



WELLSTOP

Positive choices for a safer future.

Contact Details

- WellStop is an independent not-for-profit organisation that is governed by a board of people from the community.

- We were established in 1993 as Wellington Stop and changed our name to WellStop in 2005.

- In dealing with issues of abuse we keep in mind the need for safety for the victim, family and community.

- We work from the understanding that people who sexually abuse can and do change, especially when they have good support from treatment providers, families and the community.

- We employ well-trained experienced staff, including psychologists, counsellors and social workers. In some areas Maori staff are available to work with Maori clients and in Wellington we have a relationship with an organisation to help us to better meet the needs of Pacific Peoples.

Making a Referral

- Anyone is welcome to contact WellStop to discuss concerns or make a referral.
- Referrals come from a wide range of sources including CYFS, schools, health professionals, social workers, parents, caregivers, and other family or whanau.
- WellStop is a private counselling agency so all referrals need to be funded by the referrer or family, however we receive some funding to work with young people referred by CYFS. Social workers need to check first to see if places are available.

Wellington Region:

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Epunui

Lower Hutt 5042

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staff@wellstop.org.nz

Palmerston North Region:

PO Box 420

Palmerston North 4440

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Fax: (06) 356-9699

pnorth@wellstop.org.nz

East Coast Region:

PO Box 3265

Onekawa

Napier 4142

Ph: (06) 842-2430 (Hawke's Bay)

Fax: (06) 842-2470

Ph/Fax: (06) 867-0145 (Gisborne)

eastcoast@wellstop.org.nz

For more information visit our Website:

www.wellstop.org.nz

All branches are regionally based and provide outreach services to most major towns and cities in their region e.g. Wanganui, Masterton.

For services in the Taranaki region contact

Safer Centre:

Phone: (06) 758-4178

Website: www.safercentre.org.nz

For general youth enquiries email:

youthprogrammes@wellstop.org.nz

Youth Programme

We offer help and support for young people aged 13-18 years who have engaged in sexually harmful behaviours and their families.

Our Mission:

To work towards the elimination of sexual abuse in our region

Programmes also available for:

- Children 5-12 with sexualised behaviour, and their families
- Adults who are ready to stop their sexual abuse of children and others, and support for their families

What does WellStop do?

- We help young people who have sexually harmful behaviours to have safer and more positive futures.
- We work as a team with families, professionals and other support people to ensure a safe and caring environment for all concerned.
- We provide information and support to families and agencies especially schools, who are supporting particular young people.
- We also provide consultation and training to professional and community groups about young people with sexually harmful behaviour.

What is Sexually Harmful Behaviour?

Sexually harmful behaviour includes a range of behaviour from unwanted sexual comments right through to rape or sexual assault against a child, teenager or adult.

It can also include such things as exposure or flashing; stealing underwear; peeping at or stalking someone; making obscene phone calls or misuse of chat lines, chat rooms or messaging; and looking at or making child abuse images or violent pornography.

WellStop Youth Services

Assessments:

- To understand the reason a young person has sexually harmed.
- To estimate the risk of the behaviour happening again, identify safety concerns and develop a safety plan.
- To find out about the strengths and hopes of the family and young person.
- To recommend treatment and support for the young person and their family.

Assessments involve the young person, parents and caregivers, other appropriate family and the referring person or agency. A report can be made available to Family Group Conferences or Court if required.

Treatment:

- Therapy is tailored to meet the needs of the young person and their family. It is based on the assessment and discussed at a care plan meeting at the start of therapy.
- Individualised treatment programmes may include a combination of:
 - One to One Therapy
 - Family Therapy
 - Family Education
 - Group Therapy
 - Social Work supportCollaboration with other agencies
- Treatment usually lasts between 3 – 18 months. Progress is reviewed every three months at a review meeting with family and others who are involved.

Managing Safety

The safety of children and the community is very important. If we believe a child is at risk we will make sure that Child Youth and Family Service (CYFS) is aware of this.

Safety plans are developed for all clients in consultation with the family, support people and involved professionals.

Adults who care for the young person are expected to manage the safety plan. As things progress the young person may take more responsibility for managing their part of the safety plan.

Positive Family Relationships

WellStop works with families to improve relationships, especially where these have broken down or the family has been separated as a result of the sexually harmful behaviour. We discuss what is needed for the family to be together again safely and work with the family to achieve these goals.

We listen to the concerns and hopes of family members, especially those affected by the abuse. If for some reason the family is not able to live together again we look at ways to restore the relationships and have safe contact between family members.