

Helping services for young people in the Wairarapa

Support for families with teens

Whanau Ora Wairarapa – 06 377 5347

Building on Whānau strengths kaitiuiti support and develop pathways for Whānau to realise their own rangitiratanga across a range of issues determined by the Whānau.

Strengthening Families – 06 378 8900

Strengthening families is a structured early intervention process. Led by families/Whānau strengthening families brings together all the agencies that have a part to play in helping that family/Whānau achieve its desired outcomes.

Fresh perspectives – 0800 555 300

Family mentoring: A subsidiary of the Open Home Foundation trained social workers answer families questions to get started. Mentors are trained to encourage and assist with household management, being a family, health and disability issues and more.

Super Grans – 06 377 3115

A free service, for families/Whānau who want practical assistance and support in learning the basics of home management and life skills

STAND Family Therapy Services – 06 364 8069

The Family Therapy Service is child focused and structured to achieve a reduction in risk and an increase in protection for children and young people through a therapeutic and multi-systemic approach to change within the family/whānau, school and community through the provision of a Family Therapy Service.

Parenting programmes

Masterton Family Education and Support Centre – 06 377 5476: Offering a range of programmes that teach life skills and offers support and education to those who are isolated or at risk of family breakdown. Masterton based.

Presbyterian Support Central - 06 308 8028: Growing together – a chance to share experiences and practice positive parenting skills to manage challenging behaviour.

Te Hauora Runanga o Wairarapa - 06 378 0140: Kaupapa Maori delivery of one on one parenting programmes for rangitahi aged between 7 -17 years delivered in their own home. Social Work services supporting parenting programmes are offered to those living in Masterton and surrounding areas.

Rangitane o Wairarapa - 06 370 0600: Offering the Incredible Years parenting programme.

Wairarapa Counselling Centre – 06 377 5716: Offers Triple P parenting courses and the Incredible Years programme.

A number of Churches also offer parenting programmes including, but not limited to:

- Salvation Army
- Lighthouse Church

Supporting young people to remain in education, training or employment

Resource Teachers: Learning and Behaviour: Working with students from years 1 – 10 with learning and behavior difficulties, they have a particular focus on supporting Māori and Pasifika students and children and young people moving into State care. RTLB support and up skill teachers to better meet the needs of students

Social Workers in Schools: Aimed towards children and young people who have poor engagement in school as a result of social problems, behavioural problems, are experiencing grief or loss, are from families who may be struggling financially, or with issues such as overcrowding, family violence, drug or alcohol misuse or are from at-risk families including those that have been referred by CYF for community based support. Taking a child-centred approach, social workers may include working with siblings attending other schools.

- Featherston School
- South Featherston School
- Douglas Park School
- Masterton Primary School
- Lakeview School
- South End School Carterton
- Te Whare Kura o Wairarapa
- Masterton Intermediate

Wairarapa Safer Community Trust - 06 379 5407

Youth Services: Young people aged between 16 and 18 living away from home can be supported by youth workers and encouraged to re-engage with their education, move into training or employment.

Young people aged between 16 and 18 year old who are pregnant, or have babies can also be supported by youth workers and encouraged to re-engage with their education, move into training or employment. The Youth Service offers additional support providing parenting programmes.

Young people aged between 16 and 18 and living at home, who are struggling at school, or who are no longer attending school can be offered support through a youth worker to re-engage with school, further training and employment.

Social Work: A service offering a mix of mentoring, counselling and social work support for young people attending alternative education.

Attendance Service: A case management service that works with schools to initiate non-enrolled truancy referrals after 10 days of unjustified absence, locates learners identifying the reasons for the unjustified absence or non-enrolment and assists the young person back to school or re-enrols them in another learning environment.

FREE medical services for young people

Youth Kinex – 392 Queen St, Masterton – drop in

Open from 2 -5pm Mondays and Fridays Masterton Medical offers free GP and nursing services. Appointments are run on a drop in basis and the St Johns's shuttle offer a drop off service.

Carterton Medical Centre – 06 379 8105

A free drop in clinic for young people who need to be seen by a nurse. The medical centre is open Mondays/Wednesdays/Thursdays/Fri days – 8am – 5pm, Tuesdays 8am – 7pm.

School Based Health Clinics

Offering access to both nurse and GP care these clinics operate at:

- Makoura College
- Teen Parent Unit
- Te Whare Kura o Wairarapa

Offering nursing care

- Wairarapa College
- Kuranui College

Counselling

Talking therapies are available to support young people who experience problems to implement achievable solutions.

Wairarapa Counselling Centre - 06 377 5716

Drop in service available through Youth Kinex 392 Queen St Masterton

Presbyterian Support Central - 06 308 8028

Rape & Sexual Abuse – 0800 614 614

A 6 – 8 month programme for young people aged 13 – 17 who are victims of rape or sexual abuse.

Crisis response and emergency counselling to survivors/victims of sexual violence.

Focus - Access to Support Services

Provides support needs assessments for people with disabilities.

**Monday to Friday 8am – 5pm
0800 900 001**

Drug and alcohol services

Pathways/Care NZ - 06 370 6103

The youth team aims to reduce harm associated with alcohol and other drug misuse. Working with the young person to assist with making positive choices Pathways/Care NZ offer treatment/interventions options to suit individual needs including individual, group and family work.

Also offers residential managed withdrawal.

