

# Adult Services

## Kaiwhakatere Navigator™ programme



**Safe Network** is a specialist community-based service offering clinical assessment and interventions for adults who have concerns about sexual thoughts about children or young people.



### Who we are

Safe Network provides specialist services for adult clients experiencing concerns about sexual thoughts about children and young people <16yo.

We recognise that these thoughts are causing our clients distress and impacting them negatively. Our goal is to work with our clients to address those factors that lead to these thoughts, creating positive outcomes that improve their wellbeing and create hope for a more positive future.

Safe Network has been successfully providing therapeutic, prevention and education services throughout the upper North Island for 30 years, with six sites throughout Auckland, Northland, Waikato and Bay of Plenty. Our multi-disciplinary team includes psychologists, psychotherapists, counsellors, art therapists and social workers.

Safe Network services are primarily funded by our Government partners, Oranga Tamariki / Ministry for Children, the Ministry of Social Development, the Ministry of Disabled People and the Department of Corrections.

### Our adult services

Safe Network offers a range of services for adults who have concerns about their sexualised thoughts or have engaged in harmful sexual behaviour towards children or young people.

All of our services for adult clients have been developed in New Zealand and are based on the latest research and international best practice. Our flexible and adaptive approaches ensure every client receives support that is tailored to their individual needs. We provide a rigorous, non-judgemental service that helps

clients change their ways of thinking and behaving so they can move on towards a more positive future, including:

- a better understanding of themselves and what drives their thoughts and behaviours
- an ability to manage difficulties and challenges in new and healthy ways
- a greater level of wellbeing and resilience
- healthier and safer relationships with others.

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“Completely satisfied with the service I have received. I have a deeper understanding of myself and a much more positive outlook for my future.”

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Our programmes are strengths-based and adapted to best reflect each client's culture, gender and preferred learning and communication styles. The flexibility of Safe Network's adult programmes enables us to provide services to a wide range of adult clients with different needs, experiences and backgrounds.

### Kaiwhakatere Navigator™ programme

Safe Network's Kaiwhakatere Navigator™ programme is a world-leading service, designed specifically for those adults who are experiencing concern or distress about their sexual thoughts involving children or young people. They will not have acted on this thinking and may not be at any real risk of doing so,



# 30+

## Professionals

Psychologists, counsellors,  
art therapists, psychotherapists,  
and social workers  
...ready to support

but are wanting to lead more positive lives where their concerning thoughts are better managed and less likely to undermine their wellbeing.

We recognise the fears that people may have about being judged or publicly exposed if they disclose they have sexual thoughts about children or young people. At Safe Network, our Kaiwhakaterre Navigator™ clients receive individual therapy only and we are committed to the highest levels of client confidentiality.

### What is the process?

#### Referral

We want to make sure our clients get the help they need. Safe Network's Kaiwhakaterre Navigator™ programme is open to self-referrals and does not require a referral from a health professional or any other agency.

The first step in the process is to complete and send through a referral form, available on our website.

#### Assessment

Once we receive a referral form, we undertake an initial review to identify whether Safe Network's services are right for the person referred, and how best we can help meet their needs.

If we think Safe Network can help, we meet with them and undertake a more detailed assessment, looking at the sexualised thinking that is causing them concern, the impacts it is having on them, their strengths and challenges, and the things in their life that support or undermine their wellbeing. If they are being supported by whanau, family members or other professionals, we also engage these people in this process, but only with the client's permission.

The assessment process can vary depending on the client but usually involves the following steps:

**STEP 1** Two or three interviews with the client and any support people



**STEP 2** Review of any additional information and reports provided from other agencies or professionals



**STEP 3** Completion of assessment and psychosocial questionnaires with the client and any family members or support people

Following assessment, a detailed and confidential report is provided, confirming whether or not Safe Network's services are suitable for the client and recommending next steps.

### **Intervention**

If the client agrees to take part in the Kaiwhakaterere Navigator™ programme, they will be assigned one of our specialist clinicians to provide therapy and manage their progress through the programme. The duration of therapy will vary based on their needs, but is typically around six months. Therapy generally involves weekly one-to-one appointments with their clinician.

