

PIONEERING SPIRIT

Youth Horizons' MTFC (Multi-dimensional Treatment Foster Care) programme has achieved certification in record time following its launch.

Few programmes accomplish certification within two years,' says Gerry Bouwman, President of Oregon-based TFC Consultants. The achievement is even more impressive given that cultural accommodations were developed and pioneered during this period as well.'

The certification process assesses an organisation's ability to implement the MTFC model as recommended and to maintain adherence to the model over time.

MTFC has already proved itself as a very successful programme internationally. This latest achievement by Youth Horizons reflects the fine efforts of a dedicated specialised team.

The Youth Horizons MTFC team were very quick to grasp this new treatment model and to adapt the concepts of the model from one case experience and apply them to subsequent cases,' says TFC Consultants' Rena Gold, VP of Implementations. They became very dedicated to the treatment model and advocates for programme fidelity.'

Competent and dedicated foster parents are crucial to the operation of a successful MTFC programme. Many of these carers have been associated with Youth Horizons for many years and are still very much part of the Youth Horizons community.

Youth Horizons' achievement:

- First organisation in the Southern Hemisphere to become an accredited MTFC provider.
- First worldwide to implement the programme within an indigenous environment.
- 75% success rate of young people returning to live with family, permanent care or independence.



Pubanga Tupaea and Belinda-Seymour Wright

The programme could not have succeeded with the population it serves without the involvement, approval and support of the strong Māori leadership group at Youth Horizons in achieving the match between Māori cultural values and the principles underlying the MTFC treatment model.

Youth Horizons has undertaken a formal research programme to assess the efficacy of MTFC and also FFT (Functional Family Therapy) within the context of Aotearoa. Key to both research projects is to assess how effective they are for Māori families.

WHAT IS MTFC?

- A wrap-around, evidence-based and strengths-based programme of 6 to 12 months duration.
- Aimed at adolescents aged 12-16 years old with antisocial behaviour difficulties whose needs cannot be adequately met by regular services.
- A cost-effective alternative to regular foster care, group or residential treatment, and incarceration for youth who have problems with chronic disruptive behaviour.
- Operates a point and level system incorporating a high degree of reinforcement to help shape behaviour.
- A family/whānau model with the emphasis on successful reintegration.

TEEN MUM REACHES OUT

New teen mother Roseanne Henry has one key piece of advice for other teens finding themselves in the same situation – ‘Ask for help. There is support out there. It’s alright to ask for it. You don’t have to be cooped up in your house without support.’

Roseanne found out she was pregnant when she was just 15, almost 16 and still at school. When her baby boy Tyreece Leviticus Rock Henry was born in September 2011, the birth was attended by her best friend and this friend’s mother and aunt. After the birth Roseanne lived at home with her mother and siblings for the first two months. When she felt unable to continue to live there a Sisters of Mercy social worker arranged a placement for Roseanne and Tyreece at Ka Awatea Te Kainga, Youth Horizons’ residential home for teen mothers.

‘I was really excited and happy when I heard about Ka Awatea Te Kainga,’ says Roseanne. ‘I was, like, how soon can we move in? There were just three of us young mothers during the four and a half months we lived at Ka Awatea Te Kainga. We became close and I still keep in contact with them. So I made new friends and found support. It was a nice, clean, healthy environment for Tyreece. The house parents Rei and Raelene Paki were really welcoming to me. They helped me to get into parenting courses at Te Waipuna Puiawai. These courses gave me helpful information about parenting and household management – they were also a chance to get out of the house.’

Te Waipuna Puiawai is a community development initiative run by the Sisters of Mercy. They helped Roseanne to find a midwife when she was six months pregnant and ensured she underwent a free antenatal course.

The biggest thing I learned on my parenting courses is to teach Tyreece



now, not to wait until he can talk. I also learned that it’s never too early to read to a child. They learn really fast. And I learned not to compare my child to others,’ says Roseanne.

