



# ATAREIRA



## Children Understanding Mental Health & Addictions Programme



# Children Understanding Mental Health & Addictions Programme

Is a free programme for children aged 8-12 who have a member of their family whānau experiencing mental health and/or addictions concerns.

We know that children who don't get enough information to make sense of their world will often make a "best guess" to explain a difficult situation.

We know that children living in the presence of mental health and/or addiction concerns want to be:

*Informed*

*Listened to*

*Equipped to cope with difficult times*



## Is an activity-based learning programme that aims to:

1. Promote knowledge and understanding of mental health and addiction concerns, teach coping skills, enhance the child's own wellbeing and provide language and information that matches their age and development needs.
2. To provide a safe space for children to share their experiences and meet others with similar experiences.





## **Our Programme Covers**

Getting to each other and why we are here

Talking about mental health and addiction

Looking at holistic wellbeing and self-care

Learning about feelings

Looking at anger

Managing worries, stress and grief

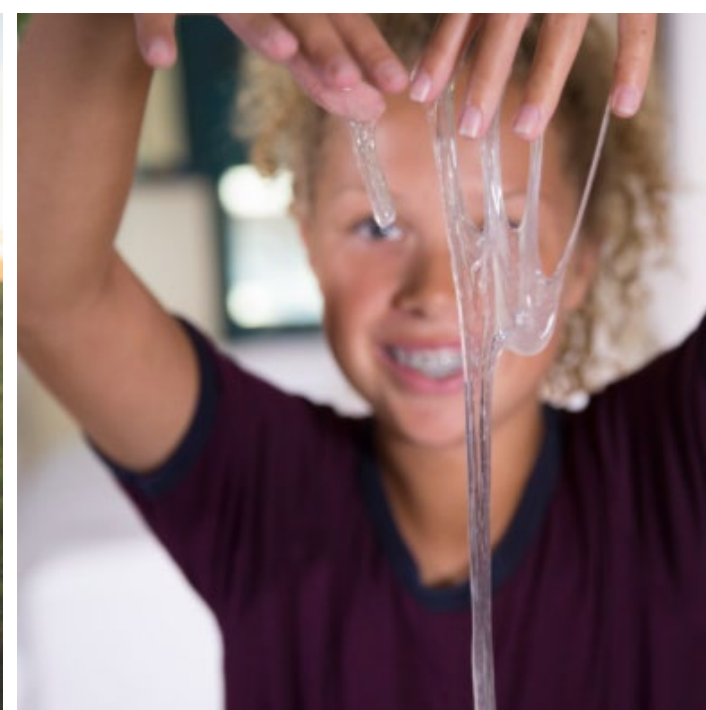
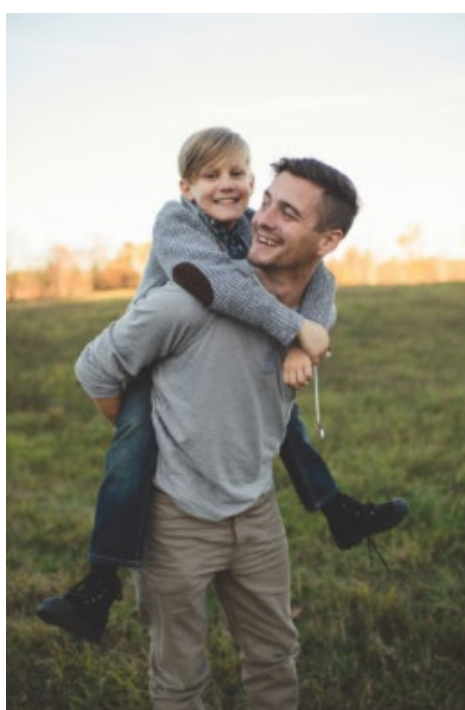
Mindfulness and coping strategies

Safety Plans

Celebration, farewells

## The focus of the programme is

- Help children get an answer they need to make sense of their world
- Discuss and deal with feelings related to living with mental health and/or addiction concerns in the family whānau
- Teach children how to get support for themselves and their family whānau
- Know that all feelings are okay and to teach strategies to help manage difficult emotions
- Help build children's resilience and ability to live well.



## Key message for Children

*"I am not alone"*

*"Its not my fault"*

*"I didn't make this happen"*

*"I cant catch it"*

*Its not my job to fix it"*



## Group details:

8 week afterschool programme that runs in Kapiti Coast

3 half-day weekend programme that runs in Porirua

3 half-day holiday programme that runs in Lower Hutt

Boys support group that runs every first Wednesday of the month afterschool

