

# Practice Hour

## Alternative Ways of Engaging Young People



Home  
Stretch  
WA

Date:

Thursday 22 February 2023

Name of Facilitators: Wanslea

Staying on Facilitator – Marissa Beever

Transition Coaches - Gemma Norwell, Graeme Linsley  
and Karen French

# Acknowledgement of Country

Home  
Stretch

WA



*Ngaala kaaditj Noongar moort  
Keyen kaadak nidja boodja*

We respectfully acknowledge the Whadjuk people of the Noongar Nation as the Traditional Custodians of the land we are presenting from today, and all the countries where people are located. We pay our respects to their strength, cultural resilience and the Elders past and present.



# Housekeeping & Rules of Engagement

## Rules of engagement:

- Safe, secure, confidential space
- De-identify your examples (*including case managers & District offices*)
- Not supervision (*but can be arranged!*)

## Teams Etiquette:

- Cameras on
- Mic on mute
- One person per camera is best
- Today we are going to hear from the Wanslea team about each case discussion and then it will be open for all questions and discussions at the end



**Is everyone ok with it being recorded?**



# Who is here today?



**In 1 minute or less**

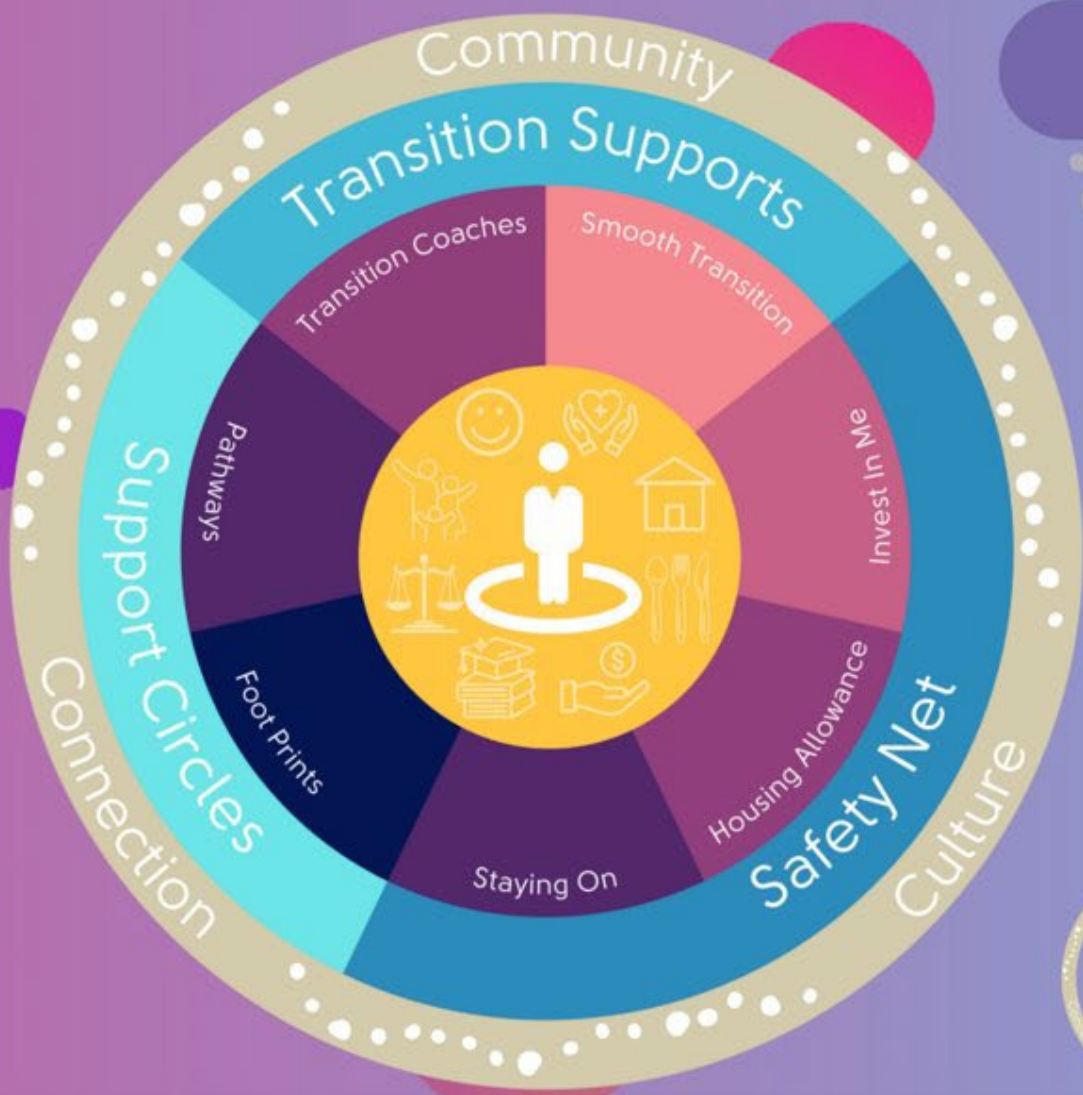
- New people - introduce themselves
- What is your role?
- Which Provider do you work with?
- What brought you to working with Home Stretch WA?



