

REFERRAL PROCESS

Referrals can be made by Child Youth and Family staff and Gateway Coordinators through completion of a Youth Horizons referral form.

Completed forms can be emailed (blank forms can be obtained here also):

referralsauckland@youthorizons.org.nz

Our staff will triage each referral and determine the best programme to suit each situation.

ABOUT YOUTH HORIZONS

Youth Horizons is a specialised non-profit organisation providing therapeutic services for young people who have complex behaviour and/or mental health needs.

Our innovative approach combines evidence-based models of practice along with a focus on our core values of Manaakitanga, Wairuatanga, Aroha and Whanaungatanga.

We have over 300 staff and caregivers supporting young people and their families and whānau across the North Island and Lower South Island. To find out more about Youth Horizons, visit www.youthorizons.org.nz



IN-HOME SERVICES

Information for referrers
in Tāmaki Makaurau



Phone 09 573 0954
Freephone 0508 227 678
Email info@youthorizons.org.nz

YOUTHORIZONS.ORG.NZ



YOUTH HORIZONS | KIA PUĀWAI

Youth Horizons offers three in-home services in Tāmaki Makaurau – Functional Family Therapy (FFT), Multisystemic Therapy (MST) and our FirstCare programmes.

These services are specifically designed to meet the needs of children, young people and their families/whānau who are experiencing challenging conduct, anti-social behaviour and/or mental health difficulties. These services are very effective for young people and children who are:

- » at risk of coming into care,
- » leaving care to a permanent placement, or
- » with long term placements where challenging behaviour is an issue.

Our therapists are intensively trained in each evidence-based model and are mobile throughout the city to meet with families in their own homes. We are flexible in how and when we meet with families to ensure individual circumstances can be accommodated.



FIRSTCARE

Our FirstCare programme provides in-home behaviour management training that supports parents to develop skills and experience in effectively managing children's emotional difficulties and challenging behaviour. The Cognitive Behavioural Therapy (CBT) service delivers individual therapy with children who have experienced trauma and/or emotional difficulties. Our FirstCare programmes in Auckland include the Positive Parenting Programme (Triple P – level 4 and 5), Incredible Years and Cognitive Behavioural Therapy (CBT). Our therapists work across the region and support families and parents in their own home with the most suitable programme to meet their individual needs.

- » **Client group:**
Parents or caregivers of children aged 0 – 17, and children aged 8 – 17.
- » **Programme duration:**
Weekly sessions over 2-4 months.
- » **Outcome objectives:**
Improve skill levels of parents and caregivers, retain young people in their existing placement and reduce antisocial and dysfunctional behaviour in children.



FUNCTIONAL FAMILY THERAPY

Functional Family Therapy (FFT) works with young people and their family/whānau to help them strengthen relationships, improve communication and respond to challenging behaviour. The programme is strength-based and requires all members of the household to participate in each session. Extended family/whānau who are close with the young person are also welcome to participate as they can often benefit from the therapy and enhance the overall family outcome.

- » **Client group:**
Young people aged 11 – 17 who have challenging behaviour.
- » **Programme duration:**
10 – 12 sessions, typically over 3 months.
- » **Outcome objectives:**
Retain young people in their existing placement, maintain engagement (or re-engage) in education or training and improve social interaction skills.



MULTISYSTEMIC THERAPY

Multisystemic Therapy (MST) is an in-home intervention for the treatment and management of conduct problems in young people. The programme works to address the severe difficulties and challenges including offending, faced across multiple contexts.

We work with each young person's ecology including, family/whānau, the school, community and peers to improve behaviours and sustain change. The programme is intensive and offers 24/7 on call clinical support to families and young people.

- » **Client group:**
Young people aged 11 – 17 who have severe challenging behaviour.
- » **Programme duration:**
An average of 2 – 3 sessions per week, over 3-5 months.
- » **Outcome objectives:**
Retain young people in their existing placement, reduce offending, maintain engagement (or re-engage) in education or training and improve social interaction skills.