

Travellers

This is a school-based mental health programme for young people in Year 9 that enhances resiliency and supports the changes in life's journey.

The name Travellers reflects the idea that life is a journey, which involves numerous changes.

Young people today are experiencing change at a pace more rapid than that of previous generations. At an individual level young people experience the biological, cognitive and psychosocial developmental changes associated with adolescence. Other life changes events they may experience may include: changing schools, changing friendships, the loss of something or someone close, changing house, moving from a different city or county, parents separating or re-marrying, changing states of well-being (illness, injury, self-esteem).

Travellers aims to foster the healthy development of young people by: exploring the changes they have experienced, develop ways to navigate their journey through life's changes in safe and adaptive ways, explore ways in which they think and feel about change situations and recognise how their feelings and thoughts influence the way they cope and respond, provide supportive environments for young people who are experiencing change and thereby improve their learning outcomes.

The Travellers group has 8-10 young people and 10 sessions for approximately 90 minutes. It is held during school time and the staff are trained facilitators. At Massey High School the Travellers group is taken by Mrs Hammonds a school counsellor. You can contact her on 8310500 ext 529 or you could read more about Travellers at travellers.org.nz or email reception@skylight-trust.org.nz.