

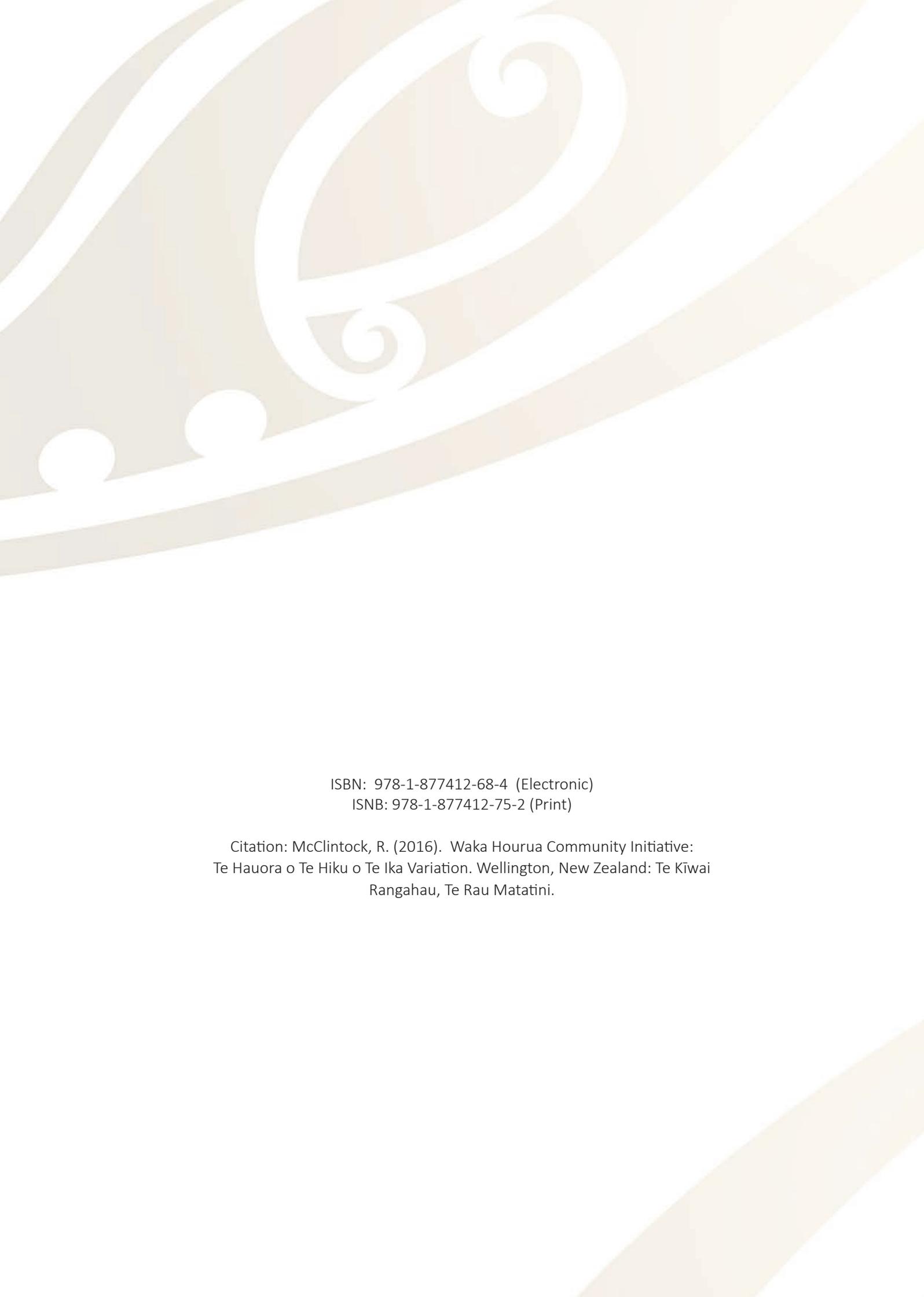
2016

*Maka Hauua*



TE HAUORA O  
TE HIKU O TE IKA  
VARIATION

EVALUATION



ISBN: 978-1-877412-68-4 (Electronic)  
ISBN: 978-1-877412-75-2 (Print)

Citation: McClintock, R. (2016). Waka Hourua Community Initiative:  
Te Hauora o Te Hiku o Te Ika Variation. Wellington, New Zealand: Te Kīwai  
Rangahau, Te Rau Matatini.

