

The choice is yours:

**A life of abuse, secrecy, guilt and shame
or a life of openness, honesty and safety.**

We look forward to hearing from you.



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our Website:**
www.wellstop.org.nz



WELLSTOP

Positive choices for a safer future.

Intervention for Adults Who Sexually Abuse

Programmes also available for:

- Children 5-12 with sexualised behaviour and their families
- Young people 13-18 with sexual behaviour problems, and their families

To men who have sexually abused

If you are reading this booklet you are probably someone who has done something sexually abusive. We appreciate that you may be experiencing a range of emotions at this time.

- You may feel guilty and ashamed about what you have done.
- You may be very concerned about what might happen to you.
- You may be confused as to what to do about addressing your behaviour.

The fact that you are reading this is an important first step and shows you are taking this seriously. We respect this and we seek to support those who are prepared to face up to difficult issues and strive to make real changes.

In this booklet we have set out some basic information about sexual abuse and about the assistance that WellStop can provide for both the abuser and those who are close to him.

We hope that the information that follows may answer some of the questions you have and assist you in taking responsibility and beginning to address your abusive behaviour.

progress by both clinicians working on the programme and family members.

The Family Worker supports family members at these meetings and can advocate for any needs that they may have expressed. If family members do not want to attend System Review meetings the Family Worker can attend on their behalf and provide a voice for those who have been affected by the abuse. The Family Worker has a role in ensuring that the men on the programme are accountable to their partners, to family members and to victims.

Is there any charge for these services?

WellStop receives funding from various sources but is generally under-funded. Men who attend the programme are expected to make a weekly financial contribution towards the costs. There is no charge for the services provided by the Family Worker.

How do I get on the programme?

Men can be referred to the programme as a part of a sentence imposed by the Courts, they can self-refer, or be referred by other government or community based agencies. You can telephone WellStop and arrange for an assessment where we can discuss the programme and your problem.

Who works at WellStop?

WellStop employs only those who are experienced and competent at working with sexual abuse. Staff members currently include Psychologists, Counsellors, Therapists, and qualified Social Workers. Maori staff are available to work with Maori clients and we have a relationship with an organisation to enable us to more effectively meet the needs of Pacific People. Staff are provided with professional supervision and they keep up to date with new developments .

What does WellStop provide for family/whanau members?

WellStop employs Family Workers who are able to provide on-going support that can continue even if the man does not stay on the programme.

The Family Worker can help identify personal needs and assist family members to access other services in the community. Partners and family members are provided with support and information regarding sexual abuse. System Review meetings are held throughout the programme and family members are encouraged to attend. At these meetings men are given feedback as to their

What is WellStop?

WellStop is set up to provide treatment for adults, adolescents, and youth who have been sexually abusive and who are ready to do something about stopping their abusive behaviour. It is a community based, non-profit making organisation that is independent of government agencies.

It has been operating since 1993 and is based on successful principles developed in New Zealand and other countries. WellStop's mission is to work towards the elimination of sexual abuse in our region.

WellStop works with other victim and family agencies to promote family and community safety.

What is sexual abuse?

WellStop sees sexual abuse as any unwanted or inappropriate sexual behaviour.

Sexual abuse includes unwanted or inappropriate sexual touching, oral, anal or vaginal penetration, exposure, peeping, obscene telephone calls, child abuse images, bestiality, sexual harassment and internet use for inappropriate sexual purposes.

What do I need in order to join the WellStop programme?

- You will need to face what you have done and accept responsibility.
- You will need to talk openly in treatment about your abusive behaviour and your thoughts and feelings.
- You will need to agree to and sign a safety contract.

What does the programme involve?

WellStop usually takes a year to complete. It can take longer depending on how quickly you progress. You will be given support and encouragement through this process. You will also be challenged about inappropriate behaviour.

You will receive an assessment and individual counselling as needed. You will usually attend a weekly group programme. This has been shown to be the most effective way of addressing abuse issues.

The group process -

- Helps you to learn skills to avoid further offending.
- Helps you understand the full effects of sexual abuse on victims and others who are affected by abuse.
- Supports you to address attitudes and beliefs that contributed to the abuse.
- Helps you develop a lifestyle that is more respectful of others.

We aim not just to help people “Stop” abuse but to do this “Well.” Hence our name, WellStop. We hope that by doing this programme you can develop a safe and more satisfying lifestyle.

What about confidentiality?

Men attending WellStop sign a Confidentiality Agreement. Generally what you say at WellStop stays confidential. All the information you provide will be protected under the terms of the Privacy Act 1993. The staff at WellStop share information with each other, but not with anyone else unless you have agreed.

There are three important exceptions to this:

- If staff at WellStop believe that someone on the programme might harm himself or somebody else they will take action to intervene.
 - If information is received that indicates that a child has been abused and has not been given the opportunity for counselling, action will be taken to provide assistance.
 - If the staff of WellStop believe that a child is at significant risk of being abused they will intervene.
- Intervention is not normally taken without discussing the situation with the parties involved.