



**Malatest**  
International



**Summary report:**

# **Survey of rangatahi/young people eligible for a transition worker**

**Supplemented by findings from the Just Sayin' survey  
of 16 year olds**

**January 2021**



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## 1. Just Sayin' – The annual survey of young people eligible for transition worker support

### 1.1. The Transition Support Service (TSS) is a new service

From 1 July 2019, as well as supporting young people aged 15-17 years in care to prepare for transition, Oranga Tamariki (in partnership with provider organisations) aimed to provide young people leaving care with new supports.

The aim was to do things differently and improve outcomes for young people transitioning from Oranga Tamariki care into adulthood.

Doing things differently included providing support for young people from a transition support service (TSS) and a transition worker (TW). Young people were eligible for TW support if they:

- had been in care or Youth Justice custody for at least three months when they turned 15; and
- were either still in care or had left care after 1 July 2019.

Oranga Tamariki commissioned the development of Just Sayin' as an annual survey to hear young people's voices about how they are being supported, what difference TW support has made for them and to understand their living situations.

The first annual survey Just Sayin' survey of young people eligible for a TW was conducted between May and July 2020. The survey was completed by 141 young people eligible for support from a TW. A shorter survey was completed by 49 young people not eligible for a TW but potentially eligible for transition support who heard about the survey independently, for example through social media.

An additional survey, Preparing for Transition, was conducted between November and December 2020 to explore the preparations for transition support experienced by 16 year olds in Oranga Tamariki care. This survey was completed by 44 young people. Results and comparisons between this survey and the first Just Sayin' survey have been added in summary boxes where applicable.

Associated fact sheets summarise all findings from both surveys.

### 1.2. Strengths and limitations of the survey approach

**Just Sayin' 1:** The 141 young people eligible for a TW who completed the survey were broadly representative of all young people eligible for TW support. Our responses were limited by not being able to reach many young people as their contact details were not recorded in the Oranga Tamariki central database.

We promoted the survey on social media and that increased the reach of the survey to 49 young people with a history of Oranga Tamariki care but not eligible for TW support.

Most of the young people eligible for TW support were aged 17 or 18 (88%) and a few were older (12%). We heard from more young females (60%) than males (39%). We heard from rangatahi Māori (58%), young Pacific (16%) and young people from other ethnic groups (39%)<sup>1</sup>. The numbers of young Pacific people who responded to the survey were small and this limits the comparisons that can be made with young people from other ethnic groups.

The young people not eligible for TW support who completed Just Sayin' comprised: 10% younger than 16; 62% aged 17-18 and 28% older than 18; 67% were female; 59% rangatahi Māori, 10% Pacific and 39% identified with another ethnic group.

**Preparing for Transition Support (PFT) (16 year olds):** We received 199 contacts for 16 year olds. We heard from 44 young people. Incomplete or inaccurate contact details limited the number of 16 year olds we could contact. Additionally, the survey roll-out coincided with the end-of-year school NCEA exams for some, which may have impacted the ability to reach young people. We attempted to mitigate this by completing after-hours calls during evenings and weekends.

The demographic profile of young people who responded was broadly representative of 16 year olds in Oranga Tamariki care. As for the Just Sayin' survey, we heard from more young females (61%) than males (32%). We compared responses between rangatahi Māori (57%) and non-Māori young people (43%).

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<sup>1</sup> We used a total count approach for ethnicity where all young people identifying as Māori were included in the category Māori, all young people identifying as Pacific were included in the Pacific category and all young people from other ethnic groups and excluding rangatahi Māori and Pacific young people were included in the 'other' category. Rangatahi Māori and Pacific young people may also identify with another ethnic group, hence the percentages do not add to 100.

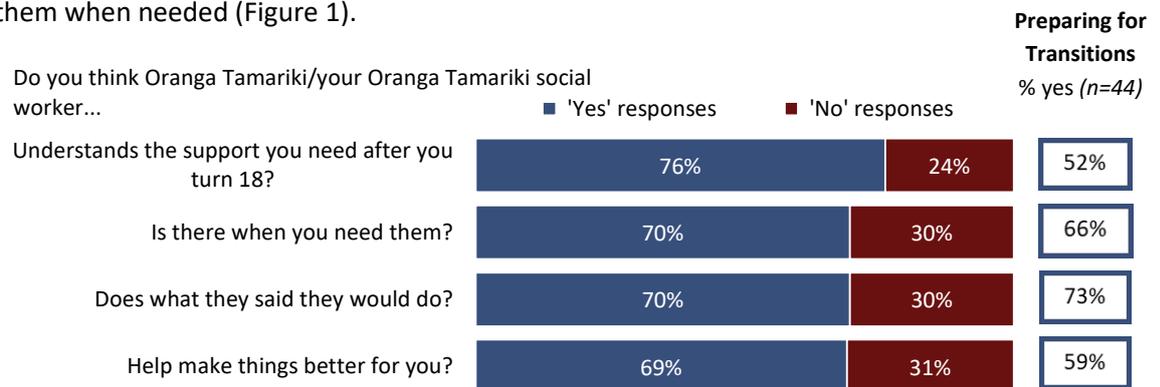
## Doing things differently

### 2. Conducting more accurate and meaningful needs assessments for the children and whānau we work with

The aim of conducting more accurate and meaningful needs assessments was to understand each young person’s cultural and developmental needs and to develop a transition plan to respond to their needs and aspirations, to ensure better support in the preparation phase of the transition journey.

#### 2.1. Holistic needs assessments are completed but some social workers may not fully understand young people’s needs

The first step in transition support is assessing young people’s needs. Effective needs assessments require social workers to understand young people’s support needs and aspirations. Approximately three-quarters of young people who responded to the survey and were eligible for transition support thought their Oranga Tamariki social workers understood their support needs and that their social workers were there for them when needed (Figure 1).



**Figure 1: Eligible young people's perceptions of support from their Oranga Tamariki social workers (n=46)<sup>2</sup>**

The 16 year old cohort provided slightly lower ratings on these measures.

<sup>2</sup> Figure 1 combines 'yes' and 'no' responses for "Does your Oranga Tamariki social worker do what they said they would do?" ('Yes' responses were 'All of the time' and 'Most of the time'; 'No' responses were 'Never' and 'Not much of the time') and "Does Oranga Tamariki help make things better for you?" ('Yes' responses were 'Yes, definitely' and 'Yes, I think so'; 'No' responses were 'No, not at all' and 'No, not really').

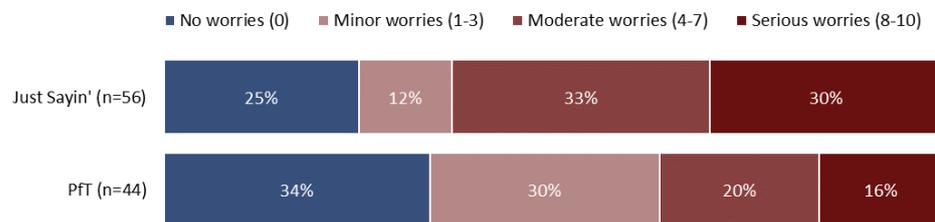
Young people eligible for transition support<sup>3</sup> explained their responses. Following through with plans was important in forming and maintaining relationships with young people, as well as improving their current situations and/or quality of life. Many young people described how Oranga Tamariki helped make things better for them by supporting their health, wellbeing and overall needs. About one-quarter (24%) did not feel their social workers were reliable or supportive.

*Every time I got kicked out of a foster home, they sorted out my position and where I would stay. (Just Sayin' – Young person, positive impact of Oranga Tamariki)*

*I've been in care for a large part of my life. Some of their decisions I've agreed with, some I haven't, but at the end of the day, I see they are trying to look out for me. (Just Sayin' – Young person, positive impact of Oranga Tamariki)*

*Broken promises, being judgmental, social workers with huge caseloads, so they end up doing a terrible job due to being overworked, are a few reasons. (Just Sayin' – Young person, negative impact of Oranga Tamariki)*

What young people said about relying on their Oranga Tamariki social workers also provided insights into their relationships. For example, eligible young people aged 17 were asked if they were worried about anything that might happen after they turn 18, and almost two-thirds (63%) expressed a 'moderate' or 'serious' degree of worry (Figure 2).



**Figure 2: Extent to which young people under 18 years old felt worried about anything that might happen after turning 18**

Young people's responses to an open-ended question about why (or why not) they would talk to their social workers about their worries again highlighted the importance of whether young people trusted their social workers, felt supported by them and their perceptions of the social workers' dependability, understanding and not being judgmental towards young people.

