

Practice Hour

Support Circles



Home
Stretch
WA

Date: 27th July 2023

Name of Facilitators: Ben Dancey & Hayley McKenzie

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
- Raise your hand (*virtually or give us a wave!*)
- One person per camera is best



Is everyone ok with it being recorded?

Who is here today?



In 1 minute or less

- What is your name?
- Which agency do you work with?
- What is your role?
- Which country are you tuning in from?



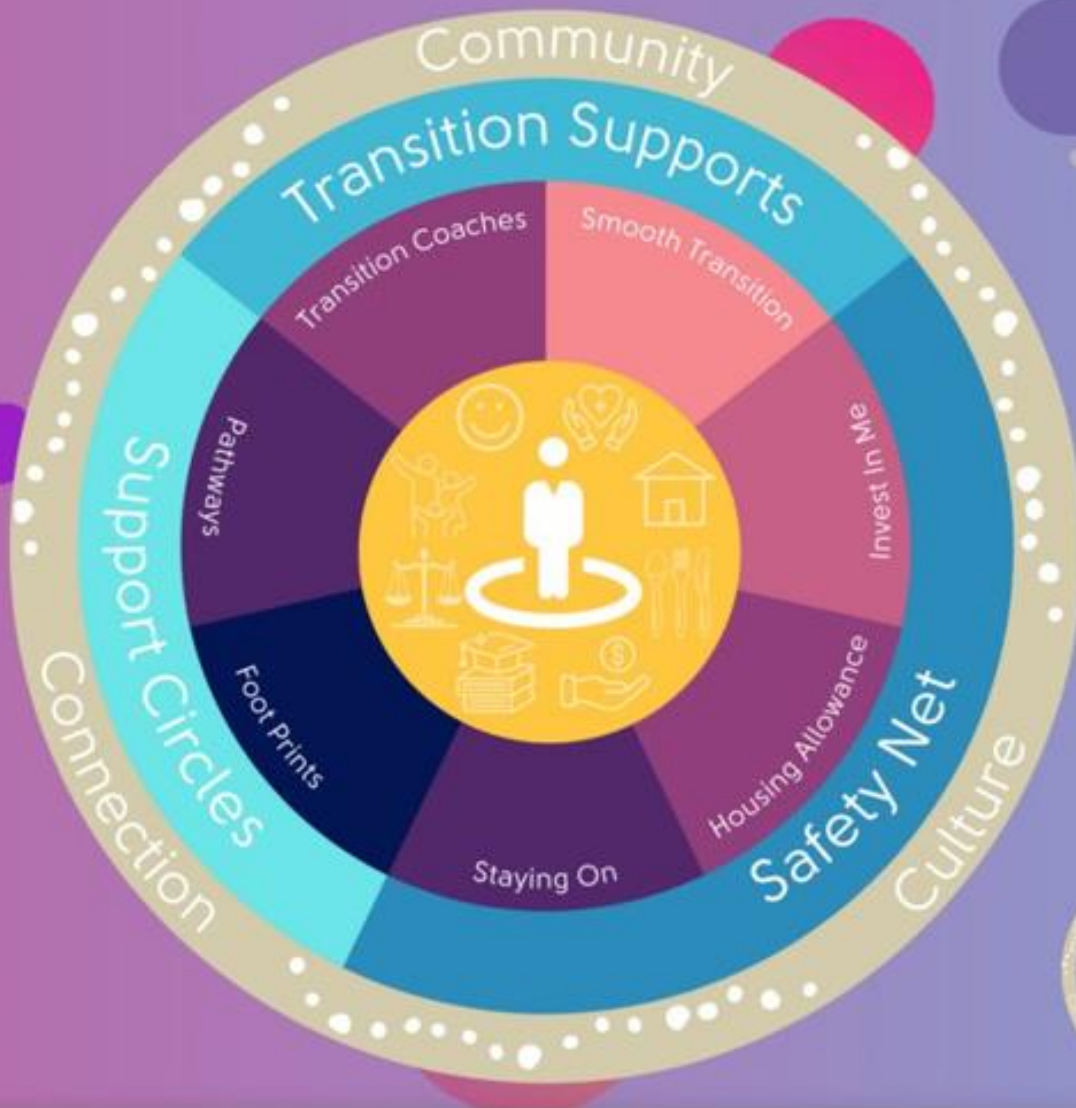
By the end of this session...

