

Helping families become safe and strong

Apart from one daughter, now aged six years old, Lena had not raised any of her other four children. Expecting a new baby, and hoping to regain custody of her two-year-old, she entered Iosis's Merivale Whanau Development Centre.



Read how your support helps parents learn skills to raise their children safely.

Merivale is a residential parenting programme for women who have a background of abuse, addiction, or domestic violence, and who are struggling with the challenges of parenting. The mothers receive counselling and attend a number of life skill, self-development and parenting classes. Most mothers graduate after six months and are then able to exit the programme with their children in their care.

Lena is the first to admit she needed help with parenting. She and her partner had been trying to do everything Oranga Tamariki required so

their two-year-old son could live with them. Merivale was the final step in securing their long-held dream.

Lena learnt a lot at Merivale, including how to bond with her children, and how to let them learn through child-led play. Merivale's Women's Supporting Safety programme and Alcohol and Drug programme were also invaluable, even though Lena has been abstinent for three years.

Continued pg2

"When we talk about parent education or personal development at Iosis, we are really talking about child well-being. Whether it is a mother at Merivale, or a dad in our MenD programme, or a couple in counselling, the positive outcomes belong not just to the adults. Families with confident and resilient parents are ones in which children have a greater chance of growing up safe and protected."

- Iosis CEO, Tunumafono Tracey-Leigh Peters



Helping families become safe and strong

...Continued from pg1

"I knew what my triggers would be, but it is learning ways to deal with them," she says.

One of the cognitive behaviour therapy tools used in the Women's Supporting Safety programme is a 'thought diary', which helps the women to challenge negative automatic thinking. Lena says she will continue using this tool beyond Merivale, and recalls how she had occasion to use it just days before her graduation ceremony in July.

She had invited a close relative to attend the event. When that person declined, Lena says her first thought was, 'You never support me.' She recorded this in her diary and reflected on how she felt at the time. She was disappointed, as she wanted her whanau to be proud of her. However, after some further thought, Lena realised it was her relative's decision to make. She determined she would not allow it to diminish her sense of achievement at completing the Merivale programme.

To other mums considering Merivale but nervous about making that step, Lena says her encouragement would be that it is, "Short pain for long gain; it's not as hard as you may think."

And for her, the gain is clear-cut: "Our nest will be full! My hope is just to be good for my babies, to be a good mum for them."

When you donate to Iosis you are helping parents learn how to create a home life in which their children can thrive. ©



CEO's message

The end of June marked the close of another contracting year for Iosis. Like most year ends it is a time for reflection. Overall we are pleased with our outcomes as an agency, but statistics are only one measure of effectiveness. That's why we love being able to bring you stories from some of our clients, like Lena's one in this newsletter.

We begin each day at Iosis with waiata. The words of one of those songs come to my mind now: "Lord, if you mark our transgressions, who would stand?"* I love that our God is a God of second chances, because we all need them from time to time, don't we? Through Merivale, Lena has been able to have a second chance to raise her children. She took the opportunity and ran with it, with gusto!

Thank you for joining with us in helping mums and dads who may have stumbled at parenting but are now seeking to become the best parents they can be, for the sake of their children's safety and well-being.

Tunumafono Tracey-Leigh Peters
CEO

**Gustafson, Gerrit. Only By Grace. Integrity's Hosanna! Music, 1989.*



Please read me,
then pass me on.

If you are involved in a business, church or service organisation and have an idea how you could support the work of Iosis or the families we work alongside, please call us on 09 269 0050 or email supporters@iosis.org.nz



Stay current with what is happening at Iosis. 'Like' our Facebook page www.facebook.com/iosisLtd



News

Foster Carer Recruitment

Oranga Tamariki has a goal of recruiting 1000 more foster carers around New Zealand, because of the number of children in state care. Publicity around their recruitment drive has also increased enquiries to Iosis. Recently 15 people contacted us enquiring about becoming carers, with seven of these now going through the process of application and police vetting. Thank you for your continuing prayers for more carers. ☺

Social Worker Registration

At the time of writing, new legislation is being presented to parliament in August 2017, making social worker registration mandatory. Iosis has had a recruitment plan in place for some time to employ social workers who are already registered or who are willing to work towards registration. Iosis supports the move to have social workers registered. However, one implication of the mandatory registration process is that it will likely impact Iosis's budget in the future because Iosis pays the full amount of staff registration fees. ☺

Caitlin's story

Caitlin is Iosis's newest addition to the MenD facilitator team. With a BSc in Psychology and Physiology, she volunteered at a men's prison before a chance meeting with the director of Serco led to a project conducting exit interviews with prisoners. She then interned at the prison, helping to design and present emotional regulation and communication programmes.

The Mt Eden Correctional Facility later employed her to run a variety of programmes, during which time she completed a Post-Grad Diploma in Counselling. However, she realised that by working only with the men there was a missing element—their families.

"What attracted me to Iosis is that it is a wrap-around service. It is difficult for prisoners to make changes when they get out if their partners are not going through the same programmes as them, or if the families are not receiving the same support. I wanted to be in an organisation that is open to new ideas and to looking after the whole family unit," says Caitlin.

As a MenD facilitator, Caitlin meets one-on-one with fathers, to help them address obstacles that might be hindering them from achieving personal and family goals. The men learn coping skills and gain awareness of how their past may be influencing their present. Although sometimes they express surprise at meeting a female facilitator, Caitlin believes her gender does not create any hindrances.

"We are able to get to a deep emotional level quite quickly. I found that in prison as well. The men tend to let their guard down when they see a female because they don't feel they have to put on an act for me." ☺

Prayer needs

- Pray for the continued strengthening of our relationships with our community partners.
- Pray for our Board and leadership team as we continue to seek God's guidance in the work we do.

Meet our staff

Neil, Caretaker



We often feature our 'frontline' staff, but our behind-the-scenes people are vital to our work too.

Neil is our caretaker, undertaking and organising maintenance and repair works around our buildings and with our fleet of vehicles. With experience in teaching small groups and individuals, and a good knowledge of health and safety issues, he was a natural choice to facilitate a programme on the topic for the mums at Merivale earlier this year.

The mums were asked to identify potential health and safety risks in a typical domestic situation. Neil then compared notes with them. Often the things he highlighted were ones the mums had not considered, like tripping hazards or leaving toilet brushes where a crawling infant or toddler could easily access them. The mums learned about the importance of maintaining common household appliances, such as stoves, dishwashers and washing machines—from a health and safety viewpoint, but also to meet obligations under tenancy or hire agreements. ☺



I want to help transform family life for good.

Four ways **you** can help:

1. **Donate online** by Mastercard or Visa. www.iosis.org.nz
2. **Deposit into our bank account**
Account name: Iosis Limited Account number: 02-0192-0285062-00
and email us at supporters@iosis.org.nz so we know the details for your receipt.
3. **Send a cheque to Iosis**, PO Box 98840, Manukau City, Auckland 2241.
Include your name and address details for your receipt.
4. **Become an Iosis Partner** by making a regular contribution by automatic payment.
Contact your bank to arrange this. Our bank account details are above. Please use your surname as a reference and contact us on Ph 09 269 0050 or email supporters@iosis.org.nz to advise us when the AP has been set up.

All receipts will be sent as annual tax certificates at the end of the financial year unless otherwise requested.

iosis
transforming
family life for good

112c Russell Road, Manurewa, Auckland
PO Box 98840, Manukau City, Auckland 2241
T 09 269 0050 E enquiries@iosis.org.nz
W www.iosis.org.nz FB www.facebook.com/iosisLtd