

Kidz First Resource and Information Service is a service for children and youth and anyone with an interest in their healthy development and wellbeing.

The Service is provided by Kidz First Hospital & Community Health, Counties Manukau District Health Board.

**Contact Details:**

95 Wiri Station Rd, Manukau  
Ph: 09 261 2272

Fax: 09 261 2273

E-mail:  
healthinfo@middlemore.co.nz

**Postal Details:**

Private Bag 93311,  
Otahuhu, Auckland 1640

**Website:**

<http://www.healthpoint.co.nz/default,23135.sm>

Editor: Lena Crawford

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### TE KOOTI RANGATAHI COURTS

*The marae-based youth court, Te Kooti Rangatahi, is an attempt to use the traditional values of tikanga Maori to turn around the lives of young Maori offenders.*

This original concept was driven by Youth Court Judge Hemi Taumaunu with the support of the head of the Youth Court Judge Andrew Becroft. Another key component to this initiative getting off the ground was to seek and gain the cooperation of other stakeholders with the added dimension and support of the Te Rawiri O Marae Trustees.

Te Kooti Rangatahi/The Rangatahi Court means young people who face minor charges and admit them in a regular youth court can choose to have their next hearing on a Marae. They then go through the same Family Group Conference (FGC) plan they would in a regular court, but progress is monitored on the Marae and follows the protocols of tikanga Maori. It is not a separate system of youth justice for Maori or a softened option. The youth justice process remains the same but part of it — the monitoring of FGC plans — takes place on the Marae and hopefully unlocks the potential of the local Marae community to work with the young offender and their whanau.

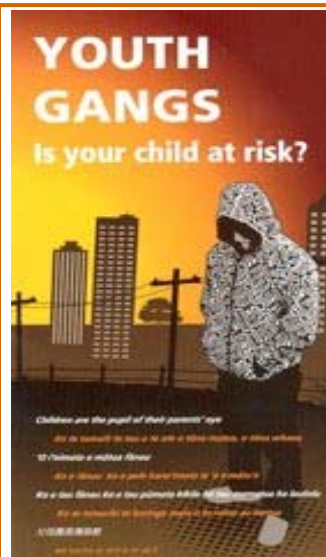
Each Rangatahi Court will have its own name, which emphasizes the relationship between the Court and the Marae where sittings of the Court take place. So far 7 Rangatahi/Pasifika Courts have been launched so far:

- Poho o Rawiri Marae at Gisborne (June 2008)
- Manurewa Marae in South Auckland (October 2009)
- Hoani Waititi Marae at Waitakere (March 2010)
- Orakei Marae at Bastion Point (June 2010)
- Pasifika Youth Court at Mangere (June 2010)
- Owae Marae at Waitara (June 2010)
- Te Kooti Rangatahi o Kirikiriroa at Hamilton (August 2010)

**For more information about Youth Court, check out their website:**

<http://www2.justice.govt.nz/youth/home.asp>

### NEW BROCHURE HELPS PARENTS IDENTIFY THE SIGNS OF YOUTH GANG MEMBERSHIP



*The Auckland Youth Support Network published a brochure for parents with young people involved in a youth gang or are at risk of joining one.*

Carl Crafar, National Youth Interventions Manager says, "the brochure was developed after youth workers said it would be great if they had some support material to give to the families they worked with."

A group of youth workers, the Youth Worker Coordinator and a representative from the Ministry of Social Development and Manukau City Council designed the brochure. Ongoing consultation with police, youth workers and agencies refined the information and the brochure.

The Youth Worker Coordinator, Lance Watene is currently distributing the brochures to youth providers, Police and agencies that work with at risk youth in Manukau City. Lance says, "We see this brochure being used as a tool and to encourage conversations about the risks of youth gangs. For example, the brochure has information about the signs to watch out for and what parents can do positively to steer their children away from negative influences like gang membership."

**The brochures are printed in English, Maori and seven Pacific and Asian languages. For further information, email [Lance.Watene@manukau.govt.nz](mailto:Lance.Watene@manukau.govt.nz)**

## TEEN SMOKERS ARE KICKING THE HABIT

**A new study shows a 30 per cent cut in the number of teenagers smoking - days after the Government announced a \$12 million reduction in funding for anti-tobacco initiatives.**

The Year 10 Snapshot Survey conducted by the Action on Smoking and Health lobby group found the number of youth aged 14 to 15 who smoke daily is one-third of what it was a decade ago, while the number who have never smoked has doubled.

According to Dr Paynter, a research and policy analyst for Ash, the introduction of these warnings in 2008 coincided with a sharp fall in the number of teenage smokers. She said the survey also asked the students if they had tried to stop and why they had done so. "Many said the graphic warnings were the reason they tried to quit."