## By the end of this session...

You will increase your knowledge and understanding of:

1. Alternate methods of engagement
2. Successful ways to interact with young people
3. Building a good foundation during smooth transition
4. Domains and translating them into action
5. Building community and connection
6. Breaking down the myths around engagement i.e. group work, resources and finance



# Home Stretch WA Model



Young people are at centre of support.  
Everyone is treated as an individual



Support or connection is offered in  
all areas of life



Support is delivered in specific  
ways [Practice Approaches] that  
work for young people



Home Stretch WA focuses on 3  
key elements of support



Home Stretch WA greater purpose is to  
connect young people with their  
community and culture.

# Home Stretch – Support Summary



CONTACT DETAILS	SUPPORT CIRCLE	IMPORTANT INFO
NAME DATE OF BIRTH ADDRESS MOBILE EMAIL	CARER DETAILS  CPFS / CASE MANAGER	CENTRELINK (CRN) MEDICARE LICENCE NUMBER LICENCE EXPIRY NO. TAX FILE NUMBER USI
MONEY	LIFE SKILLS	CONNECTIONS
RIGHTS AND RESPONSIBILITIES	EDUCATION, TRAINING & EMPLOYMENT	A PLACE TO LIVE
HEALTH	ABOUT YOU, YOUR MOB, YOUR FAMILY	OTHER

## Action Plan Template



Things to sort out.....	How we are going to do it....	Done it/Change it?
<b>Education, Training &amp; Employment</b>		
<b>Housing</b>		
<b>Support Circles (Relationships and Family)</b>		
<b>Identity and Culture</b>		
<b>Life Skills and Legal Issues</b>		
<b>Health (Physical, Sexual, Dental)</b>		
<b>Financial</b>		



# What is the Practice Area?

## Transition Supports - Methods of Engagement

### What it looks like and how it is delivered

- Individual Support Summary Template and action plan
- Team meetings to identify common goals/themes
- Collaboration with young people
- Planning - program, resources and finance
- Example:

#### Goal

Budgets  
Goal Setting  
Confidence and Self Esteem  
Mental Health  
Life Skills  
Connection

#### Program Type

Money Mentoring Workshop  
Vision Boards  
Self Worth Workshop  
Mindfulness, Yoga  
Cooking  
Rock Climbing, Kayaking, Laser Tag





# Case Example 1

## YP's Situation

Young female, numerous placement breakdowns whilst in care. Support circle limited to carer and younger brother with high complex disability needs himself. Disengaged in education since Year 10. Complex diagnoses, 5 types of medications. Recent breakdown of Staying on Agreement, currently living with a host family, brother in respite care.

## Outline of Issue

Connection

## Type of Support Provided

- Activity outside home
- Communication skills
- New people / new experiences
- Support with mental health in social setting: anxiety, eating

# Case Example 1

## **Outcome/Current Situation**

- Currently one of the most consistent attendees
- Shows up, even when participation fluctuates
- Increase in support circle: peers, building relationships with other TC's
- Awareness of agencies and community organisations (volunteering)
- Engagement with health practitioners: GP, Psychiatrist, Psychologist, Chiropractor and Naturopath.
- Reduction in medications from 5 to 1
- House sitting on a regular basis (living independently)
- Exploring her interests (baking = side hustle)
- Greater sense of self

# Case Example 1- Discussion

## What worked well?

- Adding Value to the Smooth Transition Process
  - point of difference from CPFS
- Support circle that may not of otherwise existed
  - peers, Wanslea staff, link to community agencies
- Consistent during times up upheaval
  - learning the value in showing up anyway
- Observing the individual holistically
  - deep dive into challenges faster than 1:1

## What was a Challenge?

- Can take away TC ability to be with other group members
- Clash of personalities and/or previous knowledge of others
- Cohesion of the group

# Case Example 1- Discussion

## Our Learning

- Showing up and not participating is just as valuable as participating
- Tasks can be given to feel inclusive, whilst not directly being involved in the activity ie photographer
- The value in a strong sense of connection, which may not outwardly be seen
- It can promote open dialogue
- Fosters a strong relationship with TC, seeing them in new situations and environments
- Any questions?