### **Our clients**

Because our Kaiwhakaterere Navigator™ programme is strengths-based, it can be adapted for each client to best reflect their culture and gender, as well as their preferred communication and learning styles. We work with wide range of adults, including:

- men
- women
- gender diverse adults
- neuro-diverse adults
- adults with special needs
- adults from different cultural and language groups.

### **Our locations**

Safe Network provides services at our sites in:

- Regent, Whangarei, **Northland**
- Grafton, **Auckland Central**
- Manukau, **South Auckland**
- Hamilton Central, **Waikato**
- Greerton, Tauranga, **Bay of Plenty**
- Rotorua Central, **Bay of Plenty**.

Our staff can travel to other, smaller centres in our region to meet with clients if appropriate. This is dependent on finding a suitable place to meet and the logistics involved.

**OVER 300**  
adults worked  
with each year



## **Frequently Asked Questions**

### **Does your service work?**

Yes. Research shows that 95% of adults who complete a Safe Network programme will not go on to engage in any harmful sexual behaviour.

### **Is this service confidential?**

Safe Network will keep all client information confidential except where the client has consented for it to be released to a third party, where we are required to disclose it by law or where we raise a report of concern. We will only talk to people the client has given us consent to contact.

### **Do you work with women?**

Yes. Women comprise over 20% of our Kaiwhakaterere Navigator™ clients.

### **Do you work with clients from a variety of cultures?**

Yes. Our Kaiwhakaterere Navigator™ clients include Europeans, Maori, Pasifika and Asians. We can also provide services across a range of different languages.

### **Are there online options?**

Yes. Although face-to-face appointments are preferred, we can offer online appointments where appropriate.

### **Do you include families when you work with clients?**

Yes, if the client consents to their involvement and the family are willing and available to provide support. The focus of any work we do with family members is on helping them support the client's intervention and wellbeing.

### **Will clients need to pay to attend Safe Network?**

The Kaiwhakaterere Navigator™ programme is fully funded by the Ministry of Social Development, and there is no charge for anyone who joins the programme.

### **Can clients get appointments outside of work or study hours?**

Yes, depending on availability.

### **What expertise does your clinical team have?**

Safe Network has specialised in helping people with their sexualised thinking and behaviours for 30 years. All members of our multi-disciplinary team of clinical staff are professionally registered or working towards this.

### **What are the requirements for consent for your service?**

Informed consent is a legal requirement for all health services. Adults are assumed to be legally competent to give informed consent, but where they aren't, it requires a legal guardian to consent on their behalf. Safe Network cannot provide services to a client who does not consent to it.

### **Do clients have to confess about their concerning sexual thoughts to others?**

No. Clients are not pressured to confess or admit to others about the sexualised thoughts that are causing them distress or concern. Our Kaiwhakitere Navigator™ programme is strengths-based and focusses on helping clients develop the skills to lead better, safer and more fulfilling lives.

### **Will clients be stigmatised or labelled 'sex offenders' or 'potential sex offenders' if they come to your service?**

No. We recognise that concerning sexual thinking usually indicates that adults have other unmet needs in their lives. We work hard with our clients to ensure they are not labelled and stigmatised. Our approach is to build on the client's strengths and help them meet their needs in positive ways and develop effective

means of coping, rather than dwelling on their sexualised thinking or making them feel shame.

### **Does having concerning sexualised thoughts towards children or underage young people mean someone is a 'paedophile'?**

No. This is not a term that is used in clinical settings anymore and we do not use it with any of the clients we work with.

### **What if there are also other issues to be worked through (e.g. mental health issues, alcohol or drug problems)?**

We can support clients to access appropriate support in these other areas and coordinate this with the services Safe Network provides.

### **What do you do if a client has also experienced their own sexual abuse?**

We can support them to access ACC-funded counselling for this and will liaise with that provider to coordinate our services.

### **How do I contact Safe Network?**

If you need assistance, contact us via the contact form on our website or the email address below. To make a referral, download a referral form from our website, complete it and forward it to us.



Safe Network's Kaiwhakitere Navigator™ programme is open to self-referrals and does not require a referral from a health professional or any other agency.

Hope • Trust • Confidence •

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