



# ANNUAL REPORT 2019–2020





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## OUR PEOPLE







## STAFF

### Chief Executive

Dr Annabel Prescott

### Clinical Lead

Maree Ginger

### Operations Lead

Niki Wright

### Nurse Practitioner

Sue van Mierlo

### General Practitioner

Debbie Hughes

Bronwen Thomas

Katrina Whittfield

### Registered Nurse

Maree Ginger

Jill Currie

Brittany McDowell

Andrea Muir

Angie Langeveldt

Fiona Lafferty

### Youth Practitioner

Zoe Findlay

Sandy Turner

### Administrator

Sam Hicks

Laura Walker

## BOARD OF TRUSTEES

### Chairperson

Blair Matheson

### Treasurer

Shona Bleakley

### Youth Representative

Tilly Marsh

### Board Members

Jill Currie

Dr Kewa Mascelle

Dr Debbie Hughes

Catriona Eagles

## VOLUNTEERS

### Anamata Team - 2019

Brianna Partelow

Jessica McLeod

Ella McQuilkin

Tayhn Walden

Amber Lafferty

Keith Edwards

Maia Hura

Tyler Gibson

Sera Collier

Hohua Aramoana

Page Downard

### GLOW - 2020

Tilly Marsh

Jade Hasse

Liam Hasse

Harley Iles

Gemma Seddon

India Wiltsher

Katherine Davy

Abigail Love

## SIGNIFICANT ACHIEVEMENTS



*Niki and Annabel at the Taupō Business Awards*

### Business awards:

2019 saw us enter the Taupō Business Awards. We were pleased to have been nominated in 3 categories: Innovation, Leadership and Business (Not-for-Profit). We were rapt to have received Highly Commended in Business, and win the category for Excellence in Leadership. Entering these awards hosted by the Taupō Business Chamber was a wonderful experience for Anamata and has supported us to develop a wider network and deeper understanding of the services we offer to our community.

This year saw Anamata hold Taupō's first pride week; although small it had a great impact and has paved the way for a bigger student-lead pride week for 2021. For pride week 2020 we held a movie night screening of "Love, Simon", a barbeque and awareness event at Taupō-nui-a-Tia college and also a workshop with InsideOut for the staff at Reporoa college.

2020 has seen an increase in diversity groups within the Taupō Region, with groups held at Anamata, ADDI, Reporoa college and a student-led group at Taupō-nui-a-Tia college. The second half

of the year sees us expanding these groups down to Tūrangi.

### Increased collaboration.

We work with a large number of young people in the community and it is always necessary to have great working relationships with other providers in the youth space. Over the last year we have focused on increasing our collaborative projects with other youth organisations. We'd like to acknowledge the ongoing support of the Taupō Youth Network group, Bluelight, and Youthtown in particular, for partnering with us for GLOW. This resulted in highly successful Youth Week events despite being in level 3 of the COVID lockdown during Youth Week. We look forward to expanding these collaborations during 2020/21.



*Maree and Annabel at the Taupō Business Awards*



*Sue at Tauhara for Day of Silence 2019*





*Taupō Business Awards Ceremony*



*Tauhara students celebrate Day of Silence 2019*



*Brainstorming film ideas with Joel from Corbie Films*

## CHAIR PERSON'S REFLECTIONS

As the Chair of the Anamata Trust board it is a great pleasure to introduce this annual report.

2020 will be remembered for a lot, in particular that it was the beginning of new things due to Covid-19.

The amazing team with the leadership of CE Dr Annabel Prescott have shown their true professionalism in the specialised field of Youth health and Youth development work and I sincerely thank them for their ability to "pivot", get a job done and maintain a high standard of care. Covid-19 was a major disruptor and raised the need for mental health and wellbeing to be a bigger part of our overall care of youth health.

The board has had a big year in adapting to a new environment and we are delighted that we have two new board members and we are looking

forward to another two board internships for young people in September. Sadly, at the end of 2019 we farewelled Dr Deb Hughes, who has been a tireless provider and advocator of youth health through her work as a General Practitioner, with Anamata, the Youth Collaborative network and at a central government level. Dr Deb's contribution spanned 17 years and the board is grateful for her ongoing advocacy.

Anamata is still housed in unsatisfactory premises after the closure and demolition of the old Waiora House in Spa road. We have

investigated a number of options which have all been beyond our financial capability so this will be an ongoing issue for the board to address.

It has been exciting and pleasing to see Anamata move into further collaboration with Youth groups, schools, other service providers and of course with the other 10 Youth one stop shops (YOSS) around New Zealand. It has been exciting to see the combined approach from the YOSS network achieve so much together for the benefit of young people.

The Vodafone foundation has been very generous in helping Anamata create a new health app, which will allow for digital health assessments for all year 9 students. We are hoping this will be used across NZ as a youth health tool.