- Understand the Support Circles approach and how it applies to the Home Stretch WA model.
- Understand how to use the Footprints Tool to support young people to identify and build their support circles.



Next Practice Hour:
Thursday 3rd August –
Engagement Strategies
for Coaches

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 WA Principles



**You are the expert
in your life, you deserve the
freedom and respect to
make your own choices**

Our support is unconditional



**Know your mob
to know your place**

When you're ready we will help you
find ways to build your connection
to family and culture



**Your Relationships
are important**

The important people in your life can be part
of your Home Stretch WA experience and we
can support you to build new connections




Culturally Safe

Home Stretch WA recognises
Aboriginal and CALD young people
must navigate between two
worlds.



Heal and Connect

When you are ready



**You can make an informed
choice about the support
you receive from Home
Stretch WA**

There are no shocks for you or the important
people in your life

Support Circles

A support circle is the collection of people and services that makes up a part of a person's community.

Within a support circle you will have formal and informal ties to people which may govern the relationship.

Natural networks will likely form the *bonding ties* through people sharing similar experiences, backgrounds and culture.

Formal supports and services will likely form *bridging ties* with people which are temporary, but can evolve into bonding ties.



Who is in a support circle?

Step-parent Doctor Counsellor Neighbours
Pets
Elders Cousins Siblings Parents
Partner Foster family Grandparents Housemate
Spouse Aunties & Uncles
Ex-partner... AOD worker Religious leaders
The random guy at the gym you always talk to but can't remember his name so you just call him mate all the time...
Transition Pharmacist Bar person Bus driver
Coach Drug dealer
Coffee shop assistant Friends Boss
Online Dungeons & Dragons Team Colleagues
Police Teacher Sports coach Favourite customer
Teammates
Social Worker

