

Annual Plan Submission for MDC 2022



**GRAEME DINGLE
FOUNDATION**

Empowering kids to overcome life's obstacles
Whakamanawatia ngā tamariki kia eke panuku

MARLBOROUGH





Our vision:



“Thriving young people, strong community”

We are here for the long-term, and focussed on research-backed proven programmes, delivering measurable, long term-results.

Everything we do helps prepare young people to contribute **personally, socially** and **economically** for the good of the community and region.



* Findings from "Infometrics Report - Growing Great Futures - Whakatipu Tamariki Ora" (2019)

Statistics – Youth Wellbeing

“In New Zealand we are facing an alarming trend in the mental health and wellbeing of our young people.” *(Marlborough GP - Dr Rachel Inder)*

Teenage depression rates more than double in four decades – study

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Thursday 18 March 2021

The prevalence of teenage depression in New Zealand has more than doubled since the 1980s, a new University of Otago-led study reveals.

The researchers used a unique two generation study involving 612 children born to 375 members of the Dunedin Multidisciplinary Health and Development Study (known as the Dunedin Study) to investigate mental health problems in both generations.

The study shows that 15-year-olds today are 2.5 times more likely to suffer from depression than their parents were at that age. Children of parents with early onset and persistent depression were found to be more than four times likely to be depressed at age 15 when compared with children whose parents had never been depressed. Children whose parents had only one episode of depression during their lives did not seem to be at greater risk.

Key points

- Mental distress is highest amongst young people (15 to 24-year-olds).
- The proportion of New Zealanders with high levels of mental distress is trending upwards over time.
- There is a greater proportion of younger people in higher/more severe categories among anxiety and mental distress measures than older age groups (25 to 64-years-old and 65+).
- There is a lower proportion of young people who report coping with everyday stresses, than older age groups.
- 15 to 17-year-olds and 18 to 24-year-olds are more likely to report having long term psychological conditions that affect their everyday activities and socialising than older age groups.

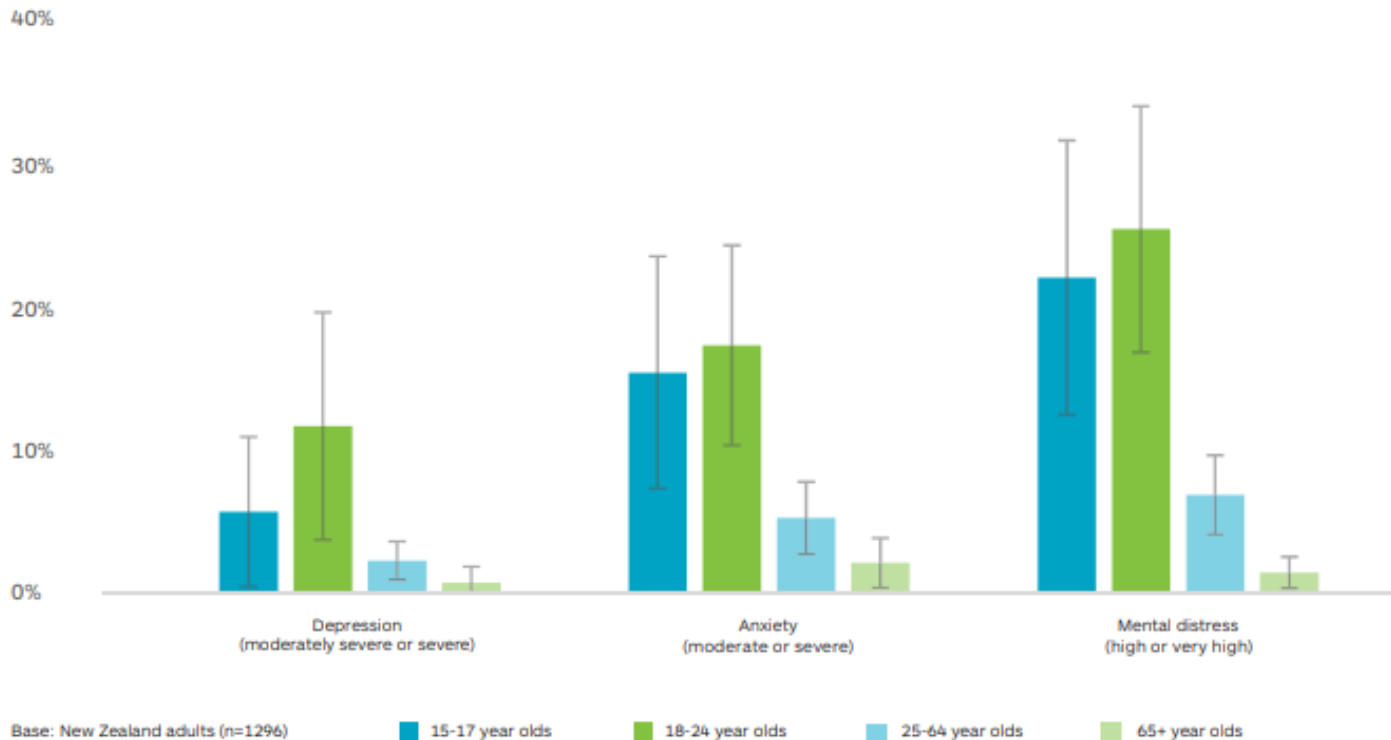
Source: “Mental Health in Aotearoa Results from the 2018 Mental Health Monitor and the 2018/19 New Zealand Health Survey”

