

# REFERRAL PROCESS

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

To request a form for a young person in Northland, email

[ttt.referrals@youthorizons.org.nz](mailto:ttt.referrals@youthorizons.org.nz)



# OTHER SERVICES

Youth Horizons also delivers one-to-one therapeutic foster care placements in Northland/Te Tai Tokerau for local and national referrals. For more information contact [info.ttt@youthorizons.org.nz](mailto:info.ttt@youthorizons.org.nz)

# 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 children, young people and families from different backgrounds.

We have over 250 staff and caregivers supporting young people and their families and whānau across the North and lower South Islands. While our West Auckland office, Youth Service West, supports young people to find the best options for education, training or employment.

# CONTACT US

**Phone** 0800 375 210

**Email** [info.ttt@youthorizons.org.nz](mailto:info.ttt@youthorizons.org.nz)

[YOUTHORIZONS.ORG.NZ](http://YOUTHORIZONS.ORG.NZ)

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# IN-HOME SERVICES

Information for referrers



YOUTH HORIZONS | KIA PUĀWAI

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# Youth Horizons offers two in-home services in Northland/Te Tai Tokerau – our FirstCare programmes and Functional Family Therapy (FFT).

These services are designed to help tamariki and rangatahi with emotional or behavioural needs maintain stable living arrangements and address challenging behaviours. Clients include young people involved with youth justice or care and protection and their families/whānau and caregivers.

These services are designed for tamariki and rangatahi who are:

At risk of coming into care

Leaving temporary care to a permanent placement

In long term placements where challenging behaviour is an issue, or

Are identified through a Gateway assessment as having mental health, behavioural or emotional needs

Our therapists are intensively trained in these evidence-based models and meet with families in their homes and other convenient locations.



## FIRSTCARE

Our FirstCare programmes in Northland are the Positive Parenting Program (Triple P) and Cognitive Behavioural Therapy (CBT). Triple P supports parents and caregivers to develop skills to manage emotional difficulties and challenging behaviour in tamariki and rangatahi, aged 0-17 (levels 4 and 5). CBT delivers individual therapy to tamariki and rangatahi, aged 8-17, who have experienced trauma and have ongoing emotional or mental health difficulties. Our therapists support families and parents in their own home with a programme to meet their specific needs.

The programmes comprise weekly sessions over 2-4 months.

### Objectives:

Improve parent and caregiver skill levels and retain tamariki and rangatahi in their homes

Provide early targeted intervention to prevent problems escalating

Help tamariki and rangatahi manage the emotional and behavioural impacts of experiencing traumatic life events

Help tamariki and rangatahi with long-term outcomes such as employment and being parents.



## FUNCTIONAL FAMILY THERAPY

Functional Family Therapy (FFT) is an evidence based intervention for rangatahi, aged 10-17, and their family/whānau to help them strengthen relationships, improve communication and reduce challenging behaviour. The programme is strength-based and requires all members of the household to participate. Extended family/whānau are also welcome to take part as this can be beneficial. The therapist visits the family in their own home.

The programme comprises 10-12 sessions, typically over 3 months.

### Objectives:

Retain rangatahi in their existing placement, and to help them remain in or return to school or training, and to improve social interaction skills.

Improve the well-being of rangatahi and assist with long-term outcomes such as employment and being parents.