

# Practice Hour

## Supporting young people over Christmas & Self Care

**Home  
Stretch**

WA

Date: Thursday 7<sup>th</sup> December

Name of Facilitators: Vanessa Msapenda

# 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?**

What would you like to get out of the session?

Poll



**By the end of this session...**

## **Practical Tools & Strategies for supporting young people over the Christmas break**

- Share some tips from the Trial
- Discuss and share strategies with each other
- Genuine conversation about self care for teams and each other

**Last Practice Hour for this year.  
Stay tuned for more in the New Year!**



Not everyone's Christmas is merry



# Practical tips for supporting young people

Check in early...

- What are their plans?
- Where will they be staying?
- Who is in their support circle?
- What safety/support plans need to be put in place?
- Individual responses/team responses
- Opportunities to celebrate/reflect/plan



# Safety Planning/ Home Stretch WA Info Sheet

## My Safety Plan

Name:

Preferred name:

DOB:

Pronouns:

**My background;** tell us about you

**Note:** take a photo of this for your phone so you can access anywhere.



| Things I am concerned about | Things others may be concerned about |
|-----------------------------|--------------------------------------|
| Emotional & Mental Health   | Emotional & Mental Health            |
| Physical Health             | Physical Health                      |
| Home, Financial & Legal     | Home, Financial & Legal              |
| Physical Environment        | Physical Environment                 |
| Alcohol & Other Drugs       | Alcohol & Other Drugs                |
| Family & Domestic Violence  | Family & Domestic Violence           |
| Aggression & Violence       | Aggression & Violence                |
| Other                       | Other                                |

Do you have a diagnosis and/or other information you would like to share?

### Current Situation/ Summary of Concerns & Presenting Issues

|

**Risk management** is a dedicated process to increase safety and develop a plan to reduce potential issues and improve outcomes.

### My Emotional & Mental Health (if relevant)

Signs I am well;

Signs I am becoming unwell;



| Details         |  |             |                   |  |
|-----------------|--|-------------|-------------------|--|
| Name            |  | Unit        | Identified Gender |  |
| Mobile          |  | DOB         |                   |  |
| Locator Contact |  | Next of Kin |                   |  |
| Email           |  | Other       |                   |  |

## Home Stretch Info Sheet

### Current Education/Training/Employment

### Interests/Hobbies/Likes

| Triggers/Dislikes/Health Issues | This is what I do and how I look to others | What should staff do? |
|---------------------------------|--|-----------------------|
|                                 |  |                       |
|                                 |  |                       |

### Medication

### Supports



# Example.... Safety Planning/ Home Stretch WA Info Sheet

## Who can I call if I need help?

1. Tilly Arnold
2. Sandra Sky
3. James - next door neighbour
4. A helpline
5. Ambulance



## Help Lines

MHERL (Mental Health Emergency Response Line) **1300 555 788**

Lifeline Australia **131 114**

Suicide Call Back Service **1300 659 467**

Beyond Blue **1300 224 636**

Health Direct **1800 022 222**

Crisis Care **9223 1111**

Bayswater Police Station **9473 5500**

## Home Stretch

Home stretch will be available on-call for emergencies on:

**Wednesday 29 December 2021**

**Thursday 30 December 2021**

**Friday 31 December 2021**

Hayley and Raina's phones will be diverted to the on-call phone.

Home Stretch staff will be back from 4 January 2022.

## My early warning signs:

- Feeling easily pissed off and irritated
- Snapping at everyone
- Lack of motivation
- Not sleeping
- Over sleeping

## My self-care strategies:

- Listen to music
- Watch Tik Tok
- Cuddle and play with Lime
- Reach out and talk to a friend
- Have a cone

## Nelly's day care days:

Friday 24 December 2021

Wednesday 29 December 2021

Friday 31 December 2021

Wednesday 5 January 2022



# List of Crisis Numbers

## WHO CAN HELP?

### CRISIS CARE

1800 199 008 (free call)

You can contact the Department for support if facing homelessness or domestic violence

### WA CONNECT

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

This website has information and links to services that can provide emergency relief (food, clothing and more) near you

### LIFELINE

13 11 14 (24 hours a day)

You can call lifeline if you are struggling to cope or feeling like harming yourself. They can offer advice and support through difficult times

### HEALTH DIRECT

1800 022 222

You can contact health direct if you have a health concern and you're not sure what to do

### 13 YARN

13 92 76 (24 hours a day)