Statistics – Youth Wellbeing

General mental distress, anxiety and depressive symptoms are highest amongst young people

A greater proportion of 15 to 17-year-olds and 18 to 24-year-olds experience, anxiety and high mental distress than that of older age groups (Figure 4, from the NZMHM). 18 to 24-year-olds are more likely to report experiencing moderately severe or severe depression than older age groups. As age increases, the proportion of people reporting high levels of anxiety, depression or mental distress decreases (Figure 4, from the NZMHM).

Figure 4 Depression, anxiety and mental distress measures by age group in 2018



Source: "Mental Health in Aotearoa Results from the 2018 Mental Health Monitor and the 2018/19 New Zealand Health Survey"

unicef | mō ngā tamariki katoa

Poor mental health in children and young people cannot be ignored – UNICEF

"UNICEF Aotearoa New Zealand highlights the urgent need to support mental health and wellbeing in children and youth...Economies stand to lose an estimated NZD\$560 billion a year due to mental disorders among young people according to new analysis..."

www.unicef.org.nz/stories/poor-mental-health-in-children-and-young-people-cannot-be-ignored-unicef

Statistics – Youth Wellbeing

“Research for the Prime Minister’s Mental Health Project showed:

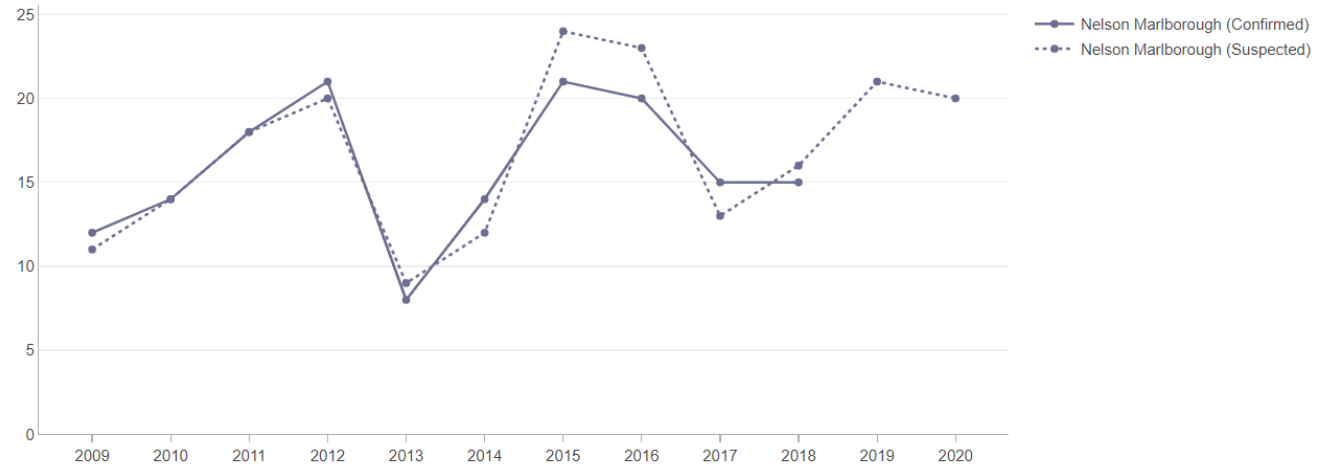
While most young people are resilient, **20% of young people are likely to experience a mental health issue.**

Depression and anxiety are quite wide-spread: **1 in 5 young New Zealanders will be affected by depression** by the age of 18;

almost **1 in 5 meet the criteria for an anxiety disorder** by age 19.”

Source: Mental Health Foundation of New Zealand

Number of suicide deaths across Nelson Marlborough District Health Board, 2009–2020



Source: New Zealand Mortality Collection (confirmed suicides); Ministry of Justice's case management system (suspected suicides).

New Zealand's youth suicide rate is the second worst in the developed world. Marlborough is not immune.

