

TE TAHI YOUTH

BRINGING YOUTH HEALTH SUPPORT TO YOUR SCHOOL.

A PROPOSAL FOR A DEDICATED ON-
SITE YOUTH HEALTH NURSE



“Very easy access. The nurses are very lovely and I always fell safe when I talk to them. The space is very nice too, and private.”

- Rolleston College Student.



Expanding Youth Health Services in Schools.

Partnering with you to support student well-being.

At the beginning of 2023, Te Tahi Youth initiated a new Youth Health in Schools Service. It began with Rolleston College and Ellesmere College, and we have successfully expanded into more schools to support rangatahi with an in-school Youth Health service. If your school would like to engage with this service, a Youth Health Nurse can be employed to support your ākonga with wraparound care and services.

Our Youth Health Nurse would sit within the school whānau but also be a part of the Te Tahi Youth team and have the full backing of Te Tahi Youth with regards to training, professional development, and specialist youth focused clinical support.

What does this look like for your school?

Delivery & Structure.

The Nurse would be based on site for the day but can carry out administrative duties at either the school or Te Tahī Youth.

The service engages and works collaboratively with all your kaimahi especially staff leaders and liaise with rangatahi whānau where appropriate.

The Nurse will advocate for ākonga and refer to services at Te Tahī Youth, as well as GP practices, other health services (e.g. specialist mental health, alcohol and drug services), Oranga Tamariki, Police, and any other appropriate NGO's.

The support of ākonga would be undertaken in a collaborative and informed process underpinned by the principles of Te Tiriti o Waitangi. The Nurse is not employed to be a first aider (but can obviously carry out this function if required to assist with accidents of a more serious nature), but to reduce inequities and provide accessible healthcare and wellbeing support to all students. Vaccinations and other healthcare screenings would remain the responsibility of Public Health Nursing/GP practice.

Care Provision.

Students would have access to comprehensive support in the following areas:

- **General Health** e.g. Asthma, Impetigo, Eczema, skin infections, strep throat, urinary tract infections, minor injuries and many other general health needs. In some instances, we can link in with local physiotherapists to support the students further, though this is dependent on their capacity.
- **Sexual Health** including contraception, problem periods, STI testing and treatment, sexual health decision making, problematic porn use etc.
- **Mental Health** includes mild mental health work alongside other supports (not replacing), regular 'check-ins', ongoing assessment, and assessing risks. The Nurse would also be able to discuss and support students with addiction issues e.g. vaping, substance abuse, gaming, disordered eating, pornography.

Regular check-ins with a trusted health professional can be a preventative/early intervention step and stop someone from experiencing deteriorating health or wellbeing, whether that is mental health or a physical concern.

Our services promote diversity and acceptance, recognising that each student has the right to express themselves as they see fit. Sexuality and gender diversity is welcomed, affirmed, and accepted in any and all spaces we engage in.

The Nurse would be supported by the Team Lead/Nurse Prescriber, and the wider team at Te Tahī Youth to allow for appropriate consultation and guidance. The Team Lead is also available to support the school on days the Nurse may not be working, if the school engages in a Part-Time contract with Te Tahī Youth.

Laboratory testing is available for appropriate explorations and to inform treatment for common conditions. The Team Lead manages all prescribing services and limits these to appropriate conditions to be treated in an education setting. These include, but are not limited to: Contraception, Treatment for Sexually Transmitted Infections, Treatment for Skin infections/Urinary Tract Infections etc. Where needed, the Team Lead and Youth Health Nurse will direct the student and their whānau to engage with their GP and facilitate this if required/appropriate.

All Nurses will undergo the appropriate vetting processes as per the The Children's Act 2014. Te Tahī Youth provide the appropriate Policies and Procedures related to service delivery and review these annually. The school can be provided a copy of Policies on request.

Resourcing.

Facilities, equipment, and support for a seamless partnership.

The school would provide a clinic space for the Nurse including access to hand-washing facilities and a lockable cupboard for medical supplies. We recognise that space is an issue at times, so we can also negotiate what this looks like. A secure internet connection is required to connect to our Patient Management System. The Nurse would be involved in staff meetings/pastoral care meetings as appropriate.

The Nurse would have access to any existing equipment belonging to the school. Te Tahī Youth would provide equipment not already supplied and maintain and calibrate the equipment. Any equipment purchased by Te Tahī Youth would remain the property of Te Tahī Youth. The school would continue to provide first-aid supplies e.g., plasters, paracetamol, etc.

Te Tahī Youth would utilise our own patient management system, Indici and other relevant clinical software that allows for transfer of information and referrals. All information would be stored to comply with relevant privacy legislation. Access to clinical records would be restricted, although sharing of information where deemed appropriate would be done at pastoral care meetings, with counsellors, etc.

Te Tahī Youth would provide specific youth related training, either in-house or via external providers. Te Tahī Youth would assume all responsibility for recruitment and employment related issues.

For a new service, we would suggest a 6-to-12-month contract which then can be reviewed by both parties. We are open to discussion about how it may work within your budget or facilities.

“Papanui High School is already very grateful for our new partnership with Te Tahī Youth. Setting the partnership up was seamless and we felt very well supported throughout. The uptake of appointments with the on-site nurse was incredibly quick, showing the services value straight away. Further to that the advice, resources and support our Student Support and Pastoral teams have received has been invaluable. It feels like the nurse and the Team Lead have been part of our school whānau for years.”

- Deputy Principal, Papanui High School.

Yearly Costs.