‘I gained more confidence after being at Ka Awatea Te Kainga. I was not so shy around people and more interactive when I met new people on courses. My house parents encouraged this.’

While Roseanne and baby Tyreece were at Ka Awatea Te Kainga she was visited by one of her brothers and his wife. She stayed at their home most weekends. ‘My brother is three years older than me. He and his partner’s family have really been there for me.’

At the time of the interview (late May) Roseanne, now 17, had just spent six weeks at a Salvation Army transitional home with eight-month-

old Tyreece. She had continued to attend parenting courses, even when it meant using a series of buses and trains to get to and from the training centre. She was planning to move into a basement room in her father’s large household and was looking forward to this change.

Roseanne shared her dream for the future: ‘I learned how to bake on one of my courses and enjoyed it. Now I know I want to go to MIT and study to be a pastry chef.’

KA AWATEA TE KAINGA is Youth Horizons’ residential house in Onehunga, Auckland, for teen parents, set up to provide a therapeutic family-like atmosphere with a strong emphasis on skills-building and parent-infant bonding. Opened in early 2011 the service is part of a \$14 million government initiative spread over four years to support vulnerable teen parents and their children. In 2009 4670 children were born to teenagers. While many of these teen parents and their children do well, some have little family support and limited parenting capacity and skills.

Ka Awatea Te Kainga received generous support from the Nieuwerkerke Trust and the Lion Foundation to upgrade the house and acquire furnishings.

House parents Rei and Raelene Paki have extensive experience in working with young people. Rei is a former police officer who led many community youth initiatives and Raelene worked as a primary school teacher for a decade. They have six grown-up daughters of their own.

‘I’ve been teaching the young women basic skills like cooking, staying organised and the life skills they need to be independent, which many have not already learnt,’ says Raelene.

JUST LIKE HOME

The introduction of a unique cognitive behavioural evidence-based care model at three of the six residential homes managed by Youth Horizons is ground-breaking for residential care in New Zealand and the Southern Hemisphere.

This will be the first time Youth Horizons has introduced a full evidence-based programme in its residential homes.

The Teaching Family Association model is a programme of care for troubled youth used internationally in group homes, family homes, treatment foster care, schools and home-based treatment.

Teaching Family expert Karen Olivier and two trainers from Alberta, Canada, recently spent two weeks on site at Youth Horizons training 25 staff in the Teaching Family model. Trainees included specialist youth workers, teaching parents and psychologists, with critical observation by Youth Horizons' Māori Leadership Group.

Three of Youth Horizons' homes in Hamilton, on Auckland's North Shore, and in Onehunga, at

Ka Awatea Te Kaianga (a home for teen parents), will be adopting this new model of evidence-based care. At each of these homes a married parent couple lives with five young people and support staff.

The teaching parents are trained to become therapeutic agents of change. The whānau-like atmosphere of the homes makes the Teaching Family model a particularly good cultural fit for the predominantly young Māori clients. Parents can visit the residential home and observe the therapeutic process. A Youth Horizons transition worker visits the parents and teaches them the same skills that are being taught to their child.

When the young person enters a residential home they may be in trouble at home, at school, or with the law, or have unacceptable

behaviour. They may be angry, acting out and refusing to accept authority. They often present with symptoms of conduct problems.

'Our model is designed to help the teaching parents and staff to manage these difficult behaviours,' says Karen. 'By building strong relationships and using specific proven teaching techniques they are able to turn youth in a positive direction.'

Our goal is for the young person to return to their whānau to live a productive life within the social norms of their pro-social peer group,' says Stewart Love, Youth Horizons National Operations Manager. 'This means getting them into school, training or employment, engaging in community activities, connecting them culturally, and reducing their offending.'



