

A photograph of two children holding hands, with a yellow banner at the bottom containing text. Three yellow starburst graphics are placed around the hands. The background is a blurred green outdoor setting.

**Yellow  
Brick  
Road**

**Grow,  
learn, build  
& flourish**

Welcome to the  
Growth Programme

# Welcome to the Yellow Brick Road Growth Programme

**This booklet has been created to answer any questions you and your tamariki/rangatahi may have, as they start their 1-on-1 programme.**

**It has been designed to provide basic additional information to what your Growth Programme Leader has given you.**



**Let's get started!**

## What is the Yellow Brick Road Growth Programme?

The Growth Programme was designed and created in 2019, to support tamariki and rangatahi who are experiencing challenges at home, school, socially, personally, or as a whānau member.

This innovative programme is used as a 1-on-1 tool for individual support. Growth Programme Leaders from Yellow Brick Road work alongside tamariki and rangatahi throughout their journey by using:

- Discussion
- Creative activities
- Written exercises
- Games
- 'Home Play' challenges

All of which provide support, education and fun throughout their 6-8 session programme.

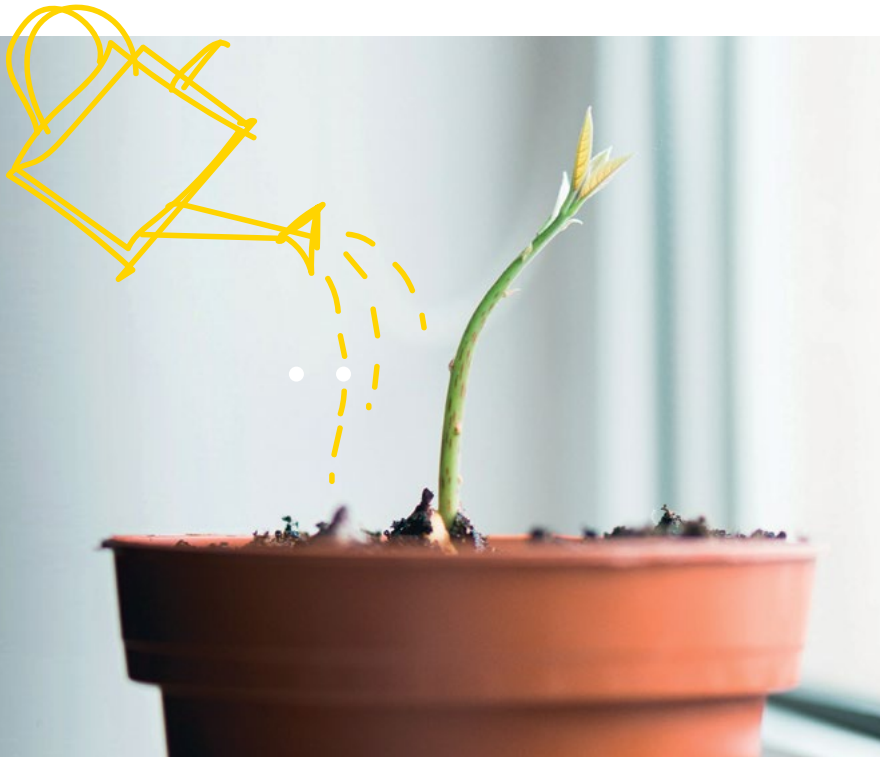
## What is the aim of the Growth Programme?

The aim is for participants to drive their own experience of the programme; to learn, develop, enhance, and discover their own capabilities.

Developed around the 'Growth Mindset', this programme helps tamariki and rangatahi develop essential life skills, including:

- Resilience
- Self-management
- Self-esteem
- Confidence

These skills are especially important for tamariki and rangatahi who have a family member experiencing mental distress and/or addiction.



## What are the Growth Programme topics?

**We focus on resilience, self-management, self-esteem and confidence**

Our Growth Programme focuses on 4 key topics, in line with the Growth Mindset: resilience, self-management, self-esteem and confidence.

It takes time, patience, and engagement to build a growth mindset and this programme takes that into account with:

- Diverse activities and discussions that lead participants naturally through each topic
- Flexible sessions, facilitating optimal learning opportunities
- Easy retention by using repetition and recall
- Steady progression towards success, at each participant's own pace
- Brainstorming sessions, looking at aspects of mental distress and/or addiction

**We provide engaging brainstorming sessions**

Brainstorming sessions are provided in age-appropriate terms and might include:

- What is Mental Distress?
- How does my whānau member's wellness affect me?
- How can I support my whānau member?
- What do I do if my whānau member is unsafe?
- How can I keep myself safe?
- Who can I talk to if I need help?

