

About WellStop

- 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 harm 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 many 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 some children referred by CYFS. Social workers need to check first to see if places are available.

Contact Details

Wellington Region:

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Epunu

Lower Hutt 5042

Ph: (04) 566-4745

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staff@wellstop.org.nz

Palmerston North Region:

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Palmerston North 4440

Ph: (06) 356-9666

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



WELLSTOP

Positive choices for a safer future.

Children's Programme

For children aged 5-12 years who have sexualised behaviours and their families.



Helping children and their families to make safe choices

Our Mission:
To work towards
the elimination of sexual abuse
in our region

Programmes also available for:

- Young people 13-18 with sexual behaviour problems, and their families
- Adults who are ready to stop their sexual abuse of children and others, and support for their families

Sexual Behaviour in Children is problematic if ...

- It puts the child at risk, interferes with other developmental tasks, interferes with relationships, violates rules or is harmful to the child.
- Others feel uncomfortable, the behaviour occurs in the wrong time and place, the behaviour conflicts with family or community values, or the behaviour is abusive.

Sexual Behaviour is harmful if ...

- It involves other children without consent, or if the children involved are not equal, or if a child is pressured or coerced.

Normal Childhood Sexual Behaviour

- All children develop sexual behaviour and experience sexual learning in childhood.
- Adults who observe sexual behaviour in children should consider whether it is within the normal range. For information on normal sexual behaviour phone WellStop for a booklet or see the WellStop website.
- Even if the behaviour is within the normal range the child should still receive some information or correction as to appropriate behaviour, age, time and place.

Children's Programme

- Provides help for families of children who have problems with sexually harmful behaviour.
- Works closely with the child's family.
- Focuses on building on strengths within the child and their family.
- Works alongside other professionals who are working with these children.
- Provides information and support to agencies dealing with children with sexual behaviour problems.

Programme Goals

- The child will stop their sexually harmful behaviour and learn appropriate safe behaviour.
- Adults supporting the child (family, whanau, caregivers, teachers) will learn ways to deal with the sexually harmful behaviour and how to encourage appropriate behaviour.
- Adults supporting the child will learn to establish safe environments for the child.
- Other family concerns will be dealt with holistically.

Helping Children with Sexualised Behaviours and their Families to make Safe Choices

- At WellStop we carry out assessments to understand the problem behaviour and make recommendations about therapy and safety.
- Therapy is tailored to meet the needs of the child and their family.
- Individualised treatment programmes may include a combination of the following:
 - Child Therapy
 - Family Therapy
 - Child and Family Education
 - Social Work support
 - Collaboration with other agencies
- Treatment will involve working closely with the child's family or caregivers to help them to respond appropriately to the behaviour.
- Where children are seen individually, therapy involves a wide range of modalities including play therapy, art and drama therapy.
- Treatment may range from very brief intervention (1-4 sessions) to several months of treatment. This will depend on the needs of the child and their family.
- Reviews are held 3 monthly, with significant people involved with the child, to develop goals and plans for the future.