## Contents

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Acknowledgement	1
Background	2
Objective	2
Programme	3
Participants	4
ASIST Workshop Evaluation	5
Conclusion	11

## Table of Figures

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Figure 1. ASIST Workshop: Community Group Attendees	4
Figure 2. Previous Suicide Prevention Training	5
Figure 3. Talking directly or openly to a person about their thoughts of suicide	6
Figure 4. Level of preparation to help a person at risk increase their suicide safety	6
Figure 5. Recognising signs inviting help	7
Figure 6. Asking directly about thoughts of suicide	7
Figure 7. Exploring why someone is thinking of suicide and what connects them to living	8
Figure 8. Knowing how to review immediate suicide risk	8
Figure 9. Taking steps to increase the safety of a person at risk	9
Figure 10. Awareness of how attitudes and experiences affect helping a person at risk	9
Figure 11. Options of self-care and support in helper role	10
Figure 12. Networking with others around suicide safety	10
Figure 13. Level of preparation to help a person at risk increase their suicide safety	11

## Key Message

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- Increasing suicide prevention knowledge in community members and providers.
- Suicide prevention training increasing knowledge of recognising suicidal signs, having the confidence to approach and talk to people at risk, assesses risk and safety needs, and where to access further support.
- Multiple community based Māori providers working collaboratively on suicide prevention.
- Increased capacity and capability in establishing safe forums in the Northland region for discussing suicide prevention.

## Acknowledgement

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He hōnore  
He korōria  
He maungārongo ki te whenua  
He whakaaro pai ki ngā tāngata

On behalf of the Waka Hourua Māori and Pasifika Suicide Prevention Programme, Te Rau Matatini would like to acknowledge the Te Hauora o Te Hiku o Te Ika Applied Suicide Intervention Skills Techniques (ASIST) initiative for their commitment to their community. The guidance offered by Lifeline Aotearoa ASIST training will certainly add value to the Waka Hourua suicide prevention initiatives, of Ngā Waka o Te Tai Tokerau, Ringa Atawhai, Te Hiku o Te Ika, He Kōnae, Tinana Te Rangi Nui Marae, and Te Hauora Kaikohe within the Northland region who attended the Te Hauora o Te Hiku o Te Ika Applied Suicide Intervention Techniques (ASIST) initiative.



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## Background

A number of Northland Health Providers had been successful in gaining Waka Hourua Community Funding to undertake a variety of suicide prevention initiatives within their communities. Several of those providers sought funding to undertake the Lifeline Aotearoa, Applied Suicide Intervention Skills Techniques training (ASIST) [www.lifeline.org.nz](http://www.lifeline.org.nz). The Waka Hourua funders negotiated with Te Hauora o Te Hiku O Te Ika Trust to host the training and coordinate a one off regionally based 2 day ASIST training for themselves and six other Northland community providers. These providers included Ngā Waka o Te Tai Tokerau, Ringa Atawhai, Te Hiku o Te Ika, He Kōnae, Tinana Te Rangi Nui Marae, and Te Hauora Kaikohe.

Te Hauora o Te Hauora o Te Hiku o Te Ika coordinated ASIST initiative aligns with the following objective of the Waka Hourua programme:

- Communities have their own approaches and plans in place and are actively building resilience and reducing risks of suicide.

This initiative also aligns with Goal 1 of the Waka Hourua Outcome Framework, specifically the pathway and indicator under Tertiary Prevention: Minimising the adverse impacts arising from suicide:

Pathways	Indicators
<ul style="list-style-type: none"> <li>• Initiate actions that will reduce community risks</li> </ul>	<ul style="list-style-type: none"> <li>• Communities have established a safe forum for discussing suicide prevention and resourcing</li> </ul>

## Objectives

ASIST workshops focus on helping community members:

- Recognise suicidal signs through changes in behaviour
- Have confidence to be able to approach the person
- Know what to say and assess risk and safety needs
- Know where to access further support and other professional assistance [www.Lifeline.org.nz](http://www.Lifeline.org.nz).



This report prepared by Rachel McClintock of the Te Rau Matatini Research and Evaluation team provides a review of the Te Hauora o Te Hiku O Te Ika ASIST coordinated initiative. This review summarises the findings of the evaluations undertaken by Lifeline Aotearoa during the initiative for the purpose of assessing the workshops effectiveness, numbers of participants, achievements, benefits as well as a future focus.

The overall focus of this review therefore was to assess the effectiveness of the Te Hauora o Te Hiku O Te Ika ASIST coordinated workshop to achieve its agreed goals and to determine how the programmes implementation aligns to the overall intent, and design of the Waka Hourua Suicide Prevention programme and what actually happened during its implementation (how much, how well, and is anybody better off).