Arlene Oostenbrink, Jytte Maleski and Karen Olivier

How the Teaching Family model works:

- Residential home parents and frontline staff are trained to work with young people using behaviour modification at a cognitive level.
- It is an individualised programme, based on improving the young person's skills in areas such as daily living, building healthy relationships and problem solving.
- It is designed to equip young people with the skills they need to be successful at school and in the community, to reach their potential and to be able to live in a less restrictive environment.
- The aim is to return the young person to his or her family/whānau or suitable carers at the end of the programme and to support this transition.

EMPHASIS ON EARLY INTERVENTION

Youth Horizons is about to launch a new early-intervention primary mental health service programme we call FirstCare.

These needs warrant intervention to maintain stability in living arrangements and/or to address issues that are otherwise likely to escalate but which are not severe enough to meet the criteria for access to specialist mental health services. Youth Horizons has been contracted by CYF to develop and deliver a comprehensive Auckland-wide service to respond to this need.

'FirstCare is an exciting addition to Youth Horizons' extensive portfolio of evidence-based programmes,' says Youth Horizons CEO Cath Handley. 'We'll be applying our experience with teens to a younger age group at risk. FirstCare is ideal

for children who are displaying behavioural and emotional problems at home, kindy, school or in their community. This preventative model for a younger age group is one that Youth Horizons will evaluate and learn from to inform our knowledge and capacity to work with children, their families and whānau wherever the need is identified.'

Youth Horizons is progressively implementing its initial FirstCare service in the Auckland region before building a wider network of these services.



How FirstCare works:

- The target group is infants, children, and young people aged 0-16 years who are either in risk or likely to be at risk of poor life outcomes.
- Initial assessments are done by paediatricians or other specialist health assessors in the District Health Board Gateway assessment teams.
- Interventions are recommended for each child or young person by the multi-disciplinary team of representatives from specialist mental health services, CYF, education and alcohol and drug services.
- Youth Horizons is able to deliver four CYF-approved evidence-based programmes: Incredible Years, Triple P, Wait, Watch and Wonder™ and CBT (cognitive behavioural therapy).

MINISTERIAL VISIT

Social Development Minister Paula Bennett visited Youth Horizons at its Auckland premises in June.

The visit was arranged to provide the Minister with firsthand experience of their Nga Kaiwhakatere intensive services, in particular the Functional Family Therapy team. They provide support in the family or foster home for young people and their families/whānau to resolve issues and manage behaviours through recognising existing strengths and building on these.

The Minister had significantly supported the establishment of this initiative three years ago. On her visit she was given the opportunity to hear about the services from the front-line staff. This was followed by an open discussion with many of the Youth Horizons specialist caregivers, who used the opportunity to ask questions and raise issues of concern.

YH CEO Cath Handley with Social Development Minister Paula Bennett.



OUR PEOPLE

Message from our board chairman David Edwards

Youth Horizons has been fortunate to have access to great expertise, knowledge and experience from its board of trustees over the years.

We now say goodbye to two very long-standing members and we also welcome two very experienced trustees to our board. We are sincerely grateful to our two retiring Youth Horizons board members, Jill Worrall and Ian Lambie, who have been with our board for nine years. They have provided an enormous contribution to our board over the years and they will be sorely missed. We wish them all the best.

Our two new board members

LA-VERNE KING lives in Mangonui, Northland. Her iwi affiliations are Ngati Kahu ki Whangaroa, Te Aupouri, Ngati Paoa,



Ngati Maru and Ngati Kahungunu. La-Verne has been well regarded as a legal professional for many years, having being a founding partner of law firm King Alofiavae Malosi, Barristers & Solicitors, in Manukau and Grey Lynn, and subsequently a partner with KAM Legal. She has been in sole practice from her home in Mangonui for the past four years. La-Verne is also a Visiting Justice for Ngāwha Prison, Kaikohe, and

a member of the Youth Justice Independent Advisory Group led by Chief Youth Court Judge Becroft and appointed by the Minister of Justice.