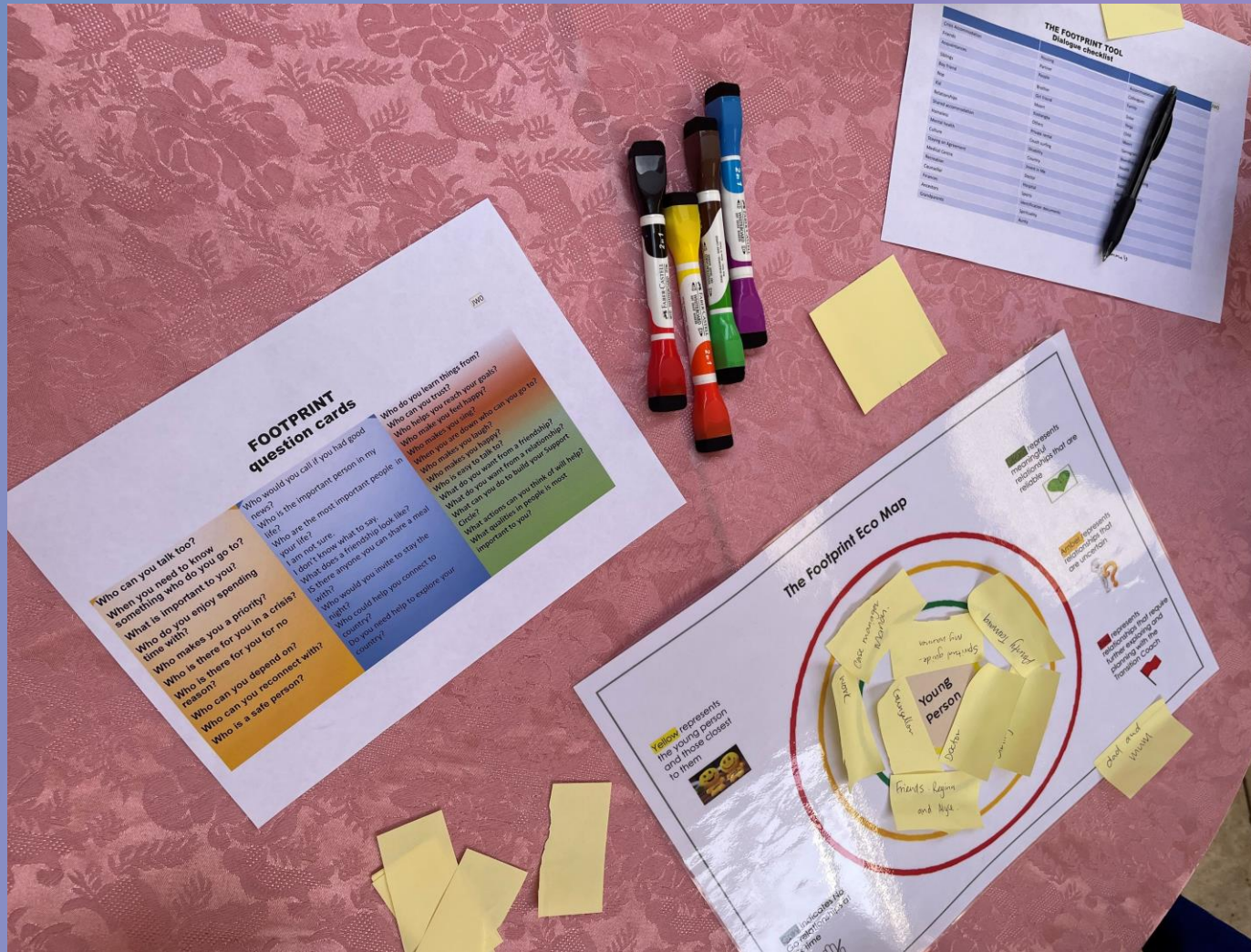


Identifying Support Circles

- Leaving Care Plans
- Cultural Plans & Genograms
- Home Stretch Referral
- Footprints Tool
- Eco-Maps