Dr Paynter said the most promising survey result was the decrease in Pacific Island girls smoking. The daily smoking rate among them has gone down by two-thirds since 1999 and Dr Paynter described this cut as particularly pleasing. "It means that the inequalities between the ethnic groups are decreasing." Dr Paynter was also happy with the decrease in the number of teenage Maori girls smoking - which was half what it was when the survey started in 1999. However, this was still the group most likely to smoke - with 18 per cent saying they smoked daily. Five thousand deaths a year in New Zealand are attributed to tobacco and 700,000 New Zealanders are regular smokers - most of whom began when teenagers.

Dr Paynter said there were several ways to cut the rate of teenage smoking. One change would be to remove tobacco advertising and displays in shops, which would provide extra boost in removing tobacco from young people's lives.

Associate Health Minister Tariana Turia said the number of smokers who registered with Quitline had increased by 2500 to 7925 after the May announcement of a 10 per cent rise in tobacco excise. Demand remained higher than usual in June at 5548, compared to the monthly average of 3991. "We knew that putting up the price would be a powerful tool in reducing smoking," Mrs Turia said. "It forces people to cut back but, more importantly, it provides a strong incentive for smokers to quit and helps dissuade young people from ever starting to smoke." Quitline spokesman Carl Billington said about 400 teenagers registered with the service each month - about eight per cent of all callers.

**For more information, check out Ash Website:**

<http://www.ash.org.nz> or

**Quitline Website:** <http://www.quit.org.nz>



**CALL QUITLINE 0800 778 778**



YouthLaw Tino Rangatiratanga Taitamariki is a community law centre for children and young people throughout Aotearoa/New Zealand. This site provides information about how the law can help you to overcome issues that may be affecting you. We hope that this site will encourage you to learn more about your rights.

**Our phone advice line is currently open on Monday, Wednesday, Thursday and Fridays between 10am and 4pm. Tuesdays 10am to 12.30pm.**

**For more information, check out YouthLaw website:**

<http://www.youthlaw.co.nz>

## NEW GROUP HOMES TO HELP TROUBLED YOUNG PEOPLE

*"These homes are for seriously at-risk young people who will benefit hugely from a positive environment where they'll learn how to behave and relate well to people," says Ms Bennett.*

The new group homes will be in Northland, South Auckland (2), West Auckland, Hamilton, Tauranga, Hawkes Bay, Palmerston North, Wellington, Christchurch (2) and Invercargill.

"Some of these young people have had pretty awful childhoods and this is a concerted effort, utilising specialist staff to turn their lives around before it's too late," says Ms Bennett. The homes will be supervised 24/7 and the young people aged 12 to 17, will be in school or training while working on their individual plans for the future, gaining necessary skills for life. "One on one help from trained professionals is vital to making this work," says Ms Bennett.

The behaviour change programme and group work will help build social skills and days will be carefully structured, so young people know what's expected of them. Each home will cater for small groups of up to five young people per home who will live there for between two and six months.

Families of the young people will be supported to gain the confidence and skills needed to continue the good work when their young person is ready to go back home. "With strong community support and people who care about them, these young people stand every chance of overcoming their challenges and having a good life," says Ms Bennett.

## 198 YOUTH HEALTH CENTRE

### What to do if you were a customer of 198 Youth Health Centre?

Following the closure of 198 Youth Health Centre, here are some options for young people seeking medical and counselling services in Christchurch:

- The Clinic—192 Gloucester Street, Christchurch (<http://www.theclinicmc.co.nz/>). Some 198 Youth Health Centre doctors and nurses will be working there. Unless you have requested your medical records to be transferred elsewhere, then your records are now being held at The Clinic. You can phone (03) 366-3581 to make an appointment (mentioning you are from 198) or visit The Clinic to make sure you are registered with the 198 team.
- Waipuna Trust, 349 Woodham Road, Christchurch (<http://www.waipunatrust.org.nz/>): Counselling services 198 counsellors will now be working from here. Phone (03) 386 2159 to make an appointment. They also provide a youth support advice.



**CHILD & ADOLESCENT MENTAL HEALTH CONFERENCE**  
at Rutherford Hotel, Nelson  
15-16 September 2010

<http://www.confer.co.nz/camhsconf10/>



Faculty of Child and Adolescent Psychiatry Child2010  
at the Novotel Barossa Valley Resort

7-10 October 2010

<http://www.fcconventions.com.au/child2010/index.html>

## YOUTHLAW COMMUNITY SEMINARS

A series of four seminars on youth rights includes:

- **Introduction**

Rights in the justice system: An introduction to the NZ legal system, youth rights, protections for youth with the police, in the courts and road offences.

