



### What is the process?

Clients, support people, or professionals can contact Stop via 03 353 0257 or the online form for a confidential discussion. If Stop is identified as the right service, a referral will be recommended, completed and once received, clients are added to a waitlist and provided an estimated timeframe.

Support is offered until allocation to a clinician, if required. Assessments typically take around 10 weeks, and if intervention is recommended, programmes may run from anywhere between 6 months to over a year, with recommendations including individual, family and group sessions. Time frames, and intensity of intervention varies dependent on individual needs.

### Initial discussion

A safe, confidential conversation to provide guidance and clarify the process

### Referral

If Stop is the right service, referral forms are to be completed - including all relevant information and must be signed by the young person and their parent/caregiver.

### Confirmation

Once we receive the fully completed referral, this will be confirmed, and the client will be allocated to a Clinician when available. There may be a wait time for this

### Waitlist

If a client is on the waitlist, we encourage them and their whānau to stay connected with their referrer ie. Oranga Tamariki Social Worker or to contact the Team Leader at Stop if needed. If any current safety concerns arise while awaiting the start of assessment, it is important that Oranga Tamariki continue to remain actively involved with the client and their whānau.

We recognize that this waiting period can be a time of uncertainty and anxiety for clients and their whānau, and we encourage them to stay connected, reach out for support, and maintain regular communication until their assessment appointment.

*“I felt supported and always felt like we could access support when anything came up”*





### Assessment process

The assessment is a structured process of gathering information to understand the young person's needs and determine the most appropriate interventions. With the rangatahi's consent, this may include input from relevant support people and professionals

The full assessment process, from the intake meeting to completion of the report, typically takes up to 10 weeks.

- **Step 1 - Intake meeting**

The process begins with an intake meeting where we introduce the service offered by Stop, answer any questions, and explain the next steps. During this session, relevant paperwork is completed, including an agreement for the assessment to proceed.

- **Step 2 - Assessment Sessions**

Following the intake meeting, individual and family session will be held to gather information. Information may also be gathered from other sources such as schools, professionals or relevant agencies who can contribute to a full understanding of the situation.

- **Step 3 - Report & Recommendations**

At the end of assessment, a report is compiled summarizing the assessment findings and outlining recommended interventions. This report is reviewed with the client. The outcome of the assessment is shared with the referrer.

### Intervention

The duration and structure of the intervention will depend on the client's individual needs. Intervention may include weekly individual sessions, 3-4 weekly family sessions, and group therapy when applicable. Regular updates may be provided to the referrer if they remain involved. Intervention ranges from 6 months to a year.

### Completion

At the end of the intervention, an End of Intervention report is prepared and provided to the referrer if they are still involved with the client.

***'Supporting rangatahi  
& whānau towards  
safety, understanding  
and hope'***

