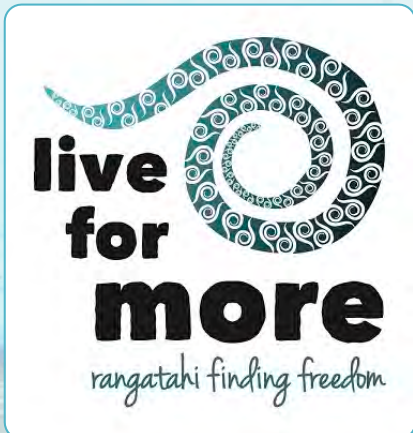
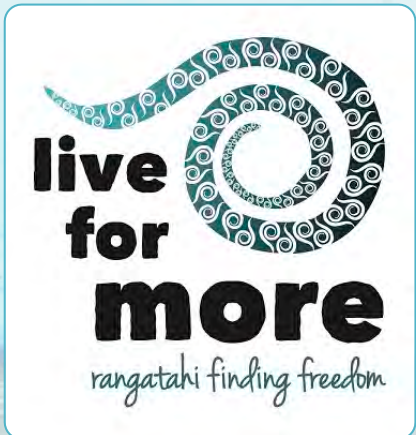


Engaging & Enabling higher-needs communities



Krista Dixon

Engaging & EMPOWERING higher-needs communities



Krista Dixon





Surf Therapy

Live for More



- Began in 2016
- Based in Tauranga
- 4 surf therapy programmes
- 9 staff, many volunteers

CONTENT WARNING
DRUG USE & SUICIDE

Our Purpose

To empower rangatahi (young people) to find freedom from their troubled pasts and be inspired to live positive and fulfilling lives.



Transforming troubled lives,
one wave at a time.



Who do we support?

- Males, 17-25
- Disengaged
- COLOURFUL! They are living lifestyles of drugs, alcohol, crime, gangs, prison, violence, MH
- High[est] Risk – significant trauma



Demographics

- 83% Māori
- 73% grown up around gangs
- 78% caught up in justice system
- 94% grown up exposed to drugs and alcohol
- 67% have been suicidal prior to coming to Live for More



“Health by *Stealth*”

- ‘Nothing else’ has worked
- Surfing is a CLINICAL TOOL



“Surfing cleared my mind, made me feel free. That’s why I love surfing, you feel like there’s no problems.”



Our long-term objectives

1. Free from Drugs
2. Free from Crime
3. Free from Gangs
4. Free from Prison
5. Positive Mental Health
6. Working or Studying



The background features a light blue field with a large, faint circular motif. This motif consists of several concentric circles. Between these circles is a pattern of swirling, flame-like or smoke-like shapes, creating a sense of movement and depth. The overall aesthetic is clean and modern.

How?

Use 'Assertive Outreach'



**Meet
them on
THEIR
level**



Be Non-judgemental



Create a 'whānau'

*"Once you're apart of the
Live for More whānau,
you're ALWAYS apart of
the whānau."*



Do **WHATEVER** it takes



Be Mana-Enhancing



Use
'Do the
mahī, get
the treats.'




Give NEVER-ENDING encouragement



Provide UNCONDITIONAL love / aroha





“Since doing Tai Wātea,
I am motivated to be
drug-free, go to Uni,
help others and be a
BETTER me.”

“I am surrounded by positive vibes
and wonderful people when I come to
Live for More.”



“In many ways,
I’ve found the
inner me — the
actual me. He’s
come out since
surfing!”



“Tai Wātea
saved me and
changed my
life for the
better.”



Thank
you!



Questions?

