

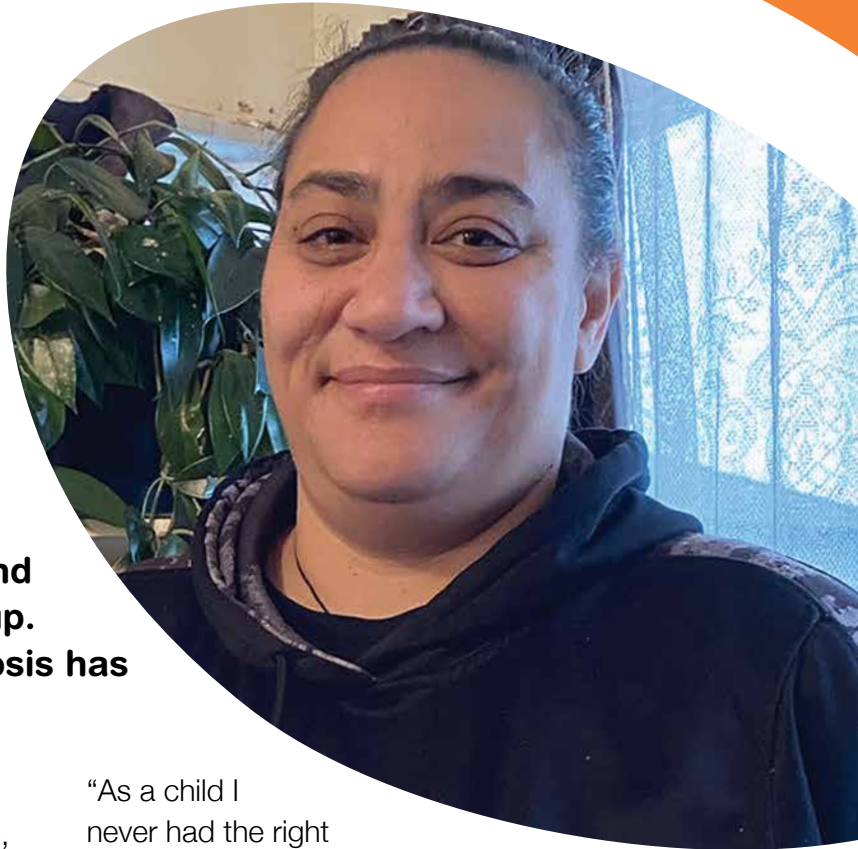
Turnaround

The Iosis Newsletter – October 2022

iosis
transforming
family life for good

Counselling offers second chance

Luana longs to be a positive influence in her sons' lives—the kind of role model she lacked growing up. She shares how counselling with Iosis has helped her on that path.



Luana initially sought counselling for her seven-year-old son. But when offered it for herself also, she leapt at the opportunity. She was matched with Jasmine, an Iosis counsellor.

“I had wanted to do counselling for years,” she says, “but I never found the right one. I knew I needed to make changes. Jasmine was open and I felt comfortable with her. She didn’t rush me; she just let me talk.

“She helped me realise that a lot of the difficulties I have nowadays stemmed from things that happened to me when I was a child. She taught me how to recognise a trigger, and gave me tips on how not to react straightaway. Instead I can take a step back and think back to why I could be feeling like this.

“As a child I never had the right support. So, a lot of times I would blame myself, when in reality I didn’t have the right guidance. I suppose I held on to a lot of that anger and the guilt and the blame for it. It helped me realise that I was bringing those same feelings into the present. It was something I had done all my life. So, for me it was normal.”

Now studying social work, Luana says she enjoys helping people. She is hopeful of a future working somewhere in this field, possibly with young people who have experienced abuse.

“I would love to be a ‘Jasmine’ to some girl. The younger the better. I am 43 now and I have lived my whole life like this. If only I had had that person way back when I needed it.”

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A message from our CEO

'Reconnect with the people and places that lift you up' was the theme that the Mental Health Foundation chose for this year's Mental Health Awareness Week (26 September to 2 October). The foundation has been running its annual campaign since 1993. Their stated wish is that each campaign will add another tool or skill to people's well-being kete [basket]—something to draw upon whenever facing challenging times.