You can call 13 Yarn to speak with an Aboriginal & Torres Strait Islander crisis worker about any needs or worries you may have

### ALCOHOL & OTHER DRUG SUPPORT LINE

(08) 9442 5000 (24 hours a day)

You can call this line if you are concerned about your own or another person's alcohol or drug use

# Check in as a Team/ Handover Support Register

| Support Planning for Christmas/New Years Period |        |  |   |
|---|--------|--|---|
| Name  | Coach  | Potential Support Needs between 26/12/2022- 2nd Jan 2023 (Housing, Mental Health, Financial Support) | Support Plan In Place ( e.g. alternative supports to contact or in place, safety plan, actions taken)   |
| Joe Bloggs                                      | Hayley | May contact for financial support - due to receive Centrelink payment on 28.12.2022                  | Coaches have been providing reduced access to ER recently. YP is adjusting to receiving a lower income and is due to receive next payment on 28.12.2022. Partner Sam also resides at the property and contributes to groceries in the home. Jamie accessed hampers/food ER from multiple services in the lead up to Christmas. DOH Property- Declined to safety plan with Coach on 20.12.2022. Biological mother lives nearby. YP has a network of social supports she has been drawing on recently in times of need - specifically emotional distress. Support/crisis contacts sent via message. |
| Joe Bloggs                                      | Ben    | No current support needs. Will be with family over Xmas  | SOA- Support/crisis contacts sent via message   |
| Joe Bloggs                                      | Hayley | No current support needs.  | SOA- Support/crisis contacts sent via message   |
| Joe Bloggs                                      | Ben    | No current support needs. Will be with family over Xmas. Positive support circle                     | SOA- Support/crisis contacts sent via message   |
| Joe Bloggs                                      | Ben    | No identified support needs. Positive support network.   | SOA- Support/crisis contacts sent via message   |
| Joe Bloggs                                      | Hayley | No identified support needs.   | Living at Foyer Oxford- Foyer Oxford were going to complete updated safety planning with Homie before Christmas. CPFS to provide funding for a grocery shop to see Homie through to the new year as she was going to be having sleepovers with her son Kobe.  |
| Joe Bloggs                                      | Ben    | No identified support needs. Currently residing in supported accommodation and sp                    | At Horizon House- Support/crisis contacts sent via message  |
| Joe Bloggs                                      | Hayley | None identified  | SOA- Support/crisis contacts sent via message   |
| Joe Bloggs                                      | Ben    | Currently separating from partner - relationship has featured DV. Cameron is still r                 | PK with Partner- Declined formal safety plan on 21.12.2022. Cameron has been doing her own safety planning and has identified her Mother and friend T (Samantha) as key supports. Cameron can walk to each of their homes should she need to seek safety. Cameron also has access to \$1000.00 in savings and has other supports in her natural network who have recently provided practical and emotional support. Cameron does not  |
| Joe Bloggs                                      | Ben    | No current support needs.  | In Youth Futures TAP program- Coach confirmed that Edgy will be receiving his Centrelink income over the Xmas period. Edgy has been provided support/crisis lines. Edgy plans to chill at home over Xmas. Can contact Youth Futures if needs support.   |

# Christmas Newsletter



## Christmas is here...

Merry Christmas from the  
Home Stretch Team!



It's Christmas already and 2022 is just around the corner!

2021 has proved to be a challenging year (again!) but the Home Stretch WA trial has continued to grow and 2022 will see some of the ideas we have been trying out being used by the Department for new care leavers.

Any of the changes that are made by the Government because of Home Stretch **couldn't be done without YOU!**

The feedback you give us is really important and if you'd like to have a greater say, **talk to your Transition Coach about future Youth Advisory Group events** happening in the new year.

**Your Coach will be on leave from 24th December until 4th January.**

**On-call phone contact will be available 9am - 4pm on 29th, 30th & 31st December - you can call your coach's number or 047784128.**

### NEED A HELPING HAND? WHO ELSE CAN HELP?

#### Crisis Care

1800 199 008 (FREE CALL)

You can contact the Department for support if facing homelessness or domestic violence. Your local DCP office can help too.

#### WA Connect

[WWW.WACONNECT.ORG.AU](http://WWW.WACONNECT.ORG.AU)

This website has information and links to services that can provide emergency relief (food, clothing and more) near you.

#### Lifeline

13 11 14 (24 HOURS A DAY)

You can call Lifeline if you are struggling to cope or feeling like harming yourself. They can offer advice and support through difficult times.