- **Rights in consumer issues**

Rights in employment. The nature of contracts, protections for consumers and employees, minimum wage, harassment and complaining.

- **Rights in education**

Rights in family issues: Balancing student rights in schools, parenting and adoption, abuse, sex, leaving home and marriage.

- **Rights in health issues**

Human rights and privacy Advocacy Legal ages and consent, substance abuse, ACC, privacy protections, UNCROC, preparation and debates in advocacy.

**Tuesdays starting 11 August**

Time 2pm-4pm

Venue: Papakura Council Function Room  
Level 4, Accent Point, 28 East St

**Tuesdays starting 11 August**

Time 10pm-12pm

Venue: Glen Innes Community Library  
108 Line Road, Glen Innes

**Thursdays starting 13 August**

Time 10am-12pm

Venue: Level 1, NZ Osaka Friendship House  
219 Federal Street, Auckland CBD

*For more information or to book, please contact YouthLaw  
phone (09) 306 7591 or email [ben@youthlaw.co.nz](mailto:ben@youthlaw.co.nz)*

*The Satellite Day will provide an opportunity for health and allied professionals working with young people, to enhance their clinical skills and promote young people's positive health and development. We will present a range of clinical competencies and the latest evidence in clinical skills adolescent health in a range of areas such as sexual health and mental health*



**Keynote Speaker: Karen Pittman**

Karen is the Executive Director of the Forum for Youth Investment in America. A sociologist and recognised leader in youth development. Karen began her career developing organisations and initiatives that promote youth development. A widely published author, Karen has written three books and dozens of articles on youth issues and is a regular columnist (Youth Today) and public speaker. Committed to increasing the quality and quantity of youth investment and youth involvement in the United States, the Forum supports organisations and communities that invest in young people by promoting a "big picture" approach to planning, research, advocacy and policy development among the broad range of national organisations that help communities invest in children, youth and families.

**Presenters' (to be confirmed)**

Speakers will focus on updates on key health issues for young people providing clear take home messages that may be incorporated into practice.

### REGISTRATIONS ARE OPEN

Registrations are now open. For all details, to download a registration form or to register online link to Involve [Registration page](#)  
*For any queries contact Maria Kekus Executive Officer at [syhpantz@gmail.com](mailto:syhpantz@gmail.com) with Clinical Skills Day in the subject line.*

## CENTRE FOR YOUTH HEALTH EDUCATION AND TRAINING 2010

*The Youth Health Workshops provide practical programmes to enhance professional skills when working with young people in clinical and community settings. The workshops will be held at the Botanical Gardens, Manurewa.*

**The HEeADSSS Assessment**

**18 October**

A one day introduction to clinical practice in youth health including: communication and engagement in youth health and using the HEeADSSS assessment model. **Who should attend?** Anyone working with young people. **Fee:** \$50.

**What Comes After HEeADSSS?**

**26 August**

This one day course gives an introduction to intervention skills when working with young people such as problem solving, motivational interviewing and discussing principles of behaviour change in young people. **Who should attend?** Those who have completed the HEeADSSS Assessment training. **Fee:** \$50

*Bookings are essential and confirmation will be given on receipt of payment. For bookings or further information please contact the Centre for Youth Health*

Phone: (09) 261 2272

Fax: (09) 261 2273

E-mail: [cfyh@middlemore.co.nz](mailto:cfyh@middlemore.co.nz)

## WEBSITE



<http://www.enable.co.nz>

### Services

Enable New Zealand delivers a range of services for older people and disabled people. These services are contracted by the Ministry of Health, ACC and for some other District Health Boards. These services include:

- Equipment and Modification Services
- Spectacle Subsidy
- Hearing Aid Subsidy
- Children's Hearing Aid Fund
- Disability Information and Advisory Services
- Weka Website
- Library Services
- Support links Needs Assessment and Service Coordination
- Wheelchair and Seating Outreach Services
- Short Term Loan Equipment Provision

## INVOLVE CONNECT CONFERENCE

**17-19 November 2010**

**Aotea Centre, Auckland**



**INVOLVE 2010** full conference theme aims to be a positive space for the sector to come together, connect and learn. Each day explores strengths of connectedness:

- **Raatoou:** young people are stronger if they are connected to each other, their family/whānau and their community
- **Maatou:** young people are better supported if the sector is more connected
- **Taatou:** young people's needs are better met if the sector and young people are connected to the big picture (policy making)



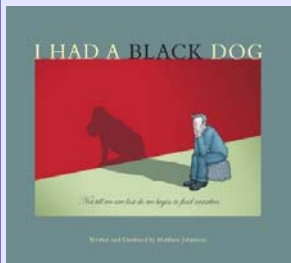
REGISTRATIONS ARE OPEN

<http://www.involve.org.nz/>

## New Resources

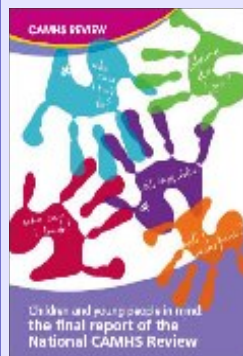
A selection of titles held within the Resource & Information Service which is open from 9am to 2pm

### BOOK REVIEW



**Johnstone, M. (2000).** *I had a black dog : his name was depression.*

There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.



