



WHAT TO EXPECT WHEN SEEING SOMEONE FROM THE CHILD & YOUTH TEAM

The Young Person Perspective

The Child and Youth Team are a group of awesome humans who are specially trained to help you figure stuff out and chat about what's going on in your life. Once you have met your worker face-to-face and seen our great office in person, you can decide to see us more often. Below is a guideline of what that might look and sound like, it's different for everyone, so you will get a say in what we do together during this time. **We look forward to seeing you!**

Session 1 – We always begin with a welcome session; you get to meet the worker and take a look around our space and check out all our possible activities. This is a great time to ask questions, get to know your worker and tell us about you!

If you **do** feel comfortable & want to come back – we will set up a regular session with you. We try to see you on the same day of the week at the same time, nice and easy to remember and keeps it simple for us both.

If you **don't** feel comfortable & decide that you don't want to come back, that's okay! You don't have to; it's important to us that you say yes to seeing us regularly.

Session 2 – You will get given a workbook (don't worry, it's not like homework). We will chat about what you want to do together, what you enjoy and don't like, your hobbies and interests. We will also chat about the stuff happening in your life. We will fill in the workbook every week and you will get to take it home once we are finished.

Session 3-10 – We will see you around 10 times, sometimes more, sometimes less. All our sessions are designed to be engaging and enjoyable but are also opportunities for you to talk to a safe person who is specially trained to help and support you.

Will you tell people what I say in the sessions?

Sometimes we might need to share something you have told us to keep you safe. If this happens, we will talk to you first and explain. Sometimes parents/whānau ask how to help you at home, so if it makes sense and it's okay with you, we can share some of what we're working on with them too.

What do I talk about? Do I have to tell you things?

You can talk about what's happening at home, at school, with friends or inside your head. Our time doesn't have to be talking, we can also play, write, draw and do activities instead if you prefer.

"I don't feel anxiety anymore, sure sometimes, but she helped me find ways to control it."

Tamariki, Age 12