

NGĀ HAERENGA | TRANSITION JOURNEYS

**KEY FINDINGS FROM YEAR THREE OF THE KAUPAPA MĀORI
LONGITUDINAL STUDY OF RANGATAHI MOVING ON FROM CARE**



tuakana teina THE COLLABORATIVE TRUST
For Research & Training in Youth Health & Development



TAIRUA
Consultants Ltd



**ORANGA TAMARIKI
EVIDENCE CENTRE**
TE POKAPŪ TAUNAKITANGA

Ngā Haerenga | Transition Journeys

Presentation overview:

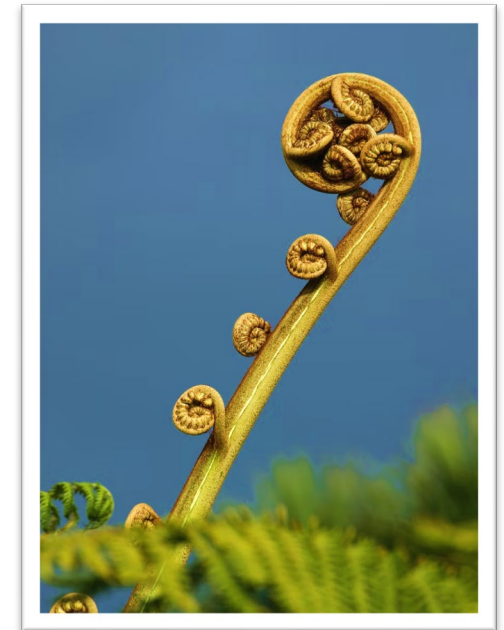
- Introductions
- Purpose & Method
- Ngā Āhuatanga Framework
- Findings
- Key Takeaways



We will also provide opportunities to ask questions via the chat

Ngā Haerenga | Purpose

1. Hear rangatahi voices and explore and document a cohort's experiences and journeys out of statutory care
2. Build our understanding of:
 - the thinking of rangatahi prior to leaving Care
 - trajectories following their move, across six key outcome areas
 - constraining and enabling factors of success.



Ngā Haerenga | Methodology

Longitudinal Qualitative Research framework

- Annual cycle of in-depth interviews tracking one cohort for 3 years
- Using mixed methods

Integrated approach, regional variability

- 3 research teams, covering 10 regions
- Collaborative/co-design
- Annual sense-making and planning hui

Kaupapa Māori methodology

- Methods and values



The Research Rōpū



Ngā Haerenga | Timeline

Preparation and Planning

Budget 2019
Establishment of the
Transition Support
Service

Research team formation
1st 2-day Analysis &
Planning hui
Cohort recruitment (n=51
17yr olds)