These sessions help tamariki and rangatahi develop a better understanding of what may be happening for their family member; helping them cope more easily.

## What is the Growth Programme mindset?

The Growth Mindset was developed by a psychologist, Carol Dweck, and is introduced in her book *Mindset: The New Psychology of Success* (2007). She theorised that people have a mindset “related to their personal or professional lives”.

Dweck says that a mindset is a way we see ourselves based on skills, knowledge, achievements, values, and beliefs.

Dweck came up with the terms ‘Growth Mindset’ and ‘Fixed Mindset’:

### Fixed Mindset

Having a fixed mindset means we do not believe we can change our intelligence, our behaviour, thoughts, opinions or attitudes.

### Growth Mindset

Having a growth mindset means we believe we can grow and improve our intelligence, learn through failure, and develop the ability to see what we have, instead of what we lack in life.

## Can the brain change?

**Yes! Research in brain plasticity has shown that the brain can change even as we age.**

Neural networks in our brains grow new connections, strengthen existing ones, and build insulation that helps to speed up brain impulses<sup>1</sup>.

Believing your brain can grow and change has the potential to change your attitude about challenge, achievement, and success.

This includes changing the use of feedback, praise, and encouragement.



**“Studies on different kinds of praise have shown that telling children they are smart encourages a fixed mindset. Praising hard work and effort cultivates a growth mindset.**

**When students have a growth mindset, they take on challenges and learn from them, therefore increasing their abilities and achievement.”**



## Why use the Growth Mindset in this programme?

This Growth Programme utilises the resources of Big Life Journal (2017)<sup>2</sup>.

Big Life Journal was created specifically for children, using age-appropriate language, stories, and activities to encourage, build and develop a resilient growth mindset.

Our Growth Programme Leaders also use the holistic health model 'Te Whare Tapa Whā' (1989), to guide the programme.

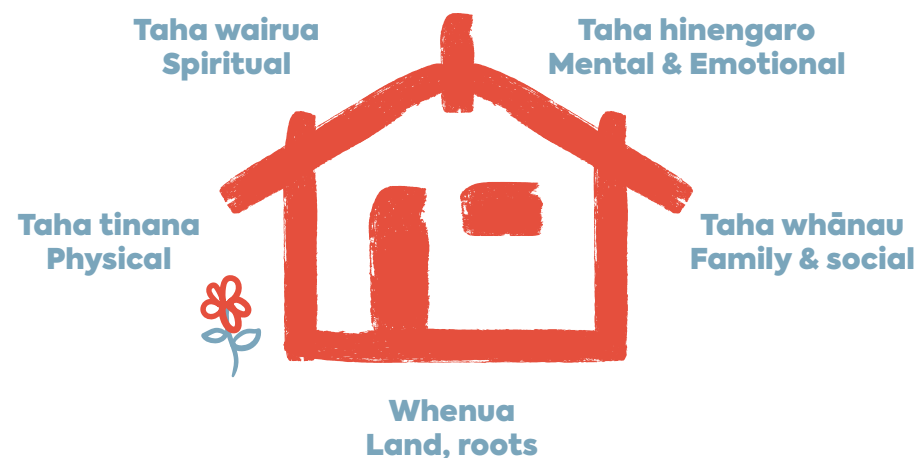
This model was created by Sir Mason Durie, and uses the four walls of the wharenui as a metaphor to explain the concept.

These walls all contribute to overall stability of the whare - or the overall wellbeing (hauora) of a person. The walls are:

- Taha Tinana  
(Physical Wellbeing)
- Taha Wairua  
(Spiritual Wellbeing)
- Taha Hinengaro  
(Mental & Emotional Wellbeing)
- Taha Whānau  
(Family & Social Wellbeing)

## Yellow Brick Road believes it is important to support families in a holistic way

A way that educates, advocates, and empowers them on their journey. We hope that through our Growth Programme tamariki/rangatahi will grow, build, learn, and flourish.



## What resources are used in the programme?

The resources included in the Growth Programme have been sourced predominantly from Big Life Journal, as they have been designed and tested specifically for children.

Big Life Journal resources:

**“help kids develop a growth and resilient mindset, so they can face life’s challenges with confidence”**

These resources help support participants’ learning during the programme as they develop their growth mindsets and confidence.

