

## **RAW PROGRAMME BREAKDOWN**

### **The Programme**

Rangatahi and Wellbeing (RAW) is a 12-week programme based on the principles of Te Whare Tapa Wha and designed for rangatahi (aged 12-24 years) in our local communities who are being affected by emotional distress, poor mental wellbeing and or addiction issues.

Te Whare Tapa Wha represents our four walls of wellbeing - psychological health, spiritual health, physical health and family health. Together we will work on strengthening these walls and empower our rangatahi to take control and start creating autonomy over their wellbeing, build confidence, self-esteem, resilience and to eventually finish the programme feeling confident that they will be better able to self-manage their day to day lives.

The programme consists of 12 weeks of one on one visits and 6 group sessions.

### **One-on-one sessions**

Each client will meet one on one with the RAW Facilitator either weekly or fortnightly over a 12 week period.

It is during these sessions that most of the hard work will be done, we discuss any struggles they are facing and together come up with tools, tactics and strategies to better deal with these struggles.

Together we set achievable goals to carry out between sessions based on discussion outcomes. The aim of these goals is to create independence in certain tasks which helps build confidence, feelings of control and equality to their peers.

Each session we also discuss positives that have come about over the week/weeks between visits and we transfer them into the four walls. The aim of this task is that they will begin to see and notice more positives rather than focusing on negatives.

We discuss community organisations such as gyms, dojos, yoga centres and other places they can access to improve their physical and mental health.

We discuss other forms of self-help such as when to visit their G.P, or utilise talk lines and help centres.

Throughout the programme we will also work on building a wellbeing plan to keep with them and use as an aid to keep them on track. Dependent on the rangatahi's needs one on one sessions can be flexible and continue past the 12 weeks if need be.

## **Group sessions**

Group sessions will be used for korero, fun activities, guest speakers and peer support to reinforce the work done in one-on-ones.

The 6 sessions will consist of, a get to know each other session then 4 x sessions of guest speaker/volunteers to come in and work with the group, finishing with a celebration session. Some examples of guests may be mindfulness meditation, self-defence, karate, yoga or guest speakers from self-help community organisations such as addiction centres or Youth groups. Guest speakers will be determined by the needs of the group at the time.

There will also be time to reflect on the topic and to chat amongst themselves and have supper in the hope good friendships will be built.

Group sessions will firmly adhere to 6 sessions per group, and there is no expectation that all rangatahi have to participate in the group sessions, however we do encourage it.

## **Tool Kit**

The wellbeing plan worked on throughout the programme contains 3 sections:

### *Section 1 - Making a plan*

Their plan contains their personal information, G.P, support networks, medication charts, triggers, what's important to them, things they would like to do better, identifying what's stopping them from doing these things, goals and action plans, and who can help when they are struggling.

### *Section 2 – Learning more (helps put their plan into action).*

It goes over their problem-solving process, tips on pacing yourself, understanding their medication, patient portals and accessing their medical information/records, making changes, gauging if they are on track.

### *Section 3 – Keeping on track (helps put their plan into action and maintain wellbeing).*

Contains strategies that work for them, how to recognise and what to do when they are starting to feel unwell, problem solving processes that work for them, tips and tricks for maintaining healthy emotional and physical wellbeing, Breathing and relaxation techniques,

We may also make some sensory objects for their tool kit, carry out some life skill work eg baking, making appointments, scheduling reminders for appointments in phones, reading body language or visit/introduce other community organisations, such as gyms, youth groups, sexual health clinics, churches. We are open to anything or anywhere that could benefit the rangatahi's mental, physical, emotional and spiritual wellbeing.