

Friday 14th September
Stream B
11.30am – 12.50pm

CAYAD Auckland - Findings report: young peoples thoughts and experiences around synthetic cannabinoid drugs

Joy Davidson, Senior CAYAD Advisor, Auckland Council
Jordyn Johnston, CAYAD Advisor, Auckland Council

The Community Action Youth and Drugs (CAYAD) team, (A Ministry of Health initiative), responded to a call to action in West Auckland to have supporting empirical data on synthetic cannabinoids to support the community to respond to significant synthetic drug harms that had occurred. CAYAD gathered key insights from young people across Auckland involved in alternative education, youth justice programs and social service providers. CAYAD led a survey (132 young people) and 5 focus groups (38 young people) with questions around use of synthetic drugs by oneself, their family, or seen in their community. The findings were fed-back to young people who created their own initiatives in response.

In this presentation CAYAD will discuss the findings of the research, including young people's level of synthetic cannabinoid use, their conceptualization of synthetic cannabinoids, their reasons for using, and the confusion they have about their legality and safety. We will also present how the young people who participated in the study turned this research into community action.

In line with the theme 'connectedness' we will present what young people proposed and implemented as ways to reduce the harm from synthetic cannabinoids. These included connection to positive activities, connection with supportive and caring people and being able to share and connect with other young people to hear their stories of drug and alcohol use and how they overcame their struggles relating to this use.

Presenter biographies

Joy has been with CAYAD for almost two years and is passionate about supporting communities and young people to bring about their own change. She previously worked in the non-profit community development sector for 7 years and completed her masters thesis on youth-led community development. During this role Joy worked with young people across the Pacific. She lives in West Auckland with her husband and cat.

Jordyn has been with CAYAD for 3 years and is passionate about reducing alcohol and other drug harm. Her background is in anthropology and has worked in local government for 8 years, coordinating central government organisations to led inter-agency action plans under the Youth Crime Action Plan across Tamaki Makaurau. As well as coordinating a youth gang contract, Jordyn had a strategic overview of local youth crime trends and made recommendations based on best practice seen at a local level. Jordyn lives in South Auckland with her husband, daughter and English staff.

Multisystemic Therapy (MST) - Sustainable solutions to reducing youth substance misuse by connecting with informal supports

Hayley Bruce, Multisystemic Therapy (MST) Consultant, Family & Youth Therapeutic Services

Multisystemic Therapy (MST), has a 30 year recognised history of proven results with reducing youth offending and substance misuse. The programme provides an intensive home-based treatment of approximately 20 weeks' duration that focuses on the index young person, and as many components of their wider system as it is able to access and influence. Collaborative, respectful working that tackles individual, family, school, peer and community drivers to the youth's substance misuse, and promotes sustainable change and strong functional networks is crucial for treatment success. This paper will summarise these outcomes and will illustrate how MST works to connect families throughout treatment with informal supports, to create sustainable long-term solutions to reduce youth misuse. We will introduce MST assessment strategies to identify social support needs. A case study will be shared to illustrate how connecting families, and addressing barriers to accessing informal supports, are key components to intervention success to reduce the challenges of youth alcohol and drug misuse.

Presenter biography

Hayley has been involved with delivering and supporting implementation of Multisystemic Therapy (MST) to families since teams were first established here in NZ in 2001. She is a strong advocate for the importance of ensuring access to evidence-based treatment programmes for families of NZ youth who are struggling with substance misuse issues.

MANAVATION® – Connections not corrections

Aimee Bartlett, AOD Clinician – Turaukawa Bartlett Consultancy LTD

Turaukawa Bartlett, AOD Youth Worker – Turaukawa Bartlett Consultancy LTD

Darion Williams, Youth Wellbeing Ambassador – Paeroa College

The number of rangatahi, particularly Māori, experiencing alcohol and other drug related harm has seen increasing growth in recent years.