This not only benefits their well-being, but can improve that of their family whānau as well.

## Are the resources available for parents and caregivers?

Absolutely! Parents and caregivers are encouraged to seek advice, guidance, and support throughout the Growth Programme journey.

## Our Partner Packs support parent & caregiver involvement

We have created Partners Pack to provide additional sources of information.

Each Partner Pack booklet covers a different topic, with practical information aimed specifically at parents and caregivers.

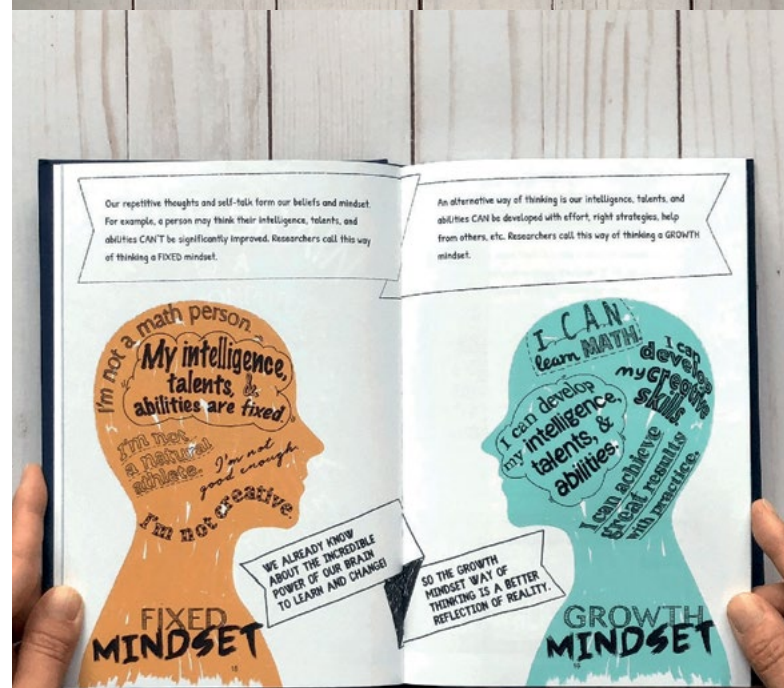
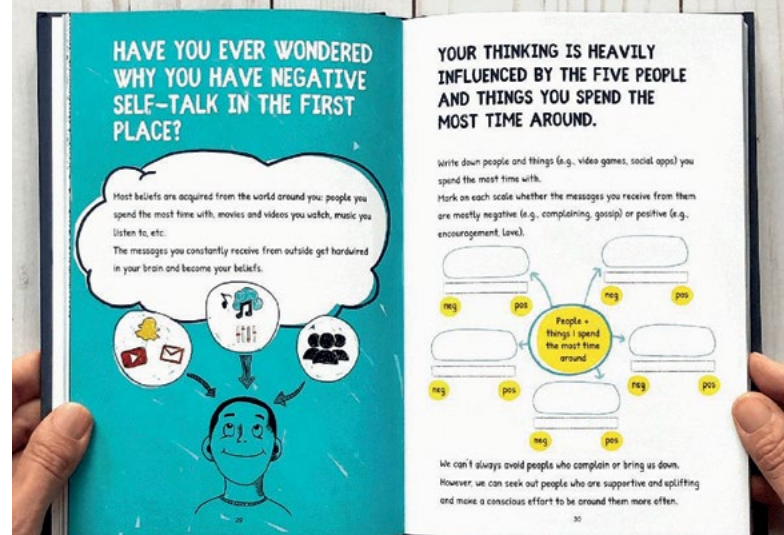
These topics are also covered in an age-appropriate way for tamariki and rangatahi in the programme.

Booklets can be requested from your Growth Programme Leader, and are emailed in PDF format for easy access and browsing. They are yours to keep.

## Our Partner Packs cover a range of essential topics:

- ➔ Positive Parenting
- ➔ Behaviour
- ➔ Communication
- ➔ Self-esteem & Resilience
- ➔ Skills & Strategies

These are available individually, or as a collection. Feel free to ask for more information about these awesome resources!



## What are the 'Home Play' activities

At times, participants will have 'Home Play' activities, including Home Play worksheets.

Home Play activities are accompanied by a resource coversheet which gives brief instruction on how these can be completed.

These worksheets can be completed independently, with supervision, or as a partner activity with parents or caregivers.

