

Ratonga Taiohi Pānui

what you need to know



promote the client experience survey!

for a chance for taiohi to win a \$50 Prezzy card!

We've sent emails to young people asking them to complete the Youth Service experience survey. However, we know that not everyone uses email or regularly checks it.

Here's how you can help!

Send the link below or get them to scan the QR code. We'll enter everyone who completes the survey into a draw for a chance to win a \$50 Prezzy card!

<https://www.surveymonkey.com/r/YouthServiceNZ>

We want to know about their experience, whether it was good or bad, so that we can better support young people enrolled in Youth Service



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wellbeing drop in recap

eight everyday self-care tasks

Our drop in session today was led by Kate Groundwater, MSD's Workplace Mental Health and Wellbeing Senior Advisor

Kate covered techniques for self-care

Here are eight of the top ways we can look after our own wellbeing

[Check the drop ins schedule for upcoming session](#)

| | | | |
|--|--|---|--|
|  <p>Sleep</p> <p>7-9 hours is best. Improves ability to cope as well as helps with focus, memory and productivity</p> |  <p>Keep active</p> <p>Works like magic. Any activity that moves your body is fine</p> |  <p>Eating and drinking</p> <p>Processed and sugary foods can lower mood and increase anxiety. Low water intake can increase anxiety. Alcohol is a depressant</p> |  <p>Notice negative self-talk</p> <p>Does it help you do anything? Are there any negative consequences to beating yourself up for making mistakes?</p> |
|  <p>Respond vs react</p> <p>Learn ways to manage impulsive feelings to reduce stress and increase the sense of control</p> |  <p>Detach from work</p> <p>During your breaks, in the evenings and over the weekend</p> |  <p>Practice mindful breathing</p> <p>Lowers blood pressure and helps to ground you</p> |  <p>Debrief</p> <p>Talk about your feelings – recognise what they are and find healthy ways of dealing with them</p> |



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Fetal Alcohol Spectrum Disorder - The Basics

watch the video before our drop in at 10am on Tuesday 5 September

FASD is a very common neurodisability

- FASD is often described as a 'hidden disorder' because changed facial features are only present in a few of these individuals and often the behavioural and brain functioning changes are not obviously apparent
- It can result in complex physical, behavioural, learning and intellectual problems
- Individuals with FASD are over-represented in school exclusions and drop-outs, involvement in youth crime, addictive behaviours and early pregnancy although it is important to note that not all those with FASD are affected in this way
- Appropriate interventions are critical to help an individual to succeed and prevent an adverse life-course
- Youth coaches who understand FASD and are aware of the accommodations needed for these taiohi are better able to work with families and individuals to help them succeed

Click here to watch the video



Fetal Alcohol Spectrum Disorder (FASD)

10am Tuesday 5 September

Join via [Teams](#)

About our drop in

This session is based on lived experience. Both presenters have lived experience through raising children with FASD and from a long involvement in the FASD community. These insights are invaluable in 'making real' the experience of supporting someone with FASD. We expect the drop-in session to be interactive, with discussion of experiences from attendees who may be involved in supporting someone with FASD

Limited Service Volunteer course

meet the LSV team and get all your questions answered at our drop in on 7 September



meet the LSV team

10am Thursday 7 September

Join via [Teams](#)



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upcoming drop-in sessions

our drop-ins focus on the technical aspects that are unique to our service

emergency housing improvements

9:30am Wednesday 30 August



In this drop in we're going to cover the new measures in place to strengthen the emergency housing system:

1. Supplier standards for EH suppliers
2. Guide for people in emergency housing
3. Resolution framework
4. Updated operational guidance

Join via [Teams](#)

Fetal Alcohol Spectrum Disorder (FASD)

10am Tuesday 5 September



FASD is a very common neurodisability. It can result in complex physical, behavioural, learning and intellectual problems. An individual with FASD (and their parents) is often misjudged and criticised as non-compliant, uncooperative, resistant, manipulative and unmotivated. This workshop will be strongly based on lived experience. Both presenters have lived experience raising children with FASD and from long involvement in the FASD community.

Join via [Teams](#)

You can find the full drop-in session schedule
on our provider site here:

[drop-in sessions | Youth Service providers](#)

or print the [breakroom poster](#)



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Strengthening Youth Voice and Leadership

through the Youth Plan Refresh

Webinar
18 September
12pm-1pm

Co-hosted by the **Child Wellbeing and Poverty Reduction Group** at
Department of Prime Minister and Cabinet
and **Ministry of Youth Development –
Te Manatū Whakahiato Taiohi**



The Ministry of Youth Development (MYD) – Te Manatū Whakahiato Taiohi – and the
Child Wellbeing and Poverty Reduction Group are hosting a joint webinar on
Monday 18 September from 12.00pm-1.00pm

[register for this webinar here](#)



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realising the dreams and aspirations of youth

tau awhitia te taiohi, ka puta ki te wheiao

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