

## TO ENABLE HUTT VALLEY YOUNG PEOPLE TO ACCESS SERVICES THAT PROMOTE THEIR WELLBEING

WHAT OUR YOUNG PEOPLE HAVE TO SAY ABOUT VIBE AND WHY THEY ENJOY VISTING.....

“THE NURSES ARE COOL TO TALK TO”

“A PLACE YOU CAN CONTACT FOR ADVICE”

“IF YOU’RE STRUGGLING AT SCHOOL”

“IT’S PLACE WHERE WE CAN TALK ABOUT ANYTHING”

“A PLACE WHERE THEY CAN GO AND NOT GET JUDGED BY THEIR PEERS AND FRIENDS”

## SOME INTERESTING FACTS FROM OUR YOUTH DEVELOPMENT WORKSHOPS AND PROGRAMMES:

**91%**

SAID THEY SAW AN IMPROVEMENT IN THEIR PERSONAL AND SOCIAL SKILLS

**99%**

SAID THEY LEARNT NEW SKILLS AND KNOWLEDGE

**97%**

SAID THEY WERE SATISFIED OR VERY SATISFIED



Free Confidential Health & Support For Young People 10 -24 Years

4 Daly St Street, Lower Hutt 5010 Ph: 566 0525  
2 Sinclair Street, Upper Hutt 5018 Ph: 528 6261





## GENERAL MANAGER’S REPORT

The Hutt Valley Youth Health Trust (Vibe) is proud of our rich history providing health and support services to young people aged 10-24 who live in the Hutt Valley. Vibe is part of a national network of Youth One Stop Shops (YOSS) who, over the last twelve months, have consolidated our position as nationally recognised providers of primary youth health and support services. From mid-2013 we participated in a sustainability project led by the Prime Minister's youth mental health initiative, opening our doors to Ministry of Health and Ministry of Social Development to demonstrate the unique difference we make to health and wellbeing outcomes for young people in our local communities.

The Youth One Stop Shop model is about providing holistic support in the form of health services, counselling services, youth work and social work support, information, advice and participation in the development of service delivery initiatives. The multi-talented staff at Vibe use a strengths based approach to developing the relationship young people have with the organisation in addition to their own professional expertise. Evidence of the effectiveness of staff to build relationships which are meaningful is demonstrated by results outlined in this report.

Youth development takes many forms and this year Vibe ran our first ever Open Day during Youth Week. The event was well supported by our stakeholders including young people, whanau and the community with staff enjoying positive participation from the Vibe Board. The day wrapped up with a youth panel who answered questions from the floor related to experiences and challenges facing young people in our region. Staff from Ministry of Youth Development attended and gained useful perspectives from young people for consideration when creating youth development policy.

Another highlight for the organisation this year was our successful grant application to upgrade the very shabby kitchen at 4 Daly Street. The existing space was 6.2sqm, a little cramped for preparing food for weekly group programmes, and for a staff of 30 plus! Late January the application was submitted, and in March we received a call to say our application had been successful. There was plenty of excitement around the building with Vibe contracting an experienced boat builder to upgrade the existing space and create an additional work area.

On completion Vibe engaged the talents of a local MasterChef finalist who co-ordinated a cook-off between four groups of young people to officially launch the new kitchen. The results were judged by a panel of experts, including the Chief Executive of Transpower who celebrated with Vibe and cut the ribbon.

This is my second annual report as General Manager with the organisation growing over the last twelve months from a staff of 33 to a staff of 38. Alongside this growth Vibe has consolidated our financial position, moving closer to achieving our goal of becoming a high performing, sustainable organisation.

This growth can be attributed to renewed interest and awareness in Vibe services, quality of service delivery, and this has created increased demand for services. Organisational growth and change creates challenges for our teams and requires improved responsiveness, with staff stepping up to the challenge, demonstrating their dedication and commitment to improving the health and wellbeing of Hutt Valley young people.

In closing, I would like to acknowledge the support of the Vibe Board in providing stability and guidance over the last twelve months, and we look forward to your continued support.