The fence at the top of the cliff



Graeme Dingle Foundation Marlborough is delivering solutions.

Today's fast pace of technological change impacts many levels of society; from education to employment, communication to recreation.

Our tamariki and rangatahi need to learn the skills and strategies to develop into resilient young people who can cope and thrive amongst this ongoing disruption. They need to learn how to work together, to understand other perspectives, to collaborate for mutual success, and, importantly, **how to bounce back from setbacks.**

Our programmes support the development of these key skills in our young people, so they are able to overcome challenges, big or small, that they will inevitably face in life.

Our 5 programmes help tamariki and rangatahi aged 5-25.

We are already **reaching over 3,200 Marlborough students each year...** with potential to reach even more!



Offering solutions

Graeme Dingle Foundation Marlborough is already engaged in the area that the Marlborough community sees is the most important priority in helping the skills and labour shortage within the region:

- ✓ Annual Future of Work Conference
- ✓ Career Navigator programme
- ✓ Career Navigator Community programme

These solutions are meeting needs suggested by local students and community, and are already **reaching hundreds of Marlborough students each year...**

...with potential to reach even more!



Future of Work

An exciting annual collaboration between



Quadrupling the reach in 2022!
Catering for an estimated 1,200 Marlborough
Year 7 - 13 students and whānau!

Helping local young people to understand:

- ✓ the opportunities and challenges to expect in the workforce of tomorrow; and
- ✓ the career prospects and opportunities that are right here in Marlborough.

An estimated 80 businesses will be involved in supporting, speaking and/or presenting at the conference. All Marlborough colleges are promoting involvement with their students.



Career Navigator

For Year 12-13 college students, including mid to high achievers who may go away to train/travel, but come back – through to those looking for immediate local employment

Career Mentoring

Relationship and confidence building, personalised connections, widening perspectives and career knowledge

Workshops

Building specific work-ready skillsets via in-depth workshops facilitated by experts in given topics

Future of Work Conference

Providing a broad overview of what the 'future of work' will look like, and opening students' eyes to exciting local opportunities

Industry Days

Providing in-depth understanding of opportunities in key local industries

Career Navigator Community



**For unemployed
16-25-year-olds**

Transition Support

Providing extended job-seeking + transition support. Designed to support successful transition to workforce. Ongoing support from peers, programme coordinator + mentors

Individualised Support

Development of 'career action plan' + portfolio (including CV, cover letter + help with job application forms + employment contracts)

Work-Ready + Industry Support

Career mentoring, worksite visits, 'work-readiness' workshops + community project to "give back" + develop teamwork + skills

Future Focused: What Next?

- ★ **Career Navigator** – We are tremendously grateful for MDC's ongoing commitment of \$12,000 per year to the programme. Given the economic emergency for youth exacerbated by the pandemic, we seek extra funding to do more, for more young people.



The 10-year vision: 30% of Year 12–13 Marlborough students will have the opportunity to benefit from a Career Navigator experience



Recommendation: MDC to commit a further \$13,000 per year to facilitate a far greater number of young people to access the broader programme offerings.



Future Focused: What Next?



- ★ **Research Partnership** – We are 'at the coal face' and see a real opportunity to partner with MDC to develop a comprehensive benchmark of youth wellbeing in the region/local economy. With a clearer picture of what is happening, and needed, in our community, capacity can be built and resources better targeted to meet that need.



The 2-year goal: Graeme Dingle Foundation to partner with MDC to deliver a research paper – ready to be reviewed in time for the Long-Term Plan to action findings. We also see potential for the youth sector in the region to access potential central government funding if we can show the issues and impact.



Recommendation: MDC to commit \$50,000 over 2 years to facilitate the delivery of a research paper, to facilitate capacity building for the youth sector in Marlborough.



Research Capability

At Graeme Dingle Foundation we have a national “Research and Evaluation” team that’s dedicated to evaluating child and youth development outcomes and analysing trends in the youth sector.

Our research team works alongside the University of Auckland and Massey University on specific youth-focused issues and programmes. We also engage with organisations such as Infometrics to measure the economic benefits of our programmes nationally.

This dedicated in-house research expertise, coupled with local knowledge, relationships and community connections make us uniquely qualified to work in partnership with MDC on this Marlborough-specific research initiative.

It is the Graeme Dingle Foundation’s practice to stay at the leading edge in all areas of child and youth development and evaluation is one of our key strategic drivers



A group of children are participating in a tug-of-war competition on a lush green field. They are wearing red and black sports uniforms. In the background, there are trees, a residential area, and distant mountains under a clear sky. A large green diagonal graphic is overlaid on the left side of the image.

Thank you!