

*"Working together with Youth in a positive direction"*

## Entry requirements

- Entry is a contracted agreement between parents/caregivers and Rubicon.
- Entry is needs based.
- The Rubicon youth activity programme can accept 10 young people at any one time.
- Attendance is on a term by term basis.

## You can contact us at

13 Rust Avenue  
Whangarei 0110

Website:  
[www.rubiconyouth.org.nz](http://www.rubiconyouth.org.nz)

Phone: 09 438 2340  
Fax: 09 438 2342  
Mobile: 021 765 548

Email:  
[yap@rubiconyouth.org.nz](mailto:yap@rubiconyouth.org.nz)

NORTHLAND DISTRICT HEALTH BOARD  
*Te Pouri Hauora A Rohe O Te Tai Tokerau*



## Rubicon

*AOD/CEP Health Service for Youth*  
**Youth Activity Programme**

*"Working together with Youth in a positive direction"*

*"Mahi tahi ki te taha o nga Taitamariki  
kia kokiri nei e ratou ki mu ka rere kia  
tutuki ai nga wawata me nga  
moemoea."*

*"Work as one along side our youth so  
that they can move forward and fly to  
fulfill their hopes and dreams."*

# Rubicon

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## Who is YAP for?

- Young people aged 11 to 19 who are engaged with Rubicon

## What is YAP?

- A recovery oriented programme supporting young people with alcohol, other drug or mental health challenges.
- Inclusive of young peoples culture.
- The programme assists young people to reintegrate into their community environment, education facility and/or family/whanau.

## What YAP provides

- A youth based activity programme designed to encourage leadership, enhance motivation, participation and self esteem.
- Sport, arts, recreational activities and education forums, mixed and separate girl/boy specific activities.
- An environment which allows young people to understand their alcohol, other drug or mental health challenges and the impact these have on their family/whanau, their community and on themselves.
- Life skills learning from education, guest speakers and motivational group activities.

## Strategy

- Define the goals, aspirations, needs and strengths of each young person participating in YAP.
- Develop activities and flexible service options that will assist the young person to achieve their goals.
- Regularly monitor and review the young persons progress.
- Random drug testing may be undertaken as part of monitoring progress.

## Days & Times

- Tuesday and Thursday
- 3:00pm to 8:00pm

## Transport

- The programme mentor/s collect the young people as arranged from school, education facilities or home.
- The young people are returned home by programme mentor/s.

## Additional Support Services

**Te Roopu Kimiora** - 09 4304101 ext:8320

**After hours Mental Health line** –  
0800 22 33 71

**Octane Health** –09 972 7248 or 021 376 729  
75 Bank Street Whangarei

**Youth Services** -09 437 0813 or 0800 21  
YOUTH (21 96884) or 021 203 8116 or 027  
429 2225

21 Keyte Street Kensington Whangarei or  
Corner Station & Hokianga Roads Dargaville

**Whangarei Youth Space** –09 972 7248 or  
021 765 838 or Like them on Facebook:  
Whangarei Youth Space or Email:  
contact@youthspace.co.nz. Location: Rose  
Gardens of Cafler Park, Water Street

**Te Ora Hau Northland** - 09 438 5556  
59 Raumanga Valley Road, Raumanaga