Kerry Leggett  
General Manager

## ACKNOWLEDGEMENTS

A MASSIVE thank you to: All our volunteers and students, Sue Murray, Luke Greenaway, Wayne Aberhart, Builder, Te Awakairangi, Voice, MYD, FACs, MSD, DHB, ACC, ZM, H2o Xtreme, Childspace Early learning, Maritime NZ, Telecom, Andy Crawford, Streamliner, Artisan Screenprints, Tim Gibson, Unicef, Ministry of Culture & Heritage, TPU, HPA, Greenstone doors, Te whare karamu and Amy Croft. The biggest thank you to all goes to all Hutt Valley youth, who make our job awesome.

## VIBE HEALTH SERVICE

The Vibe health service is available to all young people living in the Hutt Valley between the ages of 10 – 24 years. The Vibe health team includes; registered nurses, nurse practitioner, doctors, counsellors, youth workers and social workers who work across 12 sites in the Hutt Valley, including Lower Hutt, Upper Hutt, four secondary schools, a kura, and alternative education settings and the Epuni CYF residence.

Young people self-refer to Vibe with a wide range of presenting health issues including; general health (e.g. asthma, infected skin, eczema, urinary tract infection); sexual health (e.g. contraception, sexual screening and treatment, pregnancy care); mental health (e.g. depression, anxiety, post-traumatic stress, relationship issues, alcohol and drug concerns) and are also referred by family/ whanau, school guidance counsellors, teaching staff, CYF, Police, and other community agencies.



General practitioners in the Hutt Valley also refer young people to Vibe when counselling, social support or educational support is identified as an area of health need. The complementary relationship between Vibe and the wider primary health care sector in the Hutt Valley is noted to have been strengthened and referrals from general practice have increased in the last year.

Young people with mental health needs are viewed within the context of their strengths/resilience and concerns/risks. A psychosocial screen HEADSSS is used when planning health care in partnership with young people at Vibe. The HEADSSS model is a platform for developing a comprehensive package of care that may include referral to the Vibe support service for one on one or group work or Vibe Youth Service for education and training focussed interventions. When required, referrals are made to hospital secondary services and other community services, to support the health needs of young people.

## SCHOOL-BASED HEALTH SERVICES

During the period 1 July 2013 – 30 June 2014 Vibe school based services were delivered in six secondary schools in the Hutt Valley (Taita College, Naenae College, LYRICS Activity Centre, St. Bernard's College, Wainuiomata High School, Hutt Valley Teen Parent Unit and the Hutt Valley Activity Centre. Health care delivered within school-based services includes general health, sexual health, and mental health.

Funding made available through the Ministry of Health has enabled comprehensive health assessments to be offered to all year 9 students at Naenae College, Taita College, Te Ara Whanui and alternative education settings. The year 9 health assessments include review of hearing, vision, dental care, BMI, skin, asthma, mental health and other health needs. The health assessments are an opportunity to review family, school, and community connection and extracurricular involvement. The goal of the year 9 health assessments is to reduce health barriers that can impact on educational achievement. The registered nurses and doctors working within Vibe school-based health service work in partnership with the guidance counsellors and teaching staff to provide comprehensive health care to the student group.

## EPUNI CYF RESIDENCE

The Vibe nurse practitioner, registered nurse and doctor working at the Epuni CYF Residence work with young people with complex health care needs; including exposure to family violence, sexual abuse, multiple care placements, substance use, loss of significant family members, post-traumatic stress, anxiety and depression and other mental health presentations. Health care within the residence is planned with in a multidisciplinary framework. The admission of a young person to the Epuni residence is seen as an opportunity to review health needs and plan interventions that will support improved health and well-being including; dental, vision, counselling, AOD education and counselling, and smoking cessation.

## SUPPORT SERVICES

This small team has been doing BIG THINGS. Ask any of the five of us, we have done awesome stuff this year. The best part of our job is the honour and the pleasure of connecting with incredible, talented, caring and hilarious young people; they are at the heart of our vision and aims for our team and for Vibe. These young people contribute to Vibe, they are creating the future for our communities, and with them our future looks bright.

This year, we have worked with many young people providing social support through different avenues, to achieve hauora. We have provided social work support, youth work support, youth development programmes (Peer Support, Tokelau support group, Sex and Ethics, Mates & Dates, Volunteer squad, Youth Committee, the Workshop, Chill n Chat), well-being workshops (at over ten schools and organisations), attended conferences and have run remarkable projects (youth week, dream job, loves me not, elections panel, good food, community days) and there is so much more! Below are a few of the highlights of 2013-2014.

