

Youth Health Sessions Takeaways



GP Conference, Dunedin August 2013

- “if **YOU** don’t ask..... **THEY** won’t tell” (Blum)
Therefore **DO** ask (even if you think you know the answer)....and **THEY WILL TELL**
- **Keep in mind:**
 - ❖ the *neuroscience of adolescence* , brain development completes at 24-25 years of age
 - ❖ the developmental stage and the developmental tasks being learned
 - ❖ are they concrete or *abstract* thinkers?
 - ❖ can they hold *now* and *future* in the same moment (*impulsivity* and *consequences*)
 - ❖ they need to learn/experience (again and again sometimes) about recognising, naming, managing their feelings

Helpful Tools of practice

- HEEADSS www2.aap.org/pubserv/PSVpreview/pages/Files/HEADSS.pdf
- BEARDS
- CRAFT
- Substance and Choices Scale (SACS) www.sacsinfo.com

Helpful Resources

- Adolescent Health GP Resource Manual order at www.collaborative.org.nz or email info@collaborative.org.nz
- Youth 2000 series www.youth2000.ac.nz
- Skylight www.skylight.org.nz
- Brainwaves Trust www.brainwaves.org.nz
- Mindfulness by Daniel Siegel published by Scribe publications 2009

Want more training?

- Collaborative for research and training in youth health and development www.collaborative.org.nz
- Society for Youth Healthcare Professionals Aotearoa New Zealand (SYPHANZ)

www.syhpanz.co.nz

- The Werry Centre for Child and Adolescent Mental Health
www.werrycentre.org.nz
- Centre for Youth Health
www.countiesmanukau.health.nz/funded.../centre_youth_health.htm
- University of Auckland (post grad papers Youth Health)
www.fmhs.auckland.ac.nz

Local youth one-stop-shop

Kawakawa

The Rural Beat

54 North Rd

best contact person Dr Aniva Lawrence aniva@hauorawhanui.co.nz

Kawakawa

(09) 4040861

Tracey Wihongi

ruralbeat@xtra.co.nz

Auckland

West Health developing s service Maria Kekus MariaK@healthwest.co.nz

Youthline

Jayne Lowry/ Glenda Schnell

13 Maidstone St

Ponsonby

PO Box 8670

Symonds St

Auckland

09 376 6645

jaynel@youthline.co.nz glenda@youthline.co.nz

youthline@youthline.co.nz

Our services are

- Counselling services
- Information and referral
- Youth work services
- Training and leadership programmes
- Research and policy development
- Community development

While medical services are not the front foot of our YOSS, we complete health assessments with many of our young people and link them with medical professionals when necessary.

Hamilton –

Manager Tracey Tuhi

Whai Marama Youth Connex mostly mental health

236a Anglesea St, PO Box 19463, Hamilton
PH 07 838 2558, Fax 07 838 2554,
Email info@whaimarama.co.nz Tracey@whaimarama.co.nz

Taranaki New Plymouth –

Waves

74 Powderham St. New Plymouth -just youthwork services no health services
[P] 757 9901 [F] 757 9906
Contact - Louise Roebuck
Keith.lou@xtra.co.nz

Wanganui

Youth Services Trust (formerly YAC Youth Advice Centre)
PO Box 4006
7, Park Place
06 348 9935
Contact – Jean Bengé
email jean@yst.org.nz

Hawkes Bay

405 St Aubyn's st contact [Sue Taaffe](mailto:Sue.Taaffe@directions.org.nz) [sue.taaffe@directions.org.nz](mailto:Sue.Taaffe@directions.org.nz)
Directions Youth Health Centre
PO Box 14137
HASTINGS, 4122
P (06) 870 8449
F (06) 870 6953
C 0211440609
E directions.yhc@xtra.co.nz
W www.directions.org.nz

Palmerston North`

Youth One Stop Shop
7 Edgeware Road
PO Box 575
Palmerston North
Tel 06 355 5906
Contact – Trissel Mayor
Email info@yoss.org.nz