**CAMHS (2010).** *CAMHS review : children and young people in mind : the final report of the national CAMHS review.*

The independent CAMHS Review was commissioned to look at how mainstream and universal settings are meeting the educational, care and support of children and young people at risk of and experiencing emerging emotional, behavioural, psychological and mental health problems.

The Review has looked at how CAMHS are meeting the needs of some of the most vulnerable children, with complex and challenging needs to ensure that they are delivered in a more integrated way. It has considered how we can deliver better outcomes for children with mental health problems and identified practical solutions to how those delivering, managing and commissioning services can address the challenges they face.



**Ian Lambie and Les Simmonds (2010)** *Raising teens today.* Random House New Zealand

Many parents feel anxious about coping with teenagers - it's not surprising given all the horror stories you hear. Other parents warn us of previously docile and compliant children who appear to have undergone personality changes and become more like mini psychopaths - turning sullen, rebellious and moody overnight. You hear reports of drugs, alcohol, violence, youth suicide, pregnancy, sexually transmitted diseases

and road accidents regularly.

Parenting teenagers brings a whole raft of new issues and challenges to every parent, and this book gives you practical ideas and information so you can face those challenges with confidence. Communication becomes more crucial than ever when dealing with teens and these authors are especially strong on family dynamics, building better relationships, sorting out your own issues and improving communication. They help you distinguish between normal and problem behaviours, give ways to avoid problems and negotiate difficult issues plus lots of practical ideas for dealing with common issues. On top of that, there's lots of encouragement for stressed or overwhelmed parents, advice about taking care of yourself and examples of success stories.

### NEW RESOURCES

**Attwood, S. (2004).** *Making sense of sex.* Future Horizons Inc.: Arlington, Texas.

**Attwood, T. (2004).** *Exploring feelings : cognitive behaviour therapy to manage anger.* Future Horizons Inc.: Arlington, Texas.

**Attwood, T. (2004).** *Exploring feelings : cognitive behaviour therapy to manage anxiety.* Future Horizons Inc.: Arlington, Texas.

**Baker, J. (2008).** *No more meltdowns : positive strategies for managing and preventing out-of-control behaviour.* Future Horizons Inc.: Arlington, Texas.

**Baxter, R. & Mayor, T. (2008).** *Supervision scrapbook.* Rod Baxter & Trissel Mayor: Wellington, N.Z.

**CAMHS (Department of Child & Adolescent Mental Health Services).** (2010). *CAMHS review : children and young people in mind : the final report of the national CAMHS review.* Website: <http://www.dcsf.gov.uk/CAMHSreview/>

**Davies, Martin. (2008).** *Blackwell companion to social work, 3rd. ed.* Blackwell Publishing: Malden, MA.

**Ewart, L.N., Neser, H. & Hendry, T.I. (2008).** *Death without warning : information and support after an unexpected death, 2nd ed.* Skylight: Wellington, N.Z.

**Farber, Naomi. (2009)** *Adolescent pregnancy : policy and prevention Services, 2nd ed.* Spring Publishing Company: New York.

**Johnstone, M. (2000).** *I had a black dog : his name was depression.* Pan Macmillan Australia: Sydney, NSW.

**Johnstone, M. & Johnstone, A. (2008).** *Living with a black dog : how to take care of someone with depression while looking after yourself.* Pan Macmillan Australia: Sydney.

**Lambie, Ian & Simmonds, L. (2010)** *Raising teens today.* Random House: New Zealand.

**Mental Health Foundation of New Zealand. (2002).** *Autism spectrum disorder (ASD).* Mental Health Foundation of New Zealand: Auckland.

**Mudford, O., Blampied, N., & Phillips, K. et al. (2009).** *Technical review of published research on applied behaviour analysis interventions for people with autism spectrum disorder.* Ministry of Education: Wellington, N.Z.

**Ryan, C. & Futterman, D. (1998).** *Lesbian and gay youth : care and counselling.* Columbia University Press: New York, NY.

**Skylight. (2009).** *Journey through : ideas for getting through tough times.* Skylight: Wellington, N.Z.

**Todd, F. (2010).** *Te ariari o te oranga : the assessment and management of people with co-existing mental health and substance use problems.* Ministry of Health: Wellington, N.Z.