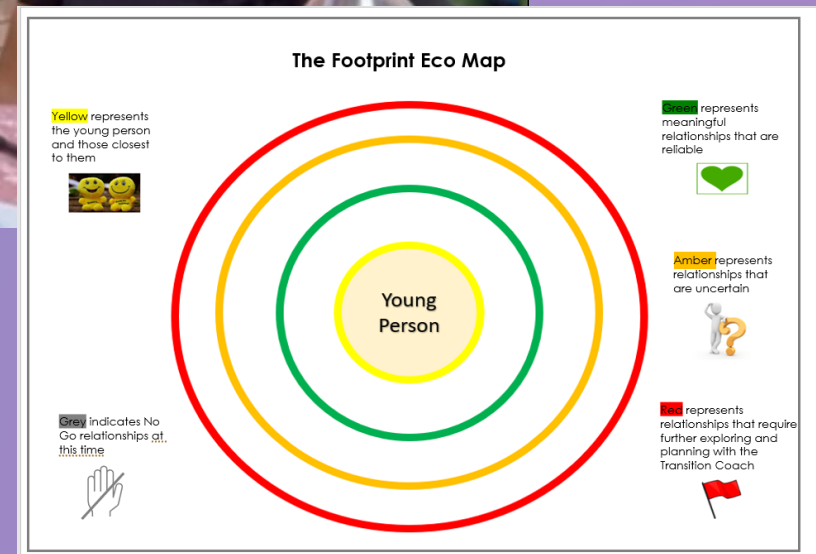
Introduction to Footprints



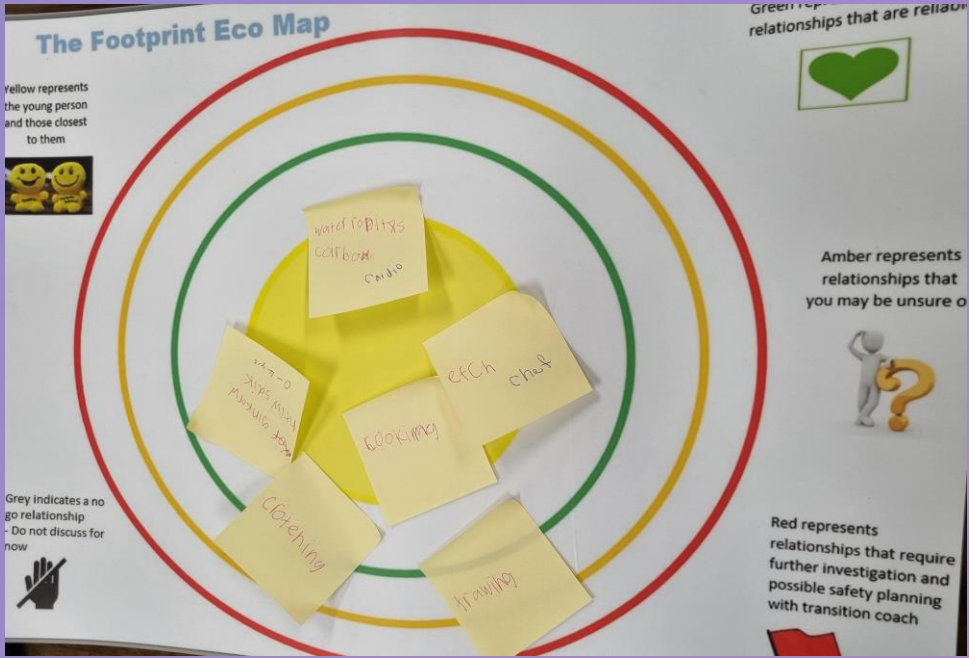
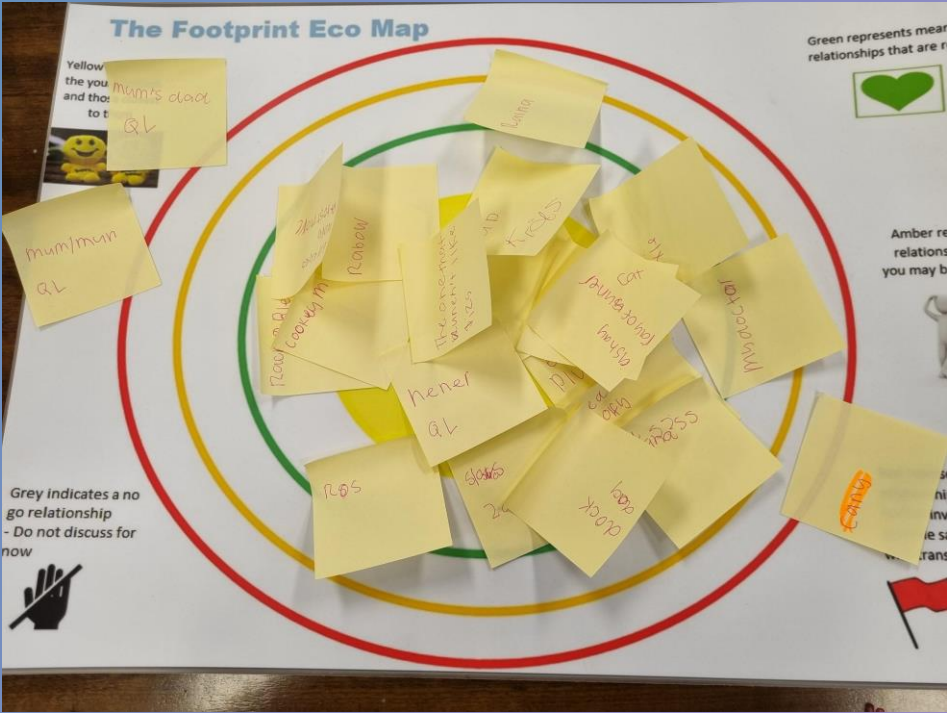
Introduction