As we look to the beginning of a new financial year and to 2021 we are hoping for updated health contracts, greater youth health awareness and therefore increased options for young people.

-Blair Matheson



**0800 BUBBLE**

**A free counselling service  
for youth aged 12-24**

If you are feeling stressed, isolated,  
overwhelmed or just wanting someone to  
talk to then give us a call on 0800 BUBBLE



Set up by Anamata in response to Covid-19





## YOUTH REFLECTIONS



Kia Ora, my name is Tilly Marsh. I have been involved with Anamata since 2018. My role within Anamata is being the youth representative on the board. This consists of attending all board meetings, giving a rangatahi perspective and reporting back to the board about the groups I attend within Anamata.

Through this opportunity I have gained leadership and communication skills and the ability to work with a wide range of people. Through being on the Anamata board I have built good relationships with all of the staff.

A big highlight in my eyes is seeing more youth getting involved in the community. Anamata has supported this through their increasing number of groups. Anamata creates an inclusive environment for young people. It has increased from two to six groups around the Taupō region. At the Anamata building we've gained access to two new rooms as a youth development space which we are currently decorating.

One of the biggest challenges this year for young people was coronavirus lockdown and the impact it had. Young

people struggled with their mental health and loss of connection to people. Anamata started a free counselling service for youth which consists of people ringing 0800BUBBLE and being connected with the suitable help.

Looking ahead to 2021 I am currently applying for tertiary education. I am hoping to study at the University of Waikato at the Hamilton campus. For my first year of study I will be doing a full immersion Te Reo Māori course, Te Tohu Paetahi. I will unfortunately be leaving the board at the beginning of next year. I will be taking the leadership, communication, governance and people skills with me that I have developed through my time with Anamata. This will be opening a space for a young person to join the Anamata board. Gaining experience in governance, leadership and communication skills. I am looking forward to all of the upcoming events that Anamata has in store.

-Tilly Marsh





*They made a short film! Together with Corbie Films we ran a film workshop. Oscar's Excellent Adventure was launched for Mental Health Week around anti-bullying.*

## CHIEF EXECUTIVE'S REFLECTIONS

It is my pleasure to be writing my first report for Anamata's Annual report 2019/2020. I have been with Anamata now for 3 years and over that time we have seen a number of changes, including changes in where we live since Waiora House has been demolished, changes in staff and expansion of services we offer.

I have a background in youth health and have specialised in addiction and mental health, prior to coming to Anamata I led a degree programme in Youth Development and Health promotion and I am graduating in December with my Doctorate in Philosophy, which researched drug policy development and implementation in secondary schools in New Zealand. It has been my passion for both youth health and education which has brought me to lead the team here at Anamata.

We've been focusing this year on our youth health specialisation and engaging our nursing staff in Postgraduate youth health and sexual health courses. As an organisation it has been important for us to ensure young people and the community are aware of the services we offer in both areas. From a youth health perspective this means that young people can access any one of our clinics (at school, Heuheu St, Awhi House in Tūrangi) for the following areas:

- Accidents/injury
- Mental health
- Sexual and reproductive health
- Physical health (e.g. sore throat, skin concerns)

We work consistently at transitioning young people in primary practice and engaging with their GPs and services offered at primary care.





A key area of significant growth has been in our youth development space. Late in 2019 we welcomed two new staff members, Zoe Finlay and Sandy Turner. Zoe has a focus on running groups for young people and supporting school in rainbow inclusiveness. Zoe, along with a group of young people, ran Taupō's first youth pride week in March 2020 and we look forward to building on this in 2021. Sandy Turner is working to support teachers in their delivery of the sexual health and wellbeing curriculum in years 9-13, and it has been wonderful seeing the teachers engage in this support and develop a robust health curriculum to support their students.

A key area of change has been the departure of Dr Debbie Hughes who is embedded into the tapestry of Anamata's journey. With Debbie championing the specialisation in sexual and reproductive health and youth health, we saw rigorous advocacy for transgender pathways, youth health service provision, and nurses working to the top of their scope. We were fortunate that Debbie was able to spend a period of time with Sue van Mierlo, a nurse practitioner who we welcomed to the team in June. Sue's focus is on supporting the nurses to maintain high levels of specialisation and seeing young people with more complex presentations.

Digital youth health application. Three years ago Anamata entered a partnership with Vodafone Foundation to develop a digital youth health assessment tool to use within schools. We are pleased to have engaged ProductDone who have led the tech side of this project. The next phase of this project is to increase the functionality in the background, to enable us to address population level trends within a school, and provide an early intervention if possible. We are excited about launching this early in 2021, it has both national and international opportunities for implementation.



*Pride Week 2020 at Taupō-Nui-a-Tia College*

## Highlights and celebrations

### DHB AUDIT

In October 2019 we had our Healthshare Audit facilitated by Lakes DHB. Over the past two years we have focused on enhancing the existing systems in the organisation and identifying areas that require modernisation. We were pleased to have had this acknowledged within the audit and receive an overall low risk rating out of this process. This process was also helpful as it provided new insights into areas where we could improve, in particular looking at how we can actively seek to recruit Māori into governance and organisational roles.

