

# Pakeke/ Adult Service

## What is the process ?



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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 via phone until allocation to a clinician, if required. Assessments typically take around 40 working days, and if intervention is recommended, programmes may run from anywhere between 15 weeks to over a year, with recommendations including either individual and or individual and group sessions. Time frames, and intensity of intervention recommended varies and 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 client

### Confirmation

Once we receive the fully completed referral, this will be confirmed, and the client will be added to the waitlist.

### Waitlist

If a client is on the waitlist, we encourage them to stay connected to their referrer or to contact Stop if needed. We recognize that this waiting period can be a time of uncertainty and anxiety for clients and their whānau. stay connected and reach out for support.

### Assessment process

The assessment is a structured process of gathering information to understand a client's needs and determine the most appropriate interventions. With the client's consent, this may include input from relevant support people and professionals. Our preventative programmes do not always require an assessment and may mean clients will go straight into intervention. This will be discussed upon referral triage.

### Step 1: Pre-Assessment Meeting

The process begins with an initial meeting where we introduce the service, answer any questions, and explain the next steps. During this session, relevant paperwork is completed, including an agreement for the assessment to proceed. Clients are encouraged to bring a support person to this meeting.

### Step 2: Assessment Sessions

Following the pre-assessment, several information-gathering sessions are held with the client. These may also include approved support people, professionals, or agencies who can contribute to a full understanding of the situation.

### Step 3: Report and Recommendations

After the sessions, a report is compiled summarizing the assessment findings and outlining recommended interventions. This report is reviewed with the client. The outcome and other relevant information from the assessment is shared with the referrer.

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### Timeframe

The full assessment process, from the pre-assessment meeting to completion of the report, typically takes around 40 working days.

### Intervention

If intervention is recommended and the client agrees to engage in one of our programmes, they will be assigned a specialist clinician. The duration and structure of the intervention will depend on the client's individual needs. Interventions may include weekly individual and/or group therapy, partner or whānau sessions, and psychosocial support to strengthen daily functioning, relationships, work, education, and community engagement.

#### • Facing the future programme

This programme is offered to individuals who have engaged in harmful sexual behaviour against a child, adolescent and or adult.

#### • My good life programme

This programme is specifically designed to support individual who have an intellectual or learning disability, and who have engaged in harmful sexual behaviour.

#### • Concerning Sexual ideation programme (CSI)

To support early access to preventative services. This programme is offered to individuals who are experiencing sexual thoughts or fantasies that if acted upon would cause harm and find these thoughts distressing and impactful on their mental health.

### Problematic Pornography Programme

This programme is for individuals who recognize their online activity is increasing and beginning to involve wanting to seek out risky content, and who want support to make safer choices.

### Timeframes

Intervention sessions typically range from 15 weeks to a year or more, depending on the programme they were recommended, a client's progress and needs. Group therapy programmes generally run for 7 weeks to 7 months, with duration tailored to each client's circumstances.

### Completion

At the end of the intervention, a final intervention report is prepared. This report is reviewed with the client and, with consent, key information is shared with the relevant professionals or organizations involved in their support.

***“Towards a safer  
community,  
supporting change,  
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lives.”***