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**CONSENT FORM – Program**

*Please read the information below as this sets out the boundaries to our Navigators Program work. This is a consent form and signing this form is your agreement for services for your child provided by Anxiety NZ Trust.*

Navigators is an evidence-informed resilience programme designed for New Zealand children. Navigators draws on cognitive behavioural therapy, acceptance commitment therapy, and Te Whare Tapa Whā framework, with a focus on building resilience through clear, culturally appropriate skills and strategies.

The program is delivered over eight sessions, with a caregivers’ evening before the program starts. Caregivers and whānau are empowered to play an integral part in supporting their child learn, use and maintain the skills and strategies introduced in the Navigators program. **It is essential that you attend the caregivers’ evening so you can get to know the facilitators and the aims of the program. This is held at the Anxiety New Zealand Clinic, 77 Morningside Dr, St Lukes (opposite the mall) on Wednesday 11th August @ 6.00pm – 7.00pm**.

Caregivers are also welcome at the first kids’ session to help children feel comfortable in the space, get to know others in the group and become familiar with the facilitators. The following 7 sessions are for children to attend, with caregivers supporting their progress at home. **All kids’ sessions are held at the Mt Albert Community Centre in a private space with kitchen facilities for families, and access onto the deck and Rocket Park. Sessions are on Saturdays @ 11.00am – 12.00pm, from 14th August – 2nd October.**

We aim to make the group environment a fun, inclusive and safe space for all children in the program. **The Navigators program is *not suitable* at this time, if your child is experiencing acute distress or engaging in behaviours that couldn’t safely and appropriately be managed in a group environment**. If you feel your child, yourself or your family is in crisis or are in danger of harming themselves or others, then is it very important that you contact crisis or emergency services for help immediately. All interactions with Anxiety New Zealand Trust will be kept confidential unless a significant concern that there is a risk of serious harm to any individual.

Our facilitators hold a current Navigators certification (Anxiety New Zealand accreditation), First Aid Certificate, a current vulnerable children’s check, police check, and relevant HR contracts. All accidents or near-misses will be recorded.

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**CONSENT FORM – Program (Continued)**

Start date: 14th August 2021 End date: 2nd October 2021

Day and time of sessions: Saturdays @ 11am – 12pm

Location: Garlick Room, Mt Albert Community and Leisure Centre,

773 New North Rd, Mt Albert (behind Rocket Park)

I (Name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, (parent/guardian) agree to the following:

* I provide consent, for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to attend the Navigators programme provided by Anxiety NZ.
* I have discussed the Navigators Program with my child and they consent to attending.
* I will support my child with any weekly home activities from the program.
* I will attend the caregivers’ evening and first session with my child. I will provide as much notice as possible if my child is not attending.
* I have been provided information about my rights and my child’s rights and how to make a complaint.
* I will treat others in the Navigators group and Anxiety NZ staff with respect.
* I will disclose any medical issues, allergies, behavioural or other issues that may impact my child’s health and safety in the program or group environment, to the Facilitator.
* My child, self or other related person with known COVID-19 exposure or symptoms, will not attend in person.
* I consent to essential first aid being offered to my child by a certified First Aid Responder. I understand I will be consulted or informed about known accidents or injuries as soon as practically possible.
* I understand that the Navigators program runs at a cost of $600 to Anxiety NZ for each child. I have made a payment of $100 to Anxiety NZ to help cover this cost.
* I have read and understood the above information and am aware I can ask for clarification at any time.

Guardian: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sign \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Facilitator: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sign \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_