



# ANNUAL REPORT 2023-2024

JUNE 2023 - JULY 2024

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## OUR PEOPLE



## STAFF

**Chief Executive**  
Ross Mortimer

**Clinical Lead**  
Maree Ginger

**Community Lead**  
Nicola Drake

**Senior Nurse**  
Andrea Muir

**Senior Administrator**  
Laura Walker

**Registered Nurses**  
Hannah Brown  
Nicola Drake  
Maree Ginger  
Andrea Muir  
Emma Smith  
Leith Waite

**General Practitioners**  
Dr Mirte Verkooijen

**Mental Health Practitioners**  
Victoria Herrick  
Fiona McDougall

**Psychologist**  
Spencer Carr

**Youth Workers**  
Tunisia Davis  
Tori Henson  
Tilly Marsh  
Nathanael Sami

**Administrators**  
Jenny Hoblyn  
Laura Walker

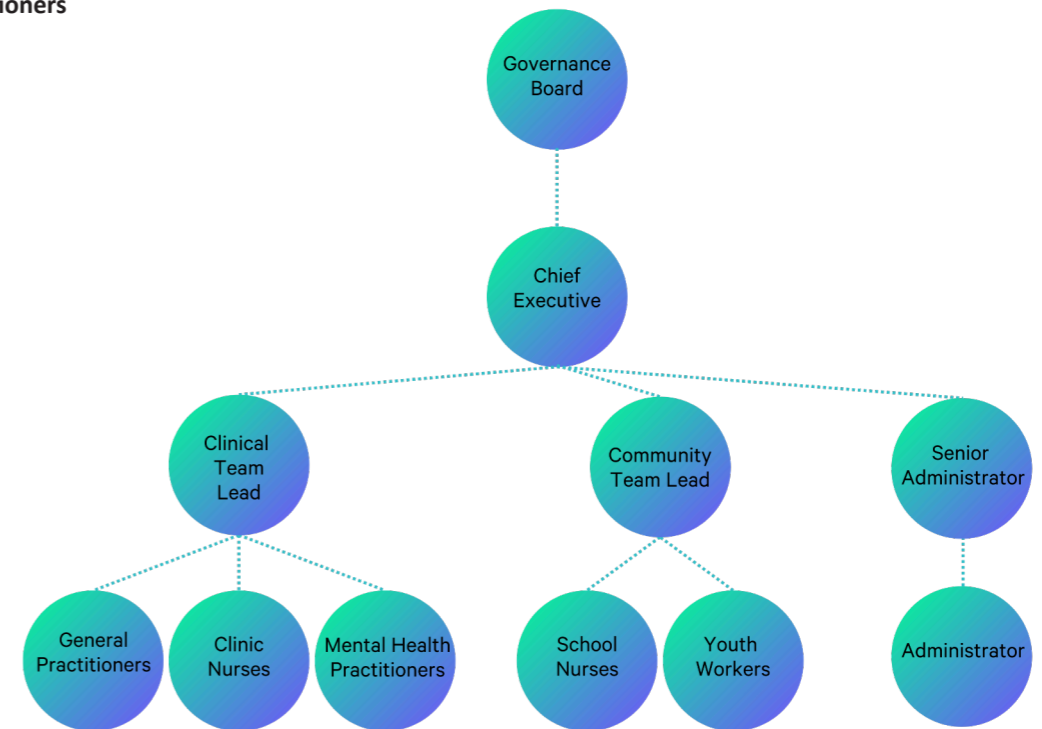
## BOARD OF TRUSTEES

**Chairperson**  
Jen Melony

**Treasurer**  
Dr Karol Czuba

**Youth Representatives**  
Cameron McMurdo

**Trustees**  
Jill Currie  
Dr Kewa Mascelle  
Sarah McCormick  
Hilary Morrish-Allen



ORGANISATION STRUCTURE



# CHIEF EXECUTIVE REPORT



It has been a year of resilience, growth, and collaboration here at Anamata. As I reflect on the past twelve months, I am immensely proud of the accomplishments we've achieved together and of the dedication our team has shown in serving our community and young people. Despite some considerable challenges in the political and funding landscape, we remain committed to creating spaces where rangatahi feel valued, supported, and empowered.

Like many in our sector, we have faced challenges this year due to shifts in government and economic pressures. The reorganisation of Te Whatu Ora and the disestablishment of Te Aka Whai Ora introduced further changes to commissioning and reporting structures, impacting our ability to discuss new service commissioning with funders and altering commissioning priorities. Compounding these structural changes, economic pressures—including inflation and rising interest rates—have led to budget cuts across government agencies, redundancies, and reduced grants. These factors have complicated communication channels and created additional obstacles in contract reviews and negotiations.