Explanation of the tool



Explanation of the tool



The Footprint Eco Map

Yellow represents the young person and those closest to them



Green represents meaningful relationships that are reliable



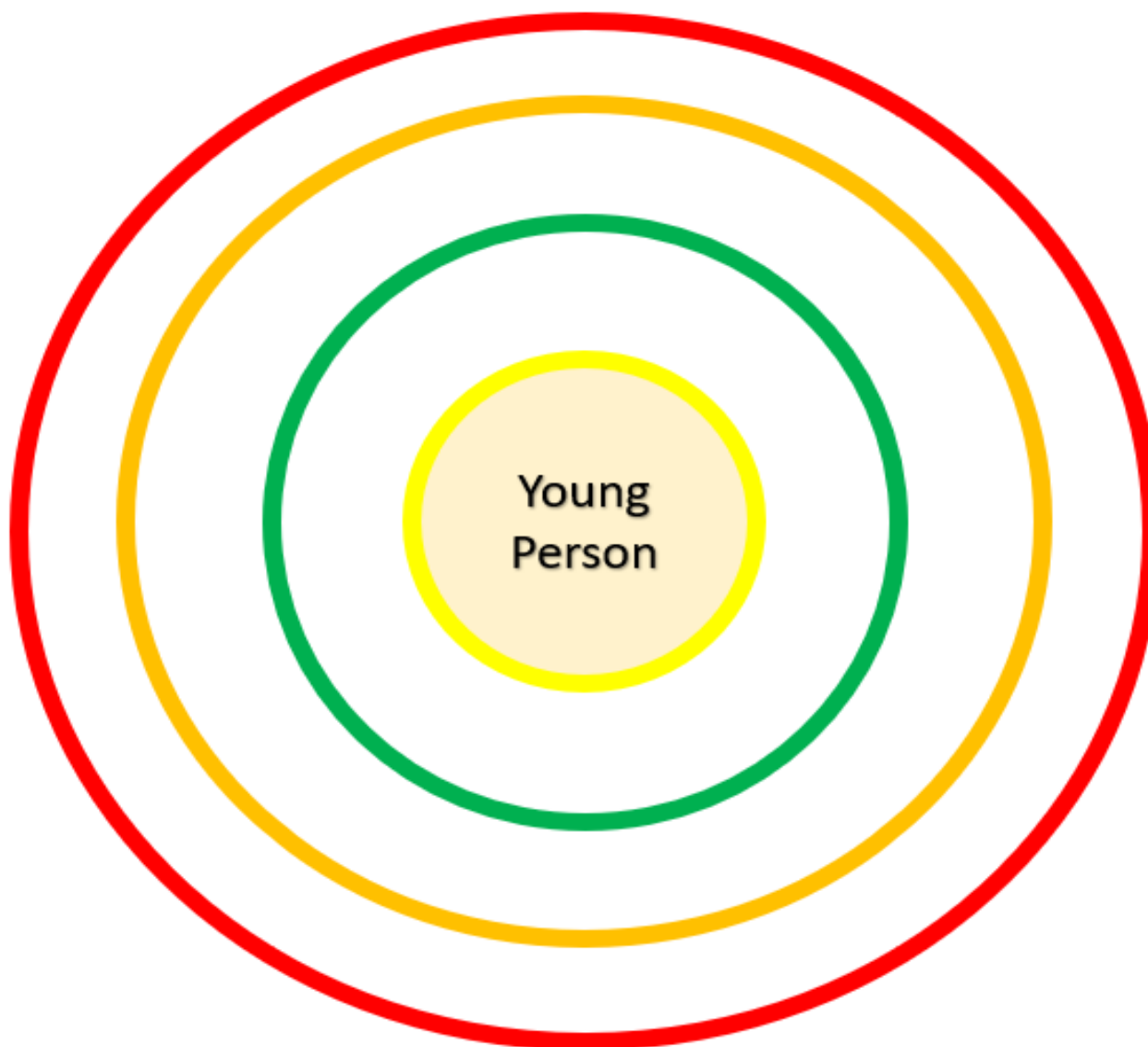
Amber represents relationships that are uncertain



Grey indicates No Go relationships at this time

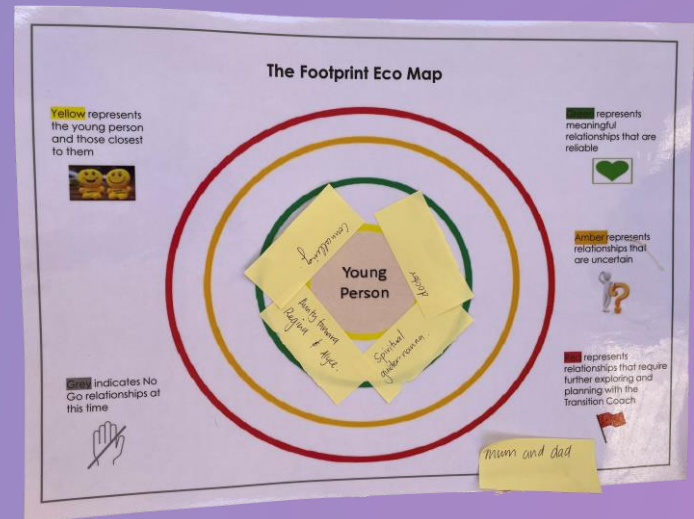


Red represents relationships that require further exploring and planning with the Transition Coach