In all three articles in this latest edition of Turnaround we see how learning new tools and skills can change lives. Counselling enables people to recognise the effects of past trauma on their current life choices and to respond to emotional triggers in a positive way. Our



Tunumafono Tracey-Leigh Peters

men's family violence programme helps fathers develop new strategies for a family life free from violence and offending. And our financial mentoring service teaches practical tips that, when applied over time, will release people from debt and related anxiety.

We are thankful to all who support this work financially and prayerfully. Our AGM will be held on 30 November 2022. We will share more at that time about how your support made a difference in our last financial year.

We hope you will join us then, whether virtually or in-person. It will be lovely to reconnect!

Tunumafono Tracey-Leigh Peters - CEO

Counselling offers second chance

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Luana acknowledges counselling can be "hard and scary". But she encourages people nervous about it to try it.

"From my experience, when you know you have things in your life that have to be fixed or that are still holding you back, only good can come from counselling. Because you get the answers and you learn the skills to be able to work through your problems today. Sometimes it is hard to have

to put yourself back in those places. But for me personally it was because I knew I had to change.

"Being able to do this has given me that second chance of having a better life for my children and for myself. It has given me the skills to recognise when I am slipping back into old and bad habits. I am able to stop them in their tracks and turn them around into something positive. It's a life-changing thing. I'm so appreciative." 🌀

Prayer needs

Please join us as we pray for families who are struggling to meet their day-to-day needs and experiencing significant stress as a result. Pray for the health and well-being of our staff, and for our board as they make governance decisions. Please also pray for the continued progress of our building project.

Becoming better men

Men referred to Iosis's family violence programme arrive scared, overwhelmed, angry and emotional. But those who complete it are amazed at what they learn.

Every Friday, Iosis facilitators Teina and Loni meet with men who have had protection orders made against them by their partners. None of the men want to be in the programme initially, so it is important they do not feel judged.

"We talk to them first about their rights as respondents," says Teina. "The idea is that they feel comfortable to share their story and are able to unload. If you are judgmental, it's going to be a battle. We want to support them properly through this process, and give them tools that will help them stay out of trouble."

A detailed assessment is made, which can last four to five hours over two sessions. The men then either go into a group programme or have one-on-one sessions. Either way, the programme comprises 12 two-hour sessions. The group situation does not suit all men but does have distinct advantages.

"Often someone will come with a question about something and we open it up for everyone in the group to give their whakaaro [opinion]. We allow them to tell the story and tautoko [support] each other. When you hear someone else's journey, it helps you. Then we inject content relative to what they are trying to offload or resolve that day," says Loni.

When men complete the course, common feedback is that they now see its value. They have learnt skills they can apply in their relationships

and that will help them become better versions of themselves.

"Some say this programme should be in intermediate or high school. Then when young men become partners or fathers, they already have that understanding," says Loni.

"If we can stop the violence with the father, hopefully we can stop it continuing on down the generations. That's the real value of it," says Teina. ©



Teina and Loni facilitate the programme



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Becoming money smart

Janelle* was a young mum in her early 20s when her debt journey began. She came to Iosis for help about two years later. By then, finance company loan and credit card interest were skyrocketing.

“It was mentally draining,” says Janelle. “I was worried all the time. I couldn’t sleep because I was wondering where my next meal was going to come from.”

Janelle developed a budgeting plan with the help of Karen, Iosis’s financial mentor. She started implementing Karen’s tips on financial management. And Karen liaised with non-profit organisation Ngā Tāngata Microfinance. They paid the loan and credit card bill. Janelle now repays

them, interest free, in affordable instalments. Her last payment will be in May 2023, a date that she is eagerly anticipating.

“I am so excited! I can’t wait, because that is extra money in my pocket. I couldn’t even take my son out on outings. It was so sad. But I am going to get the chance to do that finally.”

(You can read Janelle’s full story at www.iosis.org.nz/becoming-money-smart). ©

**Name changed and stock image used for privacy.*



Ngā mihi nui – thank you

We are grateful for recent grants from Public Trust – Helen Stewart Royle Charitable Trust (home hygiene kits for women graduating from Merivale) and Wilberforce Foundation (operational expenses). And we want to give a special shout out to Eastview Baptist Church for their massive efforts knitting and donating winter clothing and blankets for our winter warmers appeal!