Taupo

Café for Youth Health
PO Box 1356
C/o Waiora House, 129 Spa Rd
Taupo
Tel 07 378 3895
Fax 07 378 3890
Contact Shaz Iseli
Debbie Hughes Debbieh@youthcafetaupo.org.nz
Email shazi@youthcafetaupo.org.nz or info@youthcafetaupo.org.nz
www.youthcafetaupo.org.nzCafé for Youth Health

Rotorua

Rotorua Youth Centre (Da Bomb Shelter) and Rotovegas Youth Health
1066 Hinemoa street
PO Box 801
Rotorua
Tel 07 343 1013
Contact Dr Tania Pinfeld
tpinfeld@rotovegas.rgpg.co.nz
dmear@rotovegasyouthhealth.org.nz

Gisborne has a sexual health project and a youth arts project and A&D project would like one stop shop
Contact Manu Caddie manu@ahi.co.nz

Tauranga

Youth Clinic HbU
Mobile 4-11 Merrivale, Papamoa, Arataki, Central City, Welcome Bay, Katikati
07 575 3765
Paora Stanley and Roger Tayler paora@ngaiterangi.org.nz
Operations Manager
Tauranga mobile youth health
021 727 961

Kapiti

Kapiti Youth Support KYS
15 Tutanekei Street
PO Box 300
Paraparaumu
04 905 9597
Contact –Raechel Osborne
Email kys@paradise.net.nz

Hutt Valley

Vibe
4, Daly street Lower Hutt
04 566 0525
Contact – Kerry Leggett kerry@vibe.org.nz

Wellington

Evolve (Wellington Youth Service)
5 Eva street
PO Box 9076
Wellington
Tel 04 801 9150 (027 660 7474)

Contact – Kirsten Smith
Email evolveoneva@xtra.co.nz

Nelson

Youth and Community Facilities Trust (not got health there yet – no funding)
The Hub
Cnr New Street and Halstead st
PO Box 997 Nelson
03 545 9147
Manager – Di Smith
Email Di@nelsonhub.org

Christchurch

298 Youth Health
298 Barbadoes St PO Box 2986
039439298 txt 022 081 2991
Christchurch Contact – Sue Bagshaw Erin Thomson admin@298.org.nz

Ashburton

Hype – service open 2-5pm Monday/wed/Friday nurse and youth worker
Contact Gabrielle Issac 03 308 2248 youthhealth@saferashburton.org.nz
Gabrielle@saferashburton.org.nz

Timaru

Under the leadership of a public health nurse – a GP going in once a week wed 3.0-4.30
Dr Kerry Neilson
Aoraki Ploytech
03 684 1545
publichealth@timhosp.co.nz

Oamaru Youth Health

8, Steward Street
PO Box 94
Oamaru
03 433 0260 public health nurse with GP

Dunedin

Barbara Patten
Otago Youth Wellness Centre youth work services and counsellors
Phoenix House Queens Gardens email Administrator@oywt.org.nz
PO Box 669
03 474 9547

Alexandra

Youth Health Clinic
COEC Building Small centre staffed by a GP and PHN's
1 Ventry Street

Invercargill

Southland Youth One Stop Shop

Number 10,

Jocelyn Johnstone Manager jjohnstone@number10.org.nz

Number 10 Youth Health and Social Services

10 Deveron St, PO Box 186

Invercargill

Ph 03 2141013 mobile- 0274724711

Fax 03 214 0169

Westport

The Youth Base

Open Tuesday and Wednesday

two youth workers, run the Youth Transition Service, an individual youth support service, small life

skills classes eg: cooking, drivers licences and run adolescent health and youth information

workshops eg: budgeting, legal rights, respectful sexuality, and drug and alcohol awareness

workshops for youth from training organisations and youth on the street to attend

contact C/o Shelley Taylor youth@bullaerap.co.nz Buller REAP ph:03 7897659, PO Box 236

Westport