Use of the Footprints Tool

- ### The Footprint Eco Map
- Yellow** represents the young person and those closest to them
- Green** represents meaningful relationships that are reliable
- Orange** represents relationships that are uncertain
- Grey** indicates No Go relationships at this time
- Red** represents relationships that require further exploring and planning with the Transition Coach
-
- Young Person**
- strong support
- Ago and give back to the community.
- On tip of my hands from home.
- political support
- solid
- community listening
- strong support



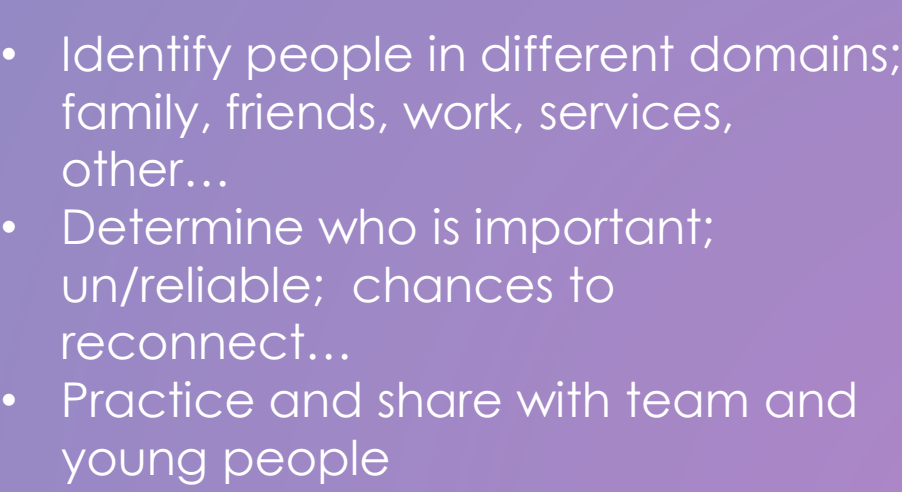
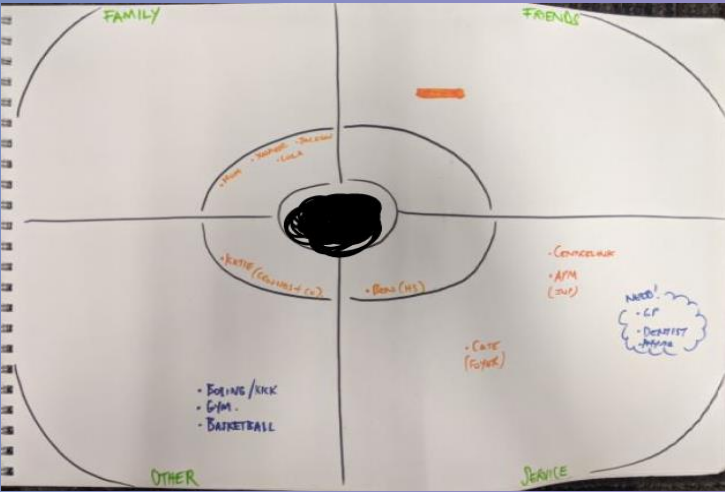
In practice...