### Who do you want to become in 2022?

Over the past year, Home Stretch participants have used their **Invest in Me funding** to try new things or to get a helping hand in making a change. Some of the things that Home Stretch have helped out with are...

- Driving licence & lessons
- Going to the dentist
- Gym memberships
- Furniture
- Clothing for interviews & work
- RSA and First Aid courses
- Travel expenses
- Training and education
- Mental health support
- Glasses

Speak to your coach if there's something you want support with!

### Are you sick of hearing about Covid-19?

Yes, we are too! But we'll continue to be hearing about it in 2022. There's been a lot of talk about getting vaccinated recently and now some jobs require you to be double vaccinated by 31st January 2022. If you are working, or looking for work, be sure to know if that affects you.



### Will it affect my work?

[www.commerce.wa.gov.au/worksafe/covid-19-vaccination-rollout-information-workers](http://www.commerce.wa.gov.au/worksafe/covid-19-vaccination-rollout-information-workers)

### Where can I get jabbed?

<https://rollup.wa.gov.au/articles/where-to-get-your-covid-19-vaccination>

### Remember...

Coaches Hayley, Ben, Jess and Raina will be away until Tuesday 4th January and are looking forward to seeing you in the new year!

**If you need to speak to Home Stretch you can call your coach's number or 047784128 between 9am - 4pm on 29th, 30th and 31st December.**

Any texts (including Messenger) and emails will not be seen until Tuesday 4th January.

### Merry Christmas & Happy New Year!



*We hope you have a wonderful and safe Christmas and look forward to seeing you in 2022!*

*Best wishes from Vanessa, Hayley, Ben, Raina, Jess and Andy*



# Group / Individual Texts

## Message sent to YP last week:

Hello! As Christmas is near, we just wanted to remind you that the Transition Coaches at Homestretch will be on leave from the 23<sup>rd</sup> of December to the 3<sup>rd</sup> of January. This means that they will be unable to return your calls or messages until the 3<sup>rd</sup> of January.

If there's anything that you feel that you need support with before this time, please touch base with your coach. If there's anything you need immediate help with over the Christmas period, you can call Crisis Care on 1800 199 008. We hope you have an enjoyable holiday period, and we look forward to seeing you in the new year! The Home Stretch Crew

## Message sent to YP this week:

Hello! Here are a couple of key contacts for over the holiday period in case you need any extra support. If you are unable to find the support you need after exhausting other options our Manager Andrew can be contacted on 0413 207 096 between 9.00am and 5.00pm if the matter is urgent on the following days:

Wednesday 28.12.2022

Thursday 29.12.2022

Friday 30.12.2022

We hope you have a lovely holiday period and look forward to seeing you in 2023! From the Home Stretch Crew 😊





# Practice Principles



## Important moments & transition points in your life are acknowledged & celebrated

### This means:

- ◆ We understand that important moments and transition points can be different for each person, culture, family, and community.
- ◆ We will support you to celebrate important moments with friends, family and other important people in your life.
- ◆ Your coach will work with you to understand which moments are significant for you, including getting to know any cultural milestones which may be important to you.
- ◆ Your coach will offer opportunities to celebrate important moments such as going on a camp or returning to country.
- ◆ Your coach will recognise and celebrate your growth and development. This includes growth in how you see yourself and how you are seen by your family and community.
- ◆ Your Coach will be mindful that what might be a milestone or celebration for some can be difficult for others.

# Rituals are important

- Christmas cards/letters- be personal- Highlight growths and Achievements
- Gifts!
- Early Christmas Celebration Lunch/ Activity
- Group Activities
- Opportunity to reflect & aspirations for new year

What does your team already do?

Any other practical tips to share?...



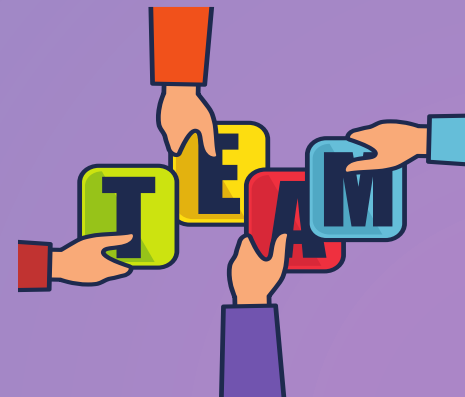
# What are your teams doing over the Christmas Break to Support young people?

Who is working over this period?

How have you prepared young people for the public holidays or limited cover?

What does self care look like for the young people you support?