<sup>3</sup> Open-ended responses from 42 young people - 91% of the 46 young people who answered the question "Does Oranga Tamariki help make things better for you?" in the Just Sayin' survey.

*[Social worker] is very approachable and always listens to what I have to say. He always wants the best for me. (Just Sayin' – Young person)*

*My social worker can understand what I'm struggling with and tries to help as much as she can. (PFT – Young person)*

*[Social worker] never answers her phone or she only contacts us if she needs something, but she never answers if we need something. (Just Sayin' – Young person)*

*The number of times I have to explain myself to a different social worker, they just stand there not knowing what to do. (PFT – Young person)*

Just over one-half of young people (57% of 44 Just Sayin' respondents and 59% of PFT respondents) said they would talk to their Oranga Tamariki social workers about their worries.

PfT respondents provided insight into how Oranga Tamariki could improve the way they support young people. They highlighted the most important thing was to be listened to and heard, to be treated with respect and dignity, to keep promises and tell the truth. Other improvements included maintaining regular and consistent contact, providing support for specific material needs and being prompt and being efficient.

*Just to listen to what we have to say instead of assuming what you think is best for us. Sticking by our side throughout our journey and to make sure we are on the right path in life. Reassuring us and making sure we are okay. But mainly just listening to our voices and what we have to say. (PFT young person)*

*They suck at contacting - get in contact with us more. We'll plan something or they say they'll do something, and it will take six months. If they say they're going to do something, do it within a reasonable time instead of making us wait. (PFT young person)*

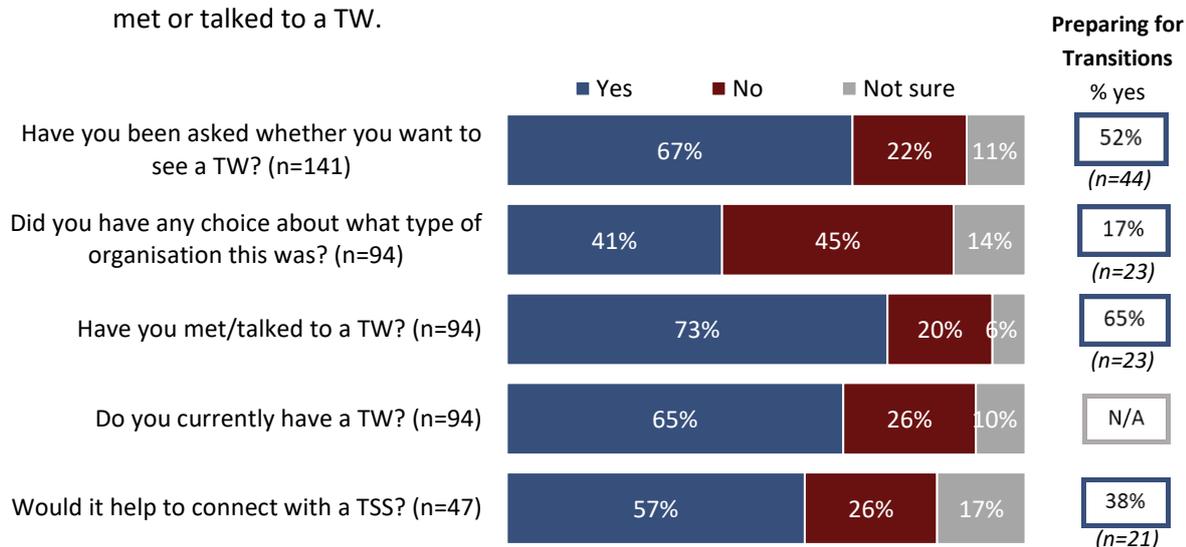
### 3. Developing a Transition Plan

#### 3.1. Many young people were aware of their entitlement to transition support

The TSS has only been in place for a year and is starting to help eligible young people transition to independence. Many eligible young people were aware of their entitlement to the service and had been asked if they wanted to see a TW (67%). Approximately two-thirds (65%) of young people eligible for a TW had a TW when they completed the survey. More than half of young people not aware of their entitlement to a TW felt connecting with a TW would be useful (Figure 3).

Of the 94 eligible young people who said they were asked whether they wanted to see a TW:

- There were mixed views about whether they had a choice about what type of organisation this was. Many noted they had a choice about their TSS.
- Approximately three-quarters (73%) of all eligible young people had either met or talked to a TW.



**Figure 3: Eligible young people's awareness and uptake of transition support**

Of the 33 eligible young people who either said they did not currently have or were not sure if they currently have a TW, many felt they did not need transition support as they were already living independently. Some were also awaiting contact with a TSS (Figure 4).

*No longer seeing a TW. We agreed I was doing so well with my life that I didn't need support anymore. (Just Sayin' – Young person)*

*I moved out of the region and they didn't sort a new one out for me. (Just Sayin' – Young person)*

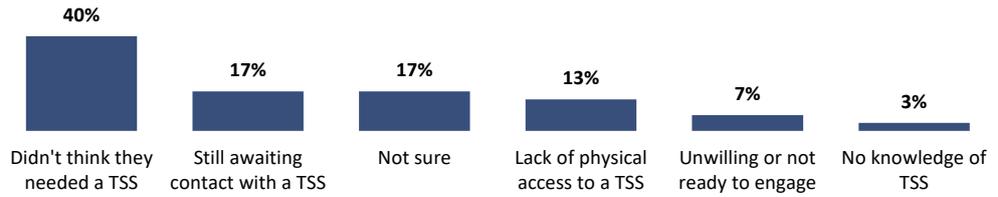


Figure 4: Reasons eligible young people chose not to go to a TSS (n=30)<sup>4</sup>

### 3.2. Most young people felt they had a say in the decisions affecting them

A key component of transition support involves ensuring that young people, their whānau and iwi are partners in decision-making and can provide input into the decisions affecting young people at the earliest opportunity. Most young people (82%) eligible for transition support said they frequently had opportunities to lead or provide input into important decision-making in their lives (Figure 5).

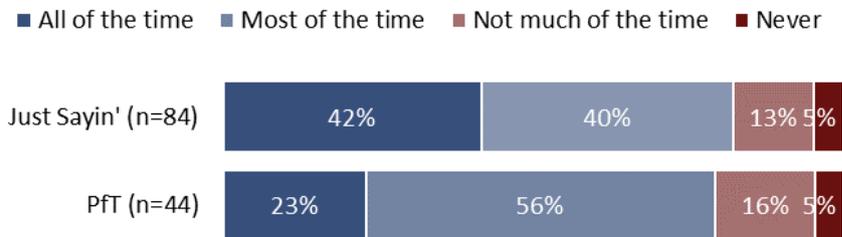


Figure 5: Young people's perceptions of their ability to input into decision-making

Slightly fewer 16 year olds than the older age groups considered they had opportunities to contribute to and lead important decision-making in their lives.

Young people named multiple people that were important to them, including their parents/caregivers, siblings, partners, grandparents and other whānau. When talking about the important people in their lives, over half (56%) of eligible young people (n=140) said their whānau were as involved in planning what happens with their lives as much as they would like (21% said 'maybe' and 23% said 'no'). This suggests opportunities to improve whānau engagement in young people's transitions to independence.

Over one-half (59%) of PfT respondents said their whānau were as involved in planning what happens with their lives as much as they would like.

<sup>4</sup> Three young people (of the 33 who responded 'No' or 'Not sure' to the question 'Do you currently have a TW?') did not respond to an open-ended question explaining why they had not been to a TW.

### 3.3. Transition plans are developed, acted on and updated

Key work was underway to develop, implement and update young people’s transition plans, with over one-half of eligible young people participating in a Family Group Conference (FGC) to talk about their transition plans (Figure 6).

