

## Sammy's story: how our 'MenD' programme mended his life.

**Things started to change for Sammy in prison. There for the first time for a seven-month term, it gave him a huge wake-up call. Luckily, his probation officer suggested doing a men's programme at Iosis – a step that has changed his life.**

Sammy has just completed MenD, which is an eight-week, one-on-one therapeutic programme. He's so stoked with the difference it's made to his and his family's lives that he and his partner are now on the waiting list for couples counselling.

"There's no question that without this programme I would have re-offended by now," says Sammy. "In the past, my way was to fix things with my hands. If someone upset me or made me angry I did

something about it. Now things are different. Alfred (Sammy's Iosis mentor) has given me the tools to deal with things differently and I use them every day."

"Over the last eight weeks, I met with Alfred and he blew my mind. I started to take notes so I wouldn't forget and I refer to them every day. As soon as I leave, I start practising what Alfred has taught me – he is TOO good! – and it has become an important part of my everyday life.

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*The MenD programme 'blew my mind' says Sammy*

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# CEO's message

This month, we've focused on our men's programmes and how they've helped to transform the lives of men like Sammy and Barrie. But more than that, these stories highlight what makes losis so effective at helping families create lasting change: our wraparound approach.



Tunumafono Tracey-Leigh Peters

This multi-faceted approach isn't just about 'putting a plaster on the problem'. It's about addressing the underlying cause of issues, teaching new skills and techniques and providing on-going support as each family moves towards a better place.

What makes us different is that we work with the whole family through a range of one-to-one and group programmes. We do this by reducing stress on family life as a society, creating community and support systems that allow families to flourish, and working with the most vulnerable families to make the changes necessary to ensure a safe and nurturing environment for their children.

It's the ongoing faith and commitment of our supporters that makes all this possible. Thank you for helping to transform the lives of families – as you'll see on these pages, it is truly making a difference.

**Tunumafono Tracey-Leigh Peters**  
CEO

## Sammy's Story

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For example, the 10:90 rule – when I get angry, I focus on the 90% I can control myself. The other 10%, which is coming from others and I can't control, I leave. I've also learnt the five love languages, to take responsibility for my actions, as well as acceptance and moving on."

Alfred, Sammy's facilitator says he is one of many who have noticed the change in Sammy since he started the MenD programme. "He was a diligent student who made great progress during the programme."

Sammy and his partner are currently expecting another baby. "I used to talk to my partner about what I'd learned," says Sammy. "Now I just put it into practice and she's seeing it through my behaviour change – now she's asking me questions." 🌀



Sammy's notebook is never far away

## Prayer needs

- We pray for the fathers doing our men's programmes and their dedication to improving life for themselves and their families.
- We pray for the mums who've graduated from our Merivale programme and are now living in the community caring for their children.
- We pray for our foster care team as they recruit and train much-needed foster carers.

# Barrie's story: the power of commitment

**Barrie is a solo father of four children. Last year, the children were taken from him and placed into foster care. Since then, Barrie has been on a mission to get them back and he'll find out soon if he has been successful.**



Barrie has completed four Iosis programmes including the Parenting Toolbox, Family Resilience, AOD Early Recovery and the Positive Parenting Programme (Triple P), plus he's now doing our Men's Development programme. To do this, he catches two buses, leaving home at 6am to be at Iosis for his first class at 9am.

"The first programme I did with Iosis was Family Resilience," says Barrie. "A light bulb went on and I gained more skills around raising my family. It taught me how to communicate and resolve family issues in a different way, how to create a close family structure and be a better parent. I learnt to believe in myself and along the way I found the ability and the confidence to make changes."

Because Iosis offers a wide range of programmes and services for men, women, couples and families, Barrie could continue on his journey. "I feel in a good place now," he enthuses. "I am really focused on my children and creating a stable, safe family home for them."

## Barrie on...

- 🕒 **John and Gillian, Iosis educators** – "They are an inspiration and great teachers."
- 🕒 **Change** – "I didn't know it could be like this. I challenge myself now and if I find I'm slipping, I know what to do."
- 🕒 **Advice to others** – "Reach out for help. Start to learn new skills – it is possible to change."
- 🕒 **The future** – "I've learnt the importance of building a solid foundation for the family, creating routines and establishing close bonds."
- 🕒 **Next steps with Iosis** – "With the possibility of the children coming home, the financial mentor and parent support team at Iosis are on hand to help. Everyone here has been brilliant." 🌟

## A snapshot of our programmes

- 🕒 **Men's Development Programme (MenD)**  
A one-on-one programme tailored for men.
- 🕒 **AOD Early Recovery Skills Programme**  
A 10-week group programme for overcoming addictions.
- 🕒 **Family Resilience Programme**  
A 10-week group programme for parents.
- 🕒 **Positive Parenting Programme (Triple P)**  
A 4-week group programme for parents held during term time.
- 🕒 **Toolbox Parenting Programme**  
A 6-week programme for parents of 0-5 years, 6-12 years or teens.



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# A word from Karen

**Karen is a financial mentor at Iosis. She works with many of the men on our programmes.**

“I work closely with the men and their partners to help them find ways to reduce financial stress,” she tells us. “Financial stress can have a huge impact on relationships. It can really take the pressure off a family when they get back on track financially.”



Karen says that’s where Iosis’ wraparound approach really comes into play.

Clients can work with the Parent Support team who will assist with household management including reducing their grocery bill, menu planning and shopping on a budget. And when

clients are feeling overwhelmed or having problems with family violence, depression or housing, she refers them to our Social Workers who can help them with these issues.

## **Karen’s tips for reducing financial stress:**

- 🕒 Ask for help when you notice your finances going off track – don’t leave it until you’re in crisis.
- 🕒 Create a budget to follow.
- 🕒 Check you’re getting all your entitlements from WINZ and IRD (your financial mentor can help with this too).
- 🕒 Understand where your money is going each week. Take control by ‘telling your money where to go, instead of wondering where it went’.
- 🕒 Think about how you can reduce your household expenses – things like making ‘takeaways’ at home can make a huge difference.
- 🕒 Always try to pay off high interest debts first – and read contracts carefully before signing them! 🕒

# Foster care update – thank you!

**Thank you to our many wonderful supporters who have responded so generously to our recent appeal.**

There has been a real crisis this winter with many more children needing foster homes than we could provide. The funds raised will help us find, train and support more foster carers, who are

so desperately needed in our community. Thank you also to those caring Aucklanders who have registered interest in becoming a foster carer. It’s a challenging yet incredibly rewarding role! 🕒