating them as 4 out of 5
3. **Staff/ Tai Wātea Facilitators** 26 out of 28 clients rated the staff/ facilitators as 5 out of 5



CLIENT FEEDBACK – BEST THING ABOUT TAI WĀTEA

- The Guest Speakers*
- Being around good people*
- Positive attitudes*
- Brotherhood bond*
- Opening up, speaking up
- The Haka
- Feeling good about self
- Alcohol free
- Group sessions
- Don't give up message
- Have fun learning
- Learning to surf
- Getting the help needed
- Positive future ahead

CLIENT FEEDBACK - BIGGEST PERESONAL CHANGE

- Self-Pride/ Belief*
- Positive attitude*
- Stronger mind-set*
- Have hope*
- More focused, achieving goals*
- Committed, motivated to change*
- More confident*
- Decreased drugs, alcohol*
- Trust others
- Pulling through struggles in life
- Employment
- More tolerant
- More active
- More motivated
- Better at communicating
- Not angry anymore
- Fitness and health
- Reduced offending

CLIENT OUTCOMES

	BEFORE THE PROGRAMME	AFTER THE PROGRAMME
1	Driving unlicensed, getting into trouble, on probation, living on the streets	Not driving, thinking about future, expanding group of friends, letting people in, completing probation, happy, stable home, job, surfing.
2	Heavy substance use, out of prison, history of burglary and violence	Positive attitude, future focused, left negative job, not doing alcohol and drugs anymore, stable home
3	Heavy drug use, victim of stabbing, suicidal, stealing & burglaries	Completed two education courses, surfing, job, positive attitude, desire to run own business, quit all drugs
4	Heavy drug use, armed robberies, assault, grand theft auto, angry	Quit drug use, new career pathway, out of justice system, calm, reconnected with whānau, shifted to new area, surfing,
5	Heavily drinking, on benefit, rocky relationship with father	Job (apprenticeship), mended whānau relationships, no offending, drinks on special occasions, NCEA Level 2, off benefit
6	Growing/ selling weed, meth use, negative friendships	Quit weed, still managing Meth use, new residence with partner, away from old friends, running own business
7	Heavy drug use, drink driving, loss of license	Quit weed, supporting mother, job, car license
8	Drug use, alcohol use	Still smoking weed, give up cigarettes
9	Stabbing victim, robbery (alcohol & drugs), fighting, Drug & Alcohol use	Reduced offending, education course,
10	Heavy drug use, theft	Given up drugs, active at the gym, education course, supporting family members,
11	Drug & Alcohol use, theft & burglary	Reduced cannabis, reduced alcohol, offending has remained
12	Alcohol use, heavy and frequent offending, complex mental health issues	Stopped offending (no arrests in a three month period), completed court sentence, more stable
13	Drug & Alcohol use, Meth use, theft, violent	Reduced alcohol, weed, cigarettes. Stopped Meth, stopped offending, reduced anger, no violence
14	Heavy drug use, gaming, anger, depression, suicidal, fighting, theft, gang affiliations	Reduced drug use, anger resolving, mending whānau relationships, contributing to whānau, no offending, job
15	Heavy drug use, psychosis,	Stopped all drugs, stopped offending, no anger
16	Heavy drug use, theft, unlicensed driving, selling drugs	Joined gym, keeping active, on course, surfing, stopped offending, reduced drug use