



# CROMWELL

## YOUTH TRUST

**Whakamana Rangatahi - Empowering Youth**

*Youth Mentoring & Youth improvement Programmes*



# *Welcome* **Nau mai haere mai**

Our Cromwell Youth Trust one-on-one mentoring program is designed to support rangatahi aged 11-18 years old (Year 7 to Year 13) who may be facing challenges in their education or struggling with school-related issues. Our primary goal is to help improve their engagement and attendance.

The program is referral-based and integrates the Te Whare Tapa Whā model, which we have found to be highly effective. This model helps us understand the underlying reasons behind each student's difficulties by focusing on four key areas:

- Te Taha Tinana (Physical health)
- Te Taha Wairua (Spiritual health)
- Te Taha Hinengaro (Mental and emotional wellbeing)
- Te Taha Whanau (Family and social life)

Additionally, we consider the importance of Whenua (Land and roots) to support rangatahi in connecting with their cultural identity.

Before starting the mentoring, we conduct an initial assessment to determine the specific needs of each individual. This helps us tailor our approach to meet their unique requirements and goals.

Mentoring sessions are held weekly and are customised to address the individual's needs and aspirations. By addressing all aspects of the Te Whare Tapa Wha model and utilizing our extensive resources, we aim to support their holistic development and equip them with the tools and knowledge needed to achieve their goals.

# Our values



## kotahitanga - unity

Working together as a team with youth and the community as one. What we say, how we do it, and what we do matters.



## whanaungatanga - belonging

Everyone feels that they belong to and want to be a part of Cromwell Youth Trust. Everyone is treated equally with respect and appreciation



## whakahiriko - inspired

A safe space where we are encouraged to grow, learn and explore the world around us.



## kaitiakitanga - gratitude

Respect for yourself, others and the place you stand in.



## manaakitanga - inclusive

All people regardless of culture, gender, identity, disability and opinions are heard in a non-judgemental space and feel safe to share and connect.



## tuhura - discovery

Everyone has the opportunity to seek and explore who they are and who they want to be, both internal and external.

# Our Promise

Cromwell Youth Trust's promise is to provide a safe and supportive environment where young people have the opportunities to...

express themselves openly,  
without judgement;

to be treated as equals, without  
segregation

to have the opportunity to  
participate, without concern of  
financial pressure;

to be heard, without being  
silenced;

and to be guided by trusted and  
dedicated youth workers.



# Our Youth Mentor

## Bridie Henderson

Bridie brings a wealth of knowledge from both her studies and personal experiences. Her passion stems from having firsthand experience with various systems and overcoming her own challenges. Bridie focuses on helping people manage and overcome personal, social, and behavioral issues that negatively impact their wellbeing or academic success and goes above and beyond to enhance individual experiences and help people reach their full potential.

Bridie provides crucial emotional support to both neurodiverse and neurotypical rangatahi, educating them and others on a range of mental health topics while creating resources tailored to their unique needs. Bridie encourages personal development by helping individuals set goals and walking alongside them to help them to achieve these goals.



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*I have found Bridie very helpful, especially working with my mental health and wellbeing. She is really positive and encouraging of me, she listens to me and understands how I feel, she makes me feel like I'm not alone. She helps me feel like even with little steps I'm getting better and I'm good enough*

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# What we have to offer?

The resources we offer are tailored to meet individual needs and goals, covering all aspects of the Te Whare Tapa Whā model in depth. These resources also emphasise positively reshaping thinking patterns using the Cognitive Behavioral Therapy (CBT) approach. CBT is recognised as highly effective in helping individuals achieve more positive outcomes when facing challenges.

Below is an example of some of the topics and resources we use.

- Anger management
- Anxiety management
- Panic disorders
- Mindfulness
- Stress management
- Thought templates
- Journaling
- Vision boards
- Safety Plans
- Neurodiversity (Screening links, ADHD guidance, ASD guidance)
- Sleep guidance
- Te whare tapa whā model

# Why did we choose the Te Whare Tapa Whā model as our approach to programs and mentoring?

Te Whare Tapa Whā is an excellent model for youth work because it provides a holistic approach to understanding and supporting young people. Developed by Sir Mason Durie, this model represents health and wellbeing as a whare (house with four essential pillars).

By addressing each of these dimensions, Te Whare Tapa Whā ensures a comprehensive view of a young person's needs, promoting balanced and integrated support. This model not only helps practitioners understand the multifaceted nature of youth wellbeing but also guides them in developing interventions that are respectful of cultural values and responsive to individual needs, leading to more effective and empathetic youth engagement.

## **Taha Tinana (Physical Health)**

Interactive workshops and activities that promote physical fitness, healthy eating, and self-care practices to support overall wellness and physical vitality.

## **Taha Hinengaro (Mental Health)**

Sessions focusing on emotional intelligence, stress management, and mental resilience, including mindfulness practices and creative expression to build mental strength and well-being.

## **Taha Whānau (Family and Social Relationships)**

Group activities and discussions that encourage building positive relationships, effective communication, and strong support networks within the community and family.

## **Taha Wairua (Spiritual Health)**

Exploration of personal values, cultural identity, and purpose through reflective practices and cultural activities, fostering a sense of connection and inner peace.



# Parent, Guardian or other organisations involvement



Parents, guardians, and other organisations will be encouraged to attend meetings with their rangatahi to offer support and participate in occasional sessions or events. This ensures that everyone understands the youth mentor's approach and the child's plan, ensuring alignment and cooperation moving forward.

At the end of each term, progress reports can be provided upon request, detailing the mentee's development.

Additionally, regular feedback surveys will be distributed to parents to gather their opinions on the youth mentor's performance with the student. This feedback will be used to identify areas for improvement and to make necessary adjustments based on those suggestions.

## Youth Improvement Programs

The CYT team is really excited to start delivering our Youth improvement programs in collaboration with local experts, community groups and businesses. Our group mentoring programs will be based on the same structure as our mentoring programmes, but will be aimed at a group setting. These will both be referral-based programs.

### **Taha Tinana Wellness Program - This will be offered in Term 4, 2024**

This Fitness program is a one-hour weekly program of Te Tapa Tinana: physical exercise and other activities aimed at improving the physical well-being of Tāngata Whaiora. Healthy body, healthy mind. This program allows us to explore two aspects of the model: Taha Hinengaro (mental & emotional well-being) and Taha Tinana (physical well-being). We will do this from the sport of boxing and introducing rangatahi to the physical atmosphere at the gym. This program will also be mentally challenging for some, pushing the limits of their own physical and mental strength barriers.

### **Wahine toa Wellness Program - This will be offered in Term 1, 2025.**

This program will focus on supporting the holistic development of young wahine by building resilience, confidence, and a sense of belonging among participants. This is a programme that creates a supportive and safe space where young women can thrive and achieve their full potential. This will be an 8-week programme. offered in term 1 2025.

# Evaluation and feedback process.

Mentoring progress notes will be written after each session.

These notes will include:

- Actions taken since the last session
- A summary of the current session
- New actions or concerns identified
- Next steps for the mentee

This reporting ensures that mentoring time is used effectively and provides assurance to parents, guardians, and organisations about the positive progress of the mentor-mentee relationship.

Parents, guardians, and referrers will have the chance to submit feedback forms each term, assessing changes in the mentee's behavior and evaluating the mentor's performance. All feedback will be reviewed by the team and included in the quarterly report to promote continuous improvement.

These progress notes will also be compiled into a quarterly report for the manager, board, and funding organisations.

## Get in touch



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