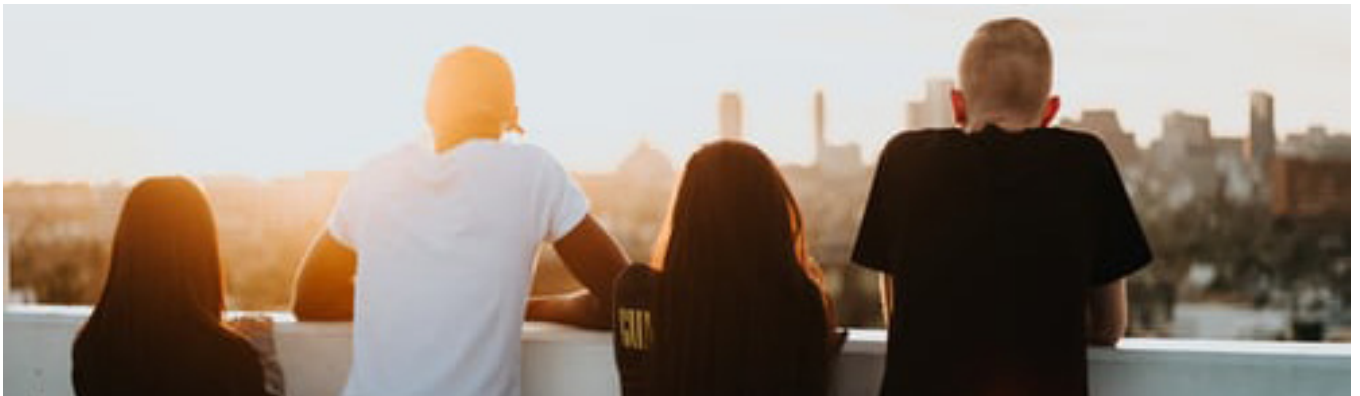


Step Up - Building Healthy Relationships



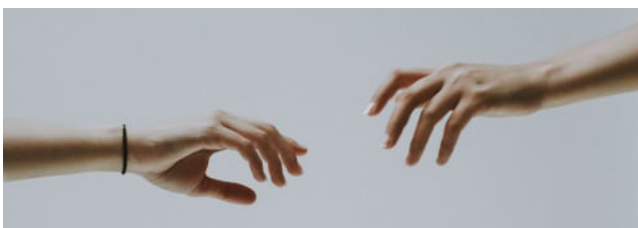
Step Up - Building Healthy Relationships is a voluntary program that aims to reduce a young person's use of violent and aggressive behaviours and support parents/carers to develop and maintain safety and stability in their home.

Eligibility: Step Up offers support for young people aged 10-17 years of age that are living within the family home, using violent or abusive behaviours towards parents or carers.

Consent: The young person is identified as the primary client. Consent is required by the parent or carer and it is strongly encouraged that consent is also sought from the young person. Should the young person not wish to engage, short term parent work may be offered as an alternative.

What to expect from Step Up:

- Outreach
- Groupwork program and safety planning



Planning and setting goals:

- Undertake Outcomes Star and Outcomes Testing to inform goal planning

Complete risk assessments to determine:

- Level of risk
- Measure child-to-parent aggression and impact of violent behaviours
- Motivation for use of violence and capacity to regulate emotions

Develop action plans, identification areas for support including:

- Safety, stability, development and wellbeing
- Understanding trauma, development and attachment
- Advocacy and linkages to other support services as required
- Supporting young people to engage or remain engaged in education
- Support appropriate housing
- Explore opportunities to build connectedness and improve relationships

MORE INFORMATION OR TO MAKE A REFERRAL

Please call BCYF on 5226 8900 and ask to speak to the Step Up intake worker or Coordinator