DR HEATHER MCDOWELL is a Senior Clinical Psychologist with the Consult Liaison Team at Auckland's Starship Children's Hospital. She has been a senior university lecturer and is an accomplished published researcher, as well as the recipient of a number of significant awards and scholarships. She is part of the Late Effects Assessment Programme (LEAP), the long-term follow-up team for survivors of childhood cancer (Children's Blood and Cancer Centre) and the inpatient Eating Disorders Team. She has worked as a clinical psychologist for over 30 years.

We warmly welcome these two highly skilled and experienced board members to the whanau of Youth Horizons Kia Puawai.



Obituary: Grant Martin, known to many as Yogi, died suddenly in May while caring for some of our young people at a Youth Horizons' residential home in Auckland with his wife Suze. Yogi had previously spent two years as a house parent within the YH Hamilton Te Hurihanga service and also worked for many years for CYF. A motorbike enthusiast and talented musician, Yogi made an outstanding difference in the lives of some of New Zealand's most challenging young people. Our hearts are with Yogi's family and friends and those who worked with him in recent times.

Thanks to our supporters: Youth Horizons would like to acknowledge that without the generosity of our supporters we would be unable to do the incredible work we do with young people and their families. It is often challenging, sometimes tireless but never unrewarding!



YOU TOO COULD BECOME A SUPPORTER: The children, young people and their families who enter our service every day have more than enough to worry about. You can help to support Youth Horizons to prepare them for new horizons! If you would like to make a donation or are interested in partnering with Youth Horizons, we would be happy to discuss the range of opportunities we can offer for recognising your contribution. Please contact: Lani French, National Business Development Manager, tel: (09) 573-0954 extn 219, cell: 021 855 264, email: lanif@youthorizons.org.nz



Kia Puawai

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TRIPLE EXPERTISE

Te Pai Aronga Taitamariki, a new three-way venture between Youth Horizons, Nga Puhi Iwi Social Services and Otangarei Trust, will combine their expertise to improve the outcomes for young Māori in Northland.



'We recognised the significant need in Northland for the types of evidence-based behavioural intervention programmes we have been providing for young people for many years,' says Youth Horizons CEO Cath Handley. 'The best way to achieve positive outcomes in a new community is to work with those who know it best. This means working with the social and cultural expertise of local iwi providers. We will each bring our own skills and abilities to deliver the best outcomes for young people and their whānau.'

Otangarei Trust is a community organisation in Whangarei delivering social services. Nga Puhi Iwi Social Services is based in Kaikohe.

This new initiative marks the first time that Youth Horizons has operated its services in Northland and the first time it has entered into a fully-fledged joint venture with Māori.

Details of the services being provided are still being determined. The aim is to begin providing services this year.

'If this model of partnership is successful it is portable. Youth Horizons and their partners will learn from this experience and evaluate the outcomes. For each of us there should be spin-offs in new ways of working that we can apply elsewhere in the future,' says Cath.

'Youth Horizons offers a lot of expertise that's hard to attract in the north,' says Liz Marsden, Manager, Nga Puhi Iwi Social Services. 'Their agreement to extend their services into the north will enable us to provide greater options to our young people and their whānau. As an iwi organisation we have strong networks at hapu and iwi level. We can identify extended family to support struggling families. We also have a range of back-up services to complement what

Youth Horizons offers. We are particularly keen to bring the FFT (Functional Family Therapy) programme into the north.'

'We bring to the partnership local knowledge and wide networks developed over 20 years,' says Janine Kaipo, manager of the Otangarei Trust. 'This collaboration will give us access to services that are much needed and in short supply in our area. We have high numbers of young people with

behaviour issues who have not had access to specialist diagnosis and care. Instead they have been labelled "naughty" and placed on a waiting list for 6 to 12 months.'

'Te Pai Aronga Taitamariki has taken many months of hard work for all three parties, and we are all very excited that we are now on the verge of adding capacity in Tai Tokerau,' says Cath. 'Bring it on!'



OTANGAREI TRUST

Te Roopu Whakakaha a Iwi o Otangarei