

# 2021

## OUTCOMES REPORT

APRIL 2020 - MARCH 2021



### OUR PURPOSE

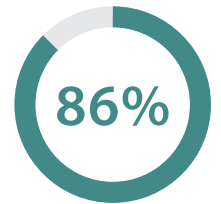
Our purpose at Live for More is to empower rangatahi/young people to find freedom from their troubled pasts and be inspired to live positive and fulfilling lives. Through our surf therapy programmes, we transform troubled lives – one wave at a time.



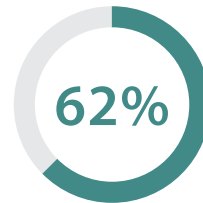
### WHO WE WORK WITH



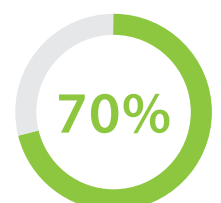
Are of Māori descent



Grew up around drug and alcohol abuse



Involved with the justice system



Grew up around gangs

### OUR PROGRAMMES

#### TAI ORA

34 Participants  
(OVER 2 PROGRAMMES)

Ongoing programme aimed at engaging and building rapport with new clients

#### TAI WĀTEA

20 Participants  
(OVER 3 PROGRAMMES)

Nine-week intensive surf therapy programme, including clinical, mentoring and cultural sessions

#### TAI TAUTOKO

66 Participants  
(OVER 2 PROGRAMMES)

Ongoing support programme for Tai Wātea graduates to help them achieve their goals

### INDIVIDUAL SESSIONS PROVIDED

440

Surf Therapy Participants  
(OVER 110 SESSIONS)  
Structured therapeutic group surf activity

125

Clinical Counselling  
Intensive therapeutic counselling session with the AOD Clinician

143

Life Navigation  
Support from the Youth Navigator for practical life outcomes

23

Youth Mentoring  
Support from the Youth Mentor to work through specific life challenges and opportunities

# LIFE TRANSFORMATIONS IN TAI WĀTEA

In each Tai Wātea programme, we track the measurable transformations we strive to see in the lives of our clients. There are four key outcomes that we measure:

1. Graduation of Tai Wātea
2. Increase in Cultural Identity and Knowledge
3. Development in Pro-Social and Life Skills
4. Improvement in Overall Mental Wellbeing

Each of these four outcomes has specific indicators - assessed by staff and self-evaluation - that determine the extent to

which the outcome is achieved. A 'Major Improvement' would be achieving greater than 80% of the indicators per outcome. For example, in Outcome 3 there are 10 indicators: learnt to surf, reduction in drug and alcohol use, kept out of prison, steered away from gangs, reduction in crime, registering with MSD, completing a CV, obtaining legal driving status, on track with probation and on track with community work hours.

In Outcome 4 we measure: increase in self-belief, confidence, resilience, positive outlook, life satisfaction, motivation for change, peace, reduction in suicidal thoughts, self-harm, anxiety.

OUTCOME 1

75%

Graduated from the Tai Wātea programme

OUTCOME 2

100%

Major Increase in Cultural Identity + Knowledge

OUTCOME 3

73%

Major Development in Pro-Social + Life Skills

OUTCOME 4

93%

Major Improvement in Overall Mental Health + Wellbeing

"The course has helped me get full time work and understand that there is a lot more to life than drugs and crime."



Graduation evening 2021

"Surfing is my new drug. I am less aggressive and violent, it is a stress relief for me."

## TIM'S STORY

**For me as a kid growing up I never really felt like I belonged anywhere in the world...**

I felt like no one really wanted me around. I was the kid that felt lonely pretty much majority of the time, even when people were around. You see I didn't have a mother growing up... My mother had already neglected me when I was only a few months old, leaving my dad to make a decision to take me in.

That's when violence erupted in the household. I didn't understand why dad was all of a sudden being so violent and angry towards me. My step mum would do the same as well when the family wasn't around. I remember once seeing my Nana getting dragged out of the house as well as many other things. I also remember seeing my baby brother James being dropped on the corner of coffee table and there was blood everywhere. This incident led a lot of hurt and pain to come into our family for many years, until James later died because of this incident.

I went into CYFS care for many years and was placed in more than 35 households during this time. This has led to instability and me not being able to learn the natural social skills I needed in life to live. When I was 16 I tried reconnecting with my mother... but was caught up in

a very serious situation, which led me to being locked up in prison for 2 years and 8 months. I got so depressed and I tried committing suicide.

If I hadn't of done this course, I probably would either be in a very bad state right now or dead. Before this programme, I was stuck in a dark cloud and couldn't see a way out. I was existing, but not living. I had survived my suicide attempt and was physically still alive, but mentally and spiritually I was dead.

**This course has led me to understand myself... My feelings inside and how to not bottle them up or mask them up. It's taught me self-worth. I've learnt to let go of my past and to forgive people.**

I now have an opportunity for a new job and to start afresh. I am so much stronger now. I am persevering now. I will never give up again like I did before. I am so thankful to still be alive. I have a dream to study psychology and help others who are struggling with mental health. I even want to set up my own way to support those who are in crisis ... I want to use my own experience and help others heal.



VISIT OUR WEBSITE TO VIEW MORE VIDEO & WRITTEN STORIES OF HOW LIVES ARE BEING TRANSFORMED

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