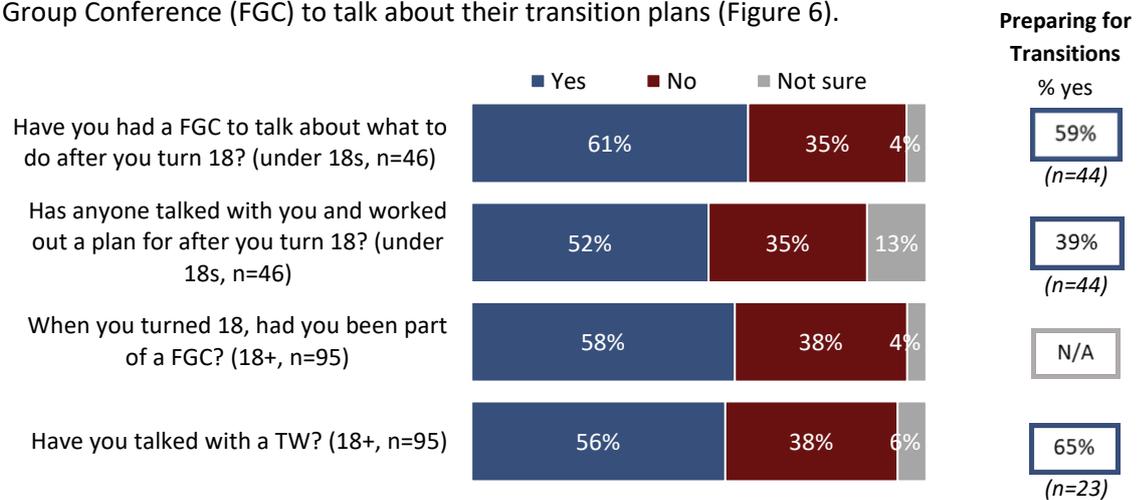


Figure 6: Development of young people's transition plans (for the Just Sayin’ survey questions were considered for under 18 year olds [n=46] and 18+ year olds [n=95])

### 3.4. Many young people were connected to culturally appropriate supports and services that met their needs but some did not have choices

TSS aims to ensure all young people are connected with supports and services that meet their needs, and where appropriate, that rangatahi Māori are connected with iwi and Māori service providers. Ideally, rangatahi Māori and Pacific young people should have a choice about being supported by a Māori or Pacific organisation. Approximately one-third of rangatahi Māori were supported by a Māori organisation (Figure 7). Approximately one-quarter of rangatahi Māori not supported by a Māori organisation would like to be. Of the five Pacific young people who said they did not have a Pacific TSS or were not sure, four said they did not want one.

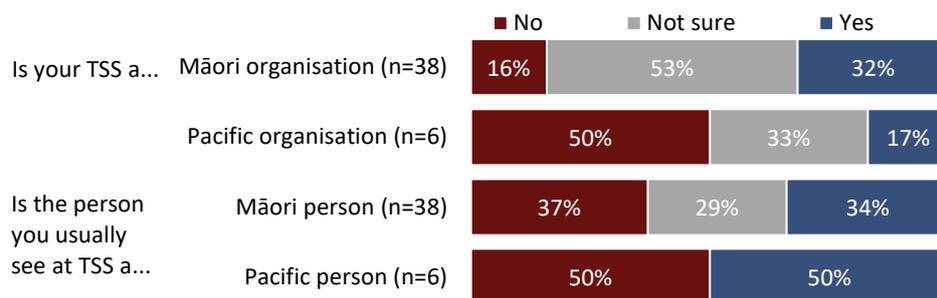


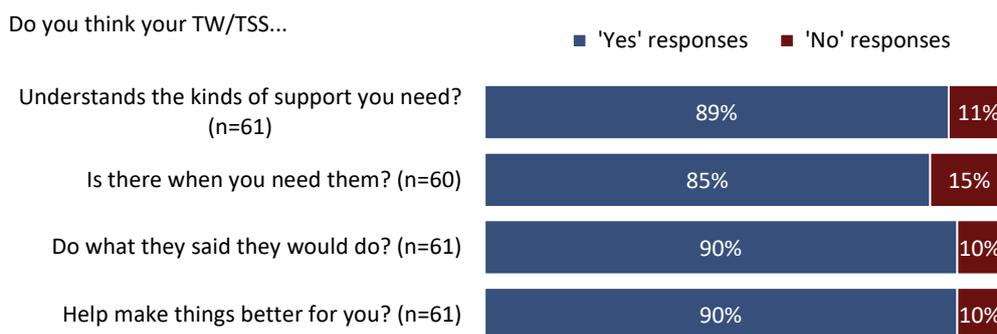
Figure 7: Eligible young people’s engagement with Māori and Pacific TSS<sup>5</sup>

<sup>5</sup> Numbers of Pacific young people are included for this question but must be considered with caution as the numbers are small.

## 4. Proactively providing advice and arranging assistance

### 4.1. Young people felt supported by their transition worker

Just Sayin' highlighted the early, positive impacts of the TSS for young people eligible for a TW. Most young people noted they received positive, proactive levels of support from TWs. Most young people reported that the support was consistent, reliable and helped make things better for them (Figure 8).



**Figure 8: Eligible young people's perceptions of support from their TW and TSS**

Young people explained their responses about their perceptions of their TWs<sup>6</sup>. Support that was compassionate and reliable was essential to how young people viewed the support of their TWs as well as their Oranga Tamariki social workers.

*They're always there to help me and always ready to do their part so that I can live my best life. (Just Sayin' – Young person)*

*In a matter of six months I received more help than I have ever received and more truth than what I got from my social worker who I'd been with for years. She has encouraged and helped me to look for mental health care [and develop] job seeking and career goals. (Just Sayin' – Young person)*

TWs supported young people in different ways, mainly general support (helping with anything the young person asked for and being there for them), support to develop life skills (such as helping them with their basic needs or helping them gain their driver licence) (Figure 9 and Table 1).

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<sup>6</sup> Open-ended responses from 50 young people - 82% of the 61 young people who answered the question "Does your Transition Support Service help make things better for you?"

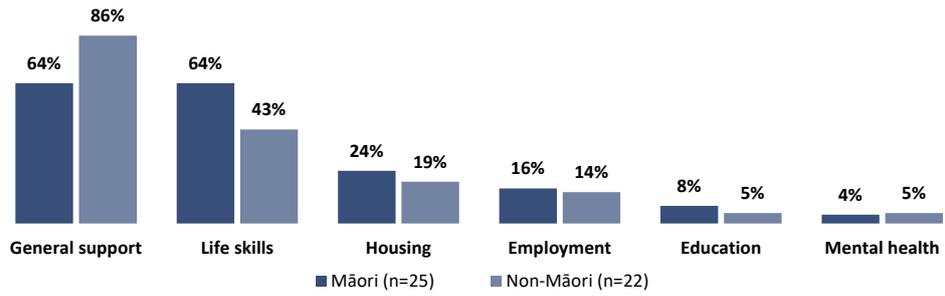


Figure 9: Types of support eligible young people said they received from their transition worker

Table 1: Examples of the support eligible young people said they received from their transition workers (n=47)

Key themes	Examples/quotes
<b>General support (72%)</b> Unspecified support; being supportive, understanding, efficient; promoting independence	<i>"She has helped me talk through problems I have and has supported me in being independent."</i>
<b>Life skills (53%)</b> Goal-setting; helping with basic needs (food, clothing); identity documentation; driver's licencing; booking and attending appointments; budgeting/financial capability	<i>"Helped me get a lot of things like passport defensive driving course and has talked me through a lot of adult things I'm gonna face."</i>
<b>Housing (21%)</b> Helping find accommodation and moving in; choosing and buying homeware items	<i>"When I was in the process of moving out she came with me to buy the things I needed for my flat and helped drop things off."</i>
<b>Employment (15%)</b> Helping with job searching, becoming work ready (e.g., writing CVs, applying for jobs)	<i>"Helping me try find a job, sending me links and all of that."</i>
<b>Education (6%)</b> Supporting with university or school; helping to obtain important equipment (e.g., laptop, stationery)	<i>"Helped me for uni by getting me a laptop to make it a lot easier for me."</i>
<b>Mental health (4%)</b> Providing mental health support and teaching coping strategies	<i>"My transitional worker has helped me out a lot, most of it is to do with stability, and I'm getting better each day with her help."</i>

Many young people were worried about something in their lives at the time of the survey (Figure 10).

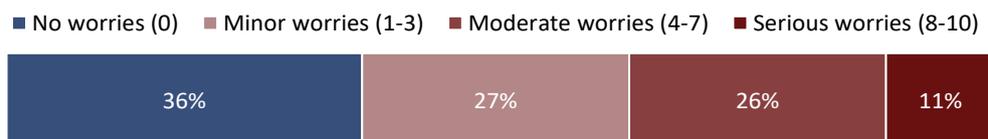


Figure 10: Extent to which young people were worried about something (n=134)

Sixty-one young people shared their worries, which ranged from general worries about the future and what would happen after they transitioned to independence, worries about their education and/or employment, their mental health and their living situations (Table 2). Young people in Youth Justice settings were worried about what would happen in court and whether they would be going to jail.

Only eight PFT respondents shared their worries. The things they worried about were very similar to the worries shared by 17 and 18 year olds in response to Just Sayin'.

