

Programming

Young person a Male 13 years old.

We received a referral for this Year 8 student. He is a very polite boy and communicates openly. The identifying factors for his referral were low self-esteem and managing emotions that have been brought on by changes in family dynamics. He spoke openly about his feelings especially with anger management. We worked on how he could implement strategies when he felt triggered. He also worked on a module that helped him to identify situations that presented varying decision making options. He had the opportunity to attend a 5-week long Woodturning class, which he excelled in. The instructors were very impressed with his engagement, participation and attitude, that they offered to pay for his fees for weekend classes in the new year. Overall he had consistently attended all of his weekly sessions.

The student's parents were impressed with the mentoring services of KYDT and the changes that they observed in their son. They said that he was very excited for him to attend the mentoring sessions, and had utilized coping strategies for when he felt stressed or anxious. They have asked for a continuation of the mentoring sessions for their son, as they see the positive outcome that it is having in his life.

Young Person: Male 15 Years Old

KYDT received a referral from our local high school at the beginning of the year of a student who the school had identified with concerns around his truancy and family dysfunction. He was having large absences from school. Home life was difficult his mother has anxiety issues and financial problems, which affected the young person's attendance at school. There were also ongoing health concerns. The family is known to the service. Since being enrolled on our KYDT mentoring programme this term the young person has attended school every day. He meets weekly with his mentor at the Centre in Marlborough park where they have planned a strategy together to help him getting to school and coping with issues at home. They have been able to set some goals in place, which he is working hard at achieving. Part of the process is in building his Resilience, which KYDT have been working on through the Resilient Doughnut programme. The young man has also been able to attend the free Health clinic for his health concerns.

The feedback from the young person is that he really enjoys attending the Centre with his mentor as he finds it very soothing bright and feels the atmosphere enables him to relax and to speak honestly about what is on his mind. His mother has also expressed her gratitude about the service but more importantly, the positive changes she is seeing in her son. This information that we have gathered from them can be linked directly to:

1. The trained and qualified staff working at the Centre.
2. The atmosphere created at the Centre its positive bright and welcoming environment.

Making a difference.

A 16-year-old female being mentored was suffering from deep depression, she had low self-esteem and did not physically look after herself. After regular weekly mentoring sessions and being able to come down to the Kaipatiki Youth Centre to do various activities, whether it be goal setting, cooking, playing on the computers or just hanging out, having a conversation the mentor was able to build a relationship with the young person. The mentor started to see a change in the young person's confidence, she started taking care of herself a bit more and opened up a lot about how she was feeling with things in her life. One such occasion she had taken a few of her Dad's sedative

medication and called her mentor to tell her what she had done. She informed her mentor that she wasn't feeling very well, of course the mentor responded immediately and notified the extra supports and correct personal to help manage the situation. Had the mentor not taken time to build a trusting relationship with the young person she would not have had anyone to call? Mentoring was able to provide a support for this girl where she was in a desperate situation that she knew to contact someone she could trust with her feelings and emotions and someone she trusted who was going to do the right thing for her.

A 15-year-old female currently being mentored has just been re-enrolled back into mainstream school. Previously she had been attending an alternative education site which she was not attending due to her getting into trouble there and not getting to and from the course. She had been attending her mentoring once a week.

This particular day her mentor when to pick her up at home for school but the girl was not ready as she did not want to attend school, she was anxious this particular day was going to be her first day back at school and she expressed to the mentor she did not want to go to school, she felt the other kids did not want to be friends with her. She felt they were scared of her due to her reputation and she felt out of place. The mentor spent some time talking through the situation with the girl reassuring her that she would be OK, and that things can only get easier from here once she gets herself into a routine. The mentor then drove the girl to school and went to drop the girl off, when the girl asked if the mentor would come in with her to support her. The mentor was then able to walk the young person into the office and wait until the Dean was able to see the girl. Again this shows a positive reaction to having a mentor, as most likely the child would not have gone to school as she was having doubts beforehand, also the girl knew she could trust her mentor by asking her to come into the office with her.

A lady came into the Marlborough Park Centre with her daughter, to see if she could book her into the doctors, as her normal doctor was fully booked up for a couple of weeks, we thankfully were able to assist her, and got her in that very same week. She also mentioned her daughter was no longer at school, and she was unsure on the direction to give her daughter, as her daughter had no idea on what she wanted to do next. We then suggested Jobs for Youth who will be able to give her daughter guidance with courses, training available or they even help with CV's and employment, she was extremely grateful and was so happy that she decided to bring her daughter to the Centre.

!4 year old female Upon our first meeting with a pleasantly shy young girl, who was happy to complete the RD (Resilience Doughnut). A programme we have been training in at KYDT looking at building Resilience and focusing on a person's three strengths. From not knowing anything about her personality & strengths, other than her family situation, from that one session together we learnt so much about her. Her strengths being her Family, Skill & Education. The task being to integrate her three strengths into a goal or cause something that she was good at and enjoyed doing. With her skill being Music (Kapa Hapa), she would invite her family to watch her preform at school, and get her family to help her practice for her school performance. This helped her focus on a positive outcome.

To help amplify this in the mentoring sessions with the young girl: The aim being getting the young person to reflect on what she could do to help make this happen. Asking questions about the songs she is going to sing (What, who, where, etc...) Show her videos of other groups performing, doing activities involving music, like making poi's and learning how to play the guitar. Using the Resilience

Doughnut is a great way to learn about any person strengths and things that mean a lot to them, trying to focus on things that they enjoy rather than things that are negative in their lives this helps in building Resilience. Having the centre enables us to operate in a creative and welcoming environment.

Counselling:

The counsellor has been working with a 14 year old boy who was referred through from HealthWest for counselling.

He was a very unhappy young man, he had isolated himself from family and friends and contemplating suicide. Everything we talked about he focused on the negative aspects of life so would validate that these aspects of life were hard to make sense of and that his sadness was ok. The counsellor was building rapport with this young man and waiting for the right opportunity to challenge his thinking and the perception of the world in which he lived. One afternoon at the Centre where counselling occurs, the young man while again exploring the dark places of his world he mentioned that there was a lot of reasons to die, to end his life. The counsellor took a moment to let his comment sink in and then he reflected back to him ,” I agree, there is”, “but have you considered that there is also a lot of reasons to live.

The young man sat back in his chair and looked at the counsellor strangely, then his eyes lit up and a smile crept across his face, he started to laugh. “I never thought of it like that,” he said. This moment captures the importance of counselling and a positive change for that young person.

We have 5 more sessions after that afternoon, and we both noticed the shifting of his dark mood to a young man beginning to enjoy life again and reconnect with family and friends.

Young Man Male 24years

This young man had appeared to have lost his way, he lacked any motivation, no prospect for a job, living at home and arguing with his mum heaps, and using alcohol and drugs on a daily basis. A common theme in this line of work was the inner pain of an absent father growing up and how alcohol and drugs compensated for that pain and also gave him no confidence. In the session times together he significantly reduced his alcohol and drug use, had managed to find a job, had left home and gone flatting. His mother sent us an email thanking the counsellor for helping facilitate some significant changes in her sons life and their relationship had improved immensely.

As one of the Counsellors at the Centre A big Thank You for the use of this facility which enables myself and a number of other community workers to make a significant differences in the lives of young people in the Kaipatiki area on a daily basis and the positive impact that has in their own life, in their families life and the wider community.