# Case Example 2

## YP's Situation

Young Male, living with Grand-Carer, with support circle of extended family only. Intellectual disability and type 1 diabetic. Had been in receipt of NDIS funding, however, this had been underutilised. No NDIS plan available, also, prior to the Home Stretch additional NDIS form

## Outline of Issue

Connection outside of the family support circle

Ability to manage conflicting priorities and assess risk in the community.

## Type of Support Provided

- Activities in the community one to one with Team Coach and Group
- Communication skills assessment/development
- Support investigating and attending NDIS reviews
- Support with managing expectations and nervous energy

## Case Example 2

### **Outcome/Current Situation**

- Increased self awareness
- Greater confidence in social settings such as activities, public interaction
- Growing Support Circle- Team Coaches, peer group attendees
- Engaged in the NDIS process and shows understanding
- Worked towards driving license, accomplishing tasks independently – DoT, GP
- Ability to reach out and ask for assistance with life goals
- Looked forward to independence and adulthood

## Case Example 2- Discussion

### What worked well?

- Identifying and actioning Young Person Goals
- Support circle grown to include non family supports
- Progressing NDIS and ensuring Increased Young Person awareness of what support was available

### What was a Challenge?

- Managing Young Person's nervous energy in the initial group sessions
- Navigating NDIS and Home Stretch to ensure no overlap



# Case Example 2- Discussion

## Our Learning

- Individual and Group sessions bring different dynamics and ways of exploring pathways.
- Co-working is enhanced, connections between Coaches and Young People lead to better outcomes.
- Cost savings can be delivered through economies of scale.
- Any questions?

# Case Example 3

## YP's Situation

Young person, non binary, very self aware in identifying needs but lack self awareness in hygiene and self care. Lives with Nana and Dad, Brother and extended family. Complex mental health issues, diagnosed with personality disorder and depression and self diagnosed with Autism. Medicated. Has had many friendship breakdowns because of mental health issues or episodes which has lead to hospital stays. Has many significant friendships all over the world due to online gaming but also because of this has unhealthy sleep patterns and poor self care. Lacks face to face interaction and social comfortability. Gets very nervous when faced with social events in the outside world.

## Outline of Issue

Connection

Self care

# Case Example 3

## Type of Support Provided

- Connection outside of home
- Communication skills
- New people / new experiences
- Getting ready to leave the house – self care and awareness
- Support with mental health in social setting: fidgeting and anxiety

## Outcome/Current Situation

- Replies to all missed calls or messages – great communication
- Asked to be reminded, straight to the point to shower, wash hair, clean clothes and brush teeth (again great self awareness as they identified if you subtly remind them they might miss the que. Say it how it is)
- Attended group outings and was a great participant
- Ktrack at University – in the last week – can do attitude

## Case Example 3 - Discussion

### What worked well?

- Adding Value to the Smooth Transition Process
- Identifying needs and areas to work on – taking action
- Clear honest communication
- Reflecting over struggles
- Meeting the Team

### What was a Challenge?

- Anxiety and fidgeting – staying on track when having a bad day
- Poor sleep routine - always tired

### Our Learnings... Next Steps

- Having fidget toys or set tasks for YP to achieve to reduce anxiety

# Reflections & Learnings - Strengths

## Reflections:

- Promotes diversity of individuals in a safe and accepting space
- Fosters strong relationships with TC
- Financial – savings i.e. shared meals
- Share resources – TC skills can benefit everyone

## Learnings:

- Clear on what outside agencies are delivering, does it match criteria or need

# Reflections & Learnings - Challenges

- People not turning up
- Historical knowledge of other people
- Clash of personalities
- Crisis situations of YP



# Group Discussion Points



# Questions & Comments?



## More Information & Resources



Links to Resources & Documents on the website

[Practice Hours](#)

[Resources](#)



[www.homestretchwa.org.au](http://www.homestretchwa.org.au)



# Contact Us

Community of Practice



[homestretch@anglicarewa.org.au](mailto:homestretch@anglicarewa.org.au)

Department of Communities



[homestretchwa@communities.wa.gov.au](mailto:homestretchwa@communities.wa.gov.au)



Andy - 0413 207 096

Vanessa - 0447 784 128

Renae - 0479 067 474

Julia - 0486 041 786

