

# Practice Hour

## Support Circles



Home  
Stretch  
WA

Date: 27th April 2023

Name of Facilitators: Ben & Hayley

# 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?

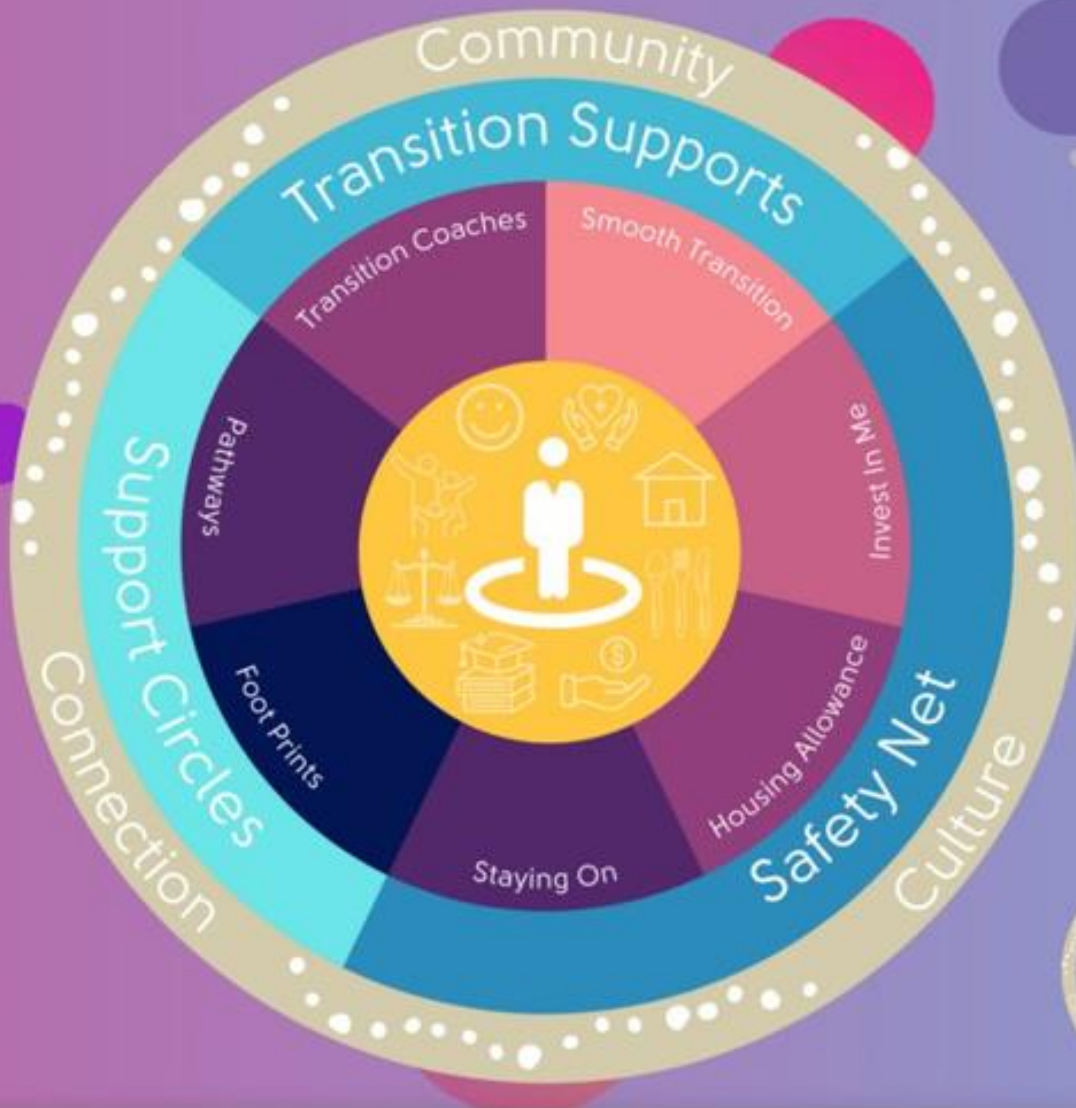


## By the end of this session...

- 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.