Over the next 12 months we are looking forward to expanding our services into mental health in a collaborative contract with Rotorua Community Centre Trust. We are hoping this will address some of the existing barriers to mental health interventions.

We are expanding our school based health services in Taupō-nui-a-tia, which will enable students to have increased access to health care and allow us to support the school in their strategic goals for student wellbeing.

We have noticed the increased number of complex presentations, with people presenting at all our clinic sites with numerous issues; these are often compounded by the social determinants for health such as poverty. COVID-19 has highlighted the health inequities some of our young people face in the community. We are actively working as an organisation to increase our collaboration with other services, assertively advocating for these young people's needs while continuing to deliver our services.

-Annabel Prescott



*Sausage sizzle at Tauhara for Day of Silence 2019*





## TREASURER'S REFLECTIONS

This past year has been a huge challenge to every organisation in New Zealand, and Anamata is no exception. The Covid 19 pandemic saw unprecedented calls upon our service as being an essential part of the Taupō health community, it is a credit to our staff that we were able to weather the lockdown relatively unscathed from a financial point of view.

This year has seen significant increases in the cost of medical supplies and administration. The current economic climate has also impacted on our projected return from investments; interest rates are lower than they have been for many years.

Anamata's biggest challenge is the ongoing issue of Lakes DHB not increasing funding to cover the provision of our services. Although there has been an increase in funding to almost cover increases in costs, there is no financial recognition that our provision of youth services has expanded to meet the demand for mental health services for our young people.

The highlights of our year are undoubtedly the steady growth of services and the widening of our financial support. Donations and fundraising have increased, it is gratifying to have the support of our community. This coming year will see further expansion of youth development work and we are constantly seeking new contracts to cover this.

Anamata is fortunate that prudent management over the past few years means that we have reserves, but it is not a sustainable business model to continue to trade at a loss. Looking forward, I have every confidence that Anamata's management and staff will continue to be aware of the need to reduce our outgoings and look for opportunities to increase our funding.

As Treasurer I very much appreciate and am happy to acknowledge the financial team who support Anamata. Our bookkeeping service, Admin Angels; accountants Strettons, and audit service Dixon & Co, all contribute positively to Anamata's fine record of having high standard and transparent audited annual accounts.

-Shona Bleakley



*Creating Rainbow Inclusive Schools with InsideOut*



# Funding Source 2019-2020





## YOUTH DEVELOPMENT

Kia ora, my name is Zoe and I'm the youth practitioner at Anamata. In my role I facilitate and organize our youth groups and events, particularly in the expanding rainbow space.



From left: Nicki Turner, Zoe & Annabel at the Taupō Youth Awards

### RAINBOW GROUPS

In 2019 I started my role at Anamata which meant we had a change of staffing in the youth development space. From the beginning a big challenge I had was changing the culture of our diversity group to become less insular and more open and welcoming to other young people joining the space, creating the safe and supportive environment we strive for. I'm pleased to say this year we have had huge growth within this group's culture and a huge influx of young people attending.

The other key challenge our diversity groups face is having inclusive spaces and environments at home, school and in the community. To tackle this Anamata continues to hold workshops in conjunction with Insideout. These focus on how people can be better

allies and create those inclusive spaces for the queer community.



Pride Week 2020 at Taupō-Nui-a-Tia College

Looking ahead we have some exciting opportunities for queer young people in the Taupō region. Anamata is holding a strategic planning camp at Hillary Outdoors, where 20 young people, a part of the rainbow community, will spend a week engaging in the outdoors to enhance their own wellbeing, resilience, connection with people and place while also planning events for pride week in 2021.



**GLOW** - Co-facilitated with Pip from Youthtown.

At the end of 2019 Anamata and Youthtown started discussing the potential to join two groups, the A Team and the Youth Squad. These groups were separately run by Anamata and Youthtown but had similar roles within the community. Our aim was to join forces to create more opportunities, capacity and resources for young people. GLOW was born. The purpose of GLOW is to run events for young people by young people. The group provides a setting to learn vital life skills, obtain leadership opportunities and a space to build connections with other young people. The members of the group run and facilitate each meeting with the support and encouragement of Pip and myself.

It's been a slow start for GLOW with Covid-19 interrupting the flow of the group. So far this year they have run a virtual quiz night for Youth Week, a kindness event post lockdown at Tauhara and Taupō-Nui-a-Tia

College, and rebranded with the new name and logo of GLOW.

The Covid-19 lockdown itself proved to be a big challenge for the group. A loss in engagement and uncertain future meant that it was hard to keep planning for future events, so our focus turned to the wellbeing of the members in the group. Keeping connected through Zoom, our meetings become a supportive environment to connect, check in on everyone's wellbeing and enjoy each other's company.

