

2022

OUTCOMES REPORT

APRIL 2021 - MARCH 2022

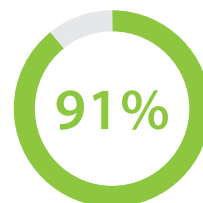


OUR PURPOSE

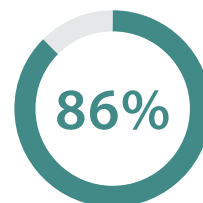
Our purpose at Live for More is to empower rangatahi/young people to find freedom from their troubled pasts and be inspired to live positive and fulfilling lives. Through our surf therapy programmes, we transform troubled lives – one wave at a time.



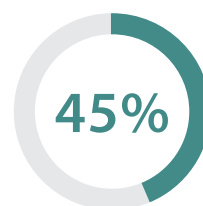
WHO WE WORK WITH



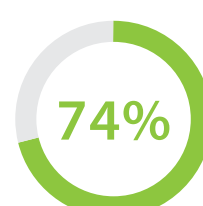
Are of Māori descent



Grew up around gangs



Have been in prison/youth prison



Have been suicidal prior to engagement

OUR SURF THERAPY PROGRAMMES

TAI ORA

23 Participants

(OVER 2 PROGRAMMES)

Ongoing recruit programme aimed at engaging and building rapport with new clients

TAI WĀTEA

11 Participants

(OVER 2 PROGRAMMES)

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

TAI TAUTOKO

83 Participants

(OVER 4 PROGRAMMES)

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

INDIVIDUAL SESSIONS PROVIDED

369

Surf Therapy Participants
(OVER 65 SESSIONS)
Structured therapeutic group surf activity

67

Clinical Counselling
Intensive therapeutic counselling session with the Youth Clinician

92

Life Navigation
Support from the Youth Navigator for practical life outcomes

18

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 from 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 and peace; and reduction in suicidal thoughts, self-harm and anxiety.

OUTCOME 1

100%

Graduated from the Tai Wātea programme

OUTCOME 2

100%

Major Increase in Cultural Identity + Knowledge

OUTCOME 3

82%

Major Development in Pro-Social + Life Skills

OUTCOME 4

100%

Major Improvement in Overall Mental Health + Wellbeing

"Surfing helped me gain confidence within myself, surfing has set me free."



Graduation evening

"I am now motivated to stay off the streets, get into work and stay off alcohol."

WHĀNAU FEEDBACK

"I'm one of your old student's big brothers. Long story short, he was in a deep hole that I tried helping him out of whenever I could. The hole was too dark and deep, but I saw a change in his everyday life/hauora while he was doing this Live for More course. Whilst with you, I actually saw a REAL SMILE and a change of attitude that had him walking with pride again. What I'm saying is... anything that can make a man turn from a downsome, negative and 'hate the world' man, and change to the happy, helping, positive brother that he usually is, which I haven't seen in years from him... Just want to say I'm all for that positive change, so THANK YOU heaps." - Brother of Tai Wātea graduate.

Since graduating Tai Wātea in 2019, this young man is NOW:

- Completely free from the justice system (before Tai Wātea he had extensive legal concerns and had spent time in prison)
- Completely drug-free (when on Tai Wātea, he was using methamphetamine and cannabis regularly, as well as heavily abusing alcohol)
- Working full-time at a permanent job he loves (before Tai Wātea he was unemployed)
- Mentally well and stable (when on Tai Wātea, he was actively self-harming and suicidal)
- A happy, healthy father to his baby son who he absolutely adores!

"This program has got to be one of the most positive, powerful and supportive types of help out there for young men who are struggling with addictions that I've come across and trust me, I have been proactively seeking help and support for my son for almost four years now, and there really isn't much out there for young people.

We are so grateful for all of the ways that Live for More has impacted his life... so grateful for the seeds of hope and life that have been sown into him by people who genuinely care." - Mum of Tai Wātea graduate.

Since graduating Tai Wātea in early 2021, this young man is NOW:

- Completely drug-free (after many years of heavy drug abuse and addiction)
- Working full-time in a permanent job he's loving (before Tai Wātea, he was unemployed)
- Completely free from the justice system (on the day Tai Wātea began, he had been arrested and we picked him up from the police station!)
- Mentally well and loving life (before Tai Wātea began, he had been suicidal and close to attempting)
- Loving life and experiencing much healthier whānau relationships, especially with his parents!

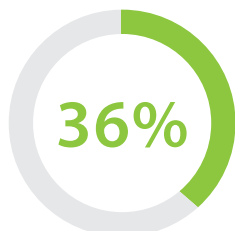


VISIT OUR WEBSITE TO VIEW MORE VIDEO & WRITTEN STORIES OF HOW LIVES ARE BEING TRANSFORMED

LONG TERM OUTCOMES

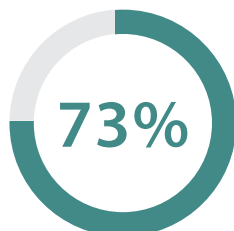
As part of Live for More's ongoing monitoring and evaluation, we have established six long-term outcomes. These are the long-term goals Live for More has for every single Tai Wātea graduate; essentially the lasting, positive and sustainable changes we strive to see in all of their lives. These six long-term outcomes are also how we measure our overall success at Live for More against our purpose: empowering rangatahi/young people to find freedom from their troubled pasts and be inspired to live positive and fulfilling lives.