**Table 2: Summary of eligible young people's worries (n=61)**

Key themes	Examples/quotes
<b>The future and independence (28%)</b> <i>Becoming independent, being unsure what to do next, no longer being able to rely on Oranga Tamariki for support</i>	<i>"All the supports I have will drop off, like counselling and stuff like that." "Just what will it be like being really independent and having my own say."</i>
<b>Education/employment (18%)</b> <i>Not being able to find a job, not being able to get into the army, coping with school/university work and costs</i>	<i>"Trying to get into the army, all the background stuff with CYFs has stuffed me up a bit." "Worried that I won't get a job." "School work, well more like university work."</i>
<b>Mental health (16%)</b> <i>Coping with anxiety, depression and other mental health issues</i>	<i>"Worried about how my anxiety is going to affect me later on in life." "My mental health declining more than it already has."</i>
<b>Living situation (13%)</b> <i>Current placements, where they would live afterwards and potentially being homeless</i>	<i>"Not having a flat to live in/being able to afford it. Sometimes at home it's not great, it's very hard and stressful."</i>
<b>Justice/Courts (13%)</b> <i>Sentencing or going to jail</i>	<i>"The possibilities with my Court stuff, how long I'll be in prison, what I'll do after."</i>
<b>Finances (11%)</b> <i>Affording living costs and not being financially stable</i>	<i>"Don't know if I will be able to be financially stable." "Being able to afford everything I need."</i>
<b>Whānau (10%)</b> <i>Whānau and families, getting siblings out of Oranga Tamariki care</i>	<i>"I worry most days about the situations of my parents, my siblings, and wider family." "Worried about just losing my family, someone close to me dying."</i>
<b>Pregnancy and parenting (7%)</b> <i>Being pregnant or becoming a parent</i>	<i>"I've recently found out I'm pregnant and Oranga Tamariki won't offer any support after I've had baby even though I will be two weeks away from turning 18." "My baby about to be born and the whole stress."</i>
<b>Physical health (5%)</b> <i>Physical health including COVID-19</i>	<i>"I'm worried about this global lockdown that just happened." "Being seriously sick, I've been experiencing some symptoms which I'm not sure about."</i>

Many young people with a TW (79%) agreed they could share their worries with their TW (56% said 'yes, definitely' and 23% said 'I think so'), highlighting the trust young people had in their TW.

#### **4.2. Transition workers maintain contact with young people to ensure their needs are being met**

TWs were able to maintain a high level of contact with young people to ensure their needs were being met, that they were making progress towards their plans and to provide support where necessary.

Oranga Tamariki has an obligation to maintain contact with young people but it is also important for young people to know how to contact them if they need help. Approximately three-quarters (78%) of young people knew how to get in touch with Oranga Tamariki if they needed help. While most had never contacted the Transition Support line, 90% of those who had called the Transition Support line said they were helped (52% said they were helped 'a lot' and 38% said they were helped 'a little').

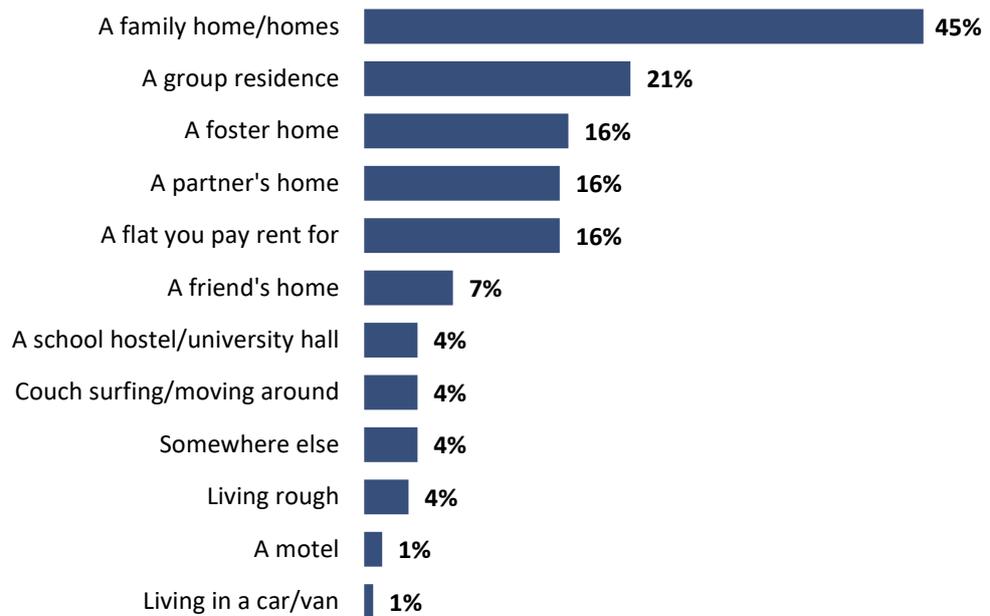
Approximately two-thirds (64%) of young people had seen or heard about VOYCE. Awareness of VOYCE was higher amongst young people in Youth Justice care.

## Improving outcomes for young people eligible for a transition worker

### 5. Objective: More young people have safe and stable living arrangements

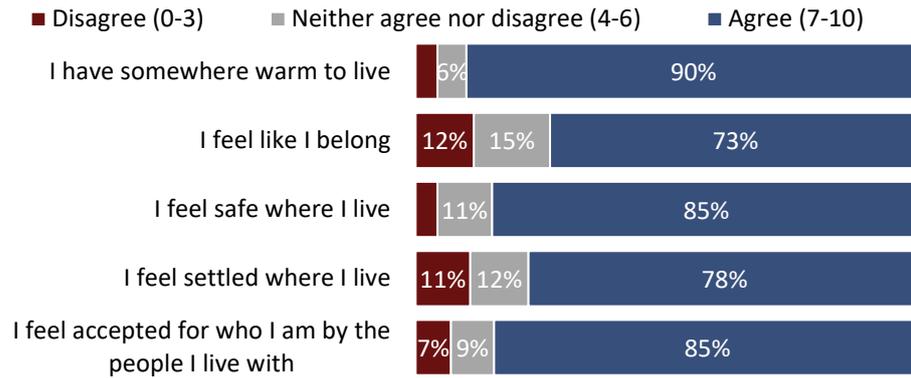
#### 5.1. Most young people who completed the survey were living in safe and stable situations

Three-quarters (72%) of young people said they lived in only one place while 21% lived in two places and 7% lived in more than three places. Only a small proportion of young people who completed Just Sayin' were living in unsafe and unstable situations (i.e., couch surfing/moving around, living rough, in a motel, living in a car/van) (Figure 11). However, it is likely that young people living rough were more difficult to contact and are under-represented in responses to the survey.



**Figure 11: Eligible young people's living arrangements (n=141)**

Most young people lived with whānau or friends. Most felt secure and safe in their living arrangements, with at least three-quarters agreeing that they had somewhere warm to live, felt safe and settled in their housing and felt they belonged and were accepted by those they lived with (Figure 12).



**Figure 12: Eligible young people's agreement with living arrangement statements (n=139)**

There was a small group of young people (9%) who disagreed with two or more of the statements about their living conditions. There were no statistically significant differences between rangatahi Māori and other ethnic groups (Table 3).

**Table 3: Ethnic group comparisons of young people's agreement with statements about their living arrangements (no statistical differences between rangatahi Māori and non-Māori-non-Pacific young people)**

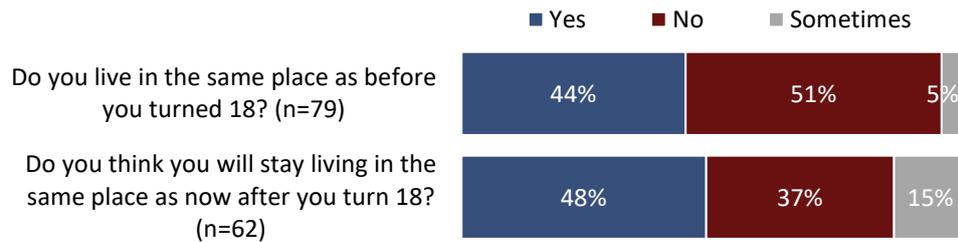
	Māori	Pacific <sup>7</sup>	Non- Māori/ Non-Pacific
<b>How much do you disagree or agree with the following statements about where you usually live: (7-10 agreement out of 10-point scale)</b>			
I have somewhere warm to live	90%	77%	91%
I feel like I belong	73%	57%	75%
I feel safe where I live	88%	77%	82%
I feel settled where I live	80%	57%	76%
I feel accepted for who I am by the people I live with	86%	76%	83%

**5.1.1. Many young people move to live in a different place after they turn 18**

As for other groups of young people, those eligible for transition support were mobile. When completing the survey, 44% lived in the same place as before they turned 18 and a further 5% sometimes did. Three-quarters (73%) of those who had moved considered they had had a choice about moving somewhere else to live.