2018/2019

2019/20

2020/21

2021/22

2022/23

Round 1 (n=44)
Interviewed 1-6 months
prior to leaving care
2nd A&P 2-day hui

Round 2 (n=26)
6-12 months post-care
3rd A&P hui

Round 3 (n=24)
18-24mths post-care
4th A&P hui

Interviewing, sense making, planning and reporting cycle

Rangatahi Context and Ngā Āhuatanga



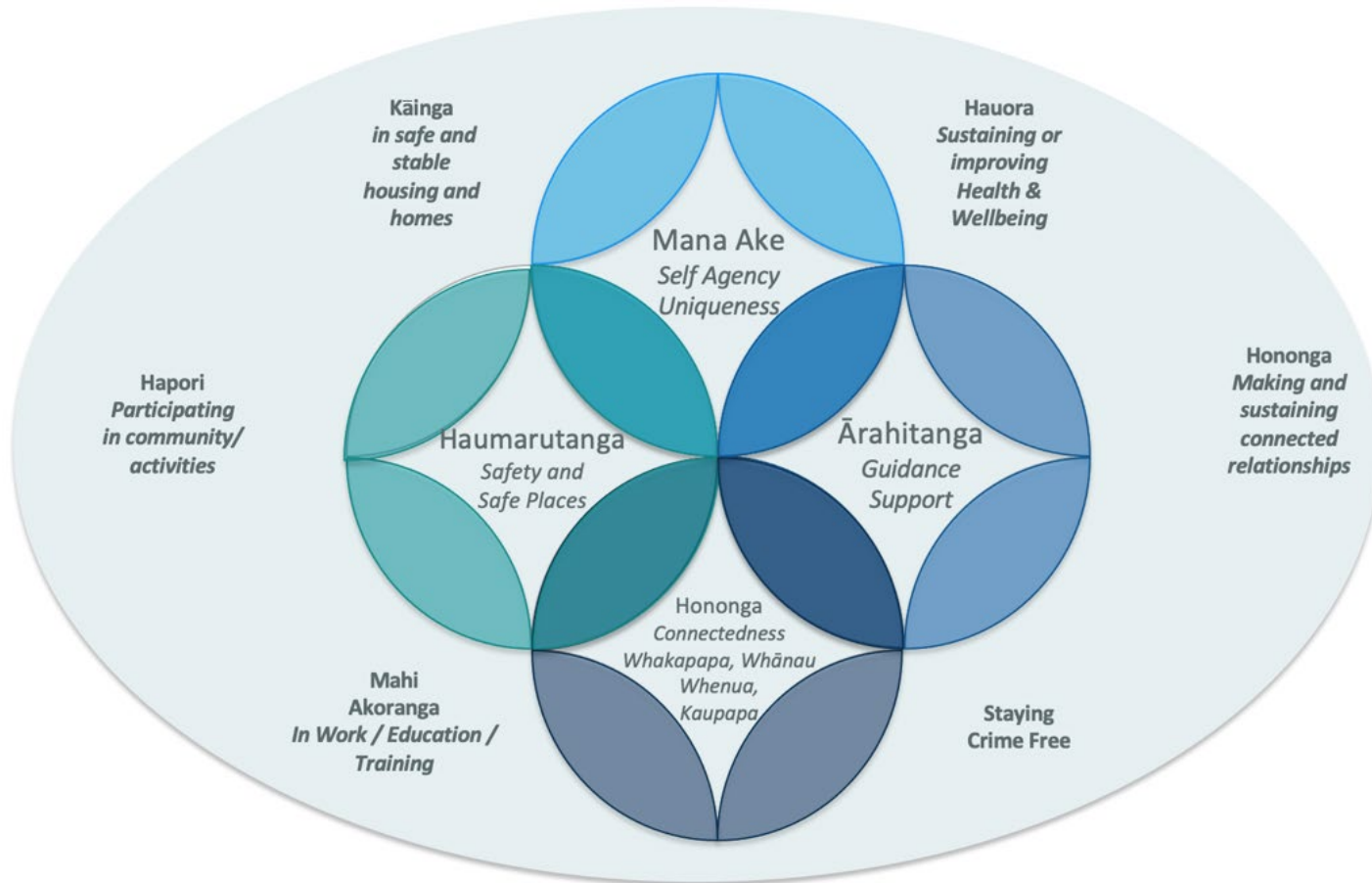
Rangatahi journeys were **diverse** and involved variable experiences within the often-challenging contexts of transitioning from care into independent living.



Through sense-making and rangatahi validation, four āhuatanga (conceptual themes) emerged as being particularly relevant and helpful in understanding and explaining rangatahi journeys.

The Kaupapa Māori, **Ngā Āhuatanga Framework** was developed as a result.

The Āhuatanga Framework



Pātai | Questions?



Please ask in the chat

Outcome Area: Kāinga

Home or Living situation at 18-24 months

Most rangatahi were in safe & stable kāinga environments with whānau,* caregivers, partners.

"I think this is the first time I can call the place my own home, so I think that's something to celebrate first."

Ethan

Rangatahi with disabilities were often with supportive foster parents or in supported living.

"My sister acts as respite carer when they need a break... (rangatahi) goes to her house for art every Saturday for a few hours to give Mum a break."

Nick's Foster Mum

Some rangatahi were looking to change their living situation due to conflict or wanting more independence.

"Yeah, love them (whānau). It's just I'm older and want to move out."

Tania

Some rangatahi did not have a safe and stable kāinga. They were in emergency accommodation, adult correctional facilities, couch-surfing, homeless.

"Now I'm back and forth from my girlfriend's house to Mum's. I don't actually have a proper place yet."