## Programme

After receiving Waka Hourua Suicide Prevention programme funding, the Te Hauora o Te Hiku O Te Ika promoted the ASIST workshop to regional community providers and identified participants for whom the training would be beneficial. The two day training, hosted by Te Hauora o Te Hiku O Te Ika and provided by Lifeline Aotearoa was an interactive workshop that taught participants skills in suicide prevention. The delivery of the training was based on principles of adult learning, which valued experience and contributions that participants bring, as well as encouraging people to share actively in the learning process.

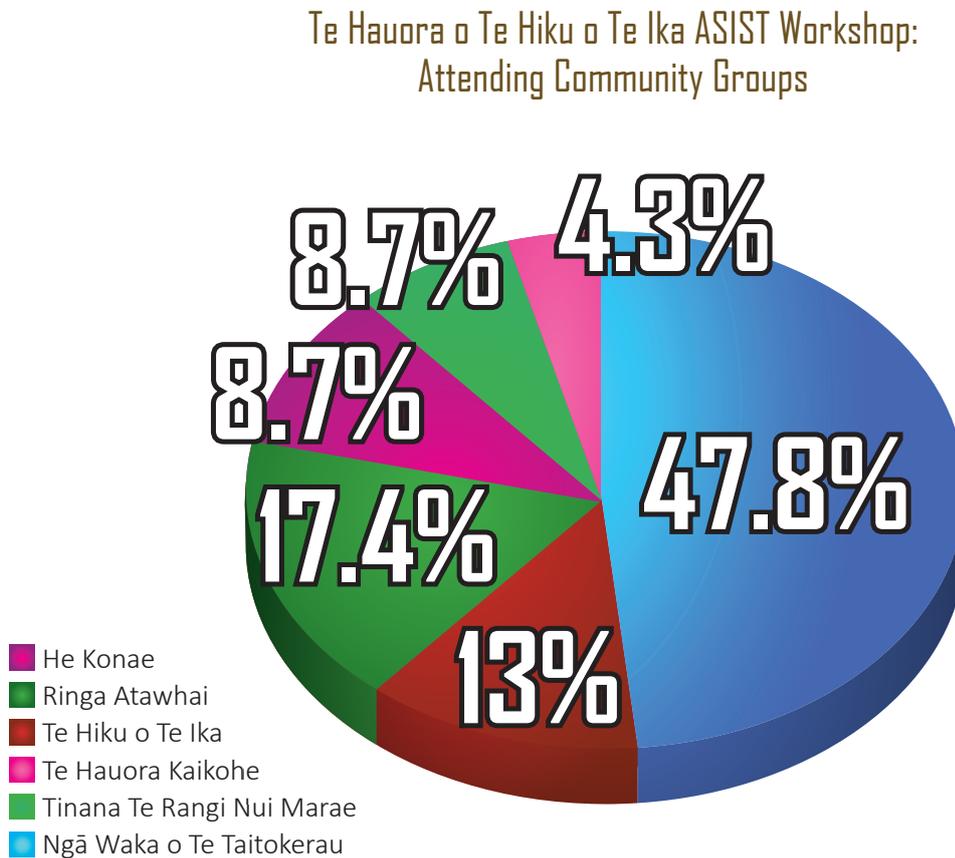
Key Deliverable	Key performance standard	Status
Confirm arrangements for Lifeline ASIST 2 day training to be held in Northland region.	<p>Training scheduled with Lifeline ASIST to run during 22 – 26 September 2014 in the Kaitaia area. (Venue &amp; Dates to be confirmed)</p> <p>Arrangement of venue, catering costs &amp; Lifeline training facilitation for up to 22 people from the following groups to attend 2 day ASIST training workshop.</p> <ul style="list-style-type: none"> <li>• Nga Waka o Te Tai Tokerau</li> <li>• Ngati Hine Health Trust</li> <li>• Nga Ringa Atawhai</li> <li>• He Konae Tupu</li> <li>• Te Hauora o Kaikohe</li> <li>• Tau Iho I te Po Trust</li> </ul> <p>Te Hauora o Te Hiku o Te Ika Trust – 2 people</p>	Achieved
Co-ordination of delivery of training provided by Lifeline	<p>Delivery of 2 day ASIST training by Lifeline in Kaitaia area during 22 – 26 September 2014 for up to 22 participants.</p> <p>Completion of participant feedback forms</p> <p>90% of participants have improved awareness and knowledge of suicide prevention</p>	Achieved

## Participants

A total of 19 people attended the ASIST workshop, 94.7% of participants were Māori. 52.6% of participants were wāhine (female) and 41.1% were tāne (male). Note: ethnicity and gender data not available for one participant.

7 community groups attended the ASIST workshop which included, Ngā Waka o Te Tai Tokerau (47.8%), Ringa Atawhai (17.4%), Te Hiku o Te Ika (13%), He Konae (8.7%), Tinana Te Rangi Nui Marae (8.7%) Te Hauora Kaikohe (4.3%).

Figure 1. ASIST Workshop: Community Group Attendees



When asked prior to the workshop their reasons for attending; 31% attended for work development reasons; 56% of attendees for personal reasons, 31% for volunteering reasons. NOTE: Some people selected more than one reason for completing the training.

## Assist Workshop Evaluation

16 of the 19 attendees who participated in the Te Hauora o Te Hiku o Te Ika coordinated ASIST workshop completed evaluations. Views were asked regarding the level of knowledge of suicide prevention prior to and post the workshop. The results showed that 100% of the participants who completed evaluations agreed that the ASIST workshop met their expectations (93.8% of participants agreed strongly), 82.3% of the participants agreed that the workshop trainer was prepared and familiar with the material (56.3% agreed strongly), 100% of participants agreed that the workshop trainer encouraged participation and respected their responses (87.5% of these participants strongly agreed). 94% of the participants said they would recommend the training to others.

The following section presents a descriptive data analysis of attendees' responses. Prior and post feedback forms were completed by the participants.

### Prior to the workshop

Prior to the workshop attendees were asked, how much previous training had they experienced in helping a person at risk of suicide?

Figure 2. Previous Suicide Prevention Training

What Training In Helping A Person At Risk Of  
Suicide Have You Had Before?

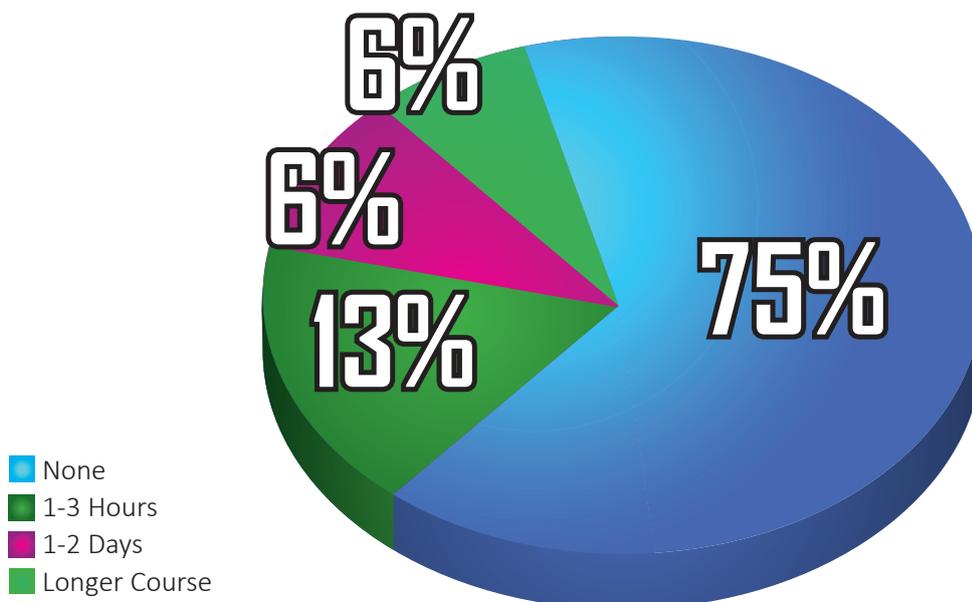


Figure 2 shows that prior to the workshop 75% of the attendees indicated no previous training in helping a person at risk of suicide, 13% had 1-3 hours, 6% had 1-2 days of training, and 6% indicated a longer time than the first 4 options. **Note: All percentages where appropriate in this document have been rounded to one decimal point for accuracy.**

Attendees were asked prior to the workshop, How many times they had talked directly and openly to a person about their thoughts of suicide?

Figure 3. Talking directly or openly to a person about their thoughts of suicide

How Many Times Have You Talked Directly And Openly To A Person About Their Thoughts Of Suicide?

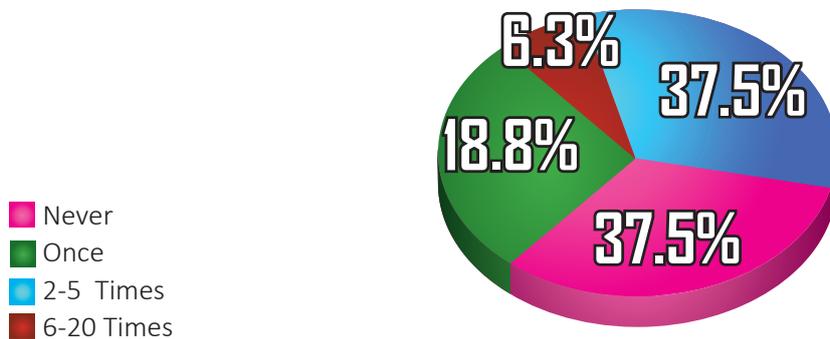


Figure 3 shows that prior to the workshop, 37.5% of the workshop attendees stated to have never talked directly or openly with a person about their thoughts of suicide, 18.8% once, 37.5% 2-5 times and 6.3% 6-20 times.

Attendees were asked prior to the workshop, How prepared they felt to help a person at risk, increase their suicide safety?

Figure 4. Level of preparation to help a person at risk increase their suicide safety

At This Time, How Prepared Do You Feel To Help A Person At Risk Increase Their Suicide Safety?

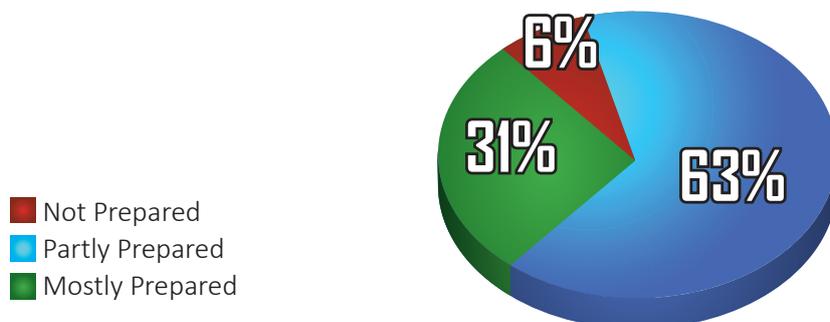


Figure 4 shows that prior to the workshop 63% of attendees did not feel prepared to help a person at risk of suicide increase their suicide safety, 31% felt partly prepared and 6% felt mostly prepared.

**Post workshop**

Post the ASIST workshop attendees were asked to, Compare how confident they felt to approach a person at risk of suicide compared to prior to the training?

Figure 5. Recognising signs inviting help

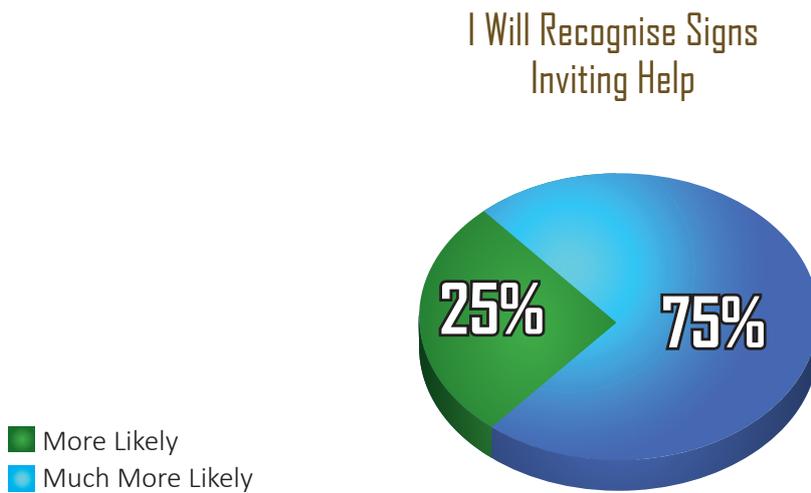


Figure 5 shows that post the workshop 75% were much more likely to recognise signs inviting help, and 25% were more likely.

Post the ASIST workshop attendees were asked to, Compare how confident to ask directly about thoughts of suicide compared to prior to the training?

Figure 6. Asking directly about thoughts of suicide

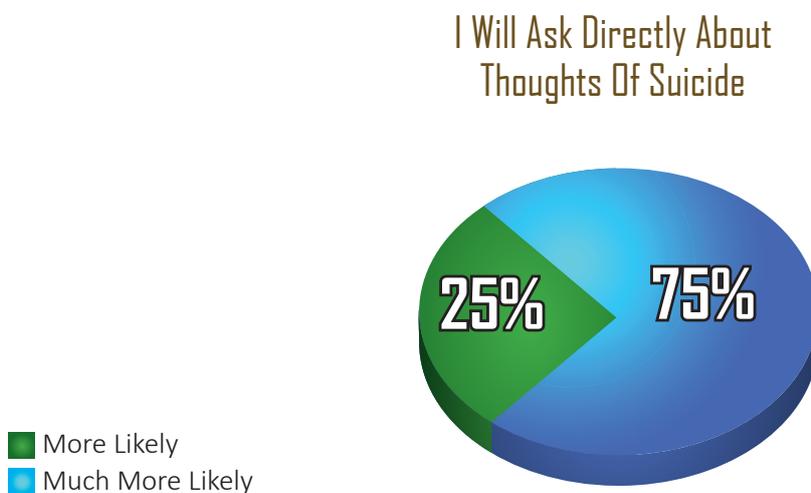


Figure 6 shows that post the workshop 75% were much more likely to ask directly about thoughts of suicide and 25% were more likely.

Post the ASIST workshop attendees were asked if they would now explore why someone is thinking of suicide and what connects them to living as compared to prior to the training?

Figure 7. Exploring why someone is thinking of suicide and what connects them to living

### I Will Explore Why Someone Is Thinking Of Suicide And What Connects Them To Living

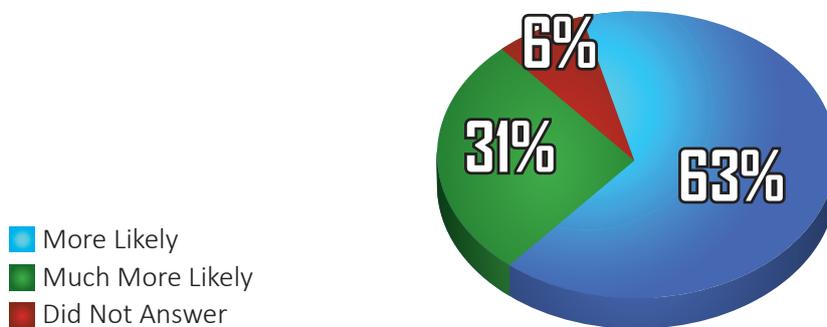


Figure 7 shows post the workshop 63% were much more likely to explore why someone was thinking of suicide and what connects them to living, 31% were more likely and 6% did not answer.

Post the ASIST workshop attendees were asked, If they knew how to review immediate risk compared to prior to the training?

Figure 8. Knowing how to review immediate suicide risk

### I Know How To Review Immediate Risk

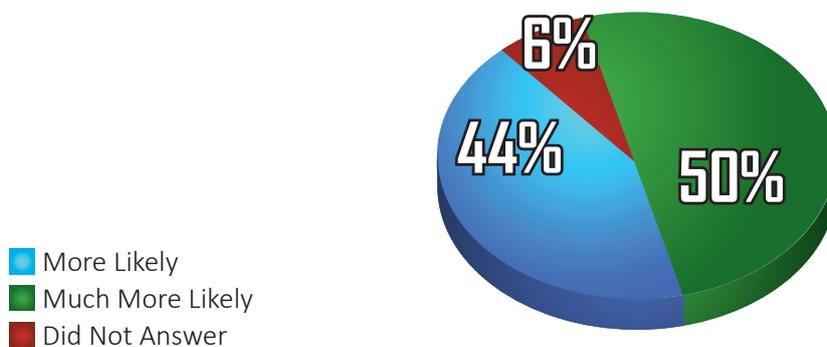


Figure 8 shows post workshop 44% were much more likely to review immediate risk, 50% were more likely and 6% did not respond.

Post the ASIST workshop attendees were asked to, comment on ability to take steps to increase the safety of a person at risk as compared to prior to the training?

Figure 9. Taking steps to increase the safety of a person at risk

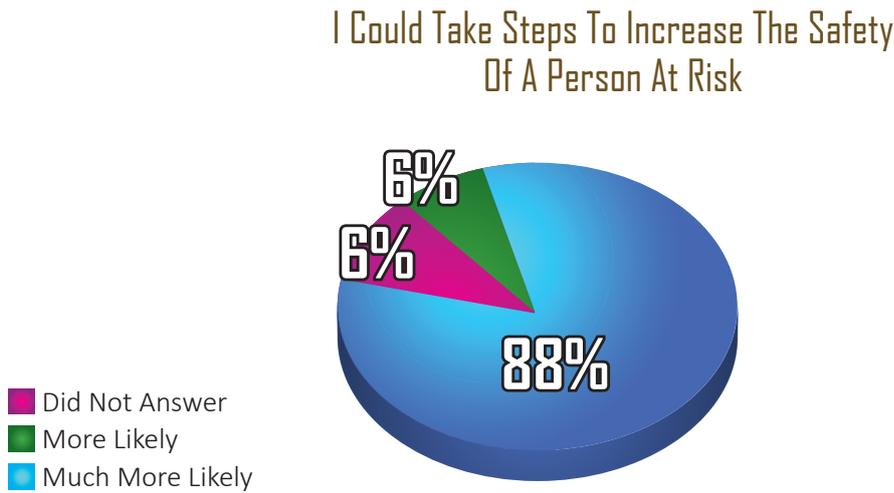


Figure 9 shows post workshop 88% were much more likely to increase the safety of a person at risk of suicide, 6% were more likely and 6% did not answer.

Post the ASIST workshop attendees were asked to comment on, If the training had increased their awareness of how their attitudes and experiences affect helping a person at risk?

Figure 10. Awareness of how attitudes and experiences affect helping a person at risk

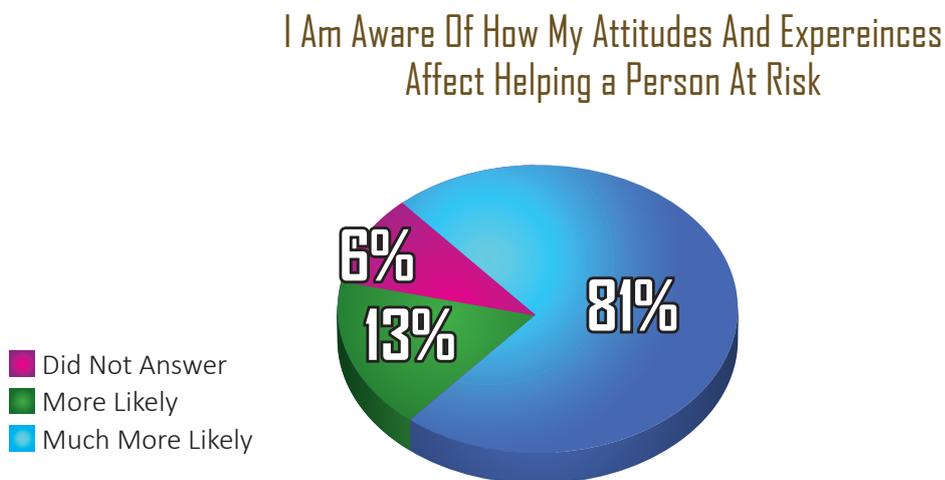


Figure 10 shows post workshop 81% were much more likely to be aware of how attitudes and experience affect helping people at risk, 13% more likely and 6% did not respond.

Post the ASIST workshop attendees were asked. If the training had provided options for self-care and support in their helper role?

Figure 11. Options of self-care and support in helper role

### I Have Options For Self-care And Support In My Helper Role

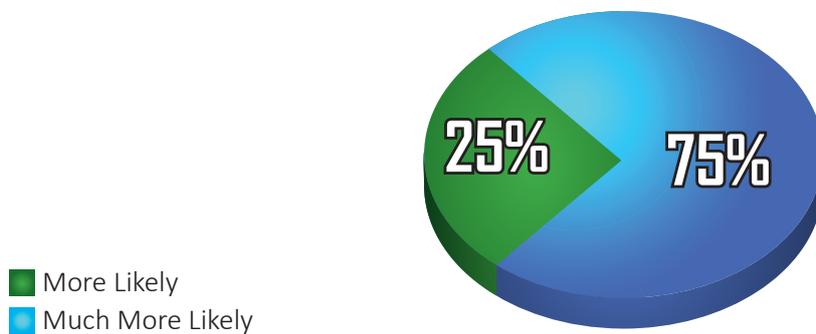


Figure 11 shows post workshop 75% were much more likely to have options for self-care and support in their helper role and 25% more likely.

Post the ASIST workshop attendees were asked if they would network with others around suicide safety?