Our long-term outcomes are recorded via surveys at four intervals: 6, 12, 18 and 24 months post Tai Wātea graduation. Surveys are administered by the youth clinician with responses that are self-declared by each client. The youth clinician takes care in asking questions specifically around each outcome, which ensures clients clearly understand the questions and are answering them truthfully. Below are the results from clients 24-months post Tai Wātea graduation. These amazing and life-transformation outcomes are the **IMPACT** of your ongoing support. We are very proud and you should be too!



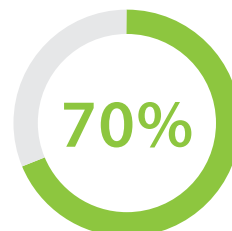
OUTCOME 1 Free from Drugs

To achieve this outcome, clients are completely drug-free and have not used any illegal drugs for the past month or more. A further 55% of clients have reduced their drug use in the past six months. 86% of our clients have grown up around drug use as children.



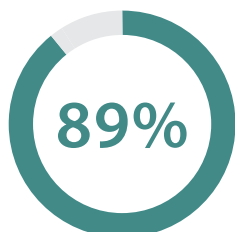
OUTCOME 2 Free from Crime

To achieve this outcome, clients are completely out of the justice system and have no legal involvement or concerns at all. This includes court, community work, probation, EM, bail and parole. Only 28% of our clients have no legal concerns and no justice system involvement when they start at Live for More.



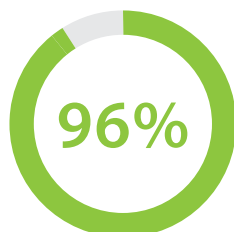
OUTCOME 3 Free from Gangs

To achieve this outcome, clients are not currently associated at all with a criminal gang. Of this 70%, amazingly 50% used to be connected to a gang and have since left the gang. 86% of our clients have grown up around gangs as children.



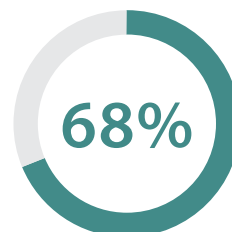
OUTCOME 4 Free from Prison

To achieve this outcome, clients are not in prison at the time of the survey and have not spent any time in prison during the past six months. 45% of our clients have spent time in prison or youth prison before coming to Live for More.



OUTCOME 5 Positive Mental Health

To achieve this outcome, clients are experiencing positive mental health overall and have rated their mental health as average (32%), stable (34%) or very stable (30%). At least 74% of our clients have been suicidal or attempted suicide before coming to Live for More.



OUTCOME 6 In Employment or Training

To achieve this outcome, clients are currently engaged in employment or a full-time course towards employment, spending their time in a fulfilling way. 0% of our clients are in full-time employment or training when they start at Live for More.





TE AO'S STORY

Te Ao's story abridged from Tai Wātea graduation speech - Nov 2021

As I reached age 13 to 14, I was exposed to drugs, alcohol, gangs and more violence than I could imagine.

My grandmother was getting older and so was I. As a teenager, I was given freedom. Going out at night, I used to tell my Grandmother I was staying at my Uncle's, Auntie's, or cousin's houses. Little did she know, I was roaming around looking for the next party to drink at. With parties, came drinking, smoking drugs and violence. I thought it was cool.

I wasn't really trying to do anything with my life. I was just going with the flow, and the flow was a negative one. I tried other courses and they didn't work out for me. I was still stuck in my ways of drinking, fighting, using drugs and violence.

After my grandmother, who had raised me, passed away my grandparents on my mother's side took me in. I ended up moving in with them. The only thing is I wasn't coping, I was still stuck in my ways. I was still going out, doing drugs, and still looking for a way to cope with my pain.

That was until September 2021, Jared and Krista knocked on my door looking for my older brother. They had come other times for him, but he was never around. It was the last time they had come to look for him and he still wasn't home, so they offered me a chance at starting my journey to find my purpose in life. I also felt like I was

being given another chance to make my family proud of me again.

Since being on Tai Wātea, they've helped me out a lot. I found people I could trust, lean on, feel comfortable around and so much more. This programme has taught me that I don't have to do the bad things I was shown in life.

I now know I CAN do better. I CAN make it. I CAN be successful. I CAN do the better things I wanna do in life.

Before Tai Wātea, I was just a lost little boy, stuck in a hole and people told me you could only dig deeper. Meeting these wonderful people at Tai Wātea showed me that there was another way out, and that way was UP!

I am now currently on a path to being drug free. Sean signed me up at Flex fitness Gym on Newton Road. Having the gym has helped me get a new routine, one that is healthy. I've swapped out drugs for the gym. I feel much more active and healthier.

I'm also looking at getting my driver's license. After Tai Wātea finishes this year, I will be doing the IBA (work ready) programme next year with a couple of the Live for More brothers. I will meet heaps of new people and I am really looking forward to that because it will help me learn discipline and to gain a new perspective in life.

2022 Update: Te Ao has completed the IBA course, obtained his driver's license, is drug free and is now furthering his studies.



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

**CONNECTING
WITH US IS EASY**

CONTACT US ON
07 577 6798
admin@liveformore.org.nz

www.liveformore.org.nz
[instagram.com/live_for_more_](https://www.instagram.com/live_for_more_)
[facebook.com/LiveForMoreTrust](https://www.facebook.com/LiveForMoreTrust)