MELI The Sexual Assault & Family Violence Centre

Step Up

Building Healthy Relationships

We recognise that sometimes a gap can open up between a young person and their parent/carer, and this gap can grow so wide and deep that communication and understanding may seem impossible. As a result, conflict can occur, including the use of challenging behaviours that the young person may feel they have no control over.

Step Up - Building Healthy Relationships is a voluntary program that aims to support young people and their parents/carers to understand a young person's use of challenging behaviours and provide alternative strategies to better manage these behaviours, developing and maintaining safety and stability in the home.

Eligibility: Step Up offers support for young people aged 10-17 years of age that are living within the family home and are using challenging behaviours towards their primary caregiver/s.

Consent: The young person is identified as the primary client. Consent is required by the caregiver, and it is strongly encouraged that consent is also sought from the young person before making a referral. Should the young person not wish to engage, short term parent work may be offered as an alternative, in either a 1:1 or group setting.

Through individual and family meetings as well as formal and informal activities, Step Up provides:

Outreach: Step Up case workers meet with a young person and their family weekly or fortnightly, either on the phone, in the home or out in the community.

Groupwork program: Step Up runs a parent education groupwork program, where you will be supported alongside other families involved in the Step Up program, meeting once a week to learn basic strategies and information.

Understanding the behaviours and impact: This is done through the use of assessment tools, including risk assessments and questionnaires that support us to understand different behaviours and the impact this is having on the young person and their family.

Planning and goal setting: A family action plan is developed identifying goals the family may like to work on.

Some examples of the work could include:

- Identifying triggers for challenging behaviours
- Developing skills to manage strong emotions in a healthy and safe way
- Develop time out/safety plans that can be used by the family
- Working to identify and address communication barriers and resolve conflict
- Develop a level of mutual respect for each other
- Supporting with positive engagement with education and the community
- Referrals for other supports that may be needed.

FOR MORE INFORMATION OR TO MAKE A REFERRAL

Please call Meli on 5226 8900 and ask to speak to the Step Up intake worker or Coordinator or email **stepup@meli.org.au.**