Luke

Outcome Area: Kāinga

Enablers and Challenges

Hononga Connections

- ☺ Living with or housing assistance from whānau, caregivers, friends, partner's whānau
- ☹ Lack of connection or poor relationships

"[My partner's grandparents] are very helpful, kind and welcoming and I feel safe there." Tāne

Haumarutanga Safety/Safe places

- ☺ Living environments that feel physically and emotionally safe
- ☺ Individualised, wraparound supports made a big difference for rangatahi
- ☹ Lack of access to safe and suitable accommodation

"they tend to put a bad mix of people in the [emergency housing] houses and I've actually been attacked in that house..." Victoria

Mana Ake Self Agency

- ☺ Courage, determination, proactiveness to find housing, especially for own tamariki
- ☺ Budgeting skills
- ☺ Managing relationships
- ☹ Limited knowledge or guidance around what supports are available

"because I don't want to repeat my family's history with my child, I know that I'm able to make those quick decisions." Willow

Ārahitanga Guidance

- ☺ Receiving guidance from whānau
- ☺ Receiving guidance from services e.g., marae, transition workers, church
- ☹ Confusing, inaccurate or mixed messaging from services

"They just said that I didn't really need them [Transitional Housing] anymore and that I was too independent." Luke

Outcome Area: Mahi/Akoranga

Employment, Education or Training at 18-24 months

Most rangatahi were in some kind of mahi (work) or akoranga (education/training)

"Doing maths and physics online and doing level 5 IT BSc and working part-time in retail."

John

Rangatahi were often in entry level work across manufacturing, retail and hospitality

"I'm getting paid, I'm getting money... it forces me to budget... work is important to me because otherwise I won't be able to pay my rent."

Bella

Some rangatahi were looking for more hours or weren't happy with their current role or study and looking for a change

"I am keen for more work."

Eruera

A quarter were not in work or education and were often receiving benefits such as a Job Seeker benefit, disability or caregiving related benefit

"...was doing beauty training...got some certs... can't get work."

Belinda

Outcome Area: Mahi/Akoranga

Enablers and Challenges

Hononga Connections

- ☺ Connections via whānau, friends, peers
- ☺ Whānau support for job seeking
- ☺ Workplace connections
- ☺ Support services to upskill
- ☺ Pride in maintaining job
- ☺ Providing for whānau
- ☹ Lack of supportive networks
- ☹ Managing and navigating relationships in the workplace

"...to provide for family and stay on good terms with (partner)...knowing that I'm contributing to whānau wellbeing helps too." Tāne

Haumarutanga Safety/Safe places

- ☺ Wrap-around disability support
- ☺ Safe and supportive (physically, emotionally, culturally) working/learning environments
- ☹ Unsafe workplaces – workplace bullying
- ☹ Limited opportunities, e.g., in prison

Mana Ake Self Agency

- ☺ Visualising a pathway/goals
- ☺ Being self-motivated, persevering
- ☺ Making choices to change direction if needed
- ☺ Sense of pride from mahi
- ☺ Confidence, happiness
- ☹ Confusion about next steps
- ☹ Difficulties with motivation, substance use, trauma

Ārahitanga Guidance

- ☺ Support to career plan from support services (TSS) and mentors.
- ☹ Absence of sound guidance and planning
- ☹ Not knowing how to access supports/entitlements
- ☹ Year 1 – only '1 in 5' rangatahi had formal transition plans

"I went to a course with the transition worker...just to help me get like job seeking..." Brian

Pātai | Questions?



Please ask in the chat

Outcome Area: Hauora

Health and Wellbeing at 18-24 months

Mental health issues were a struggle for many rangatahi including dealing with anxiety, trauma and substance use.

"...trying to not relapse and not have to fall back into that depression can be really hard."

Some rangatahi were dealing with challenges related to ADHD, learning disabilities, Autism and Down's Syndrome which also negatively impacted their mental wellbeing.

"I think for me it's just like my mental health is probably my biggest barrier."
Bella

Rangatahi were engaged in a range of activities to support their physical wellbeing.

- Riding push bikes
- Table tennis
- Riding motorbikes
- Gym
- Sports
- Surfing
- Playing Airsoft
- Walking pets
- Cardio

One rangatahi was suffering from long Covid which impacted all aspects of her hauora.

It's "hard" but Victoria is starting to get active again

Outcome Area: Hauora

Enablers and Challenges

Hononga Connections

- ☺ Supportive and trustworthy relationships with whānau, therapists/counsellors, friends, service kaimahi
- ☺ Relatable, effective therapeutic/medical services
- ☹ Lack of trust, feeling misunderstood or not connecting with kaimahi

Haumarutanga Safety/Safe places

- ☺ Safe, stable environments that enable access to good kai and healthy housing.
- ☺ Safety within services e.g., counselling
- ☺ Quality wraparound care for rangatahi with disabilities
- ☹ Inaccessibility of therapeutic services
- ☹ Unwelcoming, unsafe spaces, e.g., housing, counselling, gym etc

"[therapy] has resolved a lot of trauma from care...I'm happy now."