In challenging economic times, demand for youth services often rises, and this year has been no exception. A national shortage of skilled mental health professionals left a role in our team unfilled for several months. This shortage has also impacted the wider system, limiting access to secondary services and placing additional strain on primary care. In

response, our wellbeing team has focused on collaborating with funders, refining our scope of practice, and streamlining processes to ensure the best possible outcomes for young people

The ongoing lack of sexual health services for individuals over 25 remains a significant challenge in our community. High demand compels us to support high-need individuals in this age group as best we can; however, limited funding restricts our capacity to



Anamata stall at Pride Picnic

fully meet this demand. Delivering this service without dedicated funding is unsustainable, and without long-term commitment from funders, we will need to continually assess its viability. I am hopeful that in the coming 12 months, we will gain clearer insights into a sustainable, long-term solution.

Despite the challenges of political uncertainty and an unfavourable economic outlook, Anamata has upheld the high standards of service for which we are known. Through strategic adjustments and a renewed focus on clinical priorities, we continue to place client relationships and clinical excellence at the core of our work. We are also pleased to welcome back long-time supporter and former team member, Dr. Debbie Hughes, who will collaborate closely with our nurses, overseeing the implementation of standing orders and conducting clinical audits.

A highlight this year was completing the Te Kahui Kahu audit, which offered a valuable assessment of our organisational practices. The audit underscored the high standard of care and quality we uphold, affirming our strong commitment to youth health and wellbeing. I am proud of these results, which reflect the dedication of our team and the meaningful impact of the support we provided.

In July, we had the honour of hosting Taupō's first Youth Pride Ball in partnership with Taupō Pride. Co-designed with young people, this well-attended event provided our rainbow rangatahi with a unique space to celebrate, connect, and express their individuality. The enthusiasm and joy on the night underscored the significance of creating such inclusive spaces for our youth.

Anamata at Taupō Business Chamber's BA5



This year presented valuable opportunities for advocacy, learning, and strengthening our commitment to rangatahi. We were pleased to attend the 2023 Involve Conference, where our Youth Workers, Community Lead, and I joined like-minded professionals to exchange insights and enhance our skills in youth support. Our advocacy efforts took centre stage as our Clinical Manager and Youth Workers were invited as panellists at the paediatrics conference in Rotorua, allowing us to elevate young people's voices in essential conversations around service delivery—feedback from organisers and attendees was overwhelmingly positive. Additionally, in partnership with the health promotion agency Protected and Proud, we hosted well-attended contraception CAFE in Taupō and Tūrangi, increasing community awareness around contraceptive options and access. These collective efforts have deepened our connection to the community and advanced our mission to support rangatahi effectively.

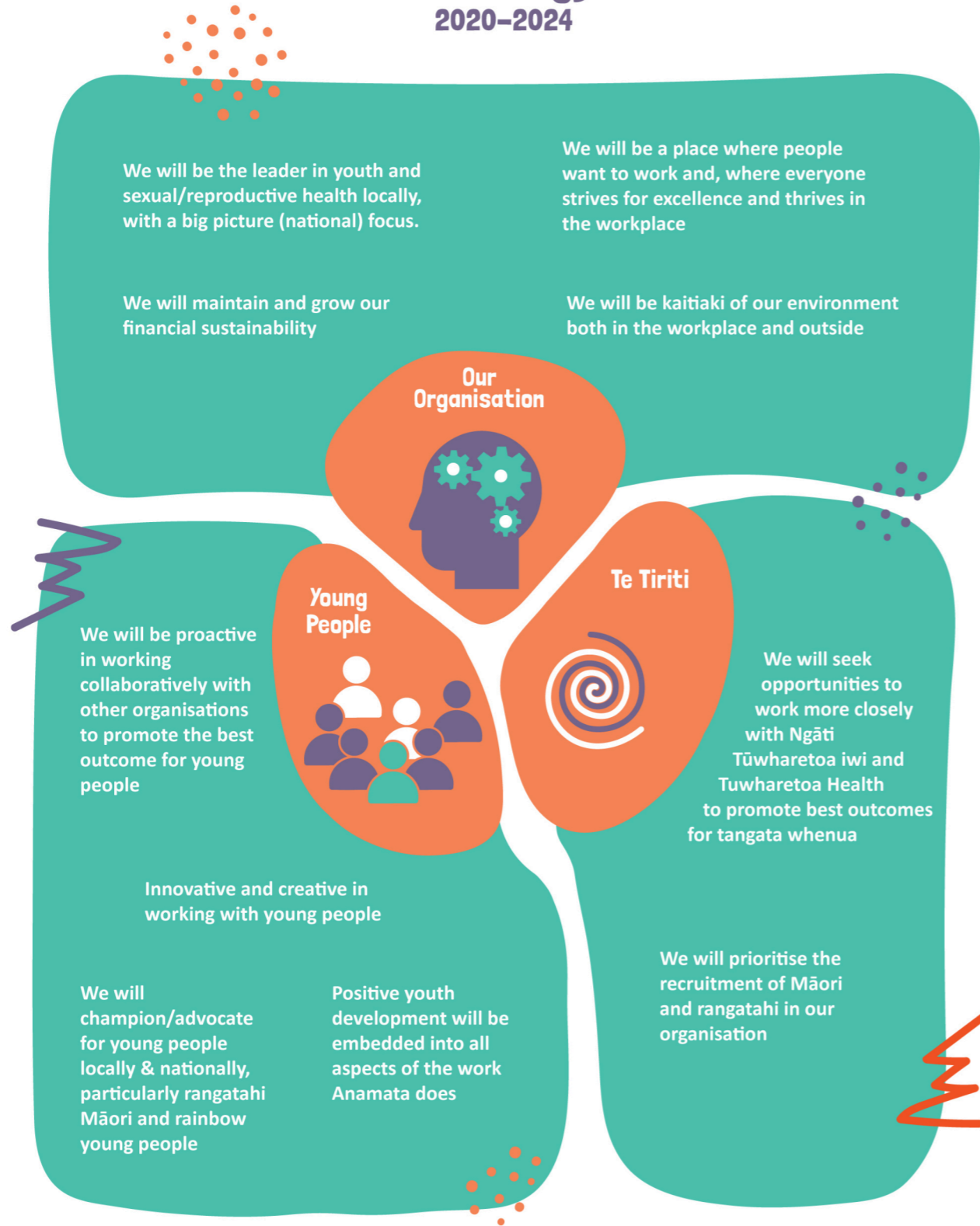
In the year ahead, we will continue advocating for resources that enable us to expand our services, meet the growing needs of our rangatahi, and ensure inclusive, high-quality support for all who need it. I am deeply grateful to our incredible team and our dedicated board members for their passion and commitment to our vision. Together, we look forward to another year of growth, learning, and progress in supporting the wellbeing of young people in Taupō and beyond.