Looking ahead for the rest of 2020/21, the team is really excited about what we have coming up. GLOW is holding an official launch party on the 18th September 2020, as well as a movie night during Mental Health Awareness Week. The launch, along with the creation of GLOW's own social media accounts, provides an opportunity to focus on growing our reach and the number of young people attending the group.

## YOUTH WEEK

Youth Weeks theme for 2020 was "E korero ana matou. E whakarongo ana koutou? We're speaking. Are you listening?" Like many things, youth week landed right in the midst of Covid 19 lock down, which created barriers and challenges for many young people to engage with each other and services. Anamata took on board youth week's theme and put it to the young people to see what they wanted and needed during that time. The feedback from young people was that they wanted something fun where they could engage with other people and also feel they were supported. This led us to holding a Netflix party. This involved young people voting on social media what movie they wanted, signing up and attending the event. Through this everyone who signed up received a goodie bag full of treats to eat during the movie, a pack of cards and even some fluffy socks. During the event young people watched the



movie on their

own devices from home but could engage with each other through a chat box on Netflix, this allowed young people to feel connected and supported. Due to the huge demand we ended up holding a second Netflix party during this week.

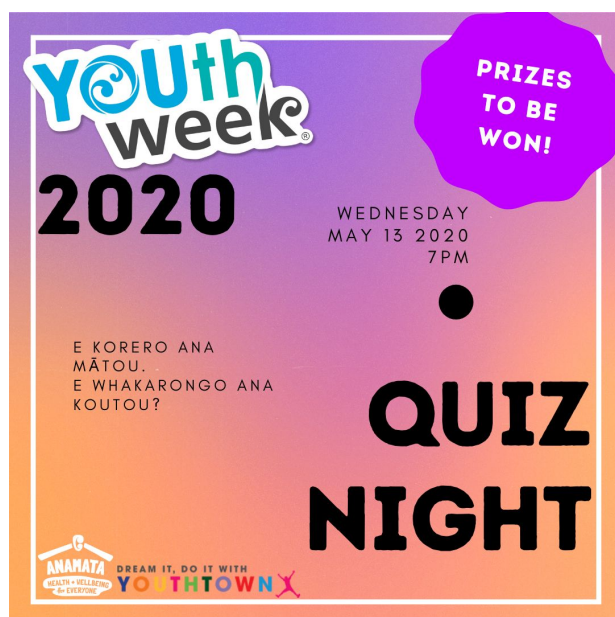
The main challenge we faced during youth week 2020 was being in lockdown. This caused huge barriers when trying to engage with young people, causing us to think outside of the box and come up with solutions allowing us to connect with young people and young people to connect with each other.

Looking ahead to youth week 2021 we can take learnings from this year on how to engage with young people through the digital world. Anamata also aims to team up with other local service providers to engage more young people and have the capacity to hold a wider range of events.

-Zoe Findlay



Goodie bags delivered to young people for Youth Week



# HEALTH PROMOTION

Anamata works with schools in the area to deliver the sexual and reproductive health curriculum. New Zealand's health curriculum is based on the Ottawa Charter [1](#). The charter covers 5 areas in which health promotion is focused, these include

- Developing personal skills and community links
- Creating safe physical and emotional environments
- Develop supportive policies and practices
- Support and empower people
- Advocacy

Anamata works with schools across all of these areas, with a key focus being creating supportive and inclusive environments particularly for our rainbow young people (see youth development report) and in the next year we are hoping to support schools in developing comprehensive wellbeing strategies.

Sandy Turner joined Anamata at the end of 2019 and the focus of her role is to work with teachers to deliver a comprehensive sexuality reduction covers a range of topics including

- the emotional, social, spiritual, physical and biological aspects of growing up
- relationships
- sex
- human sexuality
- sexual and reproductive health/oranga taihema.

This focuses on developing young people's personal skills to navigate healthy relationships, connect them to health services and pro-social adults if further support is needed.

Early in 2020 we had a range of events that were planned to promote wellbeing for our young people and we were looking forward to Sexwise coming and further

workshops by InsideOut, unfortunately like many things in 2020 these were postponed due to Covid.

In 2021 we are looking forward to Sandy furthering her support of teachers in developing their comprehensive sexuality education, while making links to the Anamata nurses which are in each of schools. This model encourages sustainability of knowledge and the curriculum, while also making access easy for teachers to expertise through our nursing, health promotion and youth practitioners.

We are also looking forward to collaborating with schools and other youth health providers to further enhance health and wellbeing outcomes for young people in the community.

-Dr Annabel Prescott



*Ottawa Charter (World Health Organisation 1986)*

## CLINICAL REFLECTIONS



*From left: Annabel, Maree and Sue*

Tēnā koutou Katoa

I tipu ake au ki Taranaki

E noho ana au ki Taupō

Ko Morris tōku Whānau

Ko Maree tōku ingoa

No reira tēnā koutou katoa

It has been a privilege to lead the clinical team through a very unusual 2019/2020 period. Anamata has been serving the Taupō/Tūrangi communities for the past 30yrs - what a milestone. There has been much learning for the clinical team, with many of our Nurses completing postgraduate papers in youth health as well as sexual and reproductive health. This level of study ensures our nurses are continually challenged to be up to date and relevant to the needs of the people we see. We are fortunate to have a leadership team and board that support this for our staff.

We have welcomed Sue van Mierlo who has taken on the role of Nurse Practitioner, which is exciting as it makes us a truly Nurse-led clinical service. Sue is one of

a few new members to the Anamata team, who have all brought fresh ideas and enthusiasm to their roles.

Over the COVID19 lockdown period Anamata became the community 'contraception hub' which allowed us to take some pressure off General Practice, and our team went above and beyond to ensure women within our community could continue to have the contraception of their choice provided throughout this time.

Currently we have clinical services for Youth health as well as specialised sexual and reproductive health services in Taupō and Tūrangi Community, as well as school services in all four high schools within these communities.

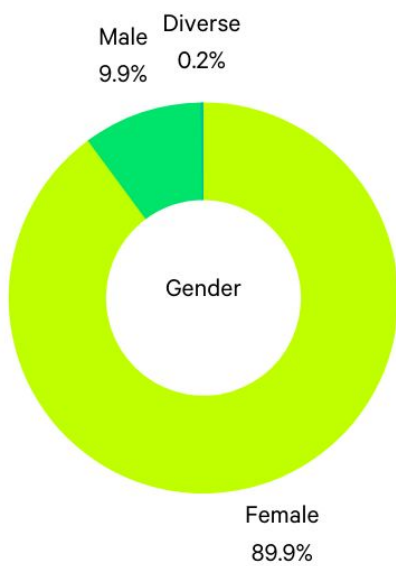
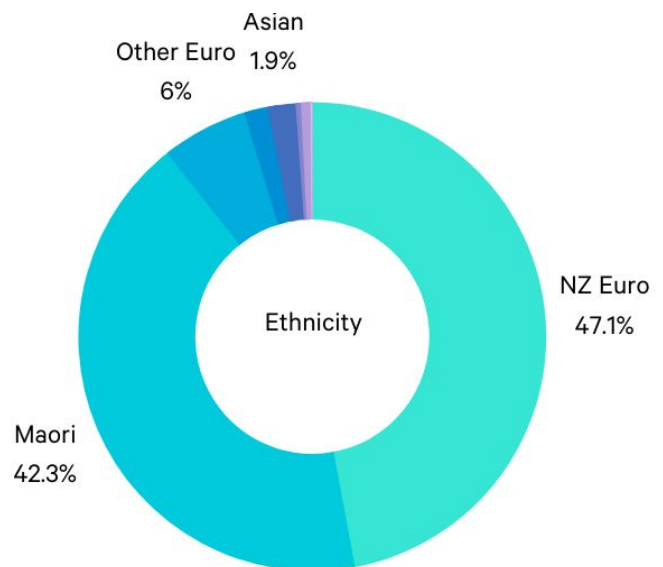
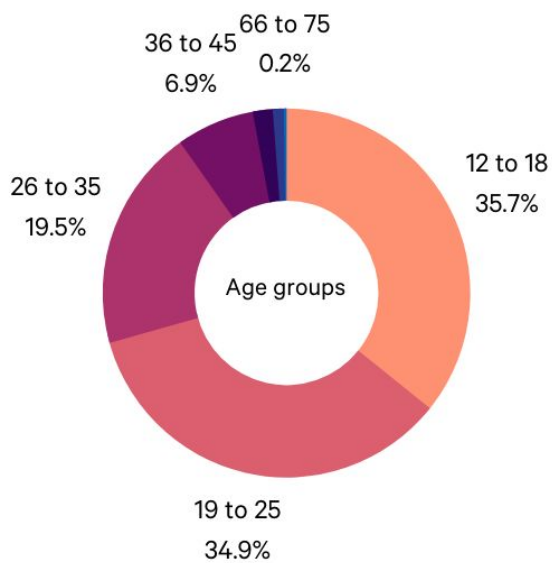
Over the past year we have had close to 5000 visits to our clinical services. This period has been extremely challenging for everyone. It has given us a chance to learn and adapt to changes and look at different ways of doing things. We were aware that during lockdown we were not seeing the vulnerable population, which was a concern. We have worked hard to look at our clinic hours now we are in Level 1 and have adapted to feedback by trialing new times and giving a choice of booked appointments as well as drop in clinics. We have seen an increase in complex visits, which has been a trend in recent years, with many mental health presentations. We continue to be strong advocates to ensure the needs of our Rangatahi are met and challenge systems to meet these needs.

I look forward to seeing what the coming year will bring and am excited at looking into opportunities that come up to enhance our service. With confidence in our amazing team I look forward to making positive impacts on the people who utilize our services and support them to access what they need to enable young people and their Whānau to lead vibrant and healthy lives.

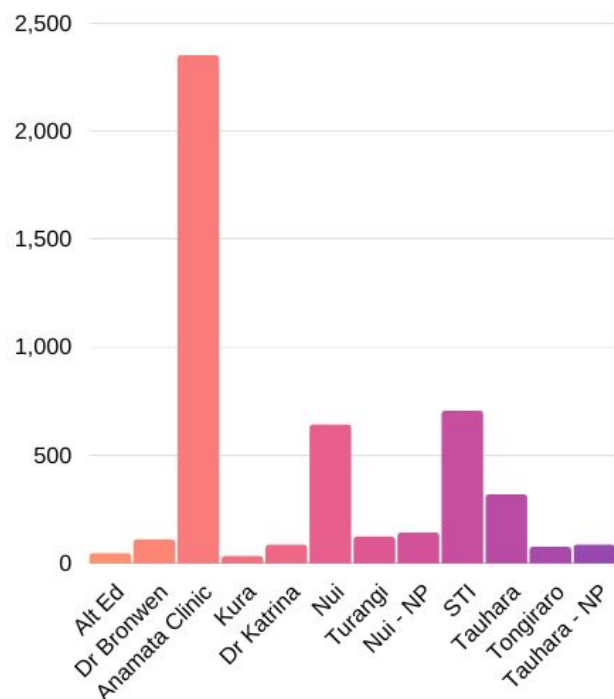
-Maree Ginger



# 1 JULY 2019 – 30 JUNE 2020 STATS



Appointments by provider





## SCHOOL SERVICES



Hi my name is Angie, I have 2 young girls, 7 and 11 years old. I grew up on a farm in Reporoa and did my nursing training in Auckland. I work in both Tauhara and Taupō-Nui-a-Tia high schools in Taupō and also in the Heuheu street clinic.

What we see, what the challenges are:

We really do see a wide range of issues, from simple injuries that need simple dressings to quite complex scenarios needing a lot of help and other services. It seems in both schools there is an increase in use of our services, and students and staff being more aware of the wide range of services we offer, not only contraception and sexual health but also things such as ear/nose/throat issues, general medical, concussion, multiple injuries, skin concerns, mental health (growing issues of all kinds).

I guess the challenges are knowing which services are the best option for each scenario and how to actually facilitate this. Often getting students back can be difficult too and some do fall through the cracks however I think our team is really improving in this area and developing a better relationship with the schools and other services. The Anamata team really supports

each of us with any tricky scenarios or concerns, and how to manage them.

What are we looking forward to:

More nursing hours in the schools is definitely going to be great for the students as they'll be able to access us more often and even out the flow on these days. Having a new nurse joining the team with in-depth mental health skills will be of significant benefit for our students. It will also give staff the opportunity to upskill in this area, as we are seeing a large number of students coming in with mental health concerns.

What you enjoy about this clinic:

The variety of issues we see, really makes me use all my skills and constantly learning new things and the services available for different issues. Especially at Nui, your day is just never the same and can be quite fun, and very satisfying at times. I really enjoy the students, and it feels really worthwhile what we do. I think we offer an amazing service to the students helping/guiding them in various ways. Also, having such great staff at Anamata to help when required is amazing. Even though you are at school on your own there is always help at hand and I feel very well supported with any concerns or uncertainties I have. Our standing orders also really help our nurse led clinics and service we can provide. Having our nurse practitioner clinic there for the more complicated issues is hugely beneficial.

- Angie



## TURANGI SERVICES



Hi I'm Andrea Muir and I was employed by Anamata in March 2019. I came from Palmerston North where I worked in Youth Health there at YOSS for 3 years. My background was ICU nursing so as you can imagine youth health was a whole new adventure for me. I have found the Tūrangi community challenging at times, but those that know me will know I am up for a challenge. Prior to me starting in my role there had been several suicides in the community with at least two being school age. This had put the community on edge and they were not happy to have outsiders involved.

I have worked hard over the last year to build relationships with community groups as well as the students and teachers. I have been involved with Mana Rangatahi Mana and am currently working with them to support a Rangatira Mo Apopo' project. I have made close contacts with TeKorowai and Tuwharetoa Health which has allowed me to become more integrated within the community. I have also worked collaboratively with Oranga Tamariki as well as the community youth aid officers.

I do one day a week in Tongariro Area School and one day at Te Kura O Hirangi. I do the year 9 HEADSS assessment which looks at their whole wellbeing. This is a way for me to connect with each student individually and for them to know who I am. I can see each student for their general health right through to contraception and advice around sexuality. If they have mental health needs, I am able to work with them in a basic way but I know my limitations and when to refer them on. This is where the collaboration with other services becomes so important

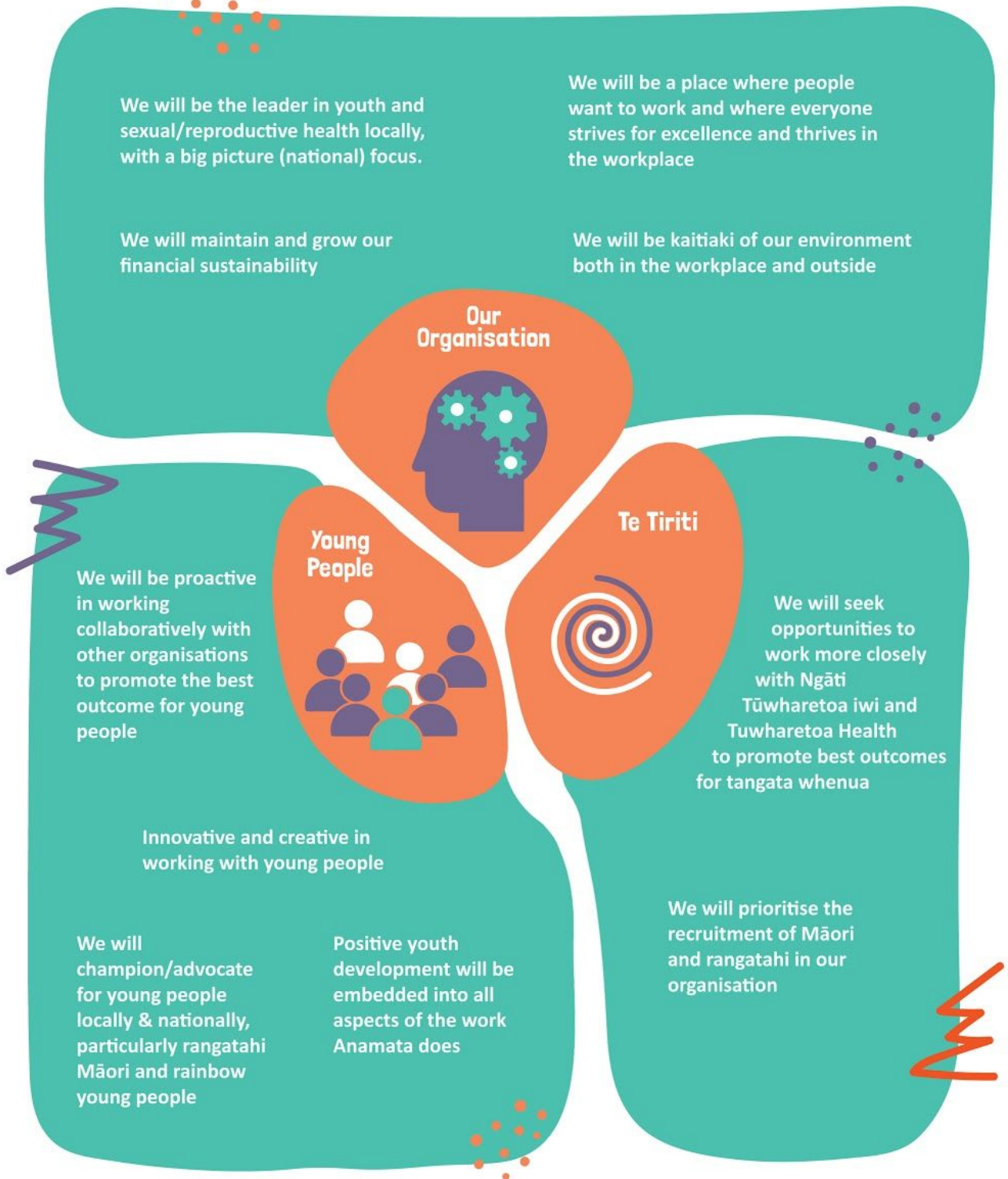
Both schools operate very differently. Tongariro is more mainstream and students there have been welcoming and very open with their discussions. There is an extreme amount of poverty, drugs and alcohol misuse as well as a gang culture. Despite this these students have shown great resilience.

Te Kura O Hirangi is a total immersion school so it has taken longer to be an accepted part of their culture. The teachers and principal have been welcoming as well as the students.

For both these schools the challenge has been an outsider coming in. They have been wary in the past due to some historical concerns but I feel they are now trusting me as someone who they can be open with and who maintains their confidentiality where possible.

-Andrea

# Strategy 2020–2024





# VISION FOR 2020–2021

## Introduction

Our strategy has three key areas of focus, firstly our organisation, this strategic area focuses on our desire to continue to provide post-graduate training for our staff, be an organisation that people love to come to work. The next area of strategic focus is on Te Tiriti, this identifies our need to continue to learn and enhance our cultural responsiveness, support the kaupapa and collaborate with Tuwharetoa health and focus on recruitment of Māori staff. The final area of strategic focus for Anamata is Young people, our intention in this area is to be collaborative with other organisations, be champions for young people, and create youth development opportunities for young people.

## Governance

In July we welcomed two new board members into Anamata board, both Cheryl London and Jenny Maloney come with vast governance experience and it is wonderful to have some fresh lenses at the governance level. We have also been fortunate to have Tilly Marsh as a youth intern on our board and over the next year we are hoping to increase the number of young people on our board in the youth intern space.

## Organisation

Over the next year we are anticipating that we will grow significantly in the number of staff at Anamata and this is in direct response to increased contracts. Anamata will continue its commitment to providing post-graduate training in youth health and sexual and reproductive health, as this is a key mechanism to ensure our staff are the best they can be for the young people that engage in our service. This also enables our staff to connect with other youth health and sexual and reproductive health professionals across the country, which so far we have seen as only a positive for our staff.

We are looking forward to doing a number of events as a team next year including the Tussock Traverse, Iron Māori and tough guy tough girl. Some of these events are focused on team building and advocating for our young people, other events such as tough guy tough girl our team walk alongside young people and encourage their participation.

We have a strong focus on increasing our profile with the DHB over the next year and highlighting the complexity of the work we do, and identifying areas in our contracts in which this is not well recognised. We are looking forward to presenting to the DHB board about our innovative projects with Pinnacle Health and presenting a business case to the DHB regarding specialised sexual and reproductive health.

## Te Tiriti

Currently our data shows us that we are engaging well with Māori, we are currently in the process of upskilling the cultural competence of our staff and with our mental health contract explore ways in which this can be more culturally responsive. We are pleased have a positive working relationship with Tuwharetoa Health and we are thrilled they have also received funding for a kaupapa Māori based mental health contract and we look forward over the next year looking to find ways that we can support young people access this service and work together alongside the community to enhance health outcomes. We are also pleased to have appointed a social worker Nick Callaghan, who will support the Anamata developing a mental health service within our organisation.

## Young People

Looking forward to 2021 we are thrilled to have secured new contracts in school based health services at Taupō-Nui-a-Tia which means we now have a nurse at the school every day. There has also been an indication that expanding funded health services in Tauhara is likely to happen over the next 12 months, which again will enable us to provide primary health care, with a



youth focus in the school setting. School based health services such as Anamata have been shown in recent research (youth19) to have a positive impact on decreased mental health distress, increased health literacy and addresses access issues.

Anamata and Rotorua Youth Community Centre collaborated and successfully have received funding from the Ministry of Health to provide mental health services in our community. This funding is as a direct result of the Mental health review in 2018/19 which identified the need to increase the choices and access to services for young people. Anamata is looking forward to talking to young people and other providers about what the gaps are and developing a model of delivery which addresses some of these gaps.

#### Diversity and Inclusion

This year we have focused on supporting schools and young people in their efforts to develop diversity and inclusion groups, along with increasing the access to Anamata's diversity group. We are pleased to have seen a number of schools be responsive to their students and supporting Anamata implementing groups in their schools. In December we are running our first Strategic Diversity Camp for young people, where they will have the opportunity to plan a youth pride week, youth week and mental health week.

#### Collaboration

Youthtown: GLOW this group started in 2020 and over the next year we look forward to increasing the number of young people who engage in this group. This group will continue to help both organisations plan and run health promotion events. We are also working alongside Bluelight as another organisation working with young people to plan and run events in the community and in schools. We are excited to collaborate with both these organisations and young people to create leadership opportunities for young people.

We are also thrilled to be working closely with Pinnacle around supporting young people to access HIPs and have a number of projects underway which focus on proactive health responses with young people.

We look forward to growing projects with Youthtown, Bluelight, Rotorua Youth Community Centre, Tuwharetoa Health and Pinnacle over the next year.

#### Summary

This year has been extraordinary, the Anamata team have redesigned the way we offer our services, dealt with supply issues of contraception prescriptions and through it all kept their hearts focused on what is best for the Taupō/Tūrangi District and I applaud them for this. Our true heroes are our young people, who have dealt with incredibly uncertainty, challenges to their future plans in an unprecedented way and for the most part, have continued to seek help when needed, engage and run some really awesome events in 2020, and been champions for themselves and each other, particularly in the diversity and inclusion space.

We look forward to meeting more new young people in 2021, running more awesome events with other service providers and contributing to enabling young people and their whānau to thrive.

# GRANT ACKNOWLEDGEMENTS

Thank you to those funders for supporting our work  
between July 2019 - June 2020!







**“Take care of our children. Take care of what they  
hear: take care of what they feel. For how the  
children grow, will be the shape of Aotearoa”**

**–Dame Whina Cooper**

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