



Young People with Complex Trauma – keeping them connected when they “just want to be at the beach”

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Why?

- Recommendation of the Tune Review.
- Acknowledgment that children living in OOHC often don't get timely access to treatment for their complex trauma.
- Recognition of the relationship between complex trauma and reduced quality of life outcomes.

International recognition of the need for early intervention to change life trajectories.



Who do we work with?

Children and young people aged 16 years and younger who are in statutory foster/kinship care:

- Where the child or young person has had 2 or more placements in the past 6 months

Or

- Respite care has increased in the past 12 months



Who are we?



- Mental Health Clinicians
- Aboriginal Mental Health Clinicians
- Speech Pathologists
- Occupational Therapists
- Psychiatrists
- Customer Service Officers
- Managers

Across two teams in NSW:

- Newcastle
- Penrith

Interventions

One of 3 x evidenced-based interventions delivered by mental health clinicians:

- Parent Child Interaction Therapy
- Trauma Focused Cognitive Behaviour Therapy
- Eye Movement Desensitisation and Reprocessing



Opportunity to participate in parent/carer group-based intervention:

- Emotion coaching skills training
- Tuning in to Kids
- Tuning in to Teens



Trauma-informed assessment and intervention from:

- Occupational Therapy
- Speech Pathology
- Psychiatry



Long term outcomes



For young people:

- Decreased trauma symptoms
- Improved psychological wellbeing
- Improved behavioural and emotional functioning
- Improved placement stability or move to less intensive care
- Improved physical wellbeing
- Increased engagement in education, training or employment
- Decreased contact with justice system (or stability where already low)

For carers:

- Strengthened parent/caregiver capacity

School Holidays Meaningful Activities Program

Need

- Engagement in therapeutic programs in the School Holidays
- To improve physical wellbeing through meaningful activities
- To support behavioural/emotional functioning in “real life” activities
- To promote connection and social skills
- To strengthen parents/carers' capacity/self care



School Holidays Meaningful Activities Program



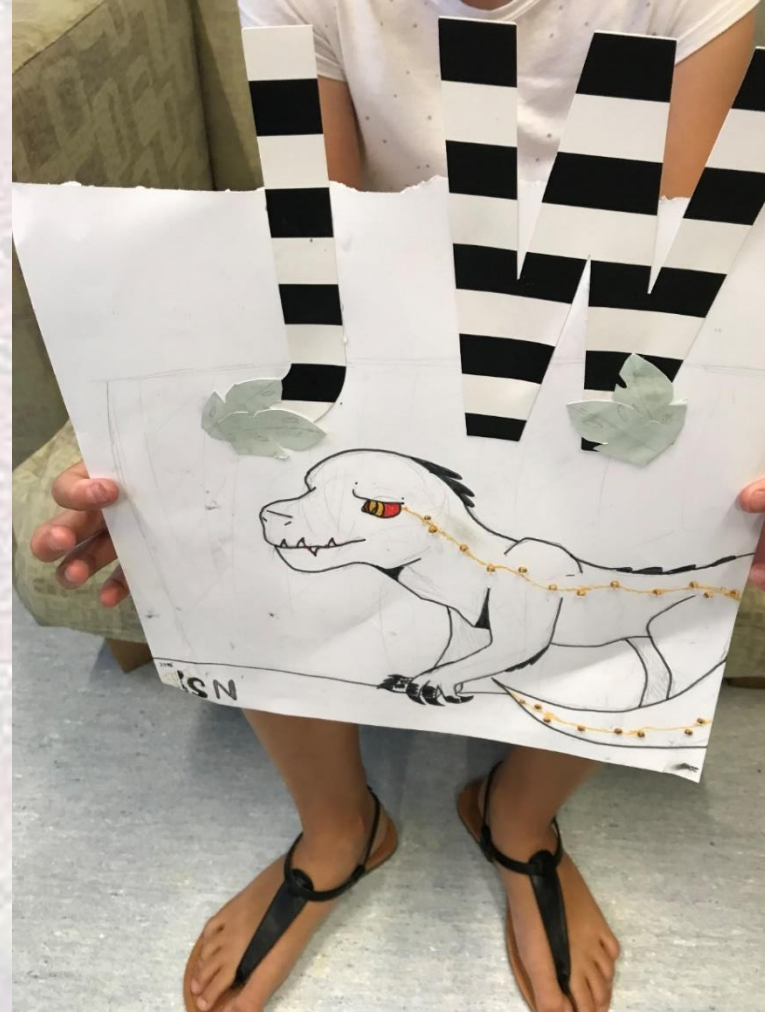
- Trauma informed Yoga
- Creative Space
- Soccer Clinic
- Newcastle Knights Training Session
- Graffiti Art
- Waves of Wellness Surf Therapy



Strengthening Parents/Carers Capacity: **Tuning into Teens by Beach**



What the young people wrote



Awsom
Coularful
Fun The Best
Yogu Flexie
Start feelings: shy, nervous
End feelings: not shy, forever caring
Cool
Amazing
Oh yeah!
So much fun
Happy
Messy
Extrodunary activities

What did Carers, Workers, Young People and Facilitators say:

- Creative Space: “Calm energy in the room”
- Trauma informed Yoga: “Children loved the choice to lead the session”
- Soccer Clinic: “It worked well having the LINKS workers there the kids trust and know already”
- Graffiti Art: “Mad, Fun and Connected”
- Waves of Wellness: “Brought them (brothers closer”



Outcomes – Young People and Family

- Cultural Connection
- Connected to LINKS
- Mastery
- Reduced caregiver stress
- Social connection
- “I’m not the only one”
- Self-efficacy
- Fun, interest development



Outcomes – Therapist

- Engagement in therapy, LINKS
- Generalization of skills ‘in-vivo’
- Wider assessment: community-based, social, MDT
- Informal screening
- ‘Containment’ (crisis, placement instability)
- Rapport
- Treatment goals



Outcomes – Systemic

- LINKS outcomes
- Connection to community
- Relationship development in community (long and short term impacts)
- Increased understanding of allied health role
- Key stakeholder engagement (parents/carers, caseworkers, funding)
- Stakeholder support for ongoing delivery and funding
- Opportunity for advocacy



Future considerations

- 'Champions' in team
- Sustainable activities, and relationships
- Population specific activities, facilitators (flexibility, choice)
- Planning: timing, over-subscribe, budget



Amazing, Calm,
Fun, Chill,
Inspired,
Spectacular,
Mad, Connected

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