

CHILD CENTRED AND FAMILY FOCUSED PRACTICE

'Parents have the strongest influence on the social and emotional wellbeing of children.'

Services and supports will build on child/young person and family strengths. The needs and wellbeing of the child/young person and the involvement of the parents/carers will be central to the planning of interventions and supports.

WHERE DO WE PROVIDE SERVICES?

The Program will be working closely with Children's Centres, pre-schools, schools and other services. We are also able to provide in-home support to children, young people and their families where this is required. Families can also access services at the UCWB offices at Tea Tree Gully and Bowden.

WHICH AREAS DO WE PROVIDE SERVICES TO?

Services are provided across the following suburbs:

- Tea Tree Gully Council area.
- Port Adelaide Enfield Council eastern area including Kilburn, Blair Athol, Dry Creek, Enfield, Clearview, Broadview, Sefton Park, Gepps Cross, Northfield, Walkley Heights, Valley View, Northgate, Oakden, Hillcrest, Greenacres, Hampstead Gardens, Manningham, Gilles Plains, Holden Hill, Dernancourt, Windsor Gardens and Klemzig.

Child and Family Mental Health Program

HOW DO YOU CONTACT US?

For further information or to make a referral contact the **Child and Family Mental Health Program** on **8245 7100** or email: cfss@ucwb.org.au

You can also call into the office at Tea Tree Gully or our Head Office at Bowden.



UCWB



UCWB HEAD OFFICE

77 Gibson St, Bowden SA 5007
PO Box 426, Hindmarsh SA 5007

TEA TREE GULLY OFFICE

Suite 5, 81-83 Smart Rd, Modbury SA 5092

T (08) 8245 7100 | F (08) 8346 7336
ucwb@ucwb.org.au | www.ucwb.org.au

UCWB Child, Family and Specialist Services offer a range of free services and supports to promote the health and well-being of children (0-18) and their families.

UCWB



The Child and Family Mental Health Program

This Program is funded by the Australian Government, Department of Social Services. Go to www.dss.gov.au for more information.

The Child and Family Mental Health Program is a free service that assists children and young people (0-18 years of age) at risk of developing mental health issues and their families.

AIMS

The Program aims to:

- Improve mental health outcomes for children and young people
- Increase resiliency and coping skills of children and young people
- Enhance children and young people's connection with family, school and community
- Assist families to support their child/ young person
- Increase the communities understanding of, and response, to mental health issues for children and young people

WHAT ISSUES CAN WE HELP WITH?

We assist children and young people who may be struggling with issues such as:

- Bullying
- Eating or sleeping problems
- Life transition issues, including school transitions
- Loss and grief – family break up, death of a family member
- School absences/refusal
- Early signs of anxiety/depression
- Difficulties with social skills and friendships
- Low self esteem
- Behavioural concerns
- Family relationship difficulties
- Trauma
- Family stress, for example, financial difficulties, unemployment
- Family mental health issues
- Social isolation

WHAT SERVICES ARE AVAILABLE?

- **Short Term Interventions** including:
 - › assessment
 - › information and resources
 - › brief interventions
 - › referral to other community programs and services.
- **Intensive support** including:
 - › intensive case management
 - › counselling for children/young people
 - › family interventions and support
 - › linking with other relevant services
 - › targeted therapeutic groups for children and young people.
- **Community outreach, mental health education and community development** including general group work, parent information sessions and participation in community events.