Eco Maps



Eco Maps



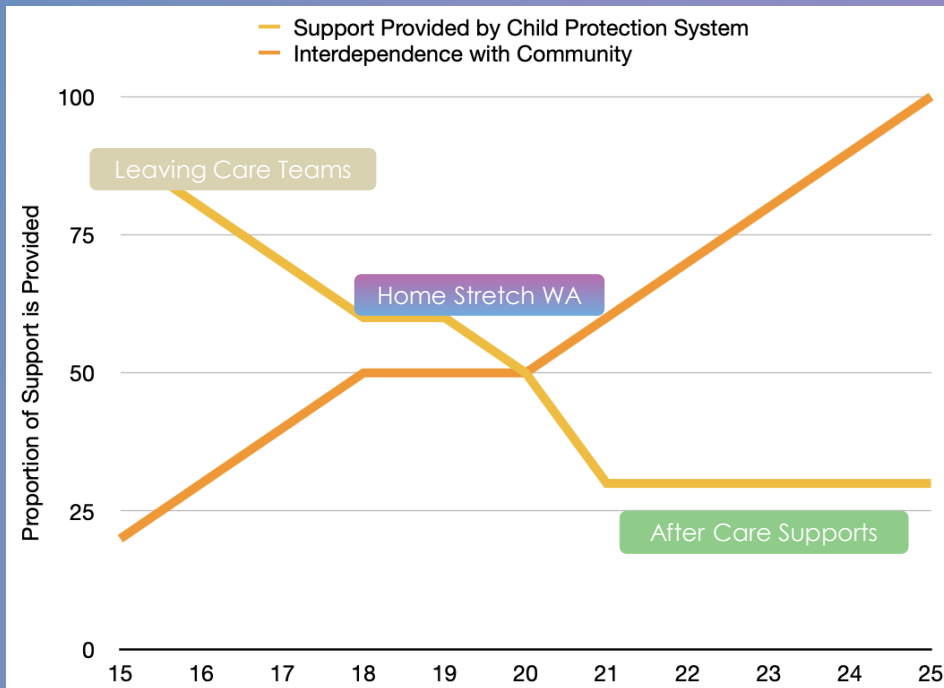
- Identify people in different domains; family, friends, work, services, other...
- Determine who is important; un/reliable; chances to reconnect...
- Practice and share with team and young people

What is a Support Circles Approach

- Young person is a critical and contributing member of community.
- Young people have existing networks – friends, neighbors, family, co-workers.
- Acknowledges and invests in the importance of these relationships and what they offer a young person.
- Coach works alongside young person to help them identify, strengthen and grow their connections.
- Strength of the relationship between Coach and young person is key.



Why adopt a Support Circles Approach?



- Increase a young person's connection to community.
- Promoting sustainable long-term reliable networks.
- Decrease dependence on services and workers.

Challenges of working with a support circle

- The young person is the primary client
- What information can be shared and with who
- Verbal consent or ROI
- Be transparent
- Prepare to challenge and be challenged
- Move at the pace set the young person



Reviewing Support Circles

Support Circles will change throughout the duration of a young person's journey with Home Stretch for several reasons.

- Conflict
- Moving Location
- Emerging Needs
- New jobs
- Onboarding
- New Relationships
- Safety Planning
- New services
- Reconnecting with family
- Ageing Out

Other strategies to incorporate Support Circles

Invite family and other supports to help problem solve.

Be curious about young peoples' natural networks.

Meet in spaces welcoming and inclusive of natural supports.

Use the Staying On Agreement to collaborate with foster and family carers.

Create a safe space for young people to talk about their hopes and needs in their relationships.

Invite and fund the costs of natural supports participation in events and celebrations.

Provide opportunities for young people to rehearse communication skills to help them connect in positive and meaningful ways.



Create opportunities for young people to explore cultural identity and belonging.

Questions & Comments?



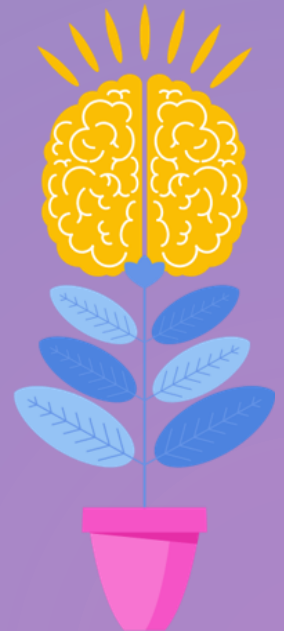
More Information & Resources

Links to Resources & Documents on the website:

- [Support Circles Practice Guidelines](#)
 - [Footprint Eco Map Tool](#)
- [Footprints Tool – A Simple Guide](#)
- [Footprints Tool – Word Prompt List](#)
- [Footprints Tool – Question Cards](#)



www.homestretchwa.org.au



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