Below is the yearly estimated cost, which is subject to change with discussions of pay equity for nurses and other potential costs. The rate includes all salary costs and ongoing overheads (registration, professional development, supervision, Kiwisaver, ACC, and basic supplies), which includes support from the Team Leader (Nurse Prescriber) and the wider services at Te Tahī Youth.

To have a Youth Health Nurse working 35 hours per week (5x 7-hour days, allowing for 6-hour school day of clinic time and 1-hour admin) would cost \$101,200. If you wish to employ the nurse for fewer days/hours, options are provided below:

- **35 hours per week (5 days) per week would cost approximately \$104,236**
- **28 hours (4 days) per week would cost approximately \$83,903. annually.**
- **21 hours (3 days) per week would cost approximately \$63,571 annually.**
- **14 hours (2 days) per week would cost approximately \$43,239 annually.**
- **7 hours (1 day) per week would cost approximately \$22,907 annually.**

All prices are exclusive of GST.

Set-up Costs.

There may be an initial set up cost of \$5000 for purchase of medical equipment and a laptop. If the school would like to, they may reduce this cost by providing a laptop for the nurse (it must be current and able to carry out necessary functions). This would be discussed at the initiation of the service between both parties.

Organisational Summary:

Te Tahi Youth.

Te Tahi Youth (formerly 298 Youth Health Centre) was set up 10 years ago in 2012. Prior to this, the organisation operated as 198 YHC and was founded in the 1995 as one of the country’s first Youth One Stop Shop (YOSS) by Dame Sue Bagshaw. Dame Bagshaw identified that rangatahi have specific needs that were not being met in the mainstream medical system and that a holistic, wrap-around support service would better address their needs.

198 YHC closed in 2009 due to sustainable funding issues with the then CDHB and how the clinical services were funded. After the earthquakes, it was realised that the demand for a YOSS was greater than ever due to the exceptional challenges facing rangatahi in Christchurch. 298 YHC was then established in August 2012 (the name change reflecting the new address number) and has grown ever since with a wider offering of services and contracts. In April 2023 we rebranded to Te Tahi Youth, to better reflect the entirety of who we are and what we do.

Te Tahi Youth is well known in the Christchurch community for providing services to young people and our staff work collaboratively with several other organisations and professionals, both in the clinical and social service space.

We have a Youth Committee who not only provide a youth perspective with regards to policy, planning, and service development but also seek feedback and input from the general public in Ōtautahi/ Christchurch and ensure Te Tahi Youth is youth-friendly and young people’s concerns and issues are represented.

Our service in numbers.

1st July 2023 to 30th June 2024.



454

Patients enrolled through our GP clinic.



5,276

One-on-one health care appointments.



3,181

Youth Health in Schools appointments.



284

Young people supported by our therapy team.



193

Rangatahi engaged in our employment programme.



90

Ākonga through our Youth Coaching programme.

Legal Name of Organisation	Te Tahi Youth Board
Legal Status	Registered Charitable Trust: CC46560
Physical Address	Te Tahi Youth at the Loft, Level 1 - Eastgate Mall, 20 Buckleys Road, Christchurch 8062
Contact	Fiona Kay [General Manager] fiona@tetahiyouth.org.nz Toby Hilton [Team Lead, Youth Health in Schools] toby@tetahiyouth.org.nz
Accreditation	Level 2 Social Services Accreditation and Foundation Standards for General Practice

Current services

- **Clinical:** Te Tahi Youth provides free, accessible healthcare for young people aged 10-24. Our experienced team of doctors and youth health nurses offer comprehensive medical support, including general check-ups, mental health care, contraception, prescriptions, and gender-affirming healthcare. We are committed to ensuring young people receive the care they need, and if specialist services are required, we facilitate appropriate referrals.
- **Youth Health in Schools:** Our school-based youth health team works within schools to support student well-being and ensure access to essential healthcare. Our nurses provide confidential services covering sexual health, mental health, prescriptions, and support for more complex needs. By collaborating with school staff, whānau, and school well-being teams, we help students remain engaged in their education while prioritising their health.
- **Therapy:** Recognising the importance of mental health, Te Tahi Youth offers a range of therapeutic services to support young people through life’s challenges. Our multidisciplinary team - including doctors, nurses, counsellors, and youth workers - provides confidential support, from one-off conversations to ongoing counselling. When necessary, we also connect young people with specialist mental health services to ensure they receive the right level of care.
- **Transition Support (Oranga Tamariki Services):** Young people transitioning out of care or youth justice custody face unique challenges, and our Transition Support Services are designed to provide guidance and stability. Eligible rangatahi (aged 15-25) receive tailored assistance, including securing housing, employment, and education opportunities, accessing legal and financial support, obtaining a driver’s licence, and connecting with health and counselling services. Our team provides a consistent and supportive presence as they navigate this significant life transition.
- **Youth Coaches / Mentoring:** For young people at risk of disengaging from education, training, or employment, our Youth Coaching programme offers structured support over a full school term. Our coaches help build confidence, improve well-being, and connect young people with the resources they need to stay engaged. We also work closely with Youth Justice Residences, supporting rangatahi transitioning out of Te Puna Wai and providing continued assistance upon release.
- **Employment Support:** Te Tahi Youth’s employment team is dedicated to empowering young people aged 15-24 who are not currently in work, education, or training. Our services include career planning, skill development, confidence-building, and job placement support. We remain actively involved even after employment is secured, ensuring long-term success and stability in the workforce.

Te Tah Youth

Te Tah Youth at the Loft
Level 1 - Eastgate Mall
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