Ross Mortimer, Chief Executive





## Strategy 2020-2024



## TREASURER REPORT



Looking ahead, we believe that the resilience we have built this year will position us well for the future. By continuing to focus on prudent financial management and sustainability, we believe we will be able to weather future challenges and continue transforming the lives of the hapori we are privileged to serve.

I would like to extend our sincere appreciation to The Admin Angels, Stretton, and Silks, for their exceptional professional support. I also wish to acknowledge the determined dedication of Anamata's leadership team and staff, whose commitment to delivering outstanding outcomes for our rangatahi and their whānau remains at the core of our success.

Dr Karol Czuba, Anamata Board Treasurer

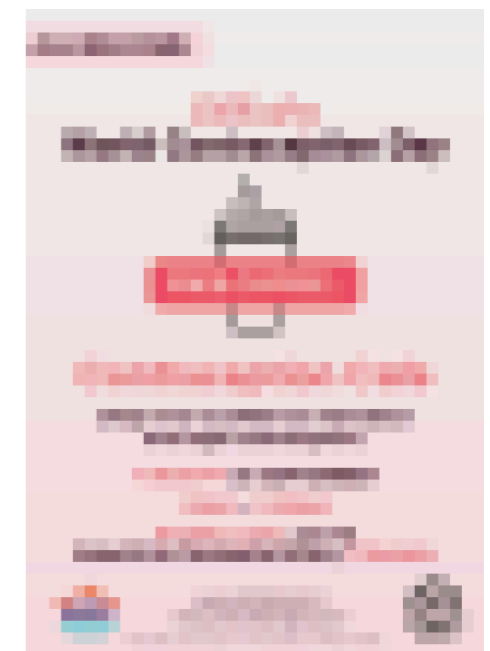
The past year, marked by significant shifts in the funding landscape, has been a challenging one for Anamata. The disestablishment and restructuring of several key funding agencies, coupled with an increasingly challenging economic climate, have put significant pressure on our financial resources. Despite these hurdles, we have worked diligently to ensure the organisation remains financially resilient and sustainable, and that we can continue delivering crucial services to our rangatahi and their whānau.

We have taken deliberate steps to address the funding challenges, including strengthening our strategic focus and looking for leaner operational solutions. We have been particularly busy with financial planning and risk management, hoping these will enable us to adapt to any future challenges while ensuring that essential services remain uninterrupted. We have also been focused on considerate management of our financial reserves, as they are a crucial buffer against future uncertainties. Although these efforts have involved tough decisions and careful prioritisation, we remain committed to our mission and the long-term wellbeing of those we serve.

It is important to note that while our funding environment remains volatile, our partnerships with both local and national stakeholders have been instrumental in helping us navigate these complexities. We continue to advocate for a stable and supportive funding framework that will allow us to plan and grow with more certainty.

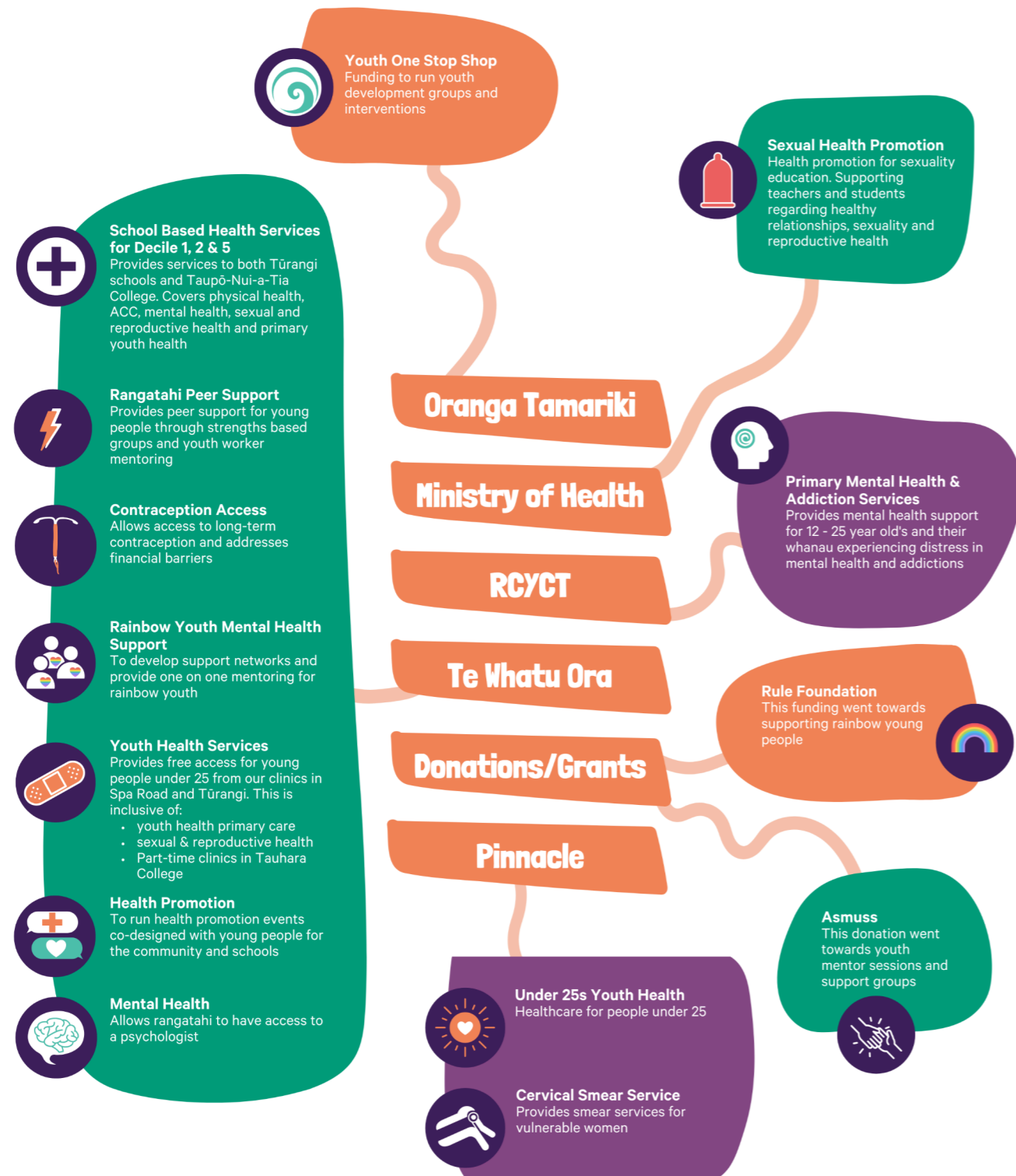


Anamata receiving a \$5000 donation from Asmuss





# Funding Sources 2023-2024



## CLINICAL REPORT



Tena koutou katoa  
I tipu ake au ki Waikarertu  
E noho ana au ki Taupō  
Ko Drake toku whānau  
Ko Nicola toku ingoa  
No reira tena koutou katoa

### Anamata and Awhi House Clinic

Anamata continues to deliver accessible, culturally competent, and safe services for sexual health, contraception, and free healthcare for under-25s in Taupō and Tūrangi. Our skilled team—comprising nurses, youth workers, mental health practitioners, and a GP—provides comprehensive, wrap-around support for rangatahi and their whānau, following the YOSS(youth one stop shop) model. We are deeply committed to enhancing the wellbeing of young people in our community this has meant the oversight of the nursing team, Anamata GP, youth workers and mental health practitioners.

Our clinic has continued to run smoothly with the reduction in nursing staff thanks to the flexibility of current nurses being willing to pick up extra days and admin staff being strategic with appointment booking.

With recent changes in clinical leadership, with myself stepping into the Acting Clinical Lead role, our focus has been on developing new systems and structures to better support and guide staff in managing complex situations. We are also delighted to welcome Dr. Debbie Hughes, who is dedicated to reviewing our standing orders and enhancing clinical oversight, with an emphasis on learning and development at the core of our practice. Together, we are committed to establishing ourselves as a centre of clinical excellence.

In November 2023, Leith and myself successfully completed our smear assessments, marking a proud milestone as we continue to provide a seamless transition for clients accessing self-HPV screening. This initiative has expanded choices for wāhine within the Cervical Screening Programme. Additionally, Leith and Hannah are advancing their skills in Community Nurse Prescribing under the guidance of Dr. Debbie Hughes, benefiting from a thorough and comprehensive learning experience.

Nicola Drake, Acting Clinical Lead



Pride Week at Tauhara College





# RANGATAHI

SERVICE OVERVIEW

## Mental Health

- occupational therapist
- psychologist
- social worker

## Events

- Youth Week
- Pride Week
- Mental Health Week

## Strengths based Groups

- rainbow groups in 3 schools
- x 1 community rainbow group

## Workshops

- rainbow inclusive/competency
- wellbeing workshops

## Anamata main site clinical services

- sexual and reproductive health care
- youth health
- doctor appointments
- mental health

## Health Promotion

- support & workshops for teachers delivering sexual & reproductive health curriculum

## 1:1 mentoring with youth workers

- Year 7 & 8
- Year 9-13

## Clinical services Tūrangi (weekly)

- sexual & reproductive health care
- mental health

## School based services - Tūrangi (Tongariro & Kura Colleges, Alt Ed)

- youth health
- sexual and reproductive health care
- youth health assessment tool for Year 9s

## School based services - Taupō (Nui & Tauhara Colleges, Alt Ed)

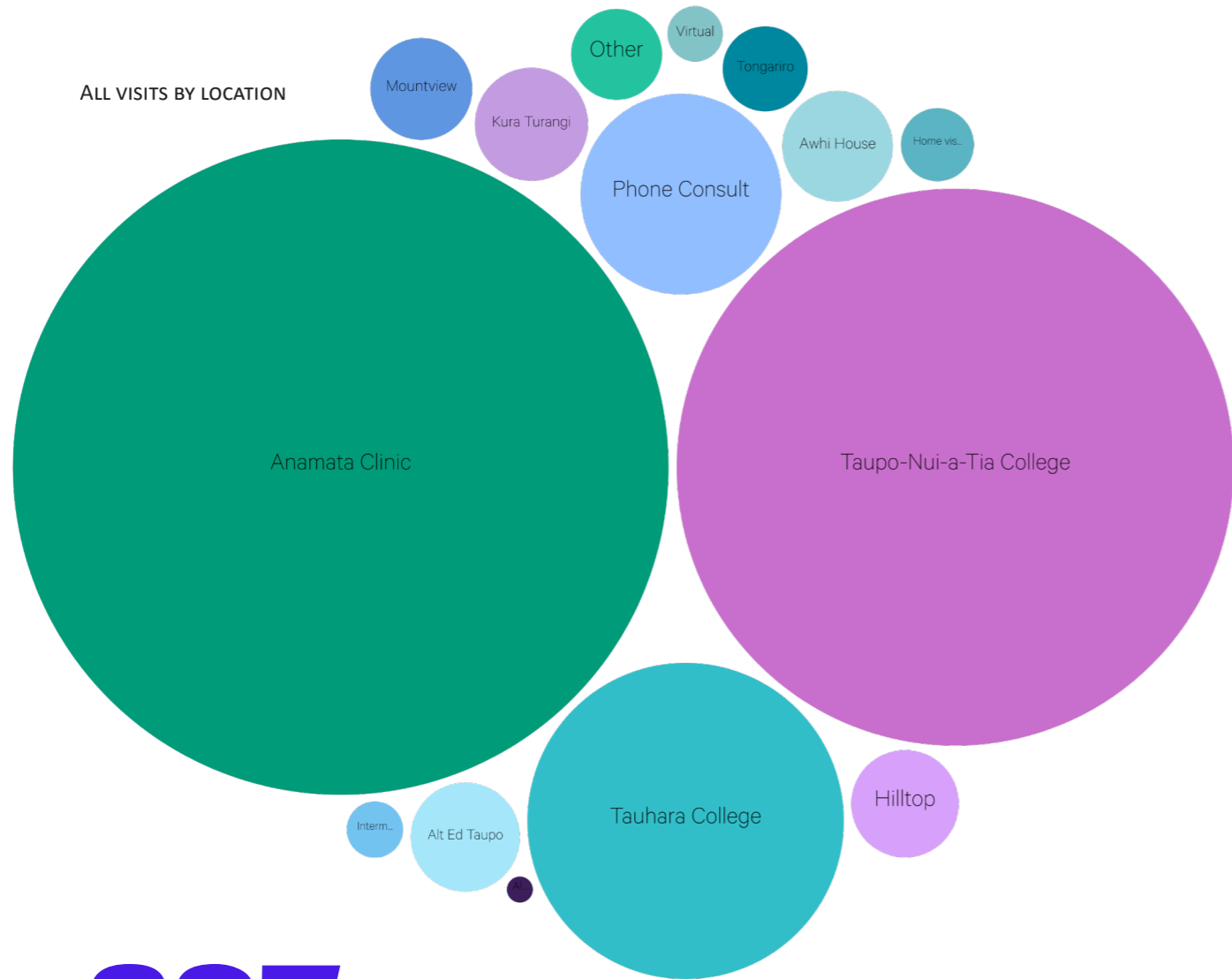
- youth health
- sexual and reproductive health care
- youth health assessment tool for Year 9s



# THE YEAR IN DATA

**8539** TOTAL APPOINTMENTS

ALL VISITS BY LOCATION



**235** GP APPOINTMENTS

**6654** UNDER 25 APPOINTMENTS

# COMMUNITY REPORT

Our school nurse clinics in Taupō and Tūrangi have continued to provide a crucial point of care for students, offering easy access to contraception, sexual health advice, mental health support, health education, and treatment for minor health issues. With increasing pressure on primary care, our clinics help to alleviate the strain on GP services by providing timely interventions, ensuring that minor health concerns do not escalate. Each consultation is also seen as an opportunity to improve health literacy, using every interaction to educate young people and empower them to make informed decisions about their health.

## School Clinics

### Taupō-Nui-a-Tia College

Our school nurse service at Taupō-Nui-a-Tia College, available Monday to Friday, continues to be in high demand. Over the past 12 months, we have focused on strengthening our team-based approach to school nursing. This has enhanced the skills and depth of our team while addressing the often-isolated nature of the role. Given the busy environment at Nui, this collaborative approach has been crucial in preventing burnout among individual nurses, ensuring sustainable and effective support for our students.

We're excited to have Emma Smith join our school nursing team! She started in March and brings a background in paramedicine and emergency nursing, which makes her a great fit for the unique challenges of school nursing. The students have warmed to her quickly, and she's already become a key part of the team.

The high demand for space at BayTrust has required us to be flexible in accommodating our youth workers, mental health practitioners, and staff from other youth service providers. However, a positive outcome of the limited space has been the strengthening of our community connections-working so closely with other youth providers has led to deeper collaboration and support for all working together to improve outcomes for rangatahi.

Having skilled clinicians onsite for students is vital for ensuring accessible healthcare and mental health support, leading to numerous positive outcomes. Our collaborative services play a crucial role in supporting student wellbeing. Through the use of our digitised Youth Health Assessments, we have been able to identify the most vulnerable Year 9 students, enabling us to implement targeted and meaningful interventions to support them.

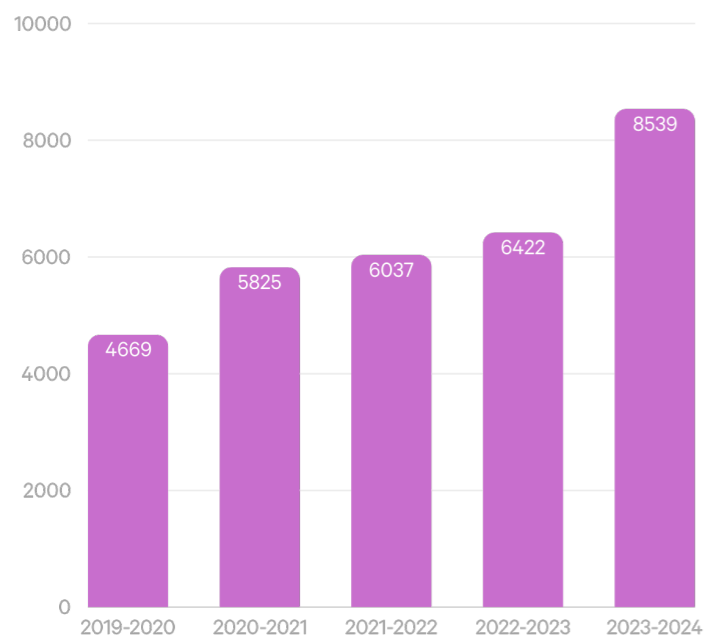
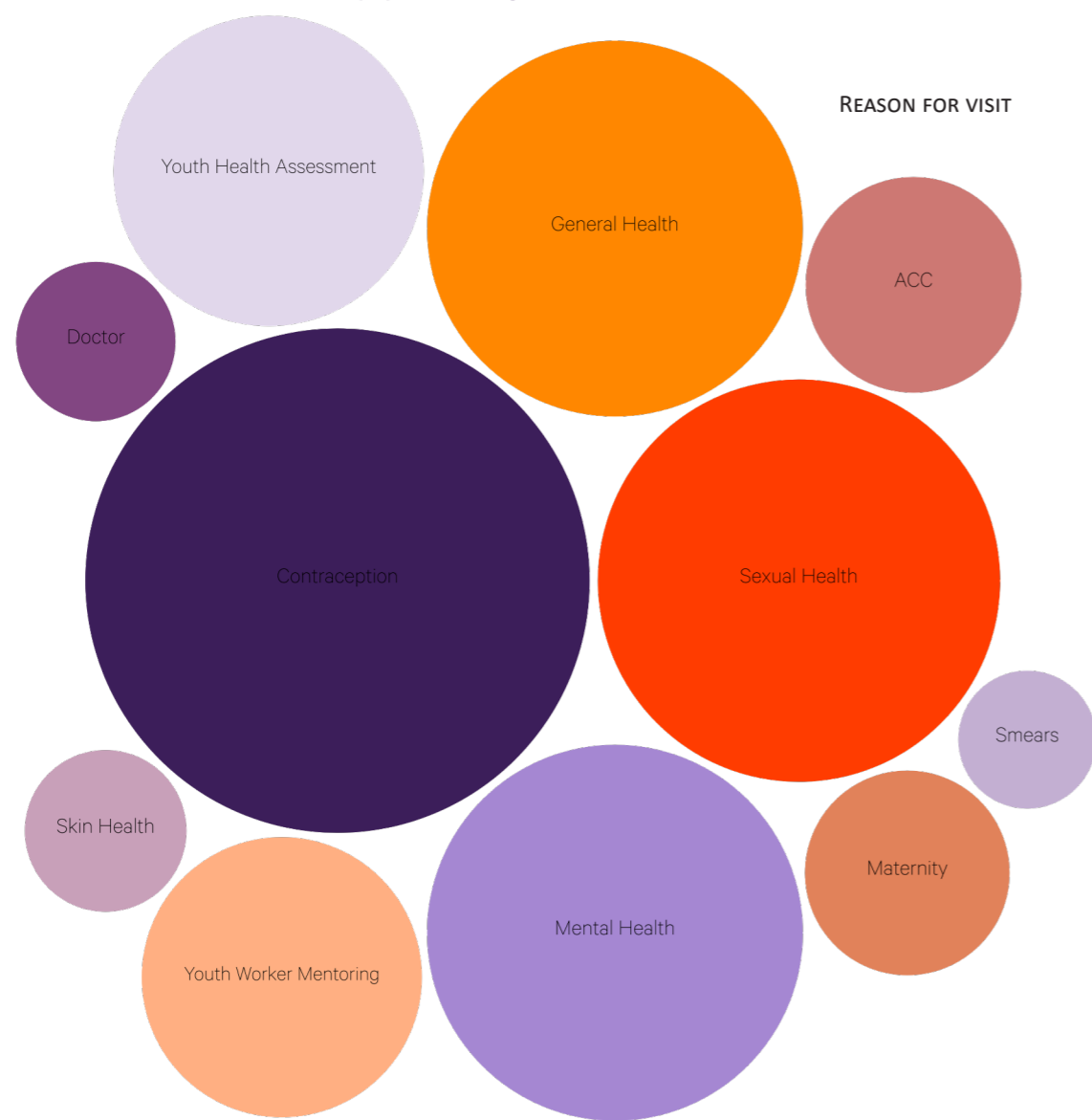


Above: Mental Health Awareness Week with Real and Taupō Family Center kaimahi  
Right: CACTUS Programme 2024





# THE YEAR IN DATA CONTINUED



**204**  
GENDER DIVERSE  
APPOINTMENTS

**1885**  
OVER 25 APPOINTMENTS

## Tauhara College

We continue to provide access to health care to Tauhara students 3 days a week despite holding no formal contract to fund this service.

There has been improved engagement from teaching staff, with increased utilisation of the nurse's role to provide students with a more holistic approach within the school's wellbeing support system. Youth health assessments were completed with all Year 9 students, with youth workers actively participating in follow-up actions and establishing targeted support for vulnerable rangatahi identified through this process.