Mana Ake Self Agency

- ☺ Rangatahi taking responsibility for their own care
- ☺ Drive and perseverance to access services
- ☺ Self-awareness
- ☺ Self-determination to persevere towards positive hauora outcomes
- ☹ Mental health challenges, anxiety, trauma, addiction

"...gotta commit to healthy lifecycle, structure to my day and daily goals...find my own way to feel good by reassurance and research." Ethan

Ārahitanga Guidance

- ☺ Mentors, guides, role models
- ☺ Kaimahi nurturing trust
- ☺ Support to take control of their own hauora
- ☺ Financial support to access therapeutic services from Oranga Tamariki/TSS.
- ☹ Lack of finances for treatment
- ☹ Services not providing information on supports

Outcome Area: Hononga

Connected Relationships

Relationships in many different forms were important to rangatahi with many describing these as positive and providing support. Some rangatahi experienced isolation, non-existent relationships or strained and unsupportive ones.

"Home is my connection to Nan and the wider whānau."

Social networks and friendships had been developing and evolving in a variety of places, e.g., work, school.

"I'm really, really, really close with all my girls at work."
Bella

Some rangatahi had new or continued responsibilities as parents.

"Motivated for better outcomes for my own children than what I experienced."
Belinda

Rangatahi were having a range of different experiences related to cultural-based relationships and connections – this was a factor for rangatahi Māori in particular.

"...trying to find my background because I didn't know where I was from and that."
Brian

Outcome Area: Hononga

Enablers and Challenges

Hononga Connections	Haumarutanga Safety/Safe places	Mana Ake Self Agency	Ārahitanga Guidance
<ul style="list-style-type: none"> ☺ Connections, reconnection or improved connection with whānau* ☺ Becoming a parent ☺ Connections with partners and their whānau ☺ Social connections ☺ Connection to culture – interest in and connection with te ao Māori ☹ <u>Disconnection (incl. from C&P), lack of cultural/whakapapa connections</u> 	<ul style="list-style-type: none"> ☺ Safety within relationships, relationships can withstand disputes/differences ☺ Safety within environments, e.g., home, school, work ☺ Cultural safety ☹ <u>Lack of safe environments e.g., home, prison</u> ☹ Lack of safety within relationships 	<ul style="list-style-type: none"> ☺ <u>Developing relational maturity</u> ☺ Setting boundaries ☺ Growth and responsibility of parenthood – wanting to be a good role model ☹ Mental health challenges & trauma responses impacted on connections ☹ Choosing to end negative relationships 	<ul style="list-style-type: none"> ☺ Good relationships with service providers & building meaningful connections ☺ Services that supported rangatahi to maintain or reengage with connections ☺ Oranga Tamariki cultural assessments ☹ <u>Confusion about SWs vs. TWs</u> ☹ <u>Variable and inconsistent contact, guidance, practical support from TSS, low trust and lack of follow-through</u>
<p><i>"I feel like I don't know my brothers and sisters."</i> Penny</p>	<p><i>"I've had friends intimidated by them [neighbours] – you know friends can't come here."</i> Penny's mum</p>	<p><i>"...like setting a boundary with Dad too – it's hard, it's really hard but I just don't want to like repeat the cycle and the bad habits."</i></p>	<p><i>"I haven't heard from her [TW] at all."</i> Sarah</p>

Pātai | Questions?



Please ask in the chat

Outcome Area: Hapori

Community Participation

Many but not all rangatahi were engaged with hobbies, community and cultural activities.

"...going fishing, riding bikes and hanging out."

There were a range of communities engaged with by rangatahi including sports, online, marae-based, te Ao Māori, dance, events, volunteering.

"...felt more connected to culture studying in a marae setting."
Willow

Several rangatahi were not participating with some needing to prioritise new adult responsibilities instead.

"...too busy studying so not doing any common activities"

Overall, rangatahi were keen to participate in their respective hapori, but some needed financial and social support to do so.

"...still want to do acting."

