



YOUTH HORIZONS | KIA PUĀWAI
Our youth, our future

OUR SERVICES

Functional Family Therapy (FFT)

- The referred young person is **10-18 years old**, but therapy includes all key people in the household and relevant extended whānau
- **Aims:**
 - To celebrate strengths and successes
 - To reduce interpersonal conflict in the family, and improve family functioning
 - To maintain the young person living at home, reduce their offending behaviour and stay in or return to school
- **Duration:** 10 to 12 sessions over 3 months

Pae Whakatupuranga - FFT Cross-Generations

- The referred young person is **10-24 years old**, and can be made by OT YJ, Police, and Corrections but
- Therapy includes all key people in the household and relevant extended whānau
- **Aims:** as standard FFT with additions to help young person stay in or return to school, training, or employment; reduce their involvement with the justice system and reduce intergenerational offending
- Number of sessions and **duration of treatment varies** according to the young persons needs

Multi-Systemic Therapy (MST)

- The referred young person is **12-17 years old** (consideration given to 11-year-olds with extreme behaviour)
- **Aims:**
 - Tailored to each whānau: primarily works with parents on their response to challenging behaviour, to reduce aggression, running away, substance use, offending.
 - To build relationships between the whānau, schools, and others involved in the young person's life
- **Duration:** average 2 sessions per week over 5 months
- 24/7 telephone support available to parents

Cognitive Behavioural Therapy (CBT)

- **Individual therapy** for referred young person aged **8-16 years old**, and presenting with the following:
 - Experience of trauma, or
 - Emotional and / or behavioural struggles
- **Aims:**
 - To help the young person understand their feelings and manage their behaviour
- **Duration:** between 6 and 16 weekly sessions

Positive Parenting Programme (Triple P)

- Support for parents, caregivers or whānau members of referred children aged **3 – 18 years old**
- **Aims:**
 - To provide strategies to help parents/caregivers manage their children's behaviour
- **Duration of standard Triple P:** 10 sessions over 7-17 weeks
- Additional modules focus on:
 - Co-parenting
 - Coping skills
 - Parenting traps

Incredible Years

- Individual, in-home support for parents, caregivers or whānau members of referred children aged **3 – 18 years old**
- Referrers are encouraged to submit a referral for Triple P first
- **Aims:**
 - Similar to Triple P with an increased focus on bonding and attachment
- **Duration:** 12 to 15 sessions

Specialist Caregiver Programme (SCP)

- The referred young person is typically **11-16 years old** and is presenting with severe emotional and / or behavioural struggles
- **Treatment process and aims:**
 - A one-on-one placement where young people live with caregivers in a whānau home, and the team work with whānau and other services to ensure the young person remains safe
 - Holistic support for the young person
 - Teaches behavioural and social skills to enable success at home, school and in the community
- **Duration:** an average of 12 months with the opportunity for extension

Treatment Foster Care Oregon (TFCO)

- The referred young person is **12-16 years old** and is presenting with severe emotional and / or behavioural struggles resulting in problems at home, school or with peers
- **Treatment process and aims:**
 - Young people live with caregivers in a whānau home
 - Young people receive individual therapy, and the identified next placement receive whānau support to support treatment impact
 - To return young person to home or whānau
 - Improved behaviour, self-confidence, relationships, and life opportunities
- **Duration:** 6 months to 1-year (9 month average)

Te Kainga - teen mums' home

- The referred young woman is **14-19 years old** and is a parent or expectant parent
- **Treatment process and aims:**
 - Young mums are taught parenting and life skills in a safe whānau style home for up to 5 young mums (and their children), with 24/7 staff supervision and support
 - The team work with whānau and other services to ensure success
 - Treatment is tailored and responsive to the individual and holistic needs of both mum and baby
 - Transition support to next steps following the programme
- **Duration:** 6 months to 1 year (approximately)

Te Whare Tūmanako O Kia Puāwai

- The referred young man is **10-17 years old** and has severe emotional and / or behavioural struggles
- **Treatment process and aims:**
 - A safe whānau style home for up to 5 young men, with 24/7 staff supervision and support
 - Young men are taught life skills to address long term needs in communication, managing emotions, healthy behaviour and boundaries, etc. to succeed in whānau, school and community
 - The team work with other services and support young men to establish and maintain whānau connections to ensure success
 - Treatment is tailored and responsive to each
- **Duration:** 6 months to 1 year (approximately)

For more information about Youth Horizons | Kia Puāwai services, check out:

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