



TARANAKI TAIOHI HEALTH STRATEGY

*Te Rauaki Hauora Taiohi o Taranaki
2013 - 2016*



Making Health Services For Young People Awesome!



National
Hauora Coalition





Young people of Taranaki are valuable to our community with important contributions to make now and in the future. As agencies and providers of health care we're entrusted with supporting your wellbeing. So we've come together to create a strategy which is about making changes and doing things better to see improvements in your health and well-being. And we're committed to deliver on this strategy. Taiohi Mauriora!

The Vision /

Te Tirohanga ki Mua

All young people (taiohi) in Taranaki are engaged, resilient and empowered.

What does this mean?

- You're encouraged and supported to achieve your best health and wellbeing.
- You're able to make choices about your own health and wellbeing to positively shape your future.

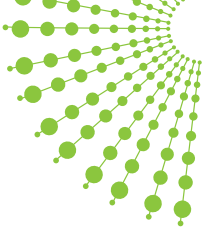
The Mission / Te Kaupapa

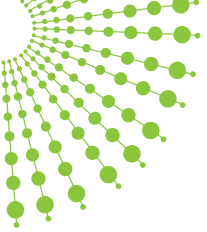
To lead change to improve the health and well-being of young people

What does this mean?

- Health services are easier for you to access, you are at the centre of care and we acknowledge that all young people are different.
- We will have services that are youth friendly, positive, confidential and respectful.

“Want to be seen on the same day not get an appointment two days or two weeks later.”
- Young Person (age 14)





What you our Taiohi had to say / *Npā kōrero a koutou, e te hūnga Taiohi*

- Health services need to be CONFIDENTIAL and private and the people that see you need to be trustworthy.
- You want BETTER information and education on sexual health, alcohol and drugs and more help for quitting smoking.
- If its FREE, then its better.
- Options for services are good
- You don't want to wait for an appointment.
- Positive and trusting relationships with family and friends has a BIG impact on how you feel everyday.

“My Dr gave me antidepressants, but when I went to a [youth specific service], it was the first time anyone suggested counselling.”

- Young Person (age 17)

How we will know when the strategy is working? / *Ka pēhea mātou ka mōhio kei te mahi tika te vauaki?*

We'll look for increases and decreases in these areas of your health and wellbeing:

- Young people go to services earlier to address and support mental and emotional health needs.
- More students achieve NCEA Level 2 or equivalent qualifications.
- More young people in education, employment or training
- More young people use oral health services.
- More young people resist the up take of smoking
- Less cases of sexually transmitted infections.
- Less unplanned teen pregnancies



So what's going to change? / Nā, he aha ngā mea ka tīnīhia?

- **Youth Health Teams** – We'll develop Youth Health Teams that are mobile, taking the services to you.
- **Encouraged Youth Participation** – We'll ensure your input into the development of youth health teams and we'll get your feedback on how the service is working.
- **Early Access of Services** – We'll enable earlier intervention for you to services.
- **Connecting the dots** - Youth Health Teams will connect all the services that are available to you to make it easier for you to go to them.
- **Free services** – Making it easier to access free contraception including the emergency contraception pill at Pharmacies.
- **Youth Friendly** - Visiting your GP will be cheaper and a youth friendly experience.
- **Encouraging Healthy Choices** – We'll provide more help for young people to quit smoking.
- **Keeping you informed** – Providing more information on sexual health, emotional well-being and alcohol and drugs.
- **Improving our Performance** - Health, Education and Social Services will work together to improve the way we do things.

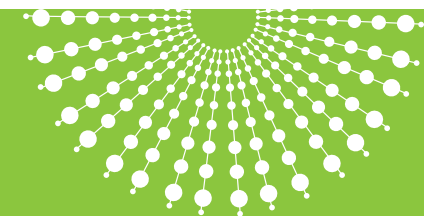
“ Schools do recognise the kids who are ‘falling through the cracks’ but there are not services available to provide the support and help needed for these young people. ”

- **School Counsellor**

“ Its free, that's important. ”

- **Young Person (age 15)**

What difference will it make? / Mā tēnei ka aha?



1. Young people (taiohi) are emotionally and mentally well and are achieving your best possible educational outcomes.
2. Young people (taiohi) have behaviours that support healthy sexuality and reduces risk taking behaviours.
3. Young people (taiohi) will be better informed about the choices made on accessing health services and choosing healthy lifestyles.