We have also established a fortnightly multi-disciplinary team meeting involving the guidance counsellor, SENCO, senior management, and other youth service providers. The purpose of these sessions is to foster a collaborative, holistic approach to supporting each student. These meetings have improved communication and fostered a unified team approach to developing action plans for vulnerable young people, addressing issues such as truancy and mental or physical health concerns.

## Alternative Education

Our service at the local alternative education provider has gone from strength to strength this year, thanks largely to the dedicated efforts of our school nurse, Hannah Brown, and our youth workers, who spend time on-site each week providing tailored support.



Girls Group trip to Mount Ruapehu





## Inward Referrals



### External

- Self / whanau referral
- School
- Other provider

### Internal

- School & clinic nurses
- Youth workers
- GPs

## Mental Health Services

face to face OR virtual

### Clinical

- GPs
- Mental Health Nurses
- School nurses
- Psychologist

*Integrated model of care*

### Youthworkers

- Mentoring
- Resiliency groups
- Other groups  
-eg Diversity group

## REFER TO US

wellbeing@anamata.org.nz

## Outward Referrals

- ICAMHs
- REAL
- Oranga Tamariki
- HIPs
- Taupō Family Center

### Mental Health

Our mental health practitioners have demonstrated exceptional dedication this year, providing consistent one-on-one support for rangatahi and fostering a safe, supportive environment where young people feel comfortable sharing their experiences and challenges. They have successfully discharged clients who have made significant strides in confidence and resilience.

Their roles were instrumental in responding to a high-needs situation within our community, playing a crucial part in the broader support efforts. Both practitioners have pursued extensive professional development in areas such as anxiety, trauma-informed care, youth work ethics, family therapy, and suicide prevention, continually enhancing their skills to deliver the highest standard of care. Their collaboration with secondary mental health services has further ensured that the needs of higher-risk young people are effectively advocated for and met.

We have also benefited from the expertise and guidance of Spencer Carr, who, as our psychologist, provided invaluable supervision on complex cases prior to his return to Australia. To support the team's evolving needs, we have refined our internal practices, including regular morning meetings and enhanced referral, consent, and discharge processes.

### Anamata Pride Ball







### Youth Work

Our youth team attended the 2023 Involve Conference, fully engaging in a range of workshops, presentations, and discussions aimed at deepening their expertise in youth development. This conference provided an invaluable opportunity to network with other professionals, share best practices, and gain fresh insights into effective youth engagement strategies.

Additionally, our Youth Workers proudly represented Anamata at the 2023 Paediatrics Conference in Rotorua, where they contributed valuable feedback and insights on the youth-focused content presented. Their active participation included engaging in discussions panels, sharing practical experiences, and offering a youth-centered perspective on the topics covered. The insights provided by our team were well-received, highlighting the importance of integrating youth voices into paediatric and healthcare dialogues. Their presence underscored Anamata's commitment to advocating for young people's health needs within professional forums, fostering a collaborative approach to shaping effective and responsive youth health services.

Our youth worker, Tilly Marsh, supported the CACTUS programme, facilitated by Blue Light, where she established numerous mentoring relationships. Additionally, she has helped developed and facilitated the Belong and Dream group at Tauhara, supporting Year 9 students who benefit from extra guidance and mentorship, this programme has been well attended.

Nicola Drake, Community Lead



Pride Week at Reporoa College



# YOUTH DEVELOPMENT APPROACH TO SCHOOL BASED HEALTH SERVICES

## Inward Referrals

- Self referral
- Deans
- Teachers
- School guidance counsellor
- Learning support

### SCOPE

- Relationship building
- Mana taiohi
- Resiliency strength-focussed

**YOUTH WORKERS**

**SCHOOL NURSES**

### SCOPE

- Clinical & physical health presentations
- Completing youth health assessments and intervention plan
- First aid

### Internal

- School nurses
- Clinic nurses
- Mental health nurses
- Psychologist
- GP

### School

- Deans
- School guidance counsellor
- Pastoral team

### External

- REAL
- Taupo family health services
- Primary care/ GPs



## ACKNOWLEDGEMENT

A massive thank you to Maree Ginger for her 17 years of service, navigating multiple moves, the Covid pandemic, staff coming and going, and changes in leadership. As the Clinical Lead and nurse she provided a consistent source of experience, knowledge and support to the team. Her empathy for staff and young people was unwavering and she led by example keeping clients and young people at the centre of service delivery. We wholeheartedly wish Maree all the best!





**Ehara taku toa i te  
toa takitahi, engari  
he toa takitahi**

**My success is not mine alone, it is  
the success of the collective**

**[www.anamata.org.nz](http://www.anamata.org.nz)**