



**youth service**  
ratonga taiohi



*Ngā Pou e here nei i a tātou*

Created by rangatahi of Manawatu  
During Youth Week 2023

From Youth Service provider START-Whana tū



**MINISTRY OF SOCIAL  
DEVELOPMENT**  
TE MANATŪ WHAKAHIATO ORA

**Thursday 5 September 2023**

# driver licence programme

## highlighting safe driving!

Let's put a focus on **safer driving practices** and help build confidence before the young person takes the actual tests.

### focus on safe driving – check out [drive.govt.nz](https://drive.govt.nz)

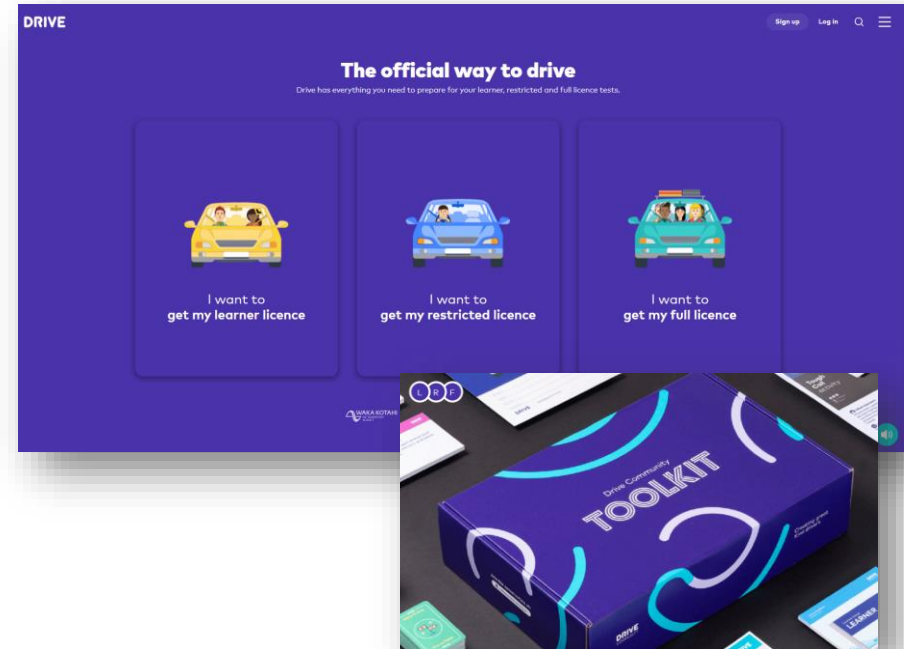
- it has everything a young person needs to prepare for their licence tests
- you can request a Drive Community Toolkit

### build confidence before the tests

- allow time for learning and growth
- set realistic timeframes for their tests

### ART top tips

- record all driver licence statuses in ART **even if** the young person doesn't have a license or already got one before joining Youth Service
- upload the Driver Commitment form
- sight their original driver licence and upload a copy to ART
- add a 'Need' and 'Activity' for the licence they're working towards and add notes in the activity



**If the young person doesn't feel confident enough after 20 driving lessons to take the actual tests, feel free to provide additional lessons**



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# new 'parenting appointment' activity on ART

to help with recording regular parenting discussions

## Parenting Incentive Payment

Young parents can get an extra **\$10 per week** when they earn their Parenting Incentive Payment

- they must complete a **parenting programme**
- meet their **parenting activity obligations** and
- have engaged in **three months** of regular parenting conversations

To help track your ongoing parenting conversations we've created a new activity type in ART.

This can support your recommendation for taiohi to get a Parenting Incentive Payment

Activity type was successfully created.

### Parenting appointment

EDIT LIST

Code: PAI  
Name: Parenting appointment  
Active: Yes  
There are currently no activities with this activity type.

**create the task in ART for the incentive payment when:**

- a) you're satisfied that the young person has met their parenting obligations
- b) you've recorded notes on the parenting discussions in ART under the parenting activity for the past three months and,
- c) the young person has completed a parenting programme and you've attached the certificate to their ART record

*Shout-out to Michelle at Comcol for this great suggestion!*

# recap: Fetal Alcohol Spectrum Disorder drop in

## FASD-CAN Aotearoa provides education and provide strategies for those living with FASD

### about FASD

FASD is a diagnostic term used to describe impacts on the brain and body of individuals prenatally exposed to alcohol

- FASD is a lifelong disability
- individuals with FASD will experience some degree of challenges in their daily living, and need support with motor skills, physical health, learning, mobility attention, communication, emotional regulation, and social skills to reach their full potential
- it impacts individuals differently. It can depend on:
  - when alcohol was introduced during the pregnancy and
  - the amount of alcohol introduced
- it is a hidden disorder - less than 10% of people with FASD have the facial features that are associate with the disorder

### top tips

Individuals with FASD can have trouble thinking of multiple things at the same time, meaning that decision making is difficult. Taking time to go over choices one at a time, and to outline possible outcomes, helps tremendously.