### PEER TRAINING

Our team was lucky enough to run this programme twice this year, with a total of 28 participants completing the programme! These participants were equipped with the skills to support their friends and peers through workshops focusing on 'self-care'; 'beliefs and values'; 'limitations'; engaging in conversations; 'active listening' and 'hot topics' like healthy relationships, mental health and sexual health. Both programmes had different flavours; but at the heart of each were the most incredible participants who were open to new experiences and wanting to give their best to their friends, a lot of laughter and good conversation, and lasting friendships.



### CONVERSATION CAFÉ

Vibe held 21 focus groups with different organisations and schools across the Hutt Valley, we asked questions around Vibe and services gaps. Participation is important to Vibe as a key principle in the Youth Development Strategy Aotearoa, and the UN convention on the rights of the child; we are a service that reflects the needs of our community – we are ever evolving and strive to create ownership and input into Vibe's services by young people. We met with 123 young people, a few things we heard from them that Vibe was "A place where we can talk about anything"; "a place to go to with emotional stuff" and "a place you can contact for advice". We also heard about gaps in the Hutt Valley, with young people identifying they need places to go when they are bored or scared, and help with getting jobs.

**"Having access to effective youth participation in our communities is important for young people's wellbeing and their sense of belonging. Identity and citizenship" - MYD, Keepin' it Real**

### DREAM JOB

Dream job connects participants with mentors who are already in the young persons dream profession. We have made matches between young people wanting to get into radio, murals and art, early childhood education, singing and music, and more! Check out our facebook page for a song written and sung by a dream job participant and her mentor, Bella Kalolo! During these meet ups, mentors talk about the reality of the professions, how they got into it and any advice or tips.

One participant said "I learnt about technology and how not having a degree doesn't mean it can't land you in the door; everyone starts from the bottom to make their way to the top". Another said:

**"Vibe gave me the opportunity to meet and chat with BMD, one of the biggest graffiti/street artists in New Zealand...It was great to meet someone doing what I want to do when I'm out of school and was an interesting and informative experience. Thanks again to BMD for his time and Vibe for setting up the meet"- Ash Sisson, aka Chimp - (Chimp is the artist who created our mural masterpieces in the reception).**

## SUPPORT SERVICES cont.

### SOCIAL WORK SUPPORT

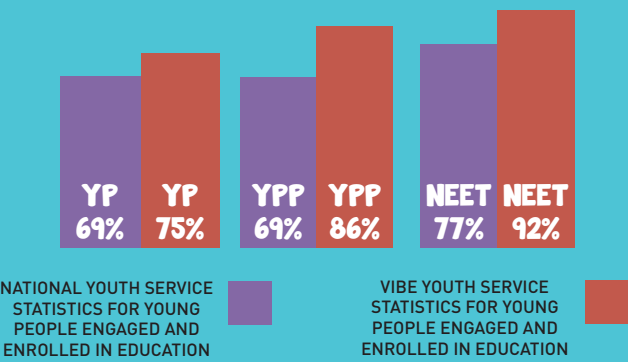
We have provided social work support to 87 young people across the Hutt Valley and enjoyed working with every single one of them! The social work support we provide is led by the young person; we enjoy walking alongside them as they achieve their goals, dreams and aspirations. Work achieved this year is around self-confidence, healthy relationships, ensuring safety, accommodation, finances, education and much more!

## YOUTH SERVICE

The Youth Service team supports 16-18 year olds realise their full potential by connecting them to education and employment. The Youth Service team, now two years old, is the newest, and also the largest team at Vibe! This talented bunch of social workers and youth workers support young people to realise their potential through one on one and group support, delivered from any one of Vibe's 12 service delivery sites. Youth Coaches and Social Workers help young people put together a plan to achieve NCEA Level 1 & 2 either at school or in a course. Working with one of the Youth Service team means young people receive one on one support and regular catch ups to ensure they are on track to achieve their goals.

