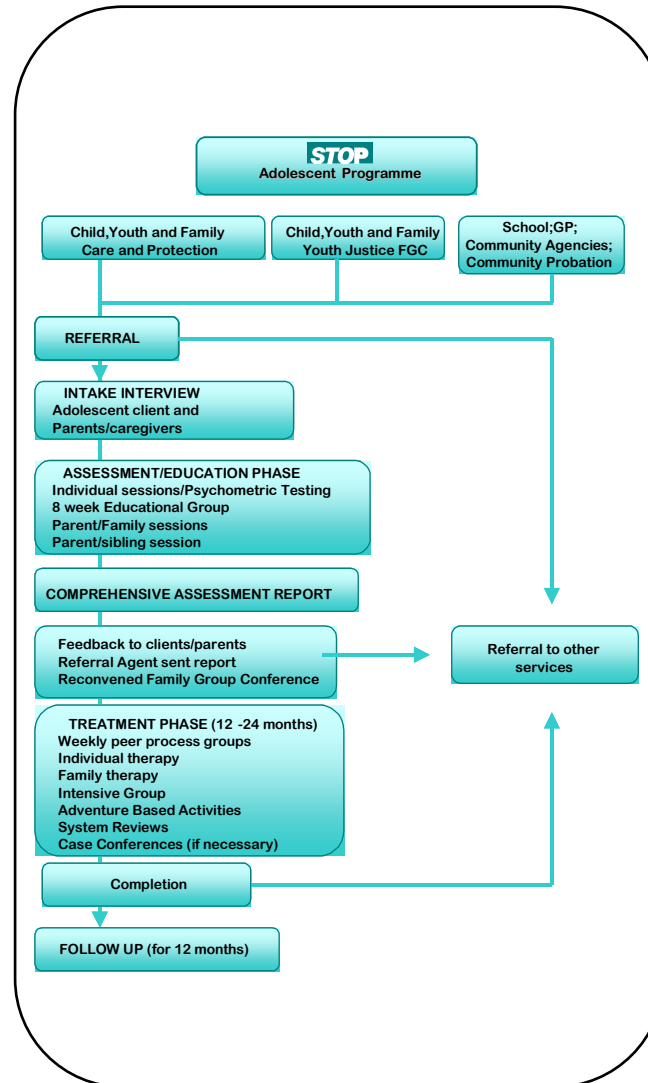


Programme Goals

To help adolescent males who have engaged in sexually abusive behaviour to:

- 1) Cease their sexually abusive behaviour
- 2) Acknowledge the nature and extent of the abuse and accept full responsibility for their behaviour.
- 3) Understand the impact of the abuse on himself, the sexually abused person(s) and family members.
- 4) Understand the emotional, psychological and situational factors involved in their sexually abusive behaviour.
- 5) Develop their understanding of appropriate ways to meet their own emotional, sexual and social needs without abusing themselves or others.
- 6) Face issues relevant for the adolescent as a victim of abuse (when appropriate).
- 7) Understand their sexually abusive behaviour in a way that promotes responsibility, maturity and community safety.

STOP Adolescent Programme Process Chart



The STOP Adolescent Programme

The **STOP Adolescent Programme** is a nationally recognised comprehensive approach based on programmes that have proved effective in North America, the UK and in New Zealand. The programme integrates the following components:

Phase 1 Assessment / Education

- **Clinical Assessment:** Involves clinical interviews with the adolescent, parents, caregivers and his family / whanau both separately and together.
- **Relevant Psychological Tests**
- **Education group:** For adolescents and their parents/caregivers providing information to increase their awareness about the problem of sexually abusive behaviour and to assist in orienting them to treatment for stopping this behaviour. This is usually held concurrent with the clinical assessment. In Christchurch this group runs for 8 consecutive weeks in the evening and in Dunedin and Invercargill this group is held on two consecutive Saturdays.
- **An assessment report** is discussed with the adolescent client, parents/caregivers and provided to referral agents at the completion of the Assessment/Education phase.

Phase II Treatment

The treatment programme involves the following components:

- **Individual Therapy:** Adolescent attends regular sessions with a primary clinician
- **Adolescent Peer Group Therapy:** Weekly groups with up to 8 adolescents matched for developmental level and age.
- **Changing Directions Group:** This group for adolescents with an intellectual disability/developmental delay meets weekly (Available in Christchurch only).
- **Family Therapy:** Involving family/whanau members, as appropriate in family sessions.
- **Intensive Groups:** Adolescents will attend a number of intensive one day groups during treatment with a focus on a particular treatment module.
- **Tautoko Rangatahi Group:** For Maori adolescents is held weekly in the Christchurch programme.
- **Adventure Based Activities,** are held regularly during treatment
- **System Reviews:** Held at 4-6 monthly intervals during treatment, system reviews are independently facilitated and provide an opportunity for the adolescent/family/support people to review the adolescent's progress.

Sexual Abusing by Adolescents Some Facts:

Sexual abusing by adolescents is a major social and mental health problem.

Sexual abuse has a detrimental effect on the mental health and well being on both persons who abuse and those abused.

Many adults who sexually abuse report that their sexually abusive behaviour started during adolescence.

Unless they receive help there is a risk that adolescents who have engaged in sexually abusive behaviour will continue to abuse.

About STOP

STOP was established in 1988 to provide community based treatment programmes.

STOP is a charitable trust independent of government agencies and is funded through a range of sources.

The STOP Adolescent Programme is staffed by trained professionals experienced in treatment of adolescents who have engaged in sexually abusive behaviour.

STOP is a community-based programme that responds to the issues of abuse in the context of family/whanau and community safety.

STOP understands that adolescents who engage in sexually abusive behaviour need to accept responsibility for their actions and need help to establish a non-abusing lifestyle.

Who the Programme is for:

Adolescent males who are ready to stop their sexually abusive behaviour

Aged 12 years to 18 years.

Assessed as suitable for a community based programme

Other Services

Services for young women are available in Christchurch on a case-by-case basis.

A Changing Directions Programme for adolescents with intellectual disability/developmental delay is available in Christchurch.

A Children's Programme is available in Christchurch and Nelson

How to Refer:

Referrals are accepted from Child, Youth and Family, health and community professionals, counsellors and the police.

Initial contact by telephone (see below)

STOP Adolescent & Children's Programmes - Christchurch

Contact: Maureen Lorimer (Clinical Team Leader)

Email: maureen@stop.org.nz

155 Montreal Street Christchurch
1st Floor above Elite Fitness Equipment
P O Box 13502, Armagh
CHRISTCHURCH 8141
Phone: (03) 374 5010
Fax: (03) 374 9030

STOP Adolescent Programme - Dunedin

Contact: Bryan O'Neill

Senior Specialist Clinician

Email: bryan@stop.org.nz

Phone/Fax: as for ChCh Office

STOP Adolescent Programme - Invercargill

Contact: Bryan O'Neill

Senior Specialist Clinician

Email: bryan@stop.org.nz

Phone/Fax: As for ChCh Office

STOP Adolescent and Children's Programme-Nelson

Contact: Maureen Lorimer (Clinical Team Leader)

(See above for Christchurch contact information.)



Adolescent Programme

Programmes for
adolescents
who have
sexually abused