Richmond Services - 06 370 2233

Multi Systemic Therapy Service is a community based programme designed to help young people and their families manage very challenging behaviours.

Te Hauora Runanga o Wairarapa - 06 378 0140

A Whānau-centered service offered when parents are worried about their teen's drug and alcohol use.

Mental Health Care

When a young person has a mild to moderate mental illness, access to mental health assessment and treatment is through **Compass Health 06 370 8055**. A mental health nurse will assess the situation and either treat or refer on.

Where a young person is considered to have a suspected or identifiable mental health disorder referrals for assessment and treatment can be made to the DHB **Child Adolescent Mental Health Service 06 946 9808**

Helping services for young people in the Wairarapa

When young people are victims of violence

Presbyterian Support Central - 06 308 8028

The abuse prevention programme is a wraparound package of care supporting families with children who are under 17 years old.

Wairarapa Rape and Sexual Abuse - 0800 614 614

A 6 – 8 month programme for young people aged 13 – 17 who are victims of rape or sexual abuse.

Crisis response and emergency counselling to survivors/victims of sexual violence.

Women's Refuge - 0800 733 843

Offering group programmes, individual therapy and support to children who have witnessed and/or experienced violent behaviour at home. Including social work support for parents.

Child safety programmes are for children from 0 -17 years with a parent who is a victim of a charge related to domestic violence in the criminal court or has applied for a protection order for as long as the order remains in place. Community referrals accessed through:

- **Stopping Violence Services Wairarapa - 06 377 0933**
- **Women's Refuge - 0800 733 843**

Rangitane o Wairarapa - 06 370 0600

Offers counselling, mentoring and social work support for young people, specifically Maori, who have been affected by domestic violence, relationship issues or who are at risk of offending.

When young people are perpetrators of violence

Stopping Violence Services Wairarapa - 06 377 0933

Programmes for young people who are perpetrators of violence

Well Stop - 04 566 4745

Assessments and early intervention for children who have displayed concerning or harmful sexualised behaviour.

When young people are at risk of offending

Rangitane o Wairarapa - 06 370 0600

A range of services are available to both young men and women. Both group programmes and one on one support is available offering mentoring and social work support.

Wairarapa Safer Community Trust - 06 379 5407

Life to the Max: Supports young people and their families who are demonstrating behaviours that indicate they are at risk of offending. Young people are aged between 5 and 14 years and social workers work with the Whanau to develop, implement and evaluate plans which designate individual responsibilities for the child or young person. The service runs from 6 weeks to 12 months.

Programmes available in schools

Loves me Not – delivered through NZ Police in association with Stopping Violence Services Wairarapa this is a healthy relationship programme in which senior secondary students learn about relationships and the sometimes difficult subject of relationship abuse and consent.

Date and Mates – delivered by Stopping Violence Services Wairarapa through ACC, this is a healthy relationships programme for secondary school students (years 9 -13). It's designed to help prevent sexual and dating violence by teaching young people relationship skills and behaviours to carry with them throughout their lives.

One-off programme offered on an ad hoc basis through:

- **Whanau Ora Wairarapa 06 377 5347**
- **Bully Free me 06 377 0933**
- **Te Hauora Runanga o Wairarapa 06 378 0140**
- **Social Workers in Schools**

Formal Mentoring programmes and groups

Big Brother Big Sister - 06 370 5407

A free youth mentoring service that works with Wairarapa children aged 7-18 years, with mentor relationships being formed between the ages of 7-13 years.

Wairarapa Youth Council – 06 378 8900 Ext 719

Supported by a youth worker the Wairarapa Youth Council provides young people an opportunity to engage in community civics across a range of issues and activities.

Raise Up – 06 377 5499

Run for youth by youth this programme includes a mix of regular weekly activities, events, workshops and personal development opportunities. Tailored to the interests of each region this is a safe and positive environment in which to relax, socialise and achieve goals.

Rangitira 2 Rangitahi – Carterton 027 742 2264

R2R is a group programme run for youth by youth. With separate groups running in both Carterton and Featherston activities focus on rangitahi led events, leadership workshops and more.

Positive youth development programmes

Anga-Atu – 06 378 8719

Street Youth Ministries run a structured supervised programme outside of school hours for young people deemed at risk of offending in the Wairarapa aged between 12-18 years.

Tuakana Teina – 06 370 0600

Rangitane o Wairarapa with Wairarapa Police run a week long programme delivered to at risk young people covering water safety, nutrition, cultural lore and statutory law around the gathering of kai moana from the sea.

Whaka Mana – Chanel College

NZ police run this 6 week programme based on setting goals for career or sport and being healthy through exercise

Waka Ama – 06 370 0600

Rangitane o Wairarapa with Wairarapa Police jointly run this leadership and team work course delivered through Waka-Ama Paddling.

School Holiday programme - 06 378 8900

Run throughout the Wairarapa this free school holiday programme runs for 2 weeks over the summer holidays. This programme also runs in Masterton during other holiday periods.

Super Grans – 06 377 3115

For families/Whānau who want practical assistance and support in learning the basics of home management and life skills. This is a free service

STAND Kidza Cool Adventures – 06 364 8069

The KidzaCool Adventures holiday programme is a terrific way for foster/kin care children to have fun, exercise and meet new friends during the school holidays. KidzaCool Adventures accept children aged 5-12 inclusive, who do not live with their biological parents who are cared for by foster/kin/Whānau carers.