A higher proportion of young people not eligible for a TW did not live in the same place as before they turned 18 and fewer felt they had had a choice about moving.

<sup>7</sup> The numbers of Pacific young people were too small for meaningful statistical testing

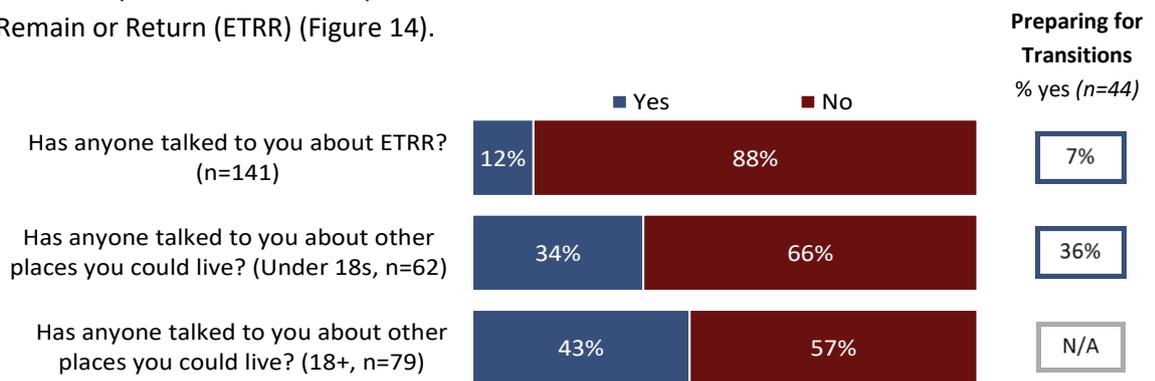


**Figure 13. Just Sayin' respondents' mobility**

Approximately one-half (48%) of eligible 17 year olds and 41% of 16 year olds thought they would stay living in the same place after they turned 18.

**5.1.2. There were mixed views from young people about whether they were provided with support for living with a caregiver or other options**

A relatively high proportion of young people had had conversations about other places they could live after they turned 18 but few had heard about Entitlement to Remain or Return (ETRR) (Figure 14).

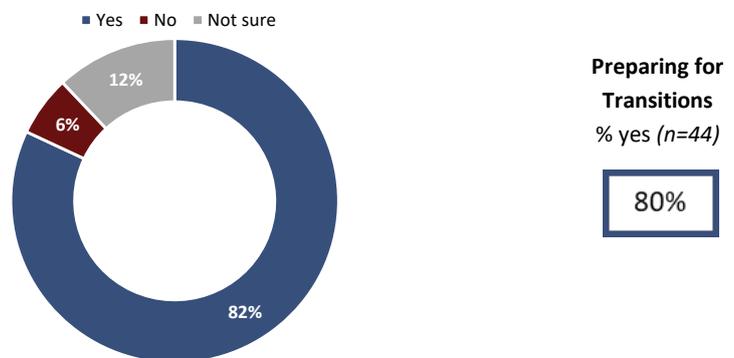


**Figure 14: Provision of support to eligible young people for living with a caregiver or other options**

## 6. Objective: Young people have a trusted adult in their lives and are engaged with family, cultural and community groups

Transition support aims to ensure young people have trusted adults in their lives and that they are engaged with family, cultural and community supports to help promote their wellbeing.

Most young people said they had someone to turn to for help if they were going through a difficult time (Figure 15). About one-half of young people said they would turn to their friends (51%) or parents/carers (48%). Other people they could turn to included siblings (32%), wider whānau (17%), grandparents (13%) and others (31%), like their partners, their partner's whānau, family friends and their social workers. There were no significant differences between rangatahi Māori and other ethnic groups for these questions.



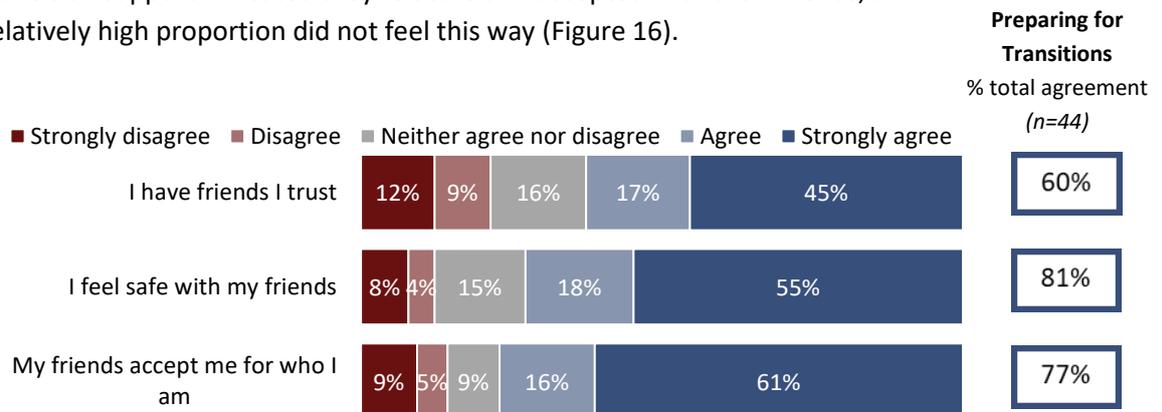
**Figure 15: Proportion of eligible young people who felt they had someone to turn to for help if going through a difficult time (n=138)**

Overall, about one-half (51%) of young people had indicated they could turn to their friends if they were going through a difficult time – ethnic group differences showed that fewer rangatahi Māori and Pacific young people felt they could turn to their friends compared to non-Māori/non-Pacific young people (Table 4).

**Table 4: Ethnic group comparisons of young people’s agreement with statements about having trusted adults in their lives (no statistical differences between rangatahi Māori and non-Māori-non-Pacific young people)**

More young people have a trusted adult in their lives	Māori	Pacific <sup>8</sup>	Non-Māori/ Non-Pacific
If you were going through a difficult time and needed help, do you have someone you could turn to? (% yes)	85%	77%	80%
Young people who could turn to two or more people	49%	45%	53%
Who would you turn to?			
Friends	39%	40%	67%
Parents or carers	46%	45%	52%
Brothers and sisters	35%	30%	25%
Wider family	16%	15%	19%
Grandparents	15%	15%	12%
Other	35%	45%	23%

Young people’s responses about the extent to which they had safe, trusting friendships were mixed. Although more than one-half of young people eligible for transition support indicated they felt safe and accepted with their friends, a relatively high proportion did not feel this way (Figure 16).



**Figure 16: Eligible young people's perceptions of their friends (n=139)**

<sup>8</sup> The numbers of Pacific young people were too small for meaningful statistical testing.

There were no statistically significant differences between rangatahi Māori and other ethnic groups (Table 5).

**Table 5: Ethnic group comparisons of young people’s friendships (no statistical differences between rangatahi Māori and non-Māori-non-Pacific young people)**

How much do you disagree or agree with the following... (4-5 agree out of 5-point agreement scale)	Māori	Pacific <sup>9</sup>	Non-Māori/ Non-Pacific
I have friends I trust	64%	36%	63%
I feel safe with my friends	74%	55%	72%
My friends accept me for who I am	78%	77%	74%

Māori 16 year olds rated their friendships similarly to non-Māori (4-5 agree out of 5-point agreement scale):

- I have friends I trust - Māori 60%, non-Māori 61%
- I feel safe with my friends - Māori 83%, non-Māori 78%
- My friends accept me for who I am - Māori 72%, non-Māori 83%.

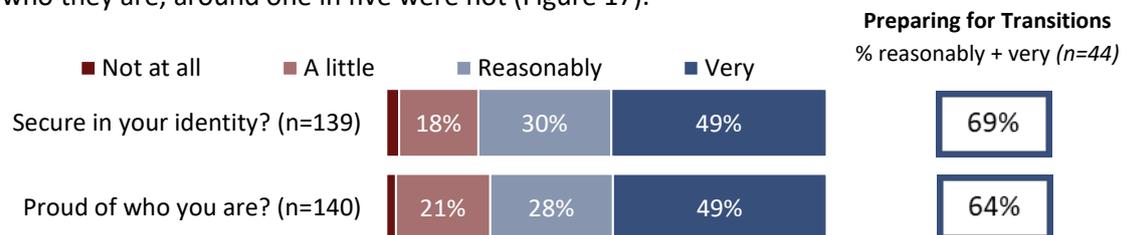
*\*NOTE: The number of 16 year old Pacific responses was too small to include, so comparison is between Māori and non-Māori only.*

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<sup>9</sup> The numbers of Pacific young people were too small for meaningful statistical testing.