# 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**

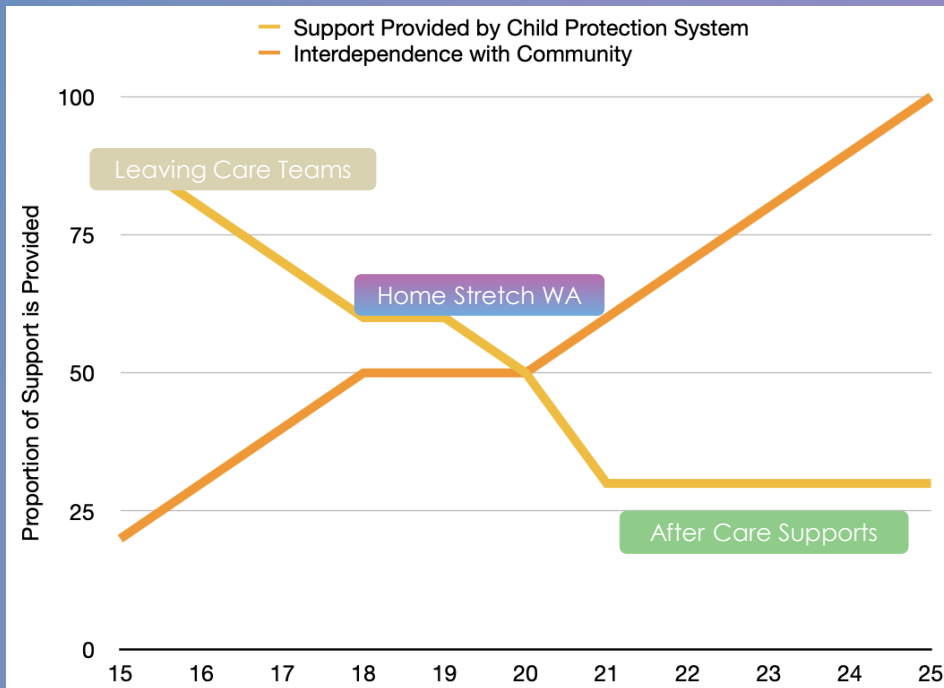
There are no shocks for you or the important  
people in your life

# 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?



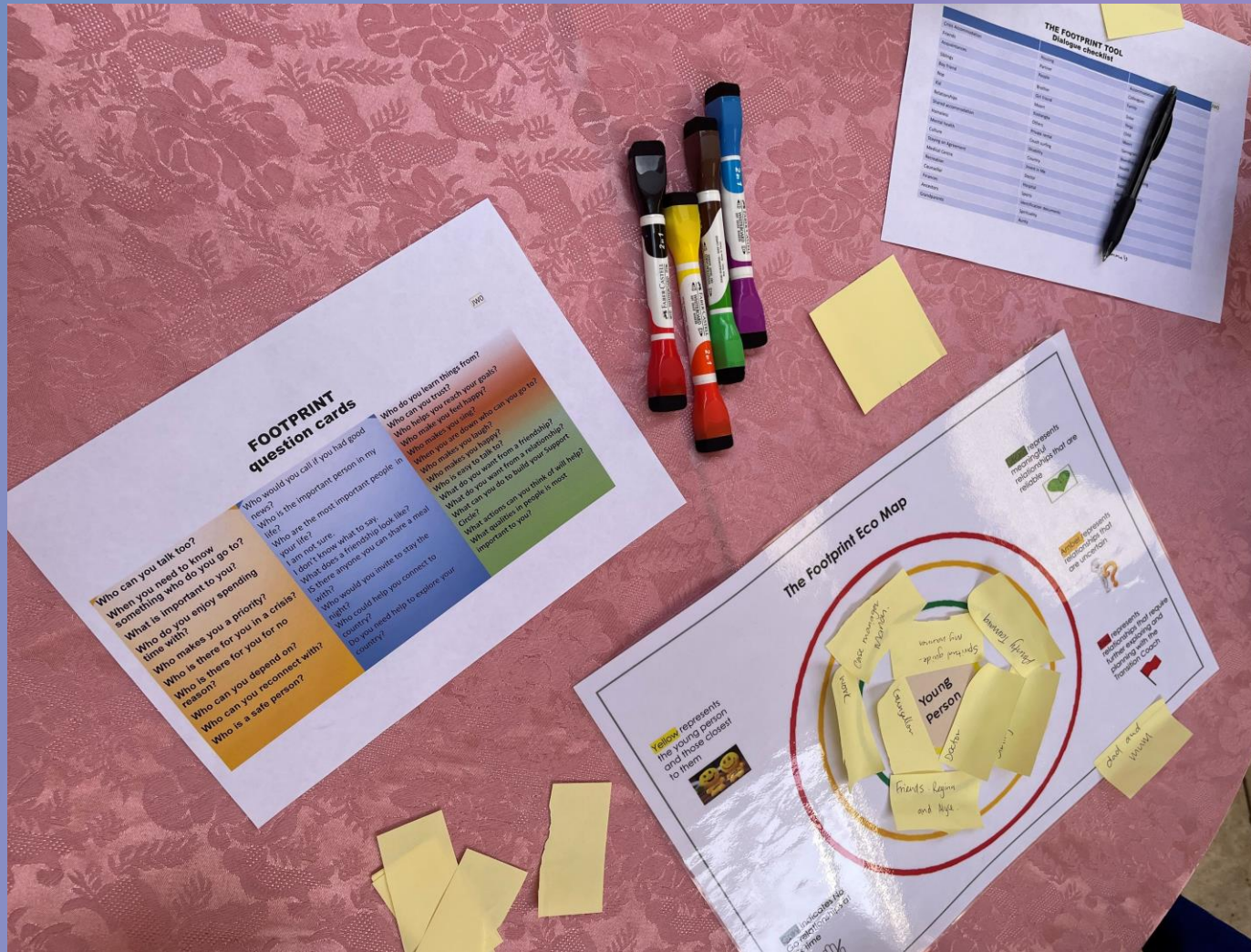
- Increase a young person's connