



# ANNUAL REPORT 2020–2021



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## OUR PEOPLE





## STAFF

### Chief Executive

Dr Annabel Prescott

### Clinical Lead

Maree Ginger

### Youth Development Lead

Zoe Findlay

### Senior Administrator

Laura Walker

### General Practitioners

Dr Bronwen Thomas

Dr Katrina Whittfield

### Nurse Practitioner

Sue van Mierlo

### Registered Nurses

Lisa Carruthers

Jill Currie

Nicola Drake

Maree Ginger

Andrea Muir

Angie Langeveldt

### Mental Health Practitioner

Nick Callaghan

Sheryl Miller

### Health Promoter

Sandy Turner

### Youth Worker

Tori Henson

### Administrators

Laura Walker

Jenny Hoblyn

Jess Swailes

## BOARD OF TRUSTEES

### Chairperson

Blair Matheson

Sam Clemerson

### Deputy Chairperson

Cheryl London

### Youth Representative

Katherine Davy

Melody Alexander

### Board Member

Jill Currie

Jenny Maloney

Dr Kewa Mascelle

## VOLUNTEERS

### GLOW Group

Katherine Davy

Jade Hasse

Liam Hasse

Harley Iles

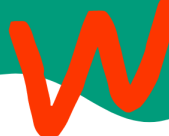
Gemma Seddon

India Wiltsher

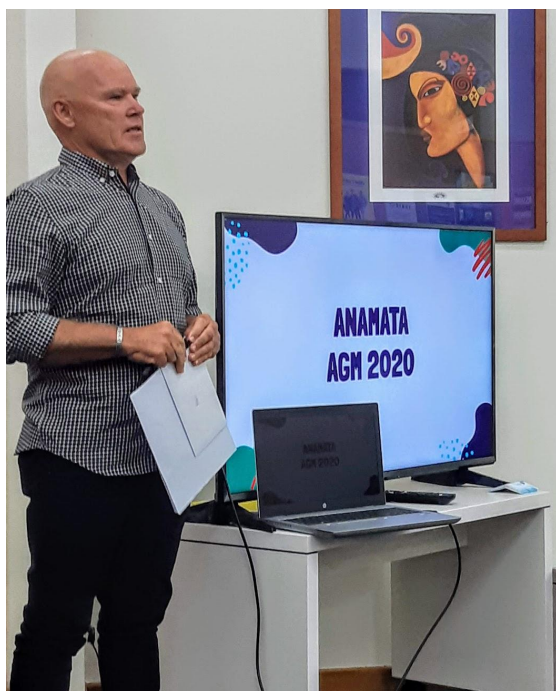
Angie

Noah





## FROM THE CHAIR



*Blair Matheson opening our 2020 AGM*

It is again a pleasure to introduce the 2021 annual report.

The leadership team headed by EO Dr Annabel Prescott have shown their true professionalism in the specialised field of youth health and youth development work, I sincerely thank them for their ability to “pivot”, get a job done and maintain a high standard of care in a post Covid environment.

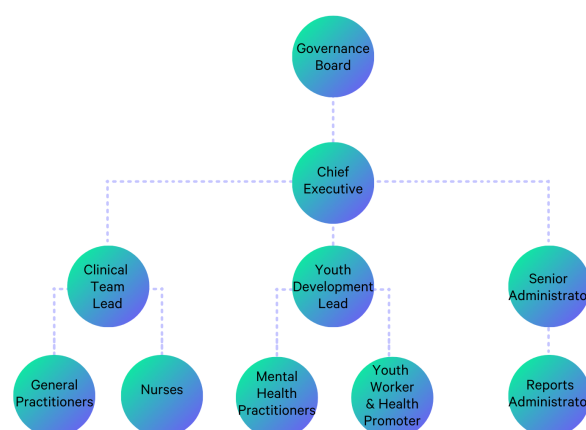
Covid-19 continues to be a major disruptor, raising the need for mental health and wellbeing in the community care of young people. These issues continue to be an area of focus and growth for Anamata.

The organisation has had a big year in adapting to a new environment and we are delighted that we have 3 new board members including another board internship filled by a young person.

It has been exciting to relocate into new premises with a high profile, perfect position and made possible through the generous support of our new landlord. We have been able to sign a long term commercial lease providing stability for the future with extremely generous terms. It is pleasing to see Anamata in collaboration with youth groups, schools, other service providers and of course with the other 10 Youth One Stop Shops (YOSS) around New Zealand. The Vodafone Foundation continues to fund Anamata’s health app which will allow for digital health assessments for all year 9 students and we are hoping this will be used across NZ as a youth health tool.

Looking forward, the Trust is excited about longer term contracts and the higher engagement of staff to provide greater youth health awareness and therefore increased options for young people in our community.

-Blair Matheson



*Organisation Structure*

Kia ora, I had the privilege of becoming chair in May, earlier this year. After a few years of working with Anamata and some of the team, it's exciting to be able to support the organisation and the wonderful work they do in the Taupō District.

I would like to acknowledge the previous Chair - thanks Blair for the wisdom and guidance you've contributed to Anamata over the years and for your ongoing work with the board.

Blair has already outlined the achievements for the previous year so I won't dwell on those, but I would also like to highlight the hard-working Anamata team and how they've dealt with the ongoing challenges of Covid-19. There is still a long road ahead but I know they will continue to support each other, adapt to these ever-changing times and keep supporting young people and their families.

While the key service of offering sexual health services to young people has and always will remain a priority for Anamata, it's been great to see the growth and support for mental health and wellbeing, which is much needed for young people in our community. This includes increased support for rainbow youth, mental health services and awareness, and the opening of the youth hub space - which provides a safe environment for young people to chill and offers fun, new activities every week.

To end, I'd like to thank the board members for all their hard work. The passion and dedication they bring to every meeting is second to none. The board has taken part in a productive and inspiring strategic workshop and we've set some pretty audacious goals. I look forward to exciting things on the horizon over the coming year.

-Sam Clemerson

*How to stay sane, calm and connected to your kids.*

## AN EVENING FOR PARENTS AND CAREGIVERS WITH SHIRLEY PASTIROFF

AUTHOR OF THE MINDFUL PARENT



A FREE TALK BROUGHT  
TO YOU BY ANAMATA

6 COPIES OF THE  
MINDFUL PARENT TO  
GIVE AWAY!

15 MARCH - 7.30PM  
PRESCHOOL/PRIMARY AGES  
WAIPAHIAH PRIMARY SCHOOL HALL

16 MARCH - 7.30PM  
FOR TEENAGERS  
TAUPO-NUI-A-TIA COLLEGE

REGISTER ON EVENTBRITE TO SECURE A SPACE.  
REGISTER BEFORE 28 FEB AND BE IN TO WIN A FREE COPY OF  
THE MINDFUL PARENT.



*Parenting education night!  
an event to equip and  
empower parents.*

**ANAMATA**  
HEALTH + WELLBEING  
for EVERYONE

Mindful Parenting Talk poster

## Mindful Meditation

For anyone who interacts with kids  
Parents, carers, teachers, grandparents, everyone is welcome

with Rossalyn Hayes

Babysitting  
provided!

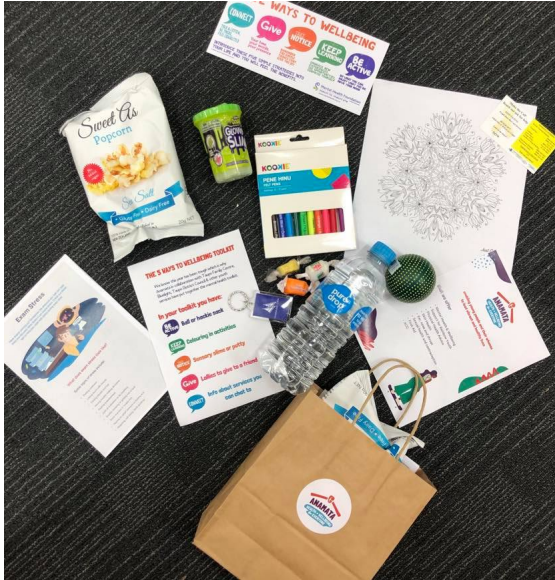
- reduce stress
- increase happiness & emotional balance
- improve concentration
- enhance patience and self-awareness

**SMILE BIG**  
TAUPO DISTRICT

**ANAMATA**  
HEALTH + WELLBEING  
for EVERYONE

brought to you by Anamata

The Mindful Parenting Talk was followed up with a Meditation course with Rossalyn Hayes



Mental Health Awareness Week 2020 goodie bags

## TREASURE REPORT

The past year has been challenging with Covid-19 continuing to have an impact on organisations around New Zealand- Anamata included. Despite this we have continued to provide and develop our services as part of the Taupō Health Providers community.

Financial and business sustainability continues to be a focus as Anamata increases its delivery of services and support to youth around the Taupō region. Applications for tenders are ongoing with many successful bids for contracts being achieved in the last year. Although funding received meets the costs of service provision, recompense is not always sufficiently proportionate to services delivered.

One of the highlights of the year has been the securing of a lease for new premises for Anamata. In the current property market with rising property prices and the scarcity of rental properties available, we have been very fortunate to relocate to premises that accommodate our expanding staff and services and enable us to operate effectively.

With our new location secured and our increased need for staff numbers met, our business sustainability can now be a focus for management and staff as we continue to seek funding opportunities to support our expansion.

We are very fortunate to have a professional financial team who support Anamata. Our accountants Strettons; our bookkeeping service Admin Angels, and Dixon & Co who provide our audit service all ensure our financial records are maintained to a high standard and are audited and provided with transparency. As Treasurer I am extremely grateful for the services this financial team delivers.

-Cheryl London





## BOARD YOUTH REPORTS

Hi, my name is Melody Alexander. I am new to Anamata, having joined at the beginning of this year. I take part in representing young people on the board by giving my perspective and opinion in discussions.

I was introduced to Anamata after seeing an open position for a youth representative on their board. After reading about the organisation, their values and the work they do in the community I was intent on becoming involved.

I personally appreciate that Anamata make the conscious effort to involve young people in their organisational strategy, as the work they do has a direct impact on youth in the community. The culture within Anamata is inclusive and specifically addresses inequities in health and wellbeing by having a specific focus on Māori and Pasifika, and Rainbow young people. These conscious decisions are a reflection of Anamata and the values they hold as an organisation.

Being in this role has given me insight into how boards operate, and how they create change at a governance level. I am also being taught skills such as governance, problem-solving and decision-making, all of which will help me in my study of social policy.

All in all I feel very grateful to have been given the opportunity to work with Anamata. I find immense value in working with an organisation that focuses on improving the health and wellbeing of young people in our community.

- Melody Alexander

Kia ora, my name is Katherine Davy and I am a Year 13 student at Tauhara College. I have been involved with Anamata since 2020. My role within Anamata is the Youth Representative on the Board. I am also part of GLOW which is run by Harmony from Youthtown and Tori & Zoe from Anamata. GLOW stands for Growing, Leadership, Opportunities and Wellbeing. We run events for the youth of Taupō. Since I started at GLOW, I have helped organize the awesome Launch Party, Movie Night, A Youth Week Photo Competition, multiple sausage sizzles and many others. I am currently involved in planning an amazing race for the upcoming Mental Health Week from September 21<sup>st</sup> to October 3<sup>rd</sup> 2021!

Being part of GLOW has improved my leadership skills and communication skills. As the oldest student at GLOW, I have mentored my younger peers to improve their leadership skills, teaching them how to use their voice when they are passionate about something.

It also gave me the courage to apply to be the Youth Representative on the Anamata Board. Being on the Board has given me a huge insight into how Anamata (a non-profit organisation) works and has given me a more personal connection to the staff and seeing how much work they do. I get to speak to the Board about GLOW and the opportunities we give to young people.

I am so grateful to be part of GLOW and have the role as Youth Representative. I like to think the work I do now is paving the way forward for the future youths of Taupō.

Ngā mihi nui,  
-Katherine Davy

# SIGNIFICANT ACHIEVEMENTS

## Anamata Youth Space and forever home

We were thrilled at the end of June 2021 that Anamata moved into its own premises which created the opportunity for Anamata to also provide a stand alone youth space for young people. This allows Anamata to provide a drop-in facility, holiday events and programmes in a youth-friendly environment.

The new clinical and office space for Anamata provides clinical services that have improved accessibility and creates the opportunity for us to meet the needs of the community we provide service to. Feedback has been that the space is lovely, inviting and people feel safe and comfortable.



*Anamata's grand opening*







### Expansion of services

Towards the end of 2020 we were awarded two new significant contracts, the first being school-based health services into Taupō-Nui-a-Tia which resulted in Anamata providing increased health services for the school and recruiting new nurses to fulfil this contract. While we have been providing school based health services to the schools in Taupō and Tūrangi for some time, only the Tūrangi schools were fully funded. Subsequently, the provision of funding for school based health services and the indicated expansion of this funding through to all school deciles provides Anamata with sustainability for our health services in secondary schools.

We also did a collaborative tender to the Ministry of Health with Rotorua Community Youth Centre for a primary youth mental health and addictions contract and were awarded this contract in the later half of 2020. We successfully recruited into this contract and continue to provide clinics in a number of schools and community settings.

### Youth health digital screening tool

*Front page of the youth health assessment app*

Over the past three years we have been developing a youth health screening tool which identifies the risk and protective factors for young people by a scoring system. In addition, this tool also, when rolled out across a group of young people, identifies trends of health behaviours within the group. Our initial rollout of this screening tool has been within the school setting which empowers the young person in their health literacy, as well as our school nurse regarding

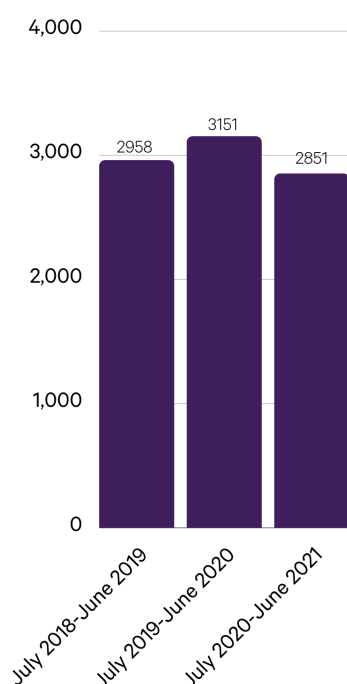


proactive follow-up with students. As an organisation it has allowed us to analyse the data and provide feedback to the school regarding trends both positive and areas that could respond well to interventions. On average it takes 12 minutes for a student to complete and feedback from students has been that it is easy to use and the ability to complete it on their smartphone improves privacy and confidentiality for them.

### Sexual and reproductive health services

Anamata has been providing sexual and reproductive health services in the district for over 30 years, this area of health has been where Anamata started and subsequently grew from. It has always been a key value of Anamata to provide equitable and non-judgemental access to this specialised area of health. We have been thrilled to work with doctors who have supported our organisation either by supervising our nurses for their nurse prescribing certification and continuing to run a procedure clinic

Number of sexual health visits over the last 3 periods



Anamata continues to provide a range of rainbow inclusive groups in schools and the community and we have been thrilled with the increasing number of requests for training from education, health and community wanting to increase their knowledge base and improve their responsiveness with rainbow young people.



*Opening of the queer library 2020*

At the end of 2020 we collaborated with Hillary Outdoors and took a group of young people to a camp. The goal identified by these young people was to have a space where they can be themselves and feel safe. While at camp young people participated in a range of outdoor activities and provided valuable insights for Anamata regarding areas they'd like us to do work in, for example, providing training to teachers regarding rainbow inclusiveness. We are also pleased to have Lakes DHB recognise this important area of work



Anamata is doing and acknowledge them for their funding support in this area.



*Young people on the Rainbow Camp 2020*



*Mental Health Awareness Week activities 2020*

## CHIEF EXECUTIVE REPORT




*Annabel Prescott outside the new Youth Space*

In 2020 I was thrilled to have been awarded a scholarship to attend the Leadership New Zealand programme, on this programme I expanded my leadership skills with the hope to continue to build Anamata as a team that thrives, is transformational, continues to learn and feels connected to each other and to the people we work with.

As I am writing this report and reflecting on the learnings I had on this programme and also the growth Anamata has been through in the last 12 months I feel extended gratitude for our extraordinary team, our board and the young people we work with.

We have continued to deliver on all of our existing contracts and in 2020 we were awarded two new contracts, the first being Ministry of Health



expansion of school health services in decile 5 schools and the second contract is a collaborative primary youth mental health and addictions service for 12-25 year old in which we partnered with Rotorua Community Youth Centre. These two new contracts fitted with Anamata's strategic goal to expand youth health services, increase access and address barriers that exist for young people in accessing both primary youth health services and mental health services.

We were thrilled to employ new nurses to implement the roll-out of the expanded service at Taupō-Nui-a-Tia College. Trends presenting through this clinic to date show a large number of students accessing the school health service, 1308 visits up from 641 visits in the previous period, which is a 204% increase.

In addition to this we also employed mental health practitioners to work in our new mental health service. This has seen Anamata provide skills-based workshops for young people and people working with young people in regards to mental health, while also meeting with young people one-to-one to do therapeutic interventions, to date this team has provided 410 appointments within the relevant 6 months for this reporting period.

Our youth development team has continued to work with young people and schools in particular working to increase the rainbow inclusivity within our community. We were very fortunate in June to move to our new premises and open up a Anamata Youth Space. This has allowed us to start doing drop-ins for young people and created a space in the community where young people can have a safe and supportive environment to be in.

In November we celebrated Shona Bleakley's retirement from the Anamata board. Shona had been on the Anamata board for 17 years supported the organisational growth, tremendous

changes within the organisation and Shona brought gumption, foresight and passion to the board. We are very grateful for everything that Shona has contributed. The board has had a number of changes during this time. Blair Matheson who has been on the board for 8 years and was Chair of the Anamata board for 5 years has resigned, he offered the organisation significant governance experience, while encouraging the board and the leadership to be visionary and setting clear parameters between governance and operations. Blair will be joining an International board with the United Nations. This demonstrates both Blairs skills in governance and his passion for human rights. We wish you all the best Blair in this next role. With the number of changes in the board this has created the opportunity to welcome new board members, Sam Clemerson has accepted the role of board chair, Cheryl London as deputy chair, Melody Alexander as youth intern. We are very fortunate to have board members that are passionate about the role Anamata plays in the community and who are willing to volunteer their time to the governance of the organisation.

In 2021 I continue to look forward to and feel privileged to lead an organisation which is passionate about young people and the Taupō community. We continue to see a large number of young people needing support from our mental health service so we will be looking for funding to expand these services. A number of our nurses have started their nurse prescribing certificate which will increase their autonomy and I am looking forward to seeing this improve access for young people.

We will continue to look at how we can expand our youth development programmes and the use of our drop-in space. We will also be actively revising our health based contracts with Lakes DHB, partly this is in preparation for the health reform in 2022 and it is also to acknowledge the work Anamata

does in specialised sexual health which is under-represented within our existing contracts.

-Dr Annabel Prescott



Annabel featured in Kaiparahuahi Magazine

## CLINICAL REPORT



Maree Ginger Clinical Lead

It has been a privilege to lead the clinical team through the 2020/2021 period.

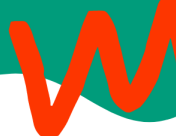
There have been a few highlights for me over this time, firstly the introduction of school based health services nationally funded through to Decile 6; an increase from Decile 4, which gave the inclusion of Taupō-Nui-a-Tia, the largest high school in our area. This has allowed Anamata to provide clinical services to students of Taupō Nui five days a week during school term, and to employ two new nurses to fulfil this, who have been an asset to the team.

Our new Mental Health contract has allowed us to be better equipped to deal with the increasing presentations of mental health distress and the ability to get each client to where they need to be for optimal positive outcomes.

The relocation of Anamata services to our new home at 152 Spa Road has been a huge milestone. Feedback from clients since this move has been overwhelmingly positive. The space is proving to be an open and welcoming space for clients, outside providers and staff alike.

We continue to have clinical services for Youth health as well as specialised sexual and reproductive health services in Taupō and Tūrangi





communities, including school services in all four high schools. We look forward to the announcement of the school based health services contract to further expand to include decile 7 which will see equity over all four schools we provide services to.

Over the past year we have had 5862 visits to our clinical services.

We continue to work hard to advocate for our community to ensure equitable access to services over the DHB region and not just to the urban centres. The year ahead will be interesting to see how national changes in health will impact our community, and we will continue to advocate where appropriate.

Anamata has a passionate team who are committed to providing quality services to the community and continuously engage in education to ensure this happens.

## TAUPO SCHOOL CLINICS

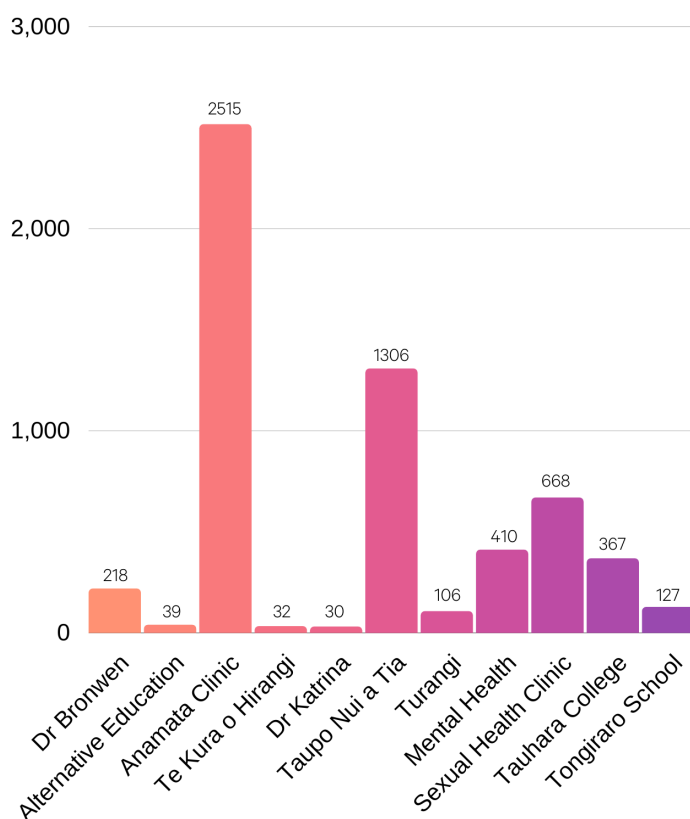


*Nicola Drake and Lisa Carruthers*

Kia ora, we are the school nursing team, Nicola, Lisa and Andrea. Nicola comes from an ED background and Lisa an aged care, practice nurse and student health background. Between us we bring a broad range of knowledge, experiences and expertise. We are passionate about providing accessible healthcare to Taupō's young people and can see the value of our contribution to their well-being while at school.

Lisa and I are both new to the Anamata team as of November last year. With Anamata having an increase to funding in the school nursing space from the national roll out of schools up to decile 6, services to our largest school, Taupō-Nui-a-Tia, qualified for school nursing services five days a week. We await a further roll out which will see Tauhara qualify for funding as well. Currently we have nursing services at Tauhara twice a week which is partly school funded. We alternate between working at both Tauhara College and Taupō-Nui-a-Tia College. At Nui we have seen 764 students in the first two terms at Taupō-Nui-a-Tia and 150 at Tauhara. We have seen a wide range of presentations from minor injuries to collapses requiring ambulance assistance.

All providers appointment numbers  
1 July 2020 - 30 June 2021



We work with a range of youth health presentations including injuries, general health, mental health, contraception and reproductive health. All of these create an opportunity for our nurses and our team to provide broader educational opportunities to enhance and develop skills and health literacy with our clients.

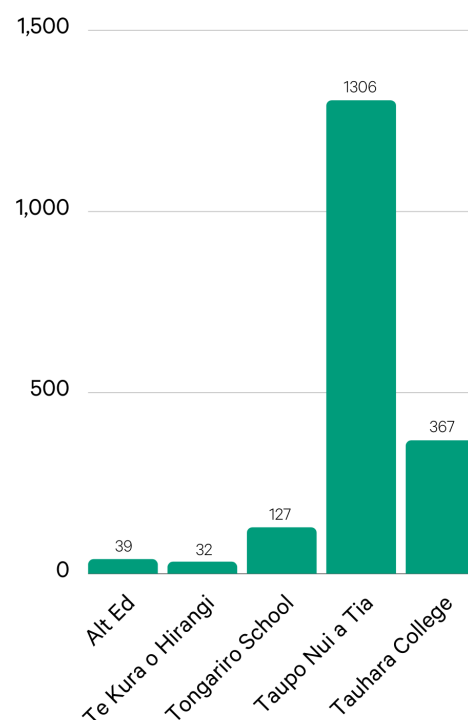
We have been working to have a more streamlined way of communicating with our general practices in town to improve accessibility to centralised health care for young people. The benefit of our clinics being onsite at school is we can provide a point of care service. Providing this in collaboration with their primary health care providers is ultimately in young people's best interest as all their health information is kept in one place. We also want to teach young people how to use general practice services to prepare them for when they have left school. We can also provide follow up for the GPs if they want us to check on the well-being of a student, wound reviews or repeat bloods.

In March we held a parenting night with the author of *The Mindful Parent*, Shirley Pastiroff. One evening was held at Waipahihi School for parents of pre-school and primary age children and a separate evening for teens held at Nui. This was a free event to parents with a great turn out and was well received and feedback was very positive. Parents were empowered with practical skills for their parenting. Subsequently we had requests to continue to offer a space for parents to practice these strategies we implemented with the support of Roz from Smile Big to run an 8 week meditation programme, specifically designed with parents in mind.

A large amount of our work has been in providing mental health first aid, de-escalating emotional

distress then referring internally to Sheryl or REAL or the crisis team as appropriate. The benefit of not having timed appointments means we can prioritise these situations and give these vulnerable young people time to talk, decompress and feel heard and responded to. As more and more of our work is revolving around mental health issues it is vital that we are delivering best practice in this regard. We are seeking out learning opportunities in this area and gaining help from other mental health experts within the team.

Number of school nurse visits  
1 July 2020 - 30 June 2021



We collaborate a lot with teachers seeking their input with students who need extra support and making care plans to support them through the students' rough patches.

We have ongoing clinic location challenges with the Tauhara campus as our space is not fit for

purpose but we make do with what we have using the Anamata clinic when necessary. The school is well aware of these limitations and a more suitable space is in the pipeline though timelines are not clear.

We have been carrying out our youth health assessments on the new app with the year 10 and 9 groups at Nui which is providing very useful information for following up on our young people who are struggling and need extra support. The information we are able to extract from this has well exceeded our expectations, which is really exciting going forward with the possibilities of this tool to be rolled out for youth services nationally, and even possibly internationally!

We participate in the Taupō Community Child Inter Agency Meetings voicing the needs and concerns for young people with other services in town. We work collaboratively with external services such as Oranga Tamariki, Te Korowai, REAL, iCAMHs and the ED on a regular basis.

We are working to become nurse prescribers in the next year which both increases what we can provide in terms of treatment via the school clinic and decreases barriers for young people within our community.

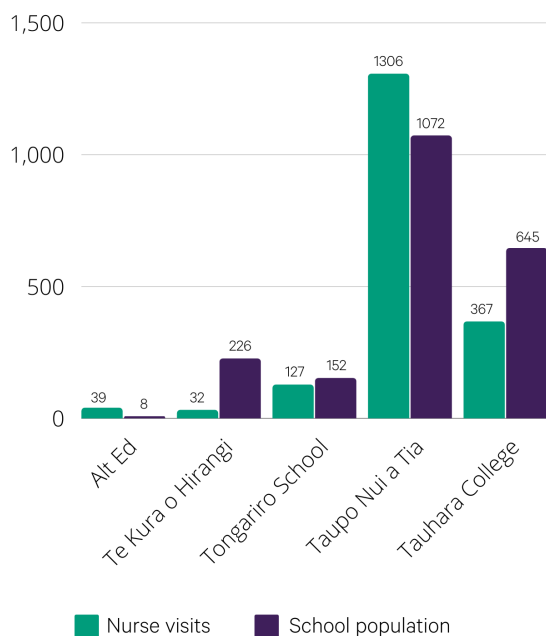
## TURANGI SCHOOL CLINICS

We continue to offer school based health and health promotion services in both Tongariro Area School and Te Kura o Hirangi.

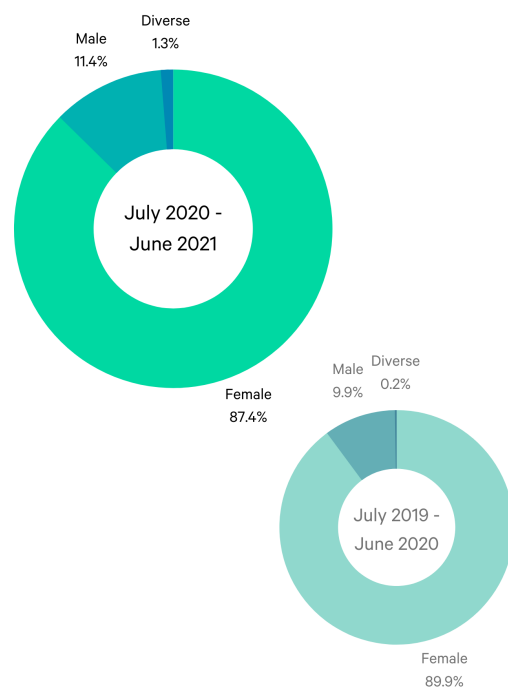
We were thrilled to work with Year 9 students earlier on in the year as a team alongside Year 9 staff to facilitate the sexual and reproductive health curriculum. We see this as an important piece of work to increase the visibility of Anamata's school nurse in the school. It also created an opportunity for Anamata staff to further develop relationships within the school community. And most importantly increasing young people's knowledge and health literacy and creating a safe space for young people to discuss sensitive topics.

Our school nurse Andrea has been in Tūrangi for a number of years. She works closely with other professionals working with young people in the community and the schools. Tuwharetoa Health and in particular utilising the health improvement coaches and the health improvement practitioners. This ensures that wrap-around services are in place and embedded within the community, increasing the access for young people. We look forward to continuing to work with this community to enhance health and wellbeing outcomes.

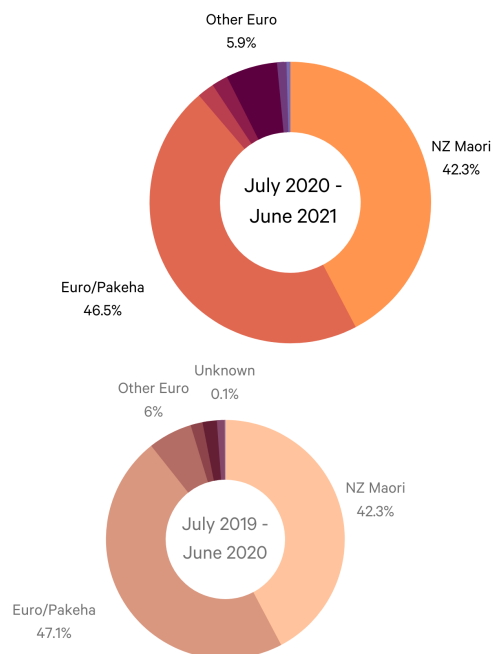
Number of school nurse visits compared to school population  
1 July 2020 - 30 June 2021



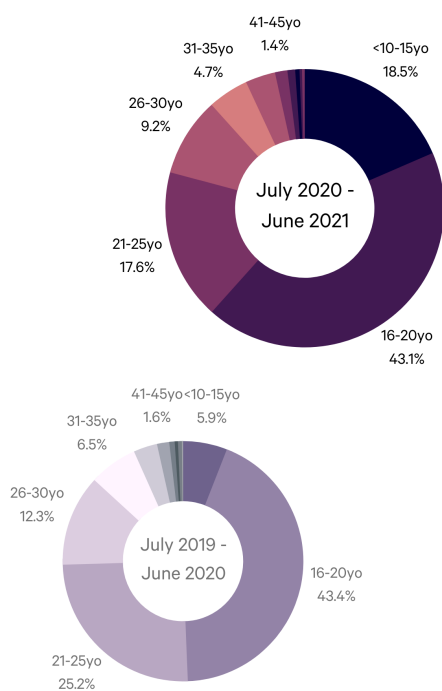
Gender of clients by appointment



Ethnicity of clients by appointment

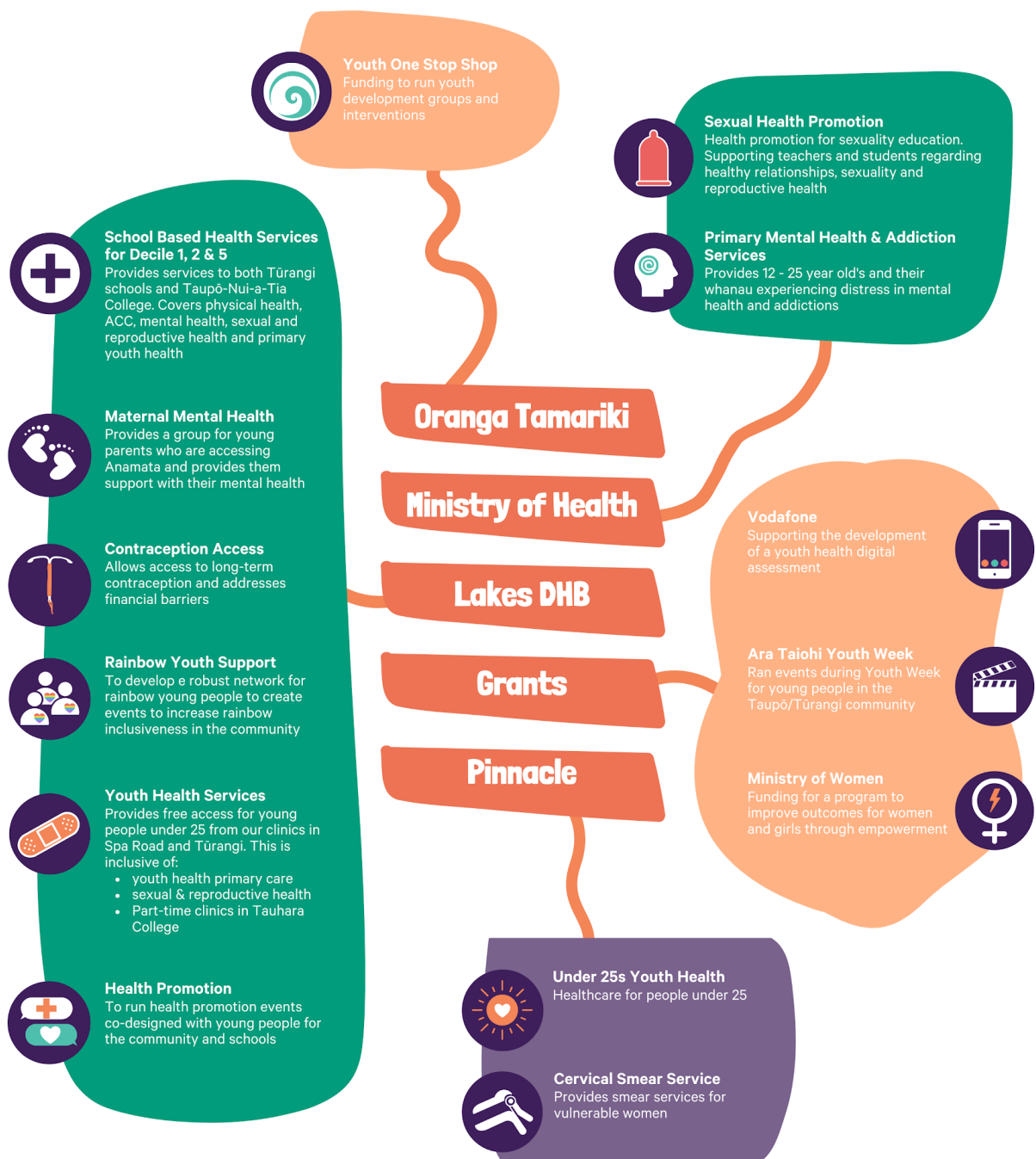


Age groups of clients by appointment



# Funding Source

## 2020–2021





## YOUTH DEVELOPMENT

Through the 2020/2021 period our youth development space has grown immensely. We have consolidated our team with the growth of a mental health team, youth workers and our health promoter. As a Youth One Stop Shop framework identifies a multi-disciplinary and wrap-around approach. Working alongside our clinical team are mental health practitioners, and other services to wrap around young people which promotes better outcomes for young people and is fundamental to Anamata's model of care.



*Flyer for the new queer group to support rainbow young people aged between 18 and 25*

The growth within the organisation opened the opportunity for Zoe Findlay to move into the youth lead position and welcome our new youth practitioner Tori into the team. We are excited to have Tori onboard to continue the growth of services we deliver within youth development. These opportunities are further extended with our move to 152 Spa road where we now have a dedicated youth space.



*Young people outside the new Youth Space*

The spaces Anamata provides for rainbow young people in the Taupō region continue to be a highlight for me. We currently support seven rainbow groups that sit both within and outside of school. Between July 2020 and June 2021 we have started three new rainbow groups. One at Tongariro High School, Tauhara College and an 18-25 year old social rainbow group. With the support of DHB funding we have been able to create safe and inclusive environments/experiences for rainbow young people. We continue to work alongside schools and the wider community to create equitable spaces for the rainbow community.

In December 2020 Anamata, in collaboration with Hillary Outdoors, ran a camp for rainbow young people. We know that for rainbow young people school camp has multiple barriers for participation. Our aim was to dismantle those barriers and use the outdoors as a medium to create safe and inclusive experiences that are proactive and support our young people's wellbeing and mental health while building their connections with other people who are a part of their community.



Pride Week poster 2021

This year we ran Taupō's second pride week for young people. This week included multiple workshops around safe binding practises, supporting your rainbow young person as a parent/caregiver and professional development for services working with young people. These workshops had varying levels of attendance but were beneficial for all who joined. During this week we also held a screening of Rūrangi with the support of Starlight Cinema and Taupō District Council. Rūrangi follows a young transgender man and his journey to reconnect with family and friends. The screening was a success with a wide range of people attending including Labour MP Louisa Wall who spent time engaging with our young people.