## 7. Objective: Young people have an improved sense of identity and belonging

While many young people were secure in their identity and reasonably or very proud of who they are, around one in five were not (Figure 17).



**Figure 17: Young people's sense of identity**

For some young people, whakapapa may underpin identity. For others, identity may be linked to where they live or to membership of groups. Of the young people responding to Just Sayin’:

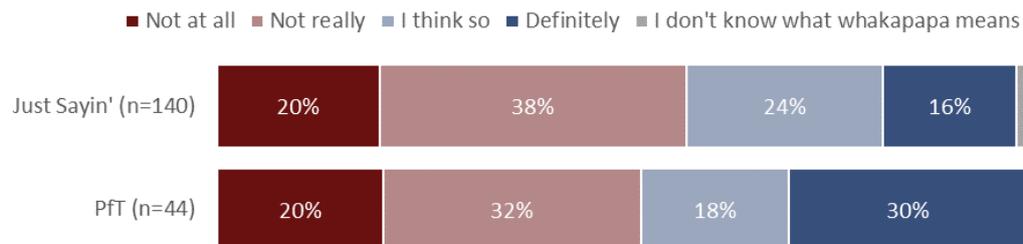
- Two-thirds (66% of 140) said they had as many chances as they would like to connect with their whakapapa whānau (34% said they did not). This was the same for 16 year olds who responded to PFT.
- 40% said they knew their ancestry.
- 49% wanted to know more about their ancestry. Of this proportion, just under one-half (49%) said they were being supported to find out more.
- 32% said they did not want to know more about their ancestry and 19% said they were not sure.

Two-thirds of 16 year olds who responded to PFT said they had as many chances as they would like to connect with their whakapapa whānau, with almost half saying they know their ancestry (48%).

Many (45%) said they want to know more about their ancestry and 70% of those said they were being supported to do so.

Approximately one-third (36%) said they did not want to know more about their ancestry and 17% said they were unsure.

Many Pacific young people felt secure in their identity (67%) or proud of who they are (82%). It was common for Pacific young people to be familiar with their ancestry, with more than half saying they knew their ancestry/whakapapa. Despite this, more than half of Pacific young people (55%) wanted to know more about their ancestry but over two-thirds (64%) said they were not being supported to find out more.



**Figure 18: Young people's knowledge of their whakapapa**

Rangatahi Māori were significantly more likely than young people from other ethnic groups to report they were proud of who they are and that they knew their whakapapa (Table 6).

**Table 6: Ethnic group comparisons of agreement with statements about identity and belonging (statistical differences highlighted)**

Young people have an improved sense of identity and belonging	Māori	Pacific <sup>10</sup>	Non-Māori/ Non-Pacific
To what extent do you feel secure in your identity? (3-reasonably to 4-very on 4-point scale)	79%	67%	80%
To what extent do you feel proud of who you are? (3-reasonably to 4-very on 4-point scale) <i>*Statistically significant result: Māori mean average higher than non-Māori</i>	83%*	82%	65%
Do you have as many chances as you would like to connect with your whakapapa whānau? (% yes)	68%	50%	64%
Do you know your ancestry (whakapapa)? (3-yes, I think so, to 4-yes, definitely on 4-point scale) <i>*Statistically significant result: Māori mean average than non-Māori</i>	54%*	55%	22%
Do you want to know more about your ancestry or whakapapa? (% yes)	56%	55%	36%
Are you being supported to find out more about your ancestry/ whakapapa? (% yes - of those who wanted to know more)	60%	36%	25%

<sup>10</sup> The numbers of Pacific young people were too small for meaningful statistical testing

## 8. Objective: More young people are healthy and recovering from trauma

Young people self-assessed their holistic wellbeing across the four dimensions of Te Whare Tapa Whā. Young people's responses to Just Sayin' showed that while most young people had good general wellbeing, taha hinengaro (mental wellbeing) was challenging for 38% (Figure 19).

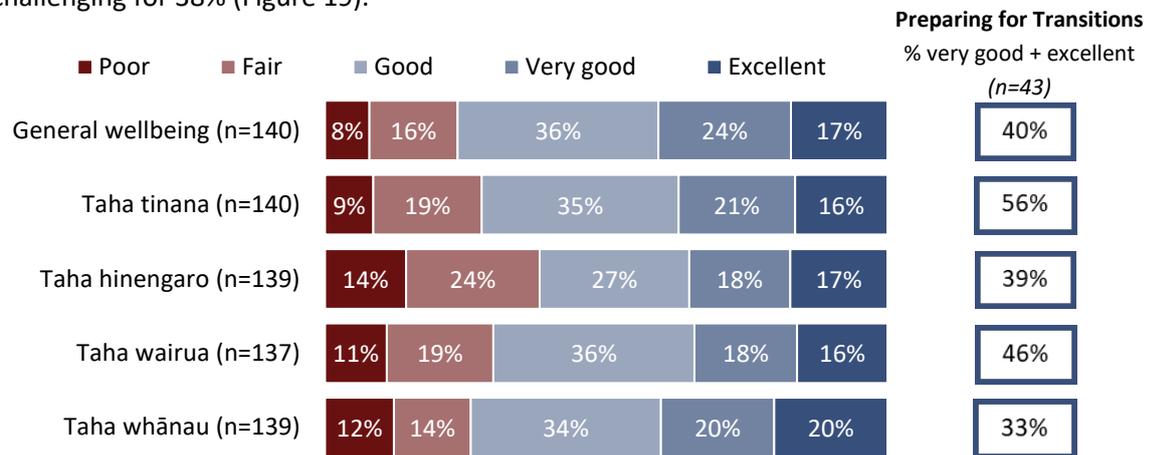


Figure 19: Young people's ratings of their general wellbeing and health

In line with young people's assessments of their holistic health and wellbeing, most eligible young people experienced few long-term physical difficulties. However, larger proportions of young people indicated they had mental, emotional or cognitive difficulties and difficulties learning, remembering or concentrating (Figure 20).

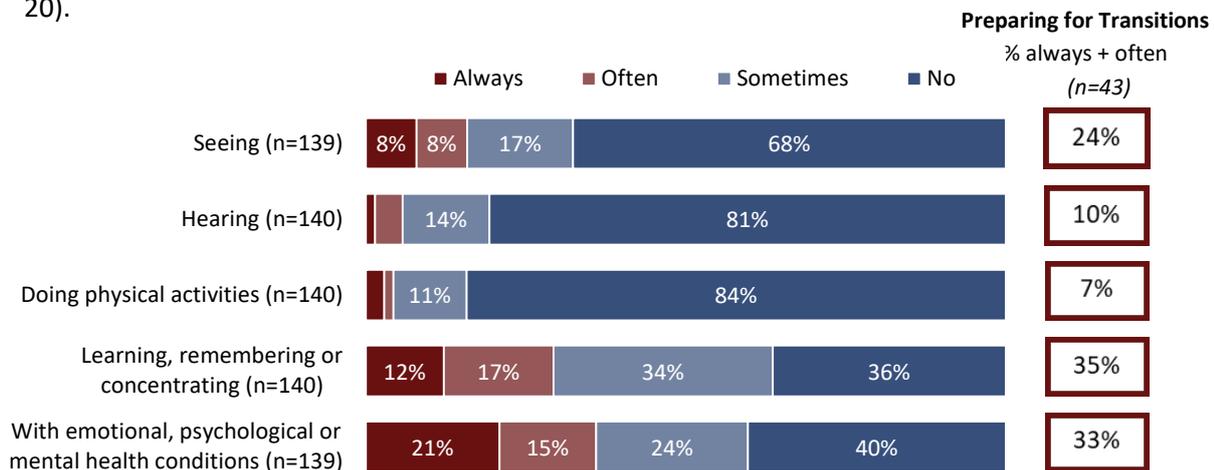


Figure 20: Eligible young people's difficulties with different conditions

Young people eligible for transition support were largely getting the support they needed for their health:

- 70% agreed they were getting support for their health (n=74)
- 71% said there had not been a time in the last 12 months where they had wanted to see a health professional but had been unable to (n=140).

