

The programme can be supplemented with Couple sessions if appropriate. WellStop also offers-

- Individual therapy for family and support people.
- Family meetings.
- Family Resolution and Restorative Justice processes.
- Support People training sessions.
- Telephone support.

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 based on their income. There is no charge for the services provided by the Family Worker, however donations are gratefully accepted.

Who works at WellStop?

WellStop employs staff who are experienced and competent at working with sexual abuse. They currently include Psychologists, Counsellors and qualified Social Workers and Maori staff are available to work with Maori clients.



WELLSTOP

Positive choices for a safer future.

Our Mission:

To work towards
the elimination of sexual abuse
in our region

**Support and Information
for
Partners, Family Members
and those associated with
Adults
Who Sexually Abuse**

To the Friends, Support People and Families of Those who have Sexually Abused Others

If you are reading this booklet you are probably someone who has found out that somebody close to you has been sexually abusive.

The impact of this can be enormous and you could be experiencing a range of emotions at this time.

You may be faced with trying to come to grips with conflicting loyalties between the perpetrator of the abuse and the victim.

You may still be confused as to what to believe and what not to believe.

You may feel angry, afraid and perhaps ashamed about what has happened.

This booklet contains 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.

Hopefully the information that follows may answer some of the questions you have and assist you in beginning to work through the difficulties that result from the sexual abuse.

What about Confidentiality?

People attending WellStop sign a Confidentiality Agreement. Usually what people say at WellStop stays at WellStop and is totally 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 they have permission from you.

There are three important exceptions

- If staff at WellStop believe that a person may harm themselves or someone 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 risk of being abused they will intervene.

Action is not normally taken without discussing the situation with the parties involved, unless to do so would be to put someone at risk. If you still have concerns feel free to contact us and discuss your situation without revealing names until you are ready.

Contact us

Wellington Region: Palmerston North Region:
Ph: (04) 566-4745 Ph: (06) 356-9666
East Coast Region: Gisborne:
Ph: (06) 842-2430 Ph: (06) 867-0145

What is Sexual Abuse?

WellStop sees sexual abuse as any unwanted or inappropriate sexual behaviour. Among other behaviors this includes unwanted or inappropriate sexual touching, oral, anal or vaginal penetration, exposure, peeping, obscene telephone calls, child abuse images, bestiality, sexual harassment, Internet use for inappropriate sexual purposes.

Men who sexually abuse can be extremely resourceful in the ways that they shift blame onto victims or others and minimise their behaviour. Ardent claims such as “it was an isolated incident,” that it was “due to alcohol,” that it was “an accident,” or that the abuser was “frustrated” are often used to deny responsibility.

Sexual abuse is always the responsibility of the abuser. The way the victim behaves or dresses does not mean that the victim is responsible for the abuse. Sexual abuse is a choice. Abusers, no matter what their life circumstances, still choose to abuse rather than seek appropriate alternative ways of dealing with their problems and fulfilling their needs. Many victims of sexual abuse are fearful of disclosing the abuse and can become experts at covering up what has taken place. Just because an abuser is discovered and gives a solemn promise that it won't happen again does not mean he is safe and that no further action is necessary. Abusers are at a higher risk of re-offending if they do not seek treatment.

How does WellStop work with those on the Abuser programme?

Contract of Participation -

Each man is required to sign a contract. Conditions of this contract will include setting rules for safety in the community. Men who have abused children will usually be required not have any contact, or perhaps only supervised contact with children while on the programme. Family members will be consulted and advised by WellStop if any of the terms or conditions of the contract are to be relaxed or amended.

Therapy

Once a man has contracted to attend the programme he will be expected to turn up for all appointments and be punctual. He will attend weekly group meetings and individual sessions as appropriate.

Reviews

Progress is goal focused and those on the programme will be required to provide clear evidence of progress and the changes that they have made. The duration of the programme is usually about one year, however it is not unusual for men to spend more time on the programme. Family, friends, Probation Officers, Social Workers and significant others may be invited to attend reviews at various stages throughout the programme and will give feedback and receive information regarding the man's progress.

What is WellStop?

WellStop 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.

The programme is set up to provide treatment for adults and youth who have been sexually abusive and who are ready to do something about stopping their abusive behaviour. Men and women can be referred to the programme as part of a sentence imposed by the Courts, they can refer themselves or be referred by family members or community based agencies.

The programme has been successful in reducing re-offending and the incidence of sexual abuse in New Zealand. In part this has been achieved by providing support, information and education for family members of men/women who have sexually abused and by the motivation and efforts of family to keep children safe.

As well as our work with offenders WellStop offers help to -

- *Partners and ex-partners of offenders (even if the offender is not on the WellStop programme) and other family members.*
- *People who are concerned that someone they know may be offending.*
- *Others who wish to support people who have offended.*

What does WellStop provide for Family, Support People and Friends?

Support - Often it is difficult to find people to talk to about the private and sensitive issues regarding sexual abuse. WellStop offers opportunities for partners and ex-partners of men who have sexually offended to share issues affecting them and gain support, acceptance and help to reach decisions that are right for them and their families.

Some common issues people often want information or support on include -

- Self care, support and safety management.
- Effects and impacts on victims, families and others.
- Cycle of offending.
- Circle of healing.
- Life skills, such as assertiveness.
- Questions for offenders.
- Decisions about the future.

What We Know... Experience has shown that strong support from family and significant others plays an important part in increasing the effectiveness of the programme and it also provides greater safety. For others, who do not want to have any contact with the offender but need help to deal with what happened, we are able to provide information and support.