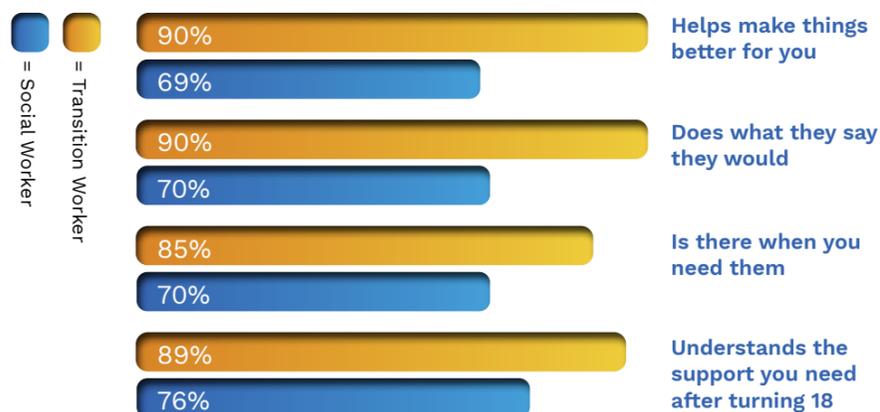


# Just Sayin'

## We talked with rangatahi who were eligible for a transition worker . . .

to understand what was going on in their lives and how Oranga Tamariki could better support their transition to independence when they leave care. Here are some of the key results from the survey, highlighting opportunities for further support.

### Eligible young people's perceptions of support from their Transition Worker and Social Worker



### The impact of transition support on rangatahi:

Rangatahi told us they valued the support of their transition workers. They noted that having a transition worker they trusted and who was supportive and reliable made a difference to their lives. Young people also appreciated specific support to develop life skills, with their employment or education, finding somewhere to live and for their mental health. Those who decided not to use the Transition Support Service mainly said it was because they already lived independently.

### Comments from a transition worker :

"I really appreciate having information... to ensure that I can be safe within my practice. Recently I found out that a young person I support has been exhibiting [behaviour] so for me that is what I look for. If I have this information, I look for evidence of anything that I need to be aware of in order to keep myself [safe] in my practice and to keep the young people safe. If I have that information, I can make sure that I've got more strong safety plans in place."

### The importance of developing a transition plan:

**37%** of young people told us they were moderately or seriously worried about something...

including their future/becoming independent, their education and employment, and their mental health. Transition workers told us that developing and implementing transition plans were critical to helping address young people's worries and needs. Transition plans often relied on having comprehensive information and a warm handover from Oranga Tamariki social workers so that transition workers understood young people's needs and could practice safely.

**79%** felt confident to talk to their transition workers about their worries...

and many detailed the support they received, suggesting their needs were largely being met.

### Mental health:

**38%** of young people said they had mental health challenges

Although young people were mostly getting the support they needed, about one-third said they had challenges with their mental health (38%) and often or always experienced long-term emotional, psychological or mental health difficulties (36%). Most young people said they were able to get the health support they needed, but a small number said they had a hard time seeing a doctor or a nurse due to mental health barriers, a lack of transport and GP fees. There may be scope to further support this small group of young people to access appropriate and adequate health supports.

"I TRUST MY TRANSITION WORKER AND I KNOW THAT IF I NEED ANY HELP OR NEED TO TALK, SHE'LL BE THERE FOR ME"

"WE'VE GOT GOOD VIBES, LIKE FRIENDSHIP, NOT TOO MOTHERLY BUT SHE GIVES ME ADVICE AND I CAN TAKE IT ON BOARD"

"IT'S THE GO TO IF I HAVE ANY CONCERNS OR WORRIES AND I CAN ASK THEM FOR HELP"

**"I SEE MYSELF WITH MY OWN BEAUTY THERAPIST BUSINESS, WITH MY OWN CLIENTS. BUSINESS OWNER"**

**"WORKING FULL TIME ON THE WAY TO SAVE UP FOR A DEPOSIT FOR A HOUSE"**

**"PURSUING MY POSTGRADUATE DEGREE, HOPEFULLY IT IS IN A STABLE LOCATION AND STABLE FINANCIALLY"**

## Hope For the Future

**75%**

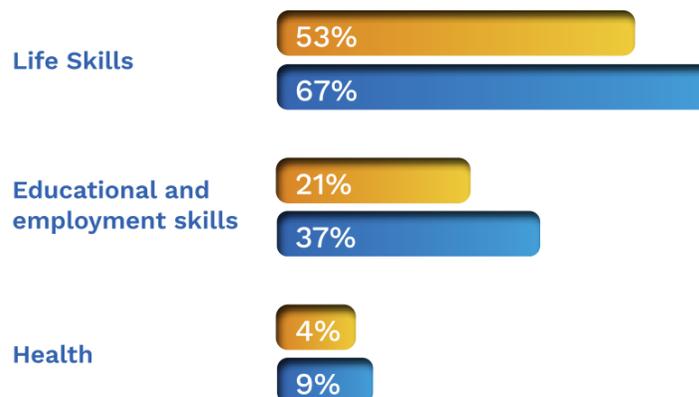
of young people told us they were hopeful about their future

Three-quarters (75%) of young people told us they were hopeful about their future and detailed a range of goals they wanted to achieve, relating to their career and study plans, their hopes for their whānau, their future, housing and overall lifestyle. Many mentioned they needed to learn life skills to help them achieve these goals, like driving, cooking, social skills and budgeting. Others wanted to gain skills like work readiness and university entrance, parenting skills, mental health skills, business skills and connecting with their culture.

## Needs vs. assistance provided:

Comparing the support that transition workers provided to young people against the skills that young people wanted to learn shows there is scope to put additional supports in place, particularly around developing life skills, educational skills and employment skills. Employment was a key consideration for young people. Of those without a paid job, 98% wanted a job, and 73% of those with a paid job wanted to work more hours.

### Open ended responses to "how has your transition worker helped you?" vs. types of skills young people wanted to learn to help them achieve their goals



 = How has your transition worker helped you?

 = Skills young people wanted to learn to help them achieve their goals

## Response From Oranga Tamariki

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 people 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.