We continue to work creatively to engage young people without barriers and are excited to launch our drop in hang out spaces and the opportunities the coming year holds.



Louisa Wall (second from right) at the Rūrangi screening for Pride Week 2021



Youth Week 2021 poster



# HEALTH PROMOTION

Health Promotion remains a key area of work for Anamata, with three main areas in which we focus our health promotion work.

**Building healthy public policy:** Build healthy public policy in settings you have influence over that support the sexual and reproductive health and wellbeing of young people.

This first goal sees Anamata work to support schools and the community to build healthy public policy, in the last 12 months we have focussed this work in the rainbow inclusive space. Similar to 2019-2020 we have worked with young people, schools and community members to increase the inclusiveness for rainbow people. During the last 12 months we have collaborated with Hillary Outdoors to run a camp for rainbow young people, we have provided training workshops for teachers and health professionals, run a Taupō Pride week and we have increased the number of rainbow groups both in the community and at schools across the region.

**Creating supportive environment:** Continue to create supportive environments so that young people and their whānau feel safe using sexual health services and other clinical services that support sexual health and wellbeing.

Anamata continues to provide specialist sexual and reproductive health services from our main clinic at 152 Spa road. We are thrilled (as mentioned) to have moved into a site which is both welcoming and provides safe and clinically sound service. Our nurses currently work under standing orders, while they work on their community prescribing certificate which will enable them to work with increased independence.

**Develop personal skills:** Design, deliver and evaluate (the effectiveness of) programmes that promote health literacy and awareness-raising around sexual health and wellbeing.

This area of the contract is where Sandy works with teachers and at times directly with the students to implement the sexual and reproductive health component of the New Zealand health curriculum. We really appreciate the schools in the area being open to collaborating with Anamata and that we are able to provide key areas of input in an area of youth health which has seen marked improvement since the early 2000s (youth health 2000).

We were also pleased to bring two groups to perform plays in schools and the community. We are grateful to both THETA Group from Wellington and a group of Year 12/13 students from Hutt Valley High who had developed performances related to sexual health. These performances tackle challenging material such as consent, healthy relationships and pornography. They are performed in a sensitive and humorous way to promote ongoing non-judgemental conversations and have been of great benefit to our community.

We look forward to continuing and building on the work we have done in 2020/21 over the next 12 months, specifically supporting the ongoing revision and development of the sexual and reproductive health curriculum, and the ongoing work in the rainbow inclusive schools and community space.



## MENTAL HEALTH

We were thrilled to have successfully collaborated with Rotorua Community Youth Centre and be awarded a Ministry of Health Youth Primary Mental Health and Addictions contract in 2020. The contract was as a result of the He Ara Oranga, Mental health Review in 2018, which recommended to expand access and increase the range of choice for people experiencing mental health distress.

Anamata employs mental health practitioners who are working in a range of settings, including from our main site, at Spa road, and a range of schools in our community. We also provide a range of workshops with young people to develop skills to support their wellbeing. Based on a range of evidence we have developed an Anamata wellbeing kete where we teach young people how

to utilise their 5 senses to decrease their distress, ground themselves in the present and calm their nervous system.

We do see a number of young people present for mental health support who need strategies to support anxiety management, low mood, and navigating friendship and relationship difficulties. We are dedicated to providing a service that reduces barriers, provides highly qualified staff and works to engage young people where they are at. We have extensive experience in working with young people and mental health with a team.

There have been early indications that we can expect to see an increase in funding for mental health service provision, which based on current levels of demand for our mental health team we will welcome this expansion.

If you'd like to find out more email [wellbeing@anamata.org.nz](mailto:wellbeing@anamata.org.nz)

