

THE NEWSLETTER



2018 KICKS OFF
WITH A BANG AT MYST

THE TEAM AT MYST ARE READY TO SUPPORT YOU TO LEARN, GROW, FEEL CONNECTED & HAVE FUN! CALL SUE, MICHELLE OR HELEN ON 4751 1005



Mountains Youth Services Team's disability program has a busy schedule of programs coming up this year.

Our amazing and one of a kind program OUTDOOR EXPLORE is kicking off in three major locations again this year: Blue Mountains, Penrith & Lithgow.

There are still places in the groups so call 4751 1005 if you would like an experience that builds your capacity and resilience, social skills and make friends.

Read about Josephine's OE journey on the next page.



www.myst.com.au
4751 1005

BEHAVIOUR SUPPORT SERVICE FOR YOUNG PEOPLE WITH A DISABILITY

HANGOUT GROUPS GET SOCIAL

ROBOTICS & MINECRAFT GROUPS

OUTDOOR EXPLORE FOR ADVENTURE

SKILL BUILDING GROUPS FOR SOCIAL SKILLS, PERSONAL HYGIENE & RELATIONSHIP SKILLS



JOSEPHINE'S STORY OF RESILIENCE AND STRENGTH.



JUST IN: an exciting new collaboration with Build-a-Mind starting in Springwood & Katoomba

MYST and Build-A-Mind are working together to develop exciting and innovative programs for young people that build their skills in robotics, coding and IT - but also providing opportunities to make friends, share their interests, connect and learn social skills, develop problem solving skills and build their self confidence.



Groups starting soon.
Watch this space for more info!
Or call the office on 4751 1005



IT'S MORE THAN A BUSH WALK.... BY JOSEPHINE

Hi, my name is Josephine Hull. I am 16. I have autism and I live in the mountains. I am here to tell you about my experiences with the Outdoor Explore program that MYST runs and how it has changed my life.

When I started the OE program last year it was the only thing that would get me out of the house.

My autism made it very hard for me to talk to people and to tell them how I was feeling or thinking, so that made it hard to connect with others.



I began to push people away and I became depressed. Going to school was extremely difficult. I remember some days I couldn't even step into the classroom without having a panic attack. I found myself running home in tears more than I could count. I felt lonely and hopeless.

100 + days of not attending school and I was so depressed that I didn't actually feel anything. I was just numb. Then two things happened.

1. Mum enrolled me at TAFE (Yay! No more school)
2. Mum found MYST.

Sue from MYST encouraged me to do the Outdoor Explore program. I liked the idea of it but to be honest I was pretty much indifferent to it at that point. I just went along with an open mind.

From the first session of OE I started to make friends. And I am still friends with them a year later. Right from the beginning of being out on the program I thought "yeah, I love this".

Normally when you go to Centrelink or NDIS or a psychologist you have to tell them this is my worst, these are the things that are not good in my life and they focus on that. At MYST, and on the OE, you say this is my best - and you focus on that.

I have gone from someone who never went to school to someone who has put themselves into Cert 3 in Outdoor Recreation at TAFE to be an outdoor guide and I am working towards my dream job.

OE gives kids opportunities to experience things that they never thought they could do before. And do them. For example, Coen was terrified of heights and he almost abseiled down a 20m drop one day. Once I am qualified as a guide I am going to take him back and support him to accomplish that.

Since doing the OE, I have become more independent. I feel more confident outside of home and I feel positive and happy about my future.

I've met people and guides who have helped me to learn new things, to get out of my shell, to feel strong about myself. Charles helped me to go down Melita Wall one weekend and Kate showed me prosics - it's a way of doing self billet.

Me and my friend Phoebe used to say that we felt like we were from a different planet and we didn't belong here. Now I feel like I belong here.

Thank you for listening to me.



WHAT IS THE BEST THING ABOUT HANGOUT?

BY KATOOMBA HANGOUT PEEPS

The Katoomba Hangout group were asked what has been the best thing about coming to their Hangout group at Katoomba Youth Centre? Their answers recorded here:

- sharing good news with each other
- hanging with friends
- the atmosphere is great
- people are nice and kind to me
- I come for the friends
- Joint games on the computers where the three of us played the same game
- I love seeing everyone, I go home happy
- being together and fooling around
- I love having people to go to for advice when you're having a hard time
- eating together with friends
- getting to learn a hell of a lot more about Star Wars from others at the group
- playing Cards Against Humanity and Pictionary with the group, and other games we play
- the social activities
- the laughing
- playing pool really well and being a champion (not)
- the group discussions that we have

GOOD-BYE MELODY!

SHE'S HAVING A BABY

The Springwood Hangout group that meets on a Tuesday will be welcoming a new group worker called Tahlia. Tahlia is coming to replace our lovely Melody who is about to have her baby. We will let you know when baby arrives!

Tahlia is already planning lots of fun things to do at Springwood Hangout and of course, thinking carefully about what food the Hangouters will just love to tuck into.

Springwood Hangout is on TUESDAYS at the Springwood Youth Centre, starting at 3.30 til 6pm. Drop in!



MYST POSITIVE BEHAVIOUR SUPPORT SERVICE

"it seeks to improve quality of life by understanding why a person needs to engage in challenging behaviour, and then addressing that need."

KATOOMBA HANGOUT

**MONDAY
4-6.30PM**

SPRINGWOOD & LITHGOW
HANGOUT GROUPS

**TUESDAY
3.30-6PM**

Our Hangout group in Lithgow has been super busy and we have had so much fun getting to know all those new faces - as well as, enjoying the art with Prue, the play station games, the pool table, the fozz ball table and don't forget.... the awesome card games!

Lithgow Hangout is also on a TUESDAY evening from 3.30 til 6 at the Lithgow Youth Space in Main Street. Call 0447 014 147 for more information.



MYST HAS INTRODUCED A POSITIVE BEHAVIOUR SUPPORT SERVICE FOCUSING ON THE NEEDS OF YOUNG PEOPLE USING A POSITIVE, COLLABORATIVE AND PRACTICAL APPROACH.

OUR TEAM WORK WITH FAMILIES, YOUNG PEOPLE AND CARERS TO DEVELOP POSITIVE STRATEGIES.

FOR MORE INFORMATION AND REFERRAL DETAILS PLEASE CALL 4751 1005.