

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. In addition, our West Auckland office, Youth Service West (YSW), supports local young people to find the best options for education, training or employment.



Contact us

If you would like to know more about Youth Horizons FirstCare services:

Phone 0800 375 210

Email communications@youthhorizons.org.nz

youthhorizons.org.nz

  [youthhorizons](https://twitter.com/youthhorizons)

FIRSTCARE SERVICES

Information for your family



YOUTH HORIZONS | KIA PUĀWAI

March 2018

What are FirstCare services?

Operating in: *Te Tai Tokerau, Auckland, Waikato, Bay of Plenty, Taupo, Taranaki, Wellington and Wairarapa.*

FirstCare Services are specialist behavioural and parenting interventions, consisting of the Positive Parenting Program (Triple P) and individual Cognitive Behavioural Therapy (CBT). Both programmes have been shown to produce positive changes in those who use them.

Once we receive a referral, a FirstCare practitioner will contact you and arrange a meeting to discuss your family's situation to help determine the programme that might best meet your needs. The programme will proceed if you agree with the proposed approach.

Positive Parenting Program

Triple P is for families with children up to age 16. Triple P provides simple and practical strategies to help you confidently manage your children's behaviour and prevent problems from developing.

We offer programmes for pre-school to pre-teen children, for teens and for children who have a disability. Each programme consists of 10 modules, taking between 7 and 14 weeks to complete.

Triple P can be helpful whether you're a parent, another member of the whānau, a caregiver or a foster caregiver. An enhanced programme is also available and provided on a case-by-case basis. Visit **www.triplep.net** for more information.

Cognitive Behavioural Therapy

Some children and young people may benefit from their own individual sessions of CBT. This therapy provides support to children and young people, aged between 8 and 16, who are struggling to control their emotions or who have experienced trauma.

CBT helps children and young people to understand and manage their feelings and the behaviours that result. The programme normally involves around 10 weekly sessions.

Incredible Years

Available in Auckland, Incredible Years is offered on a case-by-case basis to families with children aged between 2 and 12, for whom group attendance is challenging. This programme has been shown to reduce childhood conduct problems and strengthen self-regulation and problem solving skills.

How to access FirstCare services

Generally, you will need a referral to be made through Oranga Tamariki, which may involve an assessment to determine how best to proceed.

For Triple P, referrals may also be needed for other children living at home.