While self-assessed health ratings of 16 year olds were generally consistent with that of the Just Sayin' responses, there were two differences:

- A higher proportion of 16 year olds rated taha tinana positively (56% compared to 37% Just Sayin')
- A higher proportion of 16 year olds said they had difficulties seeing (24% often + always compared to 16% Just Sayin').

Young people commonly explained their difficulties in seeing a health professional as mental health issues, a lack of transport and general practice fees.

*I was scared they were going to see my cuts I have done and ask how I did them. (Just Sayin' – Young person)*

*There's been a lot of times when I haven't gotten proper support regarding physical problems and mental problems. We don't have a car right now. (Just Sayin' – Young person)*

*Expensive, don't have the money to do so! (Just Sayin' – Young person)*

There were no statistically significant differences between rangatahi Māori and other ethnic groups in how young people responded to the questions about their health and wellbeing.

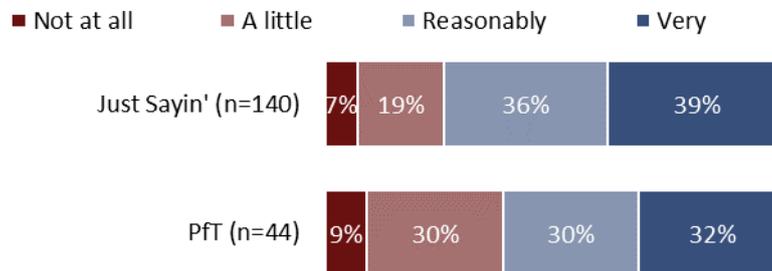
**Table 7: Ethnic group comparisons of agreement with statements about health and wellbeing (no statistical differences between rangatahi Māori and non-Māori-non-Pacific young people)**

<b>More young people are healthy and recovering from trauma</b>	<b>Māori</b>	<b>Pacific<sup>11</sup></b>	<b>Non-Māori/ Non-Pacific</b>
How do you feel about your life in general? <i>(4-very good, to 5-excellent on 5-point scale)</i>	47%	23%	33%
<b>Self-reported holistic wellbeing (based on Te Whare Tapa Whā)</b>			
In general, would you say your taha tinana - physical health is? <i>(4- very good, to 5-excellent on 5-point scale)</i>	37%	32%	36%
In general, would you say your taha hinengaro - mental health is? <i>(4- very good, to 5-excellent on 5-point scale)</i>	43%	23%	27%
In general, would you say your taha wairua - spiritual health is? <i>(4-, very good, to 5-excellent on 5-point scale)</i>	43%	27%	24%
In general, would you say your taha whānau or family health is? <i>(4-, very good, to 5-excellent on 5-point scale)</i>	44%	14%	38%
<b>Self-reported difficulties (3-often, to 4-always on 4-point scale)</b>			
Do you have any difficulty seeing?	11%	18%	22%
Do you have difficulty hearing?	9%	14%	2%
Do you have any difficulty doing physical activities?	5%	9%	4%
Do you have difficulty learning, remembering or concentrating?	28%	45%	31%
Do you have any emotional, psychological or mental health conditions?	34%	41%	40%
Are you receiving the health support you need? (% yes)	70%	67%	71%
In the last 12 months, has there been any time when you wanted or needed to see a doctor or nurse (or other health care worker) about your health, but you weren't able to? (% yes)	26%	27%	33%

<sup>11</sup> The numbers of Pacific young people were too small for meaningful statistical testing.

## 9. Objective: More young people have the life skills they need to thrive as adults

Three-quarters of eligible young people felt hopeful about their future (Figure 21).



**Figure 21: Extent to which eligible young people felt hopeful for their future**

When young people described their goals for the next five years, employment was a focus for many (Table 8).

The goals described by 16 year olds (n=38) were similar:

- Employment (53%)
- Education and training (32%)
- Whānau-related goals (having a family, getting married or being in a long-term relationship, living with whānau, etc.) (18%)
- Other goals (happiness, affluence, travelling, etc.) (16%)
- Housing and transport (buying or living in a home, having a vehicle) (13%)
- Negative goals: Only one respondent believed they would be living on the streets.

**Table 8: Types of goals mentioned by eligible young people about where they see themselves in the next five years (n=131)**

Key themes	Examples/quotes
<b>Employment (52%)</b> <i>Becoming employed, starting their own business, joining the army</i>	<i>"I see myself with my own beauty therapist business, with my own clients. Business owner."</i> <i>"Having my own workshop doing automotive work."</i> <i>"Working in hospitality."</i>
<b>Housing and transport (21%)</b> <i>Buying or living in their own home, flattening, having their own vehicle</i>	<i>"Focussing on getting my own house."</i> <i>"Working full-time on the way to save up for a deposit for a house."</i>
<b>Happiness and stability (19%)</b> <i>Being happy, having a healthy and stable lifestyle, becoming more mature and independent</i>	<i>"Somewhere stable and happy."</i> <i>"Pursuing my postgraduate degree, hopefully it is in a stable location and stable financially."</i> <i>"Happy with a good job."</i>
<b>Education and training (18%)</b> <i>Finishing secondary school, completing or graduating university or other training</i>	<i>"Hopefully to get university entrance, finishing off my last year of study and getting into midwifery training."</i> <i>"[I want to be] at university studying early childhood education."</i> <i>"At university studying either performing arts, or in the health industry."</i>
<b>Whānau (18%)</b> <i>Having a family, raising or providing for children, getting married or being in a de facto relationship, looking after parents and siblings, having pets</i>	<i>"Hopefully married and living in a good house with family."</i> <i>"Back with my family, meeting new people and making my own family."</i> <i>"Hopefully working forestry and providing for me and my family."</i>
<b>Travel (10%)</b> <i>Travelling domestically or internationally</i>	<i>"I want to be in London working for an accounting firm."</i> <i>"Hopefully travelling the world."</i>
<b>Negative goals (11%)</b> <i>In jail, not alive, living on the streets, broke, on a benefit</i>	<i>"Either in jail or a single mum on the benefit, either moving around hotels with emergency housing or living in a Housing NZ house. That's just the reality."</i> <i>"Dead in the next five years."</i>

Young people described the types of skills they wanted to learn to help them achieve their goals (Table 9). Of the 136 young people eligible for transition support who answered this question, 62% said they were getting the support they needed. There were no differences between rangatahi Māori and other young people in their hopefulness for their future or support to learn skills (Table 10).

**Table 9: Types of skills that eligible young people wanted to learn to help them achieve their goals (n=123)**

Key themes	Examples/quotes
<b>Life skills (67%)</b> Money management, cooking, getting ID sorted, driver's licence, social skills	"Building up my skills on working with others, having better relationships with others, becoming better in life." "Money management, cooking, driver's licence."
<b>Educational and employment skills (37%)</b> Becoming work or university ready, gaining work experience, enrolling in further training	"I need work experience first." "I love science and technology so more of that." "Already have a hospitality certificate. Just need more experience."
<b>Other skills (15%)</b> Connecting with culture, parenting skills, creative skills, business skills, other unspecified skills	"Crafts, drawing, scrapbooking, anything artistic and I would like to get better at singing." "Something to help start a business."
<b>Physical and mental health skills (9%)</b> Learning how to become physically and mentally healthier, getting encouragement and becoming committed, being supported in general	"First aid." "Improve my health." "Would like to know more about my health." "Need a stable mindset."

**Table 10: Ethnic group comparisons in agreement with statements about life skills young people want to learn (no statistical differences between rangatahi Māori and non-Māori-non-Pacific young people)**

More young people have the life skills they need to thrive as adults	Māori	Pacific	Non-Māori & Non-Pacific
To what extent do you feel hopeful about your future? (3-reasonably to 4-very on 4-point scale)	77%	73%	71%
Are you getting the support you need to learn the skills you want to learn? (% yes)	66%	65%	58%

Only a small number of 16 year olds (n=34) described the skills they wanted to learn:

- Seven indicated they wanted to learn specific industry knowledge and skillsets (e.g., law, tourism, hospitality, dairy farming, etc.)
- Six wanted educational and employment skills in general (e.g., becoming work or university ready, enrolling in further training, etc.)
- Four wanted to learn 'everything'
- Three noted they wanted to learn how to communicate better, how to lead, or how to manage their emotions
- Three wanted to learn life skills in general, including budgeting and getting a driver licence.

## 10. Objective: More young people are in education, employment training or volunteering

Young people were asked about their education, training, work and volunteering in the past 12 months (Figure 22). About one-half were in some form of education or training.

