
Introduction

WellStop is a treatment programme for people who have sexually offended or abused others and who are ready to stop this behaviour. Our aim is to help people make positive choices to establish a safer future. We aim not just to “stop” offending but to help people to do this “well” so they have more positive lives. By working with those who have offended, WellStop reduces future victimisation of children and other potential victims of sexual abuse.

The aims of the programme are:

- ◆ to stop those who have sexually abused from offending again.
- ◆ to provide family members with information and support.
- ◆ to enhance safety for past and potential victims.
- ◆ to help family members deal with personal issues arising from the effects of the offending.
- ◆ to offer men an alternative to a life full of secrecy, guilt and shame: one of responsibility, honesty and respect.

Are you ready to take on the challenge to change to a non-abusive lifestyle?

The Programme

The principles on which this treatment programme is based are:

- ◆ Sexual offending is harmful to victims, family members and society.
- ◆ The offender is fully responsible for his actions.
- ◆ Many men who have sexually offended will continue to abuse if help is not sought.
- ◆ The safety of child victims and potential victims is of paramount importance.
- ◆ The partner and family/whanau of these men are not responsible for his abusive actions.
- ◆ Family members are likely to need support to help resolve their own reactions to the abuse. Family re-unification is not a primary goal of the programme, although WellStop will assist families who wish to work towards this where appropriate.
- ◆ WellStop employs a Family Worker who is available to assist non-offending family members to deal with personal, family and lifestyle issues resulting from the abuse. Information, support and individual counselling for any family member, is available as required.

Treatment Methods

To achieve its aims, the WellStop programme employs a number of treatment methods.

Individual Treatment:

While group treatment is the major method of intervention for most clients, individual sessions may also be needed to deal with particular issues.

Group Treatment:

Following assessment people accepted onto the programme normally participate in regular weekly evening group meetings. The group programme is approximately one year long. It gives an understanding of the processes resulting in the decision to offend, along with the knowledge and skills a client will need to best make sure he will not re-offend in the future.

System Reviews:

System reviews are meetings where the client meets with family, referral agencies, WellStop staff and significant others to review his progress towards an abuse-free lifestyle. These meetings are held periodically throughout the programme.

Family Therapy:

Family meetings are used at appropriate stages of the programme. Such therapy may involve the man exchanging important information about his abusive behaviour so as to help their questions be answered and get the information they need to make decisions regarding their future.

What You Need

First Steps to Safety:

1. Recognise that you have sexually abused or are at risk of sexually abusing.
2. Call WellStop between 8.30am-5.00pm on:

Wellington Region: Palmerston Nth Region:

PO Box 45-109 PO Box 420
Epuni Palmerston North 4440
Lower Hutt 5042 Ph: (06) 356-9666
Ph: (04) 566-4745 Fax: (06) 356-9699
Fax: (04) 569-5556 pnorth@wellstop.org.nz
staff@wellstop.org.nz

Napier Region:

PO Box 3265 **For more information**
Onekawa **visit our website:**
Napier 4142 www.wellstop.org.nz
Ph: (06) 842-2430 (Hawke's Bay)
Fax: (06) 842-2470
Ph/Fax: (06) 867-0145 (Gisborne)

3. Come to an assessment interview and begin your journey towards an abuse-free future.

Family Members:

If you are a partner, family member, or a victim of an adult who has sexually abused and you have any queries, our Family Worker would be happy to talk with you. We also have Maori staff available to work with Maori clients and their whanau and in Wellington we have a relationship with an organisation to help us to better meet the needs of Pacific Peoples.

Who is WellStop?

WellStop is a non-profit making organisation that is independent of the court system and government agencies. We have provided services since 1993.

WellStop is community based. We deal with issues of abuse in the context of family and community safety.

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

WellStop works from an understanding that those who sexually offend are not sick but need to accept responsibility for their actions and need help to establish an abuse-free lifestyle.

If they do not seek help to do this the chances of offending again are often high.

WellStop staff are professionals experienced in working with men and families and providing in sexual abuse treatment. Independent research has shown that our programmes are effective.



WELLSTOP

Positive choices for a safer future.

PROGRAMMES FOR:

Adults who are Ready to Stop their Sexual 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