

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):

ttt.referrals@youthhorizons.org.nz

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



OTHER YOUTH HORIZONS TREATMENT SERVICES

Youth Horizons also delivers the Teaching Family Model through our residential home in Whangarei (Kaiwaka Te Kaitiaki) and a five-bed Specialist Fostercare Programme based in Whangarei. You can find out more about these programmes by contacting our local team on info@youthhorizons.org.nz

ABOUT YOUTH HORIZONS

Youth Horizons is a specialised non-profit organisation providing therapeutic services for rangatahi 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 rangatahi and their families and whānau across the North Island and Lower South Island.

CONTACT US

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YOUTHORIZONS.ORG.NZ

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IN-HOME SERVICES

Information for referrers
in Te Tai Tokerau



YOUTH HORIZONS | KIA PUĀWAI

Youth Horizons offers two in-home services in Te Tai Tokerau – Functional Family Therapy (FFT) 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 across Northland 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 programmes in Te Tai Tokerau include the Positive Parenting Programme (Triple P – level 4 and 5) and Cognitive Behavioural Therapy (CBT). Triple P is an in-home behaviour management training programme that supports parents to develop skills and experience in effectively managing tamariki who have emotional difficulties and challenging behaviour. The Cognitive Behavioural Therapy (CBT) service delivers individual therapy to rangatahi who have experienced trauma and/or emotional difficulties. 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 tamariki and rangatahi aged 0 – 17, and rangatahi aged 8 – 17.
- » **Programme duration:**
Weekly sessions over 2 – 4 months.
- » **Outcome objectives:**
Improve skill levels of parents and caregivers, retain tamariki and rangatahi in their existing placement and reduce antisocial and dysfunctional behaviour in tamariki and rangatahi.



FUNCTIONAL FAMILY THERAPY

Functional Family Therapy (FFT) works with rangatahi 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 rangatahi are also welcome to participate as they can often benefit from the therapy and enhance the overall family outcomes.

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