Figure 12. Networking with others around suicide safety

### I Will Network With Others Around Suicide Safety

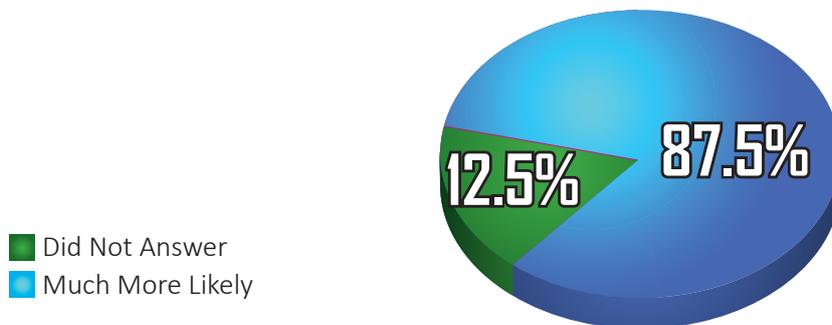


Figure 12 shows post workshop 87.5% were much more likely to network with others around suicide safety and 12.5% were more likely.

Post the ASIST workshop attendees were asked, How prepared do you now feel to help a person at risk increase their suicide safety?

Figure 13. Level of preparation to help a person at risk increase their suicide safety

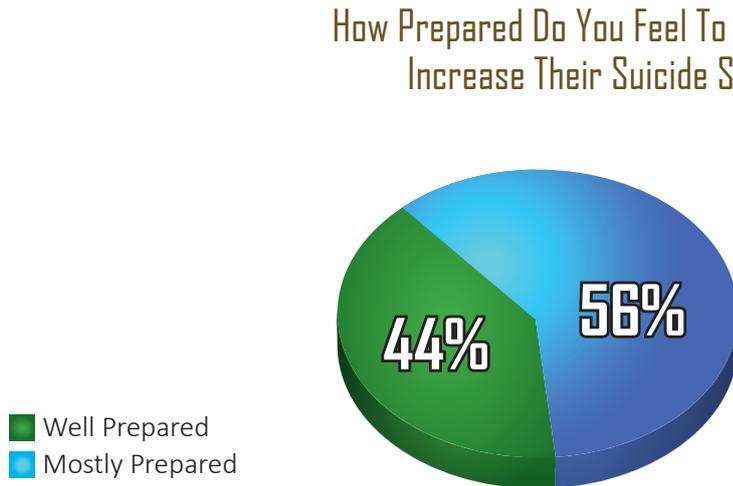


Figure 13 shows post workshop 56% felt well prepared to help a person at risk increase their suicide safety and 44% felt mostly prepared.

**Qualitative data acquired through the post workshop evaluation forms stated:**

**Content**

- Training had excellent cultural relevance and sensitivity
- Gave knowledge to recognise suicidal tendencies
- Provided knowledge that would be shared with the community, other whānau and marae in the hope of limiting the numbers of ideation and suicide
- Gained skills and teachings to help engage with whānau to prevent suicide
- Learnt to understand, assist and connect with communities
- Learnt ways to engage on a level that a person at risk feels comfortable with
- Prepared me to support rangatahi that are at risk in my community.

**Conclusion**

This initiative, Te Hauora o Te Hiku o Te Ika coordinated ASIST workshop, funded through the Waka Hourua Māori and Pasifika Suicide Prevention programme trained 19 community members in suicide intervention skills. This has increased the capacity and capability in establishing safe forums in the Northland region for discussing suicide prevention and resourcing which will be an asset to the communities these members serve.

Waka Hourua  
**Te Hiku Hauora**

**Applied Suicide Intervention Skills Techniques (ASIST) Workshop**



.....  
A community based initiative which provided suicide prevention training to community members from various Māori health providers in the same region, all of whom were undertaking Waka Hourua funded initiatives.  
.....

.....  
Community members completed a two day Applied Suicide Intervention Skills Training (ASIST) workshop run by Lifeline Aotearoa.  
.....



.....  
19 people attended one workshop:  
94.7% Māori  
52.6% wāhine  
41.1% tāne  
7 providers represented  
.....

.....  
kaimahi learnt to recognise suicidal signs, have confidence to approach and talk to a person at risk, and where to access further support and personal assistance. This has increased the capacity and capability in establishing safe forums in their communities.  
.....



Prepared by:  
Te Kīwai Rangahau Research and Evaluation Team



**Te Rau Matatini**

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*Maka Kōwhiri*



**Te Rau Matatini**