

## How can my whānau access FFT-CG?

FFT-CG is available to whānau living in Greater Auckland, including Franklin to the South, Waiheke Island, and Wellsford to the North.

- ▶ **Youth Justice, Oranga Tamariki South Auckland Referrals** are made by the South Auckland Oranga Tamariki Youth Justice sites at Otara, Mangere, Manurewa, and Papakura for young people aged 10-17 who are living at home or returning home following a period in residential care.
- ▶ **Corrections Referrals** are made by Auckland Region Women's Corrections Facility and Community Corrections offices at Franklin, Manukau, Mangere, Manurewa, Otara and Papakura for young people age 10-17 who are on a community sentence or on probation.
- ▶ **Police Referrals** are made by Auckland City and Waitemata Districts for young people age 10-17 where Police wish to stop progression through the justice system.

FFT-CG is a new programme being run as a pilot in Greater Auckland. A group of researchers are going to study the programme to find out how well it works, and we'll be asking you and your whānau to take part in this study. Youth Horizons will provide you with more information.

## Contact Us

For more information about FFT-CG contact our Referrals Coordinator at [fftcg-referrals@youthhorizons.org.nz](mailto:fftcg-referrals@youthhorizons.org.nz)

If you would like to know more about Youth Horizons contact:

**Freephone 0800 375 210**

**Email [communications@youthhorizons.org.nz](mailto:communications@youthhorizons.org.nz)**

**[youthhorizons.org.nz](http://youthhorizons.org.nz) •   [youthhorizons](https://www.facebook.com/youthhorizons)**

## About Youth Horizons

**Youth Horizons is a national charitable trust working to improve the lives of children and young people who are dealing with behavioural, emotional, mental health or development issues.**

We deliver programmes that have been shown to work and meet the needs of people from different backgrounds. We focus on therapy in the home, parenting support, bringing families back together, and foster care and group home placements. We have over 250 staff and caregivers supporting young people and their families and whānau across the North and lower South Islands.

**If you would like to know more about Youth Horizons visit [youthhorizons.org.nz](http://youthhorizons.org.nz)**

# FUNCTIONAL FAMILY THERAPY - CROSS GENERATIONS (FFT-CG)

**Information for Families**



**YOUTH HORIZONS | KIA PUĀWAI**

## What is Functional Family Therapy – Cross Generations?

The Functional Family Therapy – Cross Generations programme (FFT-CG) is for young people aged 10–17 years and their whānau. It's designed to reduce offending and support wellbeing.

Our experienced and supportive therapists will meet with you and your whānau in your home (or another location that suits you) and work with you to:

- ▶ Reduce the risk of re-offending
- ▶ Strengthen whānau relationships
- ▶ Strengthen the way you interact and communicate with each other
- ▶ Improve your wellbeing by reducing aggressive behaviours and conflict
- ▶ Help your young person to stay at home or transition successfully to living independently
- ▶ Help your young people stay in or return to school, training or employment.

## Will this be right for my whānau?

- ▶ Our therapists will work hard to build a strong relationship with you and your whānau, based on mutual respect, understanding and trust.
- ▶ They are trained to work in ways that are mana-enhancing for Māori and appropriate for Pasifika families, and tikanga Māori is woven into the programme.
- ▶ Our Kaumātua and Māori and Pasifika cultural advisors work closely with our therapists to ensure you and your whānau are getting what you need.

For the programme to work, all members of the household need to take part. Members of your extended whānau are also welcome to participate.

The number of sessions you have with your therapist will depend on your specific needs and what works best for you.

## What will we do at the sessions?

Your therapist will work with you and your whānau to:

- ▶ Reduce conflict and build a hopeful and positive home environment
- ▶ Identify how your family interactions can influence the behaviour of each other in positive ways
- ▶ Learn new communication and conflict management skills
- ▶ Encourage and support you or your young person to strengthen relationships with key people in your community such as teachers and sports coaches.
- ▶ Set goals and milestones so you can see how you're tracking through the programme.

**There are plenty of opportunities to celebrate your strengths and successes.**