The Youth Service team also takes care of all the Youth Payment and Young Parent Payment applications in the Hutt Valley. This year enrolments in Youth Service had doubled by the time the service reached it's second birthday in August.

A new initiative this year has been placing youth coaches in 4 high schools across the Hutt Valley to support students to stay in education and achieve NCEA level 2, Taita College, Naenae College, Heretaunga College and Wainuiomata High School. The thinking behind this model is grounded in the belief that we were able to offer students better access to our services by being present in their environment. This pilot has been a success with schools reporting having Youth Coaches in schools has helped boost their retention and engagement rate with students and will continue for the 2014/15 year. Schools have supported this by providing space for young people engaging with the coaches to meet and supported the youth coaches to become part of the school environment, through attending school balls, sports days and cultural events.



The Youth Service team also deliver a number of group programmes including Parenting for Young Parents in conjunction with Plunket Pepe Plus, Budgeting in conjunction with The Learning Centre, Family Whanau Support and offer driver licensing as an incentive for Youth Service clients who achieve NCEA Level 1 & 2. This year Vibe has supported 63 young people to complete a budgeting program, 33 young parents to complete a parenting programme and 43 young people to get their learners license. This is an awesome achievement and next year we hope to support even more young people to complete these programmes. Nationally Vibe Youth Services has been achieving fantastic outcomes with our young people in regards to the number of young people we are supporting to stay engaged and enrolled in education. We believe that this success is based on our strong youth development focus and strengths based practice.

What our young people have to say about working with our team.....

**"I used to find it difficult to go to work & income by myself and they weren't able to provide me with the other support that I needed. Vibe provides me with all the support I need and I feel comfortable and at home here and can make myself a milo. Vibe really pushed for me to get the support and things I needed. My life has changed a lot this year."**

**"My youth coach helped me push myself to get NCEA level 1, 2 & 3. Meeting on a regular basis was useful and discussions about my work and outside of school was a great relief."**

**"Helped me with my struggles I was going through. Motivated me to do my best in school. Kept promises. Encourages me to do well in life."**

## FINANCIAL REPORT

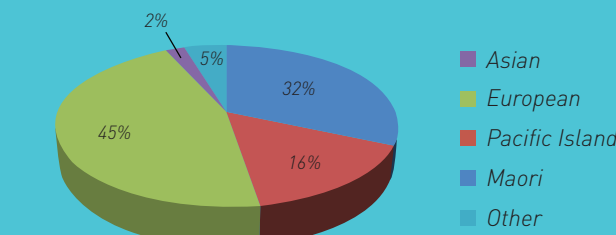
VIBE STATEMENT OF FINANCIAL PERFORMANCE FOR THE YEAR ENDED 30 JUNE 2014		
	2014	2013
REVENUE	\$	\$
Hutt Valley District Health Board Funding	1,092,148	1,073,545
Ministry of Social Development Funding	1,039,963	894,893
Ministry of Youth Development Funding	29,629	62,879
Family and Community Services Funding	99,996	100,552
Te Awakairangi Health Funding	67,288	62,879
Accident Compensation Corporation Funding	5,500	-
Grants	20,962	7,641
Other Income	13,957	15,051
Interest Income	3,946	4,287
<b>TOTAL REVENUE</b>	<b>2,373,389</b>	<b>2,226,136</b>
EXPENSES		
Audit Fees	5,500	7,500
Administration Expenses	117,467	94,560
Client Programs	35,772	34,552
Clinical Supplies	21,719	21,311
Depreciation	28,847	24,336
Information Technology Expenses	54,521	63,547
Loss on Disposal of Fixed Assets	1,153	-
Personnel Costs	1,763,378	1,624,916
Rent and Property Expenses	158,018	171,481
<b>TOTAL EXPENSES</b>	<b>2,186,376</b>	<b>2,042,203</b>
<b>NET SURPLUS FOR THE YEAR</b>	<b>187,013</b>	<b>183,933</b>

STATEMENT OF MOVEMENT IN ACCUMULATED FUNDS FOR THE YEAR ENDED 30 JUNE 2014		
	2014	2013
	\$	\$
Accumulated Funds as at 1st July	234,814	50,881
Net Surplus for the Year	187,013	183,933
<b>ACCUMULATED FUNDS AS AT 30TH JUNE</b>	<b>421,827</b>	<b>234,814</b>