### **We grow, learn, build & flourish together**

Working together on these Home Play activities has many benefits for participants and their parents /caregivers, including:

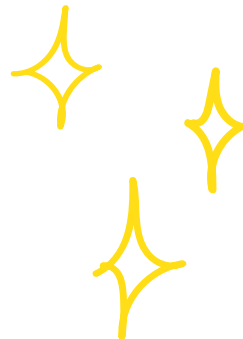
- Giving parents/caregivers an insight into the programme
- Providing opportunities for discussion, sharing, asking questions and raising concerns
- Bonding and strengthening relationships
- Cementing learning through regular and repeated use

Tamariki, rangatahi, and their whānau are encouraged to make the most of the opportunity to complete these, so that everyone can grow, learn, build, and flourish together.

Just as the Growth Programme is voluntary and non-compulsory, completion of all activities during the programme is as well.

While your Growth Programme Leader will do their very best to provide quality education and support throughout the programme, it is intended that participants steer their own journey.

This helps create a sense of empowerment and autonomy over their own growth and development.



## Will I be kept updated?

Here at Yellow Brick Road, we believe it is important to work alongside families experiencing distress through support, advocacy, and education.

The Growth Programme is often a point of difference in the lives of participants, giving them the chance to have 'time out' from what is happening for them at home, school, socially, personally, or as a whānau member themselves.

### **We understand the importance of including parents and caregivers in the Growth Programme journey**

While our Growth Programme Leaders are obligated to maintain the privacy and confidentiality of participants, they can provide feedback and updates on any progress being made.

This can include advice, skills and strategies, activities to try at home, and information about additional support they feel might be beneficial.

Sessions are generally scheduled fortnightly, with participants encouraged to share what they have learned with parents and caregivers after each session.

Your Growth Programme Leader will send updates after sessions 1, 4, and 7 via email.

### **We actively encourage open communication with you**

As parents or caregivers, you can contact Yellow Brick Road at any time during the programme.

Whether you want to check-in, discuss questions, raise concerns or provide information to assist your Growth Programme Leader, we are here for you.

We actively encourage open communication and believe that maintaining an open dialogue is pivotal to the learning and development of tamariki and rangatahi.

## What if 6–8 sessions are not enough?

Tamariki and rangatahi complete feedback forms during sessions 1, 4 and 7. This is to gauge their understanding, expectations, enjoyment, and learning throughout their journey.

By session 4, your Growth Programme Leader will understand the progress being made and what needs to be provided to complete the programme in session 8.

### We accommodate individual needs and timescales

Some tamariki and rangatahi opt for a longer period of support. Perhaps because they feel they have more to learn, are not ready to end the support being provided, or have ongoing and unresolved challenges.

Just as their lives are different to their peers, each participant will work at a different pace to the next.

They will process information in their own unique way and may need additional or different activities, worksheets and challenges to suit their needs.

Our Growth Programme Leaders accommodate these differences as much as possible. That includes extending the period of support delivered through the Growth Programme.

## What happens at the end?

At Yellow Brick Road, we know it is important to acknowledge the hard work, energy, focus, and participation of tamariki and rangatahi over the course of their programme.

### We celebrate success with you

Upon completion of the Growth Programme, your Growth Programme Leader will organise a final session to sit down with you and your tamariki/rangatahi to explore their work.

This final session can be held at home or at Yellow Brick Road offices and is very rewarding.

It provides an opportunity to ask questions, discover what learning and development has occurred, and reflect on accomplishments and outcomes.

Participants will be given a Certificate of Completion in recognition of their achievement, and will be able to take home their worksheets, activities and challenge sheets.

## We welcome your feedback

Your Growth Programme Leader will also provide a feedback form for parents and caregivers during this final session. Your feedback assists us with our clinical notes, future programme amendments and professional development.

## References

1. <http://www.mindsetworks.com/science/>
2. <https://biglifejournal.com>





**It takes each of us to make  
a difference for all of us.**

**It's whānau ora, and it is the  
foundation that inspires every  
aspect of our work.**

Yellow Brick Road is a national organisation that specialises in providing support for whānau who have a loved one experiencing mental health challenges.

After 40 years of experience working with people around New Zealand, we know that if the family of a loved one experiencing mental distress are correctly supported and empowered, the path they walk leads to increased wellbeing for the whole whānau.

Positive change is our singular focus. By working together, we can help you thrive.



Supporting families  
towards mental wellbeing

Northern Region  
0800 732 825

Central North Island  
0800 555 434

South Island  
0800 876 682

**[yellowbrickroad.org.nz](http://yellowbrickroad.org.nz)**