Outcome Area: Hapori

Enablers and Challenges

Hononga Connections

- ☺ Connections to Te Ao Māori – whakapapa, hapū, iwi, marae
- ☺ Other cultural connections, e.g., partner's Filipino family
- ☺ Whānau, friends
- ☺ Workplace
- ☺ Correspondence school

- ☹ Lack of connection or isolation prevents opportunities and engagement

Haumarutanga Safety/Safe places

- ☺ Need to feel safe mentally and spiritually
- ☺ Active support within supported living situations for rangatahi with disabilities to engage

- ☹ Unsafe experiences, people or associations leads to avoidance

Mana Ake Self Agency

- ☺ Trying to “get out there” – by being resilient, confident and willing to connect
- ☺ Sense of contribution and giving back to community

- ☹ Shyness, wariness (past trauma)

Ārahitanga Guidance

- ☺ Wraparound, tailored support for rangatahi with disabilities
- ☺ Services that identify options and funding

- ☹ No-one to facilitate connections to activities or networks, inadequate encouragement or practical support

“I sort of want to know who I am and where I’m from. That’s the first thing I want to do.”
Amy, rangatahi Māori

“[Rangatahi is a] success story with supports helping him and is thriving in this supported community.”

Tāne spoke about contributing to local youth-orientated initiatives to “give back” to the community and the spaces that helped him when he was getting into trouble.

“It’s all been in-house by kaiāwhina support really to tell what can we do to help him and support him and those things.”
Supported living kaimahi

Outcome Area: Staying Crime Free

Six rangatahi who were interviewed at year 3 were in a Youth Justice Residence at year 1 of the study.

"I have no timeframe for when I'm coming out, so it's hard to make any kind of plans about what I'll do when I get out."

Rangatahi in year 1 report

Three rangatahi were in adult prison at the year 3 interview.

"I get along with everyone, but I don't trust anyone."

Tim

Of the three now in prison, one had been transferred directly to adult prison and two had reoffended following their exit from YJ.

"A social worker that spoke at the court hearing said to us that if she'd seen the paperwork, he shouldn't have got that sentence."

Troy's whānau member

Three rangatahi were working and successfully living crime free in the community.

"...as long as I stay out of trouble life is a lot better."

Luke

Outcome Area: Staying Crime Free

Enablers and Challenges

Hononga Connections

- ☺ Practical and motivational support from whānau
- ☺ Cultural connections both in YJ/prison and practically e.g., cultural report
- ☺ Positive & supportive transition workers and social workers
- ☹ Difficulty maintaining connections with outside world
- ☹ Visitor restrictions e.g., Covid
- ☹ Missing connections and community of prison once out

“no friends outside of prison...my only contacts beyond Mum is other prisoners.”

Haumarutanga Safety/Safe places

- ☺ Living with whānau & engaging with te Ao Māori e.g., living in a tent on whānau land
- ☺ Familiarity, routine and provided accommodation and kai can provide a sense of security in prison
- ☹ Fights resulting in long periods in isolation
- ☹ Not feeling safe inside, rejecting support

Mana Ake Self Agency

- ☺ Rangatahi making good choices, e.g., accessing counselling, rehabilitation, avoiding drugs, ending negative connections, focusing on work/parenting
- ☺ Managing expectations, e.g., around release
- ☹ Ongoing addiction
- ☹ Possible untreated mental health & disability issues
- ☹ Falling in with the ‘wrong crowd’
- ☹ Uncertainty about release reduces motivation

Ārahitanga Guidance

- ☺ Transition planning during and after sentence – particularly practical for kāinga, mahi/akoranga, hononga
- ☺ Receiving counselling
- ☹ Poor transition planning
- ☹ Limited TSS and other service support once in YJ/prison
- ☹ Poor representation, advocacy and advice
- ☹ Transport once out e.g., to attend parole meetings

The guidance of Sam’s mum and transition worker “scores a 10 out of 10 on Ārahitanga.”

Pātai | Questions?

