



Lifting the Lid on Youth Suicide, Hawkes Bay

Report on Progress

1st November 2023

The intent of Lifting the Lid in Hawkes Bay has been to supply funds to local secondary schools to quickly deliver counselling to students who have somehow demonstrated they could be at risk of self-harm. This support complements the services available and allows schools to source funds quickly to employ counsellors/psychologists for those students recognised as being at risk.

We must keep reminding ourselves that the process is simple for Rotary clubs.

The school counsellor/social worker determines when a student needs immediate support and who will provide it. They discuss with the School Principal, who in turn applies for funds from Rotary on a simple application form. Rotary does not question the validity or efficacy of the application. "Lifting the Lid" is simply the enabler of funding for the counselling services being provided. Rotary sets the financing limit for each session and the number of counselling sessions so there can be no overspending. We never know their identity.

We copied the same programme that was established several years ago by Rotary clubs in Kapiti Coast so we started with some knowledge of what to expect and how to operate. This was a big help.

Since a successful pilot programme at a local secondary school in 2022, Lifting the Lid has continued positively. The school counsellors, social workers and school principals were enthusiastic about the project and the benefits to students.

The Committee includes Rotarian representatives from the Stortford Lodge, Havelock North, Taradale, Greenmeadows and Napier Clubs as well as the Te Whatu Ora Suicide Prevention Co-ordinator. I am the Chair, and the secretary is Ken Haines, current President of the Stortford Lodge Rotary Club.

Post cyclone Gabrielle, in March this year, Ken and I met with all the secondary school counsellors to present the Lifting the Lid concept. The presentation to the group of counsellors was well received. The current number of funded counselling sessions per student is running at two with several of the more serious cases needing more. Lifting the Lid will support up to 10 initial sessions for students or \$1,000 maximum.

Since then we have approved and paid for counselling sessions for **18 students** from secondary schools across Hastings and Napier. As mentioned these are seen as early interventions; anything very urgent or serious cases are referred to the local Te Whatu Ora.

16 of the 18 cases have occurred since June 2023 following Cyclone Gabrielle and they are continuing to be received at a similar rate per month.

Examples of feedback received:

It has been a great term and I am supporting several Rangitahi all of whom have benefitted from the extra awahi this programme provides

“She is going to appointments and things are improving. Very appreciative of the support .Thank you for lifting the lid “

“I thought the sessions were useful. This was a young person who didn't engage well with the school but had been identified as at risk, particularly given her home environment which she seemed to be harming herself and experiencing suicidal ideation in response to. We were able to identify a number of practical supports she needed help with including physical health care which school were extremely helpful in working out solutions for accessing once identified. I was able to see her at school which reduced barriers in terms of transport and parents needing to take time out of work etc. We were also able to identify her current difficulties and discuss some management strategies; emotion management, mindfulness, arousal reduction techniques (deep breathing, grounding skills, progressive muscle relaxation); behavioural activation for low mood; cognitive strategies for anxiety management (CBT/ACT and DBT skills were used). We were able to highlight what might become a problem for her again in the future and discuss interventions that would be appropriate. Given her ongoing environmental stressors it is likely she may have difficulties again in the future, however when we finished our sessions together she was not reporting any self-harm or suicidal ideation, and it is my hope that she might be better equipped to know what to do and where to access help should things get really tricky again for her in the future.

I hope this is helpful - it is certainly an incredible resource for young people in need to be able to access.

Thank you kindly, Wendy Higgs' Clinical Psychologist, Hawke's Bay

Lifting the Lid had funds committed from three local Rotary clubs and Eastern & Central Community Trust initially, which has enabled the funding of the counselling sessions to be commenced. Two other clubs have since come on board along with one private donor but sustainable funds will be needed going forward.

Funds are held by, and paid from, a sub-account within the Rotary Club of Stortford Lodge Charitable Trust account:

Current state of funds Lifting the Lid:

Date	Donations	In	Out
15/08/23	Greenmeadows Rotary	2000	
Aug 23	Personal donation	150	
June 23	Taradale Rotary	2000	
Sept 22	Eastern & Central Community Trust	5000	
Aug 22	Stortford Lodge Rotary	3000	
Aug 22	Havelock North Rotary	2400	
Aug 22	Napier Rotary	500	
Interest		218.70	
Counselling	To various professionals		6769
TOTAL		15268.70	6769
Balance at 26/10/2023		8499.70	

Future funding:

At the Rotary Club of Stortford Lodge Charitable Trust meeting on 16 August 2022 the following resolutions were passed:

- 1) "That the Trust commits \$20,000 to Lifting the Lid to be paid in instalments as and when required"
- 2) "That \$3,000 be transferred to Lifting the Lid now."

This leaves \$17,000 still to come from the Stortford Lodge 2022 Quiz Night. (above).

There is also \$8,000 to come from the Stortford Lodge 2023 Quiz Night. (since approved).

So an additional \$25,000 is available from Stortford Lodge Charitable Trust to add to the \$8,499.70.

Therefore current balance is \$33,499.70.

Ahuriri Sunrise Rotary Club is dedicating the profits from a Show to be played on 1st November. It is sold out.

Taradale Rotary Club is holding a fundraising quiz night on 9th November 2023 with the proceeds going to "Lifting the Lid"

Greenmeadows Rotary have donated art work to be auctioned on their behalf at Stortford Lodge Rotary's next quiz evening to be held in May 2024.

District 9940 Management Board has decided that the Lifting the Lid programme they run in their District is to be seen as an endorsed project. As time goes on perhaps Lifting the lid could be an endorsed project for Rotary throughout New Zealand.

If you have any questions about "Lifting the Lid" please feel free to contact Ken or myself. We are both available to visit your club or your local high school to spread the word.

Kind regards

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Chair,

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