What are the challenges you face?





# Self Care for Staff



What do you do for yourself?

What does your team do?

***Any other practical tips to share?...***



## PROFESSIONAL QUALITY OF LIFE SCALE (PROQOL)

### Compassion Satisfaction and Fatigue (ProQOL) Version 5 (2009)

When you [help] people you have direct contact with their lives. As you may have found, your compassion for those you [help] can affect you in positive and negative ways. Below are some-questions about your experiences, both positive and negative, as a [helper]. Consider each of the following questions about you and your current work situation. Select the number that honestly reflects how frequently you experienced these things in the last 30 days.

1=Never

2=Rarely

3=Sometimes

4=Often

5=Very Often

1. I am happy.
2. I am preoccupied with more than one person I [help].
3. I get satisfaction from being able to [help] people.
4. I feel connected to others.
5. I jump or am startled by unexpected sounds.
6. I feel invigorated after working with those I [help].
7. I find it difficult to separate my personal life from my life as a [helper].
8. I am not as productive at work because I am losing sleep over traumatic experiences of a person I [help].
9. I think that I might have been affected by the traumatic stress of those I [help].
10. I feel trapped by my job as a [helper].
11. Because of my [helping], I have felt "on edge" about various things.
12. I like my work as a [helper].
13. I feel depressed because of the traumatic experiences of the people I [help].
14. I feel as though I am experiencing the trauma of someone I have [helped].
15. I have beliefs that sustain me.
16. I am pleased with how I am able to keep up with [helping] techniques and protocols.
17. I am the person I always wanted to be.
18. My work makes me feel satisfied.
19. I feel worn out because of my work as a [helper].
20. I have happy thoughts and feelings about those I [help] and how I could help them.
21. I feel overwhelmed because my case [work] load seems endless.
22. I believe I can make a difference through my work.
23. I avoid certain activities or situations because they remind me of frightening experiences of the people I [help].
24. I am proud of what I can do to [help].
25. As a result of my [helping], I have intrusive, frightening thoughts.
26. I feel "let down" by the system.

# WHAT EMPLOYEES NEED INSTEAD OF MONTHLY WELLBEING SESSIONS

[www.believeperform.com](http://www.believeperform.com)

## AUTONOMY



The freedom to make decisions, express creativity, and navigate their professional journey with a sense of control

## INCLUSIVITY

Employees desire an environment where their unique perspectives are not only acknowledged but celebrated, fostering a sense of belonging

## SKILL DEVELOPMENT



Employees seek opportunities for skill development and career growth

## CONNECTION



Building meaningful connections at work is crucial. Genuine relationships with colleagues and managers create a support system that enhances wellbeing

## SAFETY



A safe working environment where they feel confident and comfortable to share how they are feeling and thinking

## SECURITY



To feel safe financially and in their job future

## INTEGRATION



Wellbeing integrated into the design and ways of work

## FLEXIBILITY



Flexible start and end times to work days

## RECOGNITION



To be recognised for their effort and contributions

**BELIEVE  
PERFORM**



# Questions & Comments?



# More Information & Resources



- [Safety Plan](#)
- [Home Stretch WA Info Sheet](#)
- References Professional Quality of Life Scale (PROQOL), [https://proqol.org/ProQol\\_Test.html](https://proqol.org/ProQol_Test.html) Skovholt, M. (2014).
- Skovholt Practitioner Professional Resiliency and Self-Care Inventory <http://wh1.oet.udel.edu/pbs/wp-content/uploads/2017/07/Skovholt-Practitioner-ProfessionalResiliency.pdf> Richardson, C. (1999).
- Life/work balance self-test: What's Draining You? <http://vuir.vu.edu.au/1461/1/Crozier.pdf> Compassion Fatigue Awareness Project [www.compassionfatigue.org/](http://www.compassionfatigue.org/)
- Intro to Vicarious Trauma -Dr.Gabor Maté <https://www.youtube.com/watch?v=A1i7m1By8Nw>
- <https://socialwork.buffalo.edu/resources/self-care-starter-kit/self-care-assessments-exercises/checklists-and-measures.html>
- [Managing your self-care - National Mental Health Commission](#) Lived Experience Perspectives
- [How to Stay Healthy over the Holidays](#). Headspace
- [How to Prioritize Self-Care During the Holidays | NAMI: National Alliance on Mental Illness](#)
- [Homeless Services & Accommodation in Perth | Entrypoint Perth](#)





# Contact Us

Community of Practice



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

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