

Our Values



Whanaungatanga Relationships

That everything we do is based on the quality of relationships with others; staff, clients, family, whānau, community, partners and funders.



Pono Trustworthy

Acting with integrity, respect and honesty. That we will be worthy of the trust that is placed in us by those who seek our support.



Manawanui Courageous

Making a difference by taking difficult steps together. Having courageous conversations and together changing harmful behaviour.



Ngākaunui Compassionate

That we will take time to think about others, and what they are experiencing, and respond with warmth. Caring for each other's wellbeing and potential.



Hiringa Excellence

That we act from our knowledge of best practice and with the best outcome for all in mind. We are accountable for our actions and practice.

*" Hei ahei te whakakite o
tēnei wāhi i orite ki te
wakahuia he wāhi kia
whakapoho, whakatiaki i a
tātou katoa.*

*Let this place be seen the
same as the wakahuia. A
place with the purpose of
treasuring and protecting
all.*

Contact Us

www.wellstop.org.nz

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Western Region:
06 758 4178

Southern Region:
04 566 4745



WELLSTOP

◆ WHIRIA TE TANGATA ◆

**Services for Rangatahi
/ Young People**

Who We Are

WellStop is a community-based organisation that aims to eliminate harmful sexual behaviour by enabling positive choices, strong whānau, and safer communities.

We work proactively with clients and partners in the community to achieve this.

What We Do for Rangatahi / Younger People

At WellStop, we provide assessment, support, and therapy services for young people who display harmful sexual behaviours. We also support their families, whānau, and other significant parties (e.g. school).



Assessment

For most young people and their families, coming to WellStop is a big step. It starts with an assessment where we work with you to figure out whether the young person has a problem with harmful sexual behaviour, and if so, how big the problem is.

We work with a range of issues including:

- Sexual preoccupation or anxiety about sex.
- Invasion of other's body space.
- Verbal sexual aggression.
- Excessive/inappropriate pornography use.
- Lack of knowledge about ethics and consent in intimate relationships.
- Non-consensual sexual behaviour with same-aged peers or younger children.

Supporting Safer Whānau

While we are figuring out the best way to support your young person and whānau, it is important that we put in place some plans to keep your young person and others safe. We'll work with you to develop a safety plan so that problems can be managed and everyone knows what they need to do.

We will keep working closely with and supporting family, whānau, and support people throughout the therapy process as needed.

Therapy

We offer individualised therapy plans that are developed to meet the needs of the young person and their family and whānau.

We believe that the earlier the young person, their family and whānau can get therapy, the easier it is for them to change their behaviour. This reduces the harm caused by problems getting worse over time.

Individualised therapy programmes may include a combination of the following:

- Individual and/or group therapy.
- Family and Whānau therapy.
- Social support.
- Collaboration with other agencies involved with the young person (e.g. school).

Time in therapy can range widely depending on the needs of the young person, from up to 10 sessions (Brief intervention to develop awareness and prevention strategies) through to 18 months or more (intensive intervention for more severe behaviour or youth with learning disabilities).

Regular review meetings are held with everyone involved (family, whānau, young person, other agencies) to review progress and set further goals if needed.

What We Don't Do



We are not here to judge, punish, shame or blame. WellStop is a safe, confidential space (within limits of safety) to support people and their whānau to achieve positive change. We do our work with aroha and compassion.



Supporting Safer Communities

WellStop is committed to supporting others in the community to understand and deal with issues relating to harmful sexual behaviour and sexual violence.

We can provide consultation, education, and support to schools and other organisations managing children and young people who display harmful sexual behaviour.

WellStop also provide services for children and adults, and for people who have been harmed by sexual violence.



You can find more about our services on our website:

www.wellstop.org.nz