## The five senses

Sooth or calm each sense  
when you feel stressed,  
worried, angry or sad

Hearing

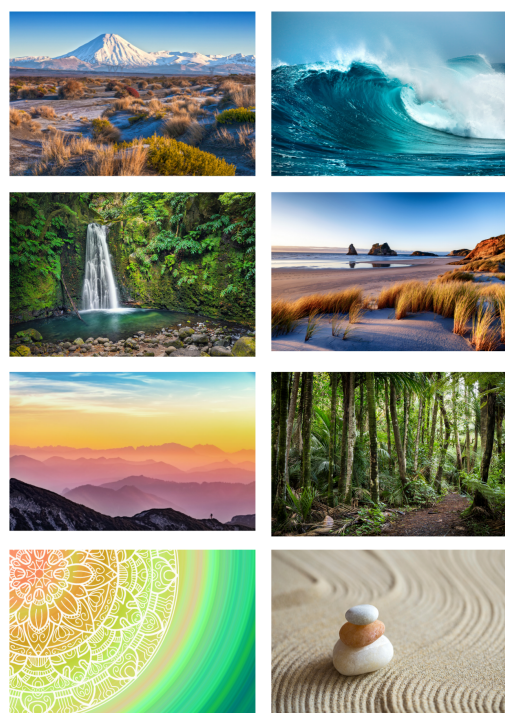
Vision

Touch

Taste

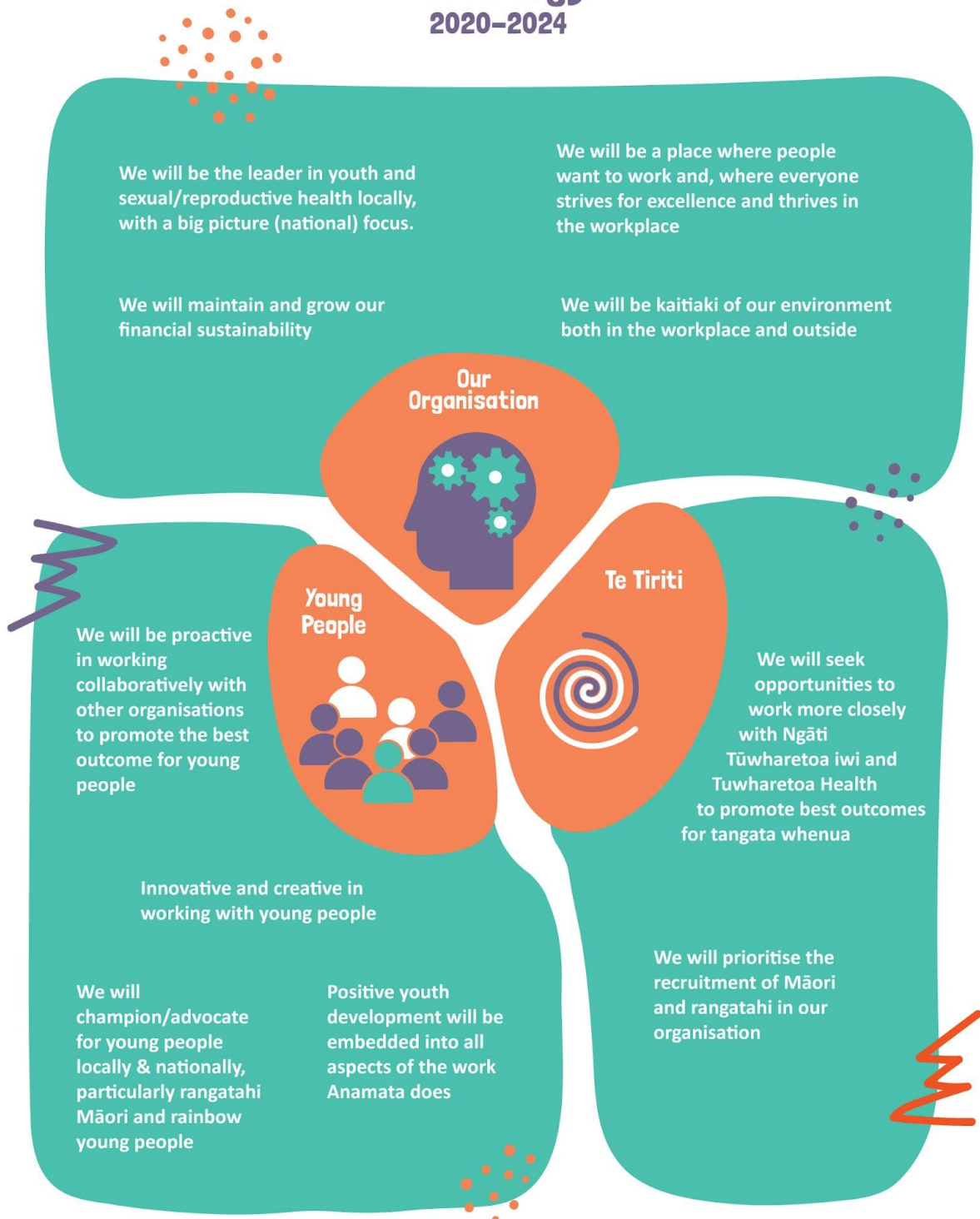
Smell

*Part of the wellbeing kete*





# Strategy 2020–2024







# LOOKING FORWARD

## Introduction

Anamata's three strategic areas are being an organisation people want to work for, te tiriti ensuring our services are equitable and accessible for tangata whenua and young people that we will continue to advocate for best practice, co-design services and programmes, work collaboratively with others and embed positive youth development across the organisation.

## Governance

It has been wonderful to see the expansion of youth participation on the board and we look forward to this continuing into 2022. We have had a number of changes in the board in 2021, including Blair Matheson stepping down as chair and Sam Clemerson assuming the role of chairperson, so looking forward to in 2022 consolidating the board and providing governance for the Anamata

## Organisation

During 2021 we embedded a number of new contracts and staff in response to increased funding. Over the next year we will focus on continuing to deliver the range of youth health and sexual and reproductive services for the district. The DHB has extended our contracts to 3 years, this is to create a sense of continuity of service delivery during the health system reform.

Over the next year we will be working with two Doctors who will work across both youth health and sexual/reproductive health, this will enable us to increase our service delivery in this space, in particular work with PrEP, sexual assaults, mental health and complex youth health presentations.

We are also hoping we will be able to more adequately work with our trans-young people to improve their health care and improve the transgender care pathway within this district.


We have a team with an extensive and diverse skill set, from youth practitioners, mental health nurses, doctors, youth health nurses and sexual/reproductive health nurses. This enables us to work with young people from both a health perspective and a resilience, positive youth development perspective. Over the next year finding ways to increase cross-pollination within the team, sharing of skills and knowledge while keeping each staff member's scope of practice will be our key focus.

## Nurse Prescribing

Currently our nurses work under standing orders, which allows them to give prescribed treatment to clients under supervision of our doctor. This year we have started the process of having our nurses complete the training to become community nurse Prescribers. This will enable our nursing team to have the ability to address wider health needs and will enrich, in particular, our outreach clinics to widen the scope of practice to meet clients' needs. Four of our seven nurses will have completed this by the end of 2021 with the remainder commencing study early 2022. Nursing Council New Zealand is promoting nurses to complete community nurse prescribing to give greater autonomy in their practice.

## Youth Development

We are looking forward to offering more programmes for young people in our community. We are focussed on co-designing programmes and responding to what young people say they'd like to see us providing. We are looking at running a girls group focusing on resiliency and capacity building, drop-ins during the school week and during term



time, and we are exploring a number of collaborative opportunities with other organisations. We will continue to collaborate with Youth Town to run GLOW and be active in the youth network and running community based events.

### **Mental Health**

Our new mental health service is seeing a large number of young people and we are hopeful that the Ministry of Health will increase our funding in the next year so that we can recruit additional staff to work in this space. Our data is telling us that it is important that young people are able to access services in a timely manner that is opportunistic, barrier free and youth friendly. Having staff working in this space with a diverse skillset who are proactive has been key to the success of this service. We will continue to run programmes in the community and provide therapeutic support for young people and their whanau through our school clinics and our clinic at Spa road.

### **Rainbow Inclusiveness**

We will continue to provide a range of groups for our rainbow young people, both from Spa road Youth Space, the schools and in the community. We are pleased to be offering a range of workshops in the community to increase the knowledge and skill base of professionals working with young people. This is a key area of advocacy for Anamata to support spaces to become more inclusive.

### **Summary**

As Anamata's CE I look forward to continuing to work with our highly skilled staff to provide services in the Taupō and Tūrangi District. Key to

my role is focusing on staff development and ensuring staff are valued within the workplace. This focus enables our team to focus on providing the range of services that they do within the community. I look forward to responding to innovative opportunities as they arise throughout the next 12 months, while continuing to expand and enhance the mahi that we're already doing.



*New pool table for our Youth Space*

## ACKNOWLEDGEMENTS

Thank you to everyone who supported our work between July 2020 and June 2021





# **Ehara taku toa i te toa takitahi, engari he toa takitini**

**My success is not mine alone,  
it is the success of the collective**

[www.anamata.org.nz](http://www.anamata.org.nz)