

Counselling

We had referred through a young person for counselling. He was brought along by his mother albeit reluctantly. Once at the Centre however he found the atmosphere very inviting and was willing to participate and engage. This was accomplished by the skill of the counsellor and the environment created by the Centre staff. His mother also spoke with our reception about gathering information on how she might be able to assist elderly in the community and was the Centre available. Once informed of the Centre's focus on youth we were still able to assist with connections to other services for aged.

Mentoring

Story of interest with one of our Youth.

A 15-year-old female girl named Jamie (name changed) was referred to us through Marinoto Child and Youth Mental Health Service.

Jamie displayed high levels of anxiety and stress. She struggled to be around large crowds and had suicidal thoughts and struggled with family issues.

Jamie left school at the age of 14 as she could not function in a school environment.

Her parents struggled to know where to turn as she did not want to engage with Marinoto support services. A suggestion of a mentor was discussed and Jamie was interested to pursue this option.

Jamie started seeing a KYDT Mentor (qualified social worker) in February 2018 at the KYDT Youth Centre. She came with her Mum and both felt very comfortable and relaxed at the centre. Throughout the year Jamie has visited the centre on numerous occasions with her mentor and feels safe within this environment. She said it had good 'vibes' and although it was often busy with people coming and going, she said it was always an uplifting place to be.

Jamie found it helpful to have someone she could talk through her issues but not feel like it was in a counselling type setting. She was able to discuss her ideas and thoughts about her future and what she felt passionate about.

With the mentor's guidance and support Jamie was able to apply for a course in hospitality. This was completed over 6 months which allowed her to pass NCEA level 2. She acknowledged if she hadn't had the support from a mentor, she would not have completed it. Through connecting with her peers at this course she was able to

obtain a small part time hospitality job, something she thought she would never be able to achieve due to her anxiety around people.

Jamie's social skills have increased over the year and she has learnt how to interact and relate with people within her community. Her anxiety is still a concern for her but she has learnt new coping strategies that help her stay calm. She now understands her triggers and can link a healthy strategy with a stress trigger.

With her Mentor she has now connected in with Jobs 4 Youth and is working out what she needs to do to further her training for future employment.

Jamie is more willing and able to try new things and shows huge potential in the areas she is passionate and talented in.

Mentoring is a way of guiding our young people to see their own potential and assist them back on to a path that offers hope for their future. It's unlocking their own creativity that has always been there but may never have had the chance to show itself off. To have a youth centre that is dedicated to these young people makes them feel important and supported. A place they will fondly remember as they grow and mature into young adults.

Early Intervention Programme

We have EIP group of young primary boys come down to the Centre every Friday for their sessions. It is the highlight of their week. They have been referred through for various issues. This term the focus has been on building Resilience. They enjoys the venue but more importantly, they get to share stories and work on building both their Resilience. They do this by using the RD (Resilient Doughnut) a tool that helps them by finding their three strengths.

After school club

This is our weekly after school club for young male referrals. The aim of the programme is to provide supervised recreational activities after school. Research has shown that the highest risk time for young people of offending is between the hours of 3-7. Hence, the need for structured supervised activities during this time period. The highlight for the young people this term was our ice cream Olympics.

This was a creative way of getting young people involved in activities outside of sport and clubs. They boys got to enjoy themselves using ice cream in all of the activities. It provided great fun but a lot of time cleaning up afterwards.

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The boys also got to be involved in doing waiata for some of the boys expressing themselves this way was both challenging and new for them. For others it was a normal part of their routine and culture.



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