This unsettling growth is perpetuated by poor youth engagement with AOD services, stemming from approaches that have previously been heavily influenced by western paradigms of thought with strong clinical and punitive perspectives. Furthermore, these factors have subsequently maintained a sense of disempowerment, disengagement and disconnection to wellbeing for the rangatahi accessing addiction support.

MANAVATION is a youth-focused alcohol and other drug, wellbeing and leadership programme developed in direct response to these types of approaches. The programme resituates youth as the centre of care and empowers rangatahi by positioning them as the leaders of their own journey of wellbeing – leaders of their own waka.

MANAVATION uses the analogy/metaphor of a leader on a journey towards a desired destination, representing their goals around AOD. This narrative draws upon elements of mātauranga Māori to identify goals, barriers and strengths that can be utilised towards reaching their desired goal(s); while enhancing a sense of identity, connection and purpose within a wider environment.

Attending delegates will witness how this tangata-centred approach can work to enhance whaiora connections to rangatiratanga (leadership and self-determination), whanaungatanga (connections) and wairuatanga (spirituality) through the use of real life rangatahi journeys, and how this approach may be used within their own practice.

Keywords – Whanaungatanga, Rangatahi, Mātauranga Māori, Whakapapa, Hauora, Mana

Presenter biographies

Aimee is the co-founder of MANAVATION and AOD Clinician in the Hauraki area; based in both wharekura and mainstream secondary schools. Aimee is a strong advocate for bi-cultural practice and enhancing hauora beyond the realms of AOD interventions. Aimee is one of the first graduates of the Paetahi Tumu Kōrero bachelor of counselling degree and was the recipient of the 2016 Bachelor of Applied Social Science Academic Excellence Award.

Turaukawa is the co-founder of MANAVATION and Youth Worker supporting rangatahi in secondary schools in the Hauraki region. Turaukawa is the recipient of the 2017 Te Rau Matatini – Bob Henare award for rangatahi excellence towards Māori mental health, the first ever graduate of the NZ Apprenticeship in Mental Health and Addiction Support and 2017 Careerforce Top Māori student, as well as being named the 2016 ITF Future Māori Business Leader.

Turaukawa is the director of Turaukawa Bartlett Consultancy LTD and leads the Careerforce Māori workforce development strategy, as well as being involved in regional Mental Health and Addiction Forums.

Darion Williams is a passionate rangatahi school leader and youth advisor to the MANAVATION programme. Darion is also an ambassador for youth wellbeing, motivational speaker and brings a youth perspective to ensure a rangatahi voice is heard and listened to.

Into the wild: how a wilderness adventure strengthened a youth therapeutic community

Bruce Brownsey, Clinical Manager, Odyssey

Olivia Hart, Odyssey

Youth Odyssey offers a residential service to support young people aged 13 to 17 years old who are experiencing challenges with alcohol or drug use. Our service model empowers young people's learning and development through social interactions, experiences and roles within the therapeutic community (TC). This past summer we transplanted this supportive peer environment to Tongariro National Park, where we scaled the Tongariro crossing, providing participants with opportunities to connect with nature, with a stretch physical challenge, and with experiences of individual and group achievement.

The experience presented physical and mental challenges for all participants (residents and staff alike). By moving out of our comfort zone and away from our familiar environment, we found the level of connection made between the young people, staff, referrers, whanau and other Odyssey services was strengthened and enhanced.

We will share what worked, what didn't go so well, and what we'd do differently next time. We will provide insights into the review process we used to engage young people in the reflection and learning, and we will share the visual guides used with our residents and staff to assess the activity and provide learnings for subsequent wilderness experiences.

Presenter biographies

Passionate about recovery and wellbeing, Bruce and Olivia have dedicated their practice to helping young people navigate the difficulties life throws their way.

Bruce trained in post-graduate counselling and Olivia gained a Bachelor of Addiction Studies. Bruce as the Clinical Manager and Olivia as the Advanced Practitioner, work in partnership as the management team which runs the Youth Odyssey Residential Service. For the past 5 years they have been privileged to walk alongside youth on their journeys towards a life worth living