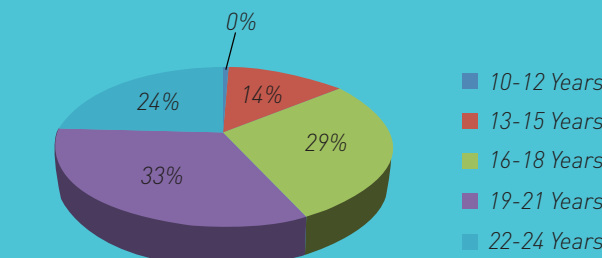
STATEMENT OF FINANCIAL POSITION AS AT 30 JUNE 2014		
	2014	2013
ACCUMULATED FUNDS	\$	\$
Accumulated Reserves	421,827	234,814
<b>TOTAL ACCUMULATED FUNDS</b>	<b>421,827</b>	<b>234,814</b>
REPRESENTED BY:		
CURRENT ASSETS		
Cash and Bank Balance	145,813	223,029
Prepayments	1,750	-
Accounts Receivable	487,516	124,287
	<b>635,079</b>	<b>347,316</b>
LESS CURRENT LIABILITIES		
Income in Advance	102,754	18,087
Accounts Payable	50,405	32,497
GST Payable	77,157	39,132
Holiday Pay Accruals	47,973	37,450
Sundry Accruals	51,797	79,636
	<b>330,086</b>	<b>206,802</b>
NET WORKING CAPITAL	<b>304,993</b>	<b>140,514</b>
PLUS NON CURRENT ASSETS		
Fixed Assets	116,834	94,300
<b>TOTAL ASSETS</b>	<b>421,827</b>	<b>234,814</b>

## CONSULTATION STATISTICS FOR VIBE YOSS

### REGISTERED CLIENTS - ETHNICITY



### REGISTERED CLIENTS - AGE



## CHAIRPERSON'S REPORT

We have had another year of growth and development at Vibe. The service continues to adjust and morph to reflect the changing needs of young people in the Hutt Valley.

Firstly on behalf of the board I would like to thank the young people that access Vibe's services. It is a privilege to be able to support, assist and develop alongside you.

We are privileged to have Kerry Leggett as General Manager, I would like to thank Kerry for the leadership, empowerment and support she brings to Vibe. Kerry does an exceptional job of supporting her staff to deliver the best services for young people. Kerry is always exploring ways that we can improve what we do and how we can support the needs of our community. The Trustees look forward to working with you for many years to come.

Vibe's staff continues to grow to meet the needs of young people in the Hutt Valley. With this comes many challenges. I would like to thank the staff for performing at a high standard in our ever changing environment. You are asked to deliver a high standard of work and you continue to meet and exceed these expectations.

I would like to acknowledge the many individuals and organisations supporting Vibe. Without your time, energy, passion, knowledge and resources we would not be able to support young people in the many ways that we do. Thank you for your continued support of young people in the Hutt Valley and of Vibe.

Finally, thank you to my fellow Trustees. I appreciate the talents, insights and consideration that you all bring to the the board table.

I wish everyone a safe and enjoyable summer holiday and look forward to another year of growth and development at Vibe.

Josh Briggs  
Chairperson

## OUR LEADERSHIP TEAM:

### THE TRUSTEES

JOSH BRIGGS – CHAIRPERSON  
WHETU CAMPBELL – DEPUTY CHAIRPERSON  
MAX SHERLAW – TRUSTEE  
CAMPBELL BARRY – TRUSTEE  
BRIDGET ALLAN – TRUSTEE  
PETER FOAESE – TRUSTEE

### MANAGEMENT TEAM

KERRY LEGGETT – GENERAL MANAGER  
GILL ALCORN – CLINICAL MANAGER  
AMY GIBBS – YOUTH SERVICE MANAGER  
JULIE MILLS – ADMINISTRATION MANAGER

### TEAM LEADERS

MARAEA SAVAIINAEA – CLINICAL TEAM LEADER  
LEAH ROTHMAN – SUPPORT SERVICES TEAM LEADER  
BERNIE TRISTRAM – YOUTH SERVICE TEAM LEADER