- Of those without a paid job (n=57), 98% said they would like to have one
- Of those with a paid job (n=82), 73% said they would like to work more hours
- One-third (32%) said they did volunteer work.

Of 139 young people eligible for transition support who answered these questions, two-thirds (67%) said they did not receive a benefit from Work and Income or StudyLink.

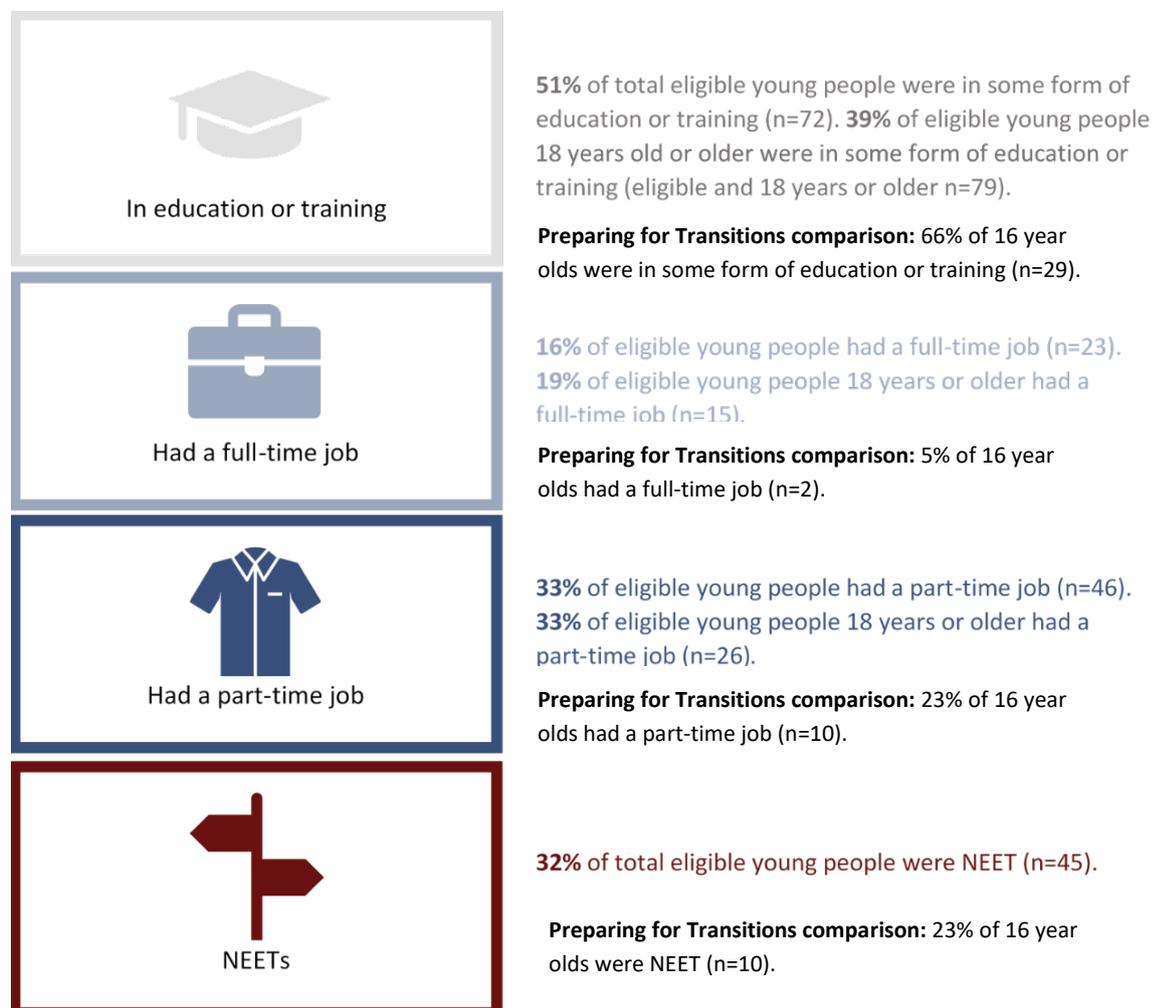


Figure 22: The education, training and work young people were doing in the 12 months before participating in the survey

## **11. Key messages**

### **11.1. Just Sayin':**

Oranga Tamariki has established a new transition support service to provide young people leaving care with new supports to better enable them to transition from care to adulthood. The aim of this service is to do things differently and improve outcomes for young people transitioning from Oranga Tamariki care into adulthood.

Key insights from the results of the first annual Just Sayin' survey of young people in care include:

- As a newly developed and implemented service, TSS is working well for the young people accessing it.
- Young people rated the support of their TWs more highly than their Oranga Tamariki social workers, suggesting the TW model of engagement is working for young people.
- While the majority of young people are receiving the support they need to transition to adulthood, there is a small proportion of eligible young people who are not faring as well.
- This small group of young people includes those experiencing mental health challenges and emotional and cognitive longer-term difficulties – despite being linked to a TW, they may not be getting the right level of health support for their needs.
- Most young people had been supported to find safe and stable living arrangements with whānau and/or friends, and had trusted adults they could turn to if life became difficult.
- Young people are hopeful for their future – however, there is scope to help them further develop the skills they want to learn to achieve their goals.
- There is also scope to support young people further with their employment goals, as this was a key area highlighted in their goals for their future and the skills they wanted to learn. Most young people wanted to find work or work more hours.

### **11.2. Preparing for transition:**

- Sixteen-year-olds in Oranga Tamariki care generally felt their Oranga Tamariki social workers were supportive of their needs. However, fewer felt that their Oranga Tamariki social workers understood what kind of support they would need after they turned 18.

- Thoughts and feelings around decision-making and having a say in their own lives were positive and remained consistent with that of the Just Sayin' survey.
- Many 16 year olds felt they had a choice about where they would live when they left care. However, not many 16 year olds said they had someone talk to them about living arrangement options, including ETRR.
- While the majority were worried about something after they turned 18, most said they had someone they could turn to if needed.
- Fifteen young people left messages for Oranga Tamariki - some expressing their appreciation, while others were displeased with the support they had received and suggested improvements.
- Rangatahi Māori had fewer positive messages and more negative messages and suggested improvements. However, the numbers were too small to generalize to all young people.

### 11.3. Oranga Tamariki response

The Transition Support Service started on 1 July 2019 and is now over a year old. It was set up after lots of discussion with young people about what support was needed when leaving care. We are committed to hearing what young people think and this survey was the first opportunity for rangatahi to tell us their views on how it's going.

We are grateful to all the young people who took part. One of the main things we heard was that lots of young people had moderate to serious worries about what might happen after they turn 18. We will do two things to address this.

- **We will work with young people to plan for what you need when you leave care**
- **We will get transition workers involved earlier in the process to help young feel more prepared and ensure they have another person to talk to about their worries.**

We also heard that young people value the support that they are getting from their transition worker. We are going to make sure that all eligible young people are told about what the Transition Support Service can do and that they are referred to a transition worker if that is what they want.

## Appendix: Details about statistical testing

Survey data were descriptively analysed using the Statistical Package for Social Sciences (SPSS). We also conducted statistical significance testing to determine if there were any differences in responses between Māori and non-Māori young people. We did not test for differences between Pacific and non-Pacific young people due to the very small numbers of Pacific respondents.

Independent-sample t-tests and Chi square (2xc) tests were run to determine differences between Māori and non-Māori for the following survey items.

### Survey items tested for statistical significance

- Does Oranga Tamariki help make things better for you?
- Do you feel you can talk to your social worker at Oranga Tamariki about your worries?
- Does your Transition Support Service help make things better for you?
- [Lived in one place]
- Thinking about the places you live...
  - I have somewhere warm to live
  - I feel like I belong
  - I feel safe where I live
  - I feel settled where I live
  - I feel accepted for who I am by the people I live with
- How much do you agree or disagree with...
  - I have friends I trust
  - I feel safe with my friends
  - My friends accept me for who I am
- [Could turn to two or more people]
- To what extent do you feel...
  - Secure in your identity?
  - Proud of who you are?
- Do you have as many chances as you would like to connect with your whakapapa whānau (your family related to you by blood)?
- Do you know your ancestry (whakapapa)?
- Do you want to know more about your ancestry or whakapapa?
  - Are you being supported to do this?
- How do you feel about your life in general?
- In general, how would you rate your...
  - Physical health?
  - Mental health?
  - Spiritual health or wairua?
  - Your family or whānau health?
- To what extent do you feel hopeful about your future?

Statistically significant differences are noted in this report where relevant.