Self-management is often difficult. Timetables and visual cues with lots of repetition can be helpful.

Those with FASD have many interests and strengths - tapping into these can produce amazing results.

### resources for professionals

FASD-CAN has a range of useful resources for professionals working with young people affected by FASD, including a [short guide](#) on how you can help young people with FASD: [FASD-CAN resources here](#)

Get the PowerPoint presentation from today's drop in [here](#)

**Could it be FASD?**  
What Police need to know

**FASD in Aotearoa/NZ workplace**  
"With shared strength, guidance and wisdom, those with FASD can grow and achieve"  
WHAT CAN EMPLOYERS EXPECT?

**11 THINGS ABOUT ME**

**Dear Support Staff**  
You might not know me very well yet but here are 11 things about me that might help you understand and bring out the best in me.

**1** I have trouble organising my thoughts. You can help me by giving me extra time.

**2** I can become overwhelmed by multi-step instructions and I forget what to do. Chunk it down into smaller steps.

**3** My working memory is not as good as my peers. You can help me by prompting me and / or using visuals.

**4** I can easily lose track of time. You can help me by checking in with me throughout a task.

**5** I find transitions tough. Please give me warnings of any changes coming up.

**6** I get distracted. Have patience and kindly repeat instructions.

**7** My hands and legs feel like they have a life of their own. You can help me by agreeing on a way to keep them busy so I don't disrupt others.

**8** My body needs to move so my mind can be calm. You can allow me to have regular movement breaks.

**9** I can be very chatty and I won't know when to stop. You can help me by agreeing with me on a discreet signal to remind me to be quiet.

**10** I hear negative comments all day. You can help me by finding positive things to build my confidence.

**11** I find it hard to control my emotions. You can help me by providing a safe space for me to cool down without shame.

You are my safe adult and I hope you can see that I am more than the sum of my challenges.

Adapted by FASD-CAN from [www.sawwell.com.au](#)

Visit the website:  
[Fetal Alcohol Spectrum Disorder - Care Action Network](#)



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# upcoming drop-in sessions this week

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

**induction for new youth coaches**  
**10am Wednesday 6 September**



**In this drop-in session we're cover:**

- how legislation and policy determines how Youth Service operates
- the people and teams are that help deliver Youth Service
- where to find information to help you in your role

You'll also get to meet some other new youth coaches and be able to ask us any questions

**Join via Teams**

**Limited Service Volunteer (LSV) course**  
**10am Thursday 7 September**



LSV is a free 6-week training course for young people run by the New Zealand Defence Force.

Hundreds of young people have joined LSV and built the confidence and skills to get work-ready and make a fresh start in life.

In this drop in we'll answer all your questions about LSV. Watch [the video](#) and bring your questions,

**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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# wellbeing drop in next week with Sonja Eriksen

when the going gets tough....supporting frontline kaimahi

Working on the frontline of health and social services can be hard, especially when supporting vulnerable clients.

Knowing how to support both your personal and professional wellbeing in these environments can make a considerable difference.

Using the pause concept, and traditional understandings of mental wellbeing, this session provides a raft of tips and tricks to help get the best out of every day for both yourself and your clients.

## Presenter: Sonja Eriksen

Sonja Eriksen brings over 30 years of experience, with background in nursing, researching, teaching and supporting all aspects of mental wellbeing. She is passionate about the intersection of physical and mental health and is well known across Aotearoa for leading significant government and community initiatives in disability and mental wellbeing, trauma-informed care and suicide prevention from both clinical and lived experience. A seasoned trainer, Sonja offers trainings which take the attendee on their own personal journey of change. Sonja is the current Principal Disability Advisor at MSD.

10am Tuesday 12 September  
[Click here to join this meeting](#)



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# realising the dreams and aspirations of youth

tau awhitia te taiohi, ka puta ki te wheiao

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