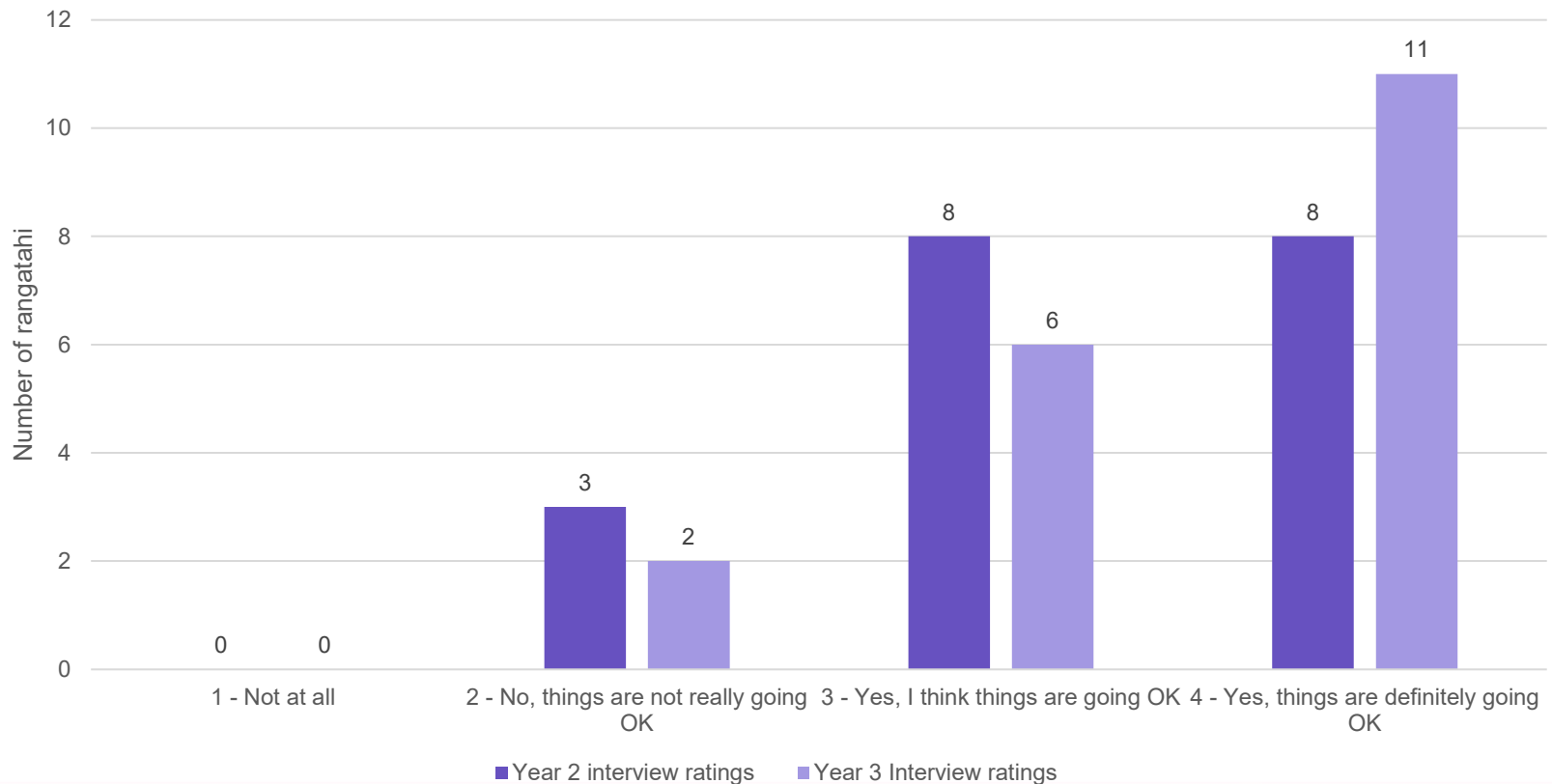


Please ask in the chat

Improving confidence and self-ratings over time

from same participants (n=19)

Overall, since leaving care, do you feel things are going OK?



Observations about key challenges for rangatahi


Mental health, addictions, trauma and disabilities were very significant challenges.


Some rangatahi were getting good support while others weren't.


Some rangatahi were navigating their journey independently due to lack of support.


A number were showing real resilience despite the challenges.


Key takeaways

- 

Hononga in all forms was a strong enabler across all six focus areas.
- 

Responsive, timely and consistent support from kaimahi made a positive difference to rangatahi journeys.
- 

Rangatahi transitioning out of care would benefit from individualised, wraparound, consistent and connected transition services.
- 

Having safe, stable environments was important for rangatahi wellbeing.
- 

The Ngā Haerenga Āhuatanga framework has emerged as a very useful tool for understanding the multifaceted nature of rangatahi journeys.

Pātai | Questions?



Please ask in the chat

Ngā mihi nunui ki ngā rangatahi katoa!



For more information contact: research@ot.govt.nz
Or visit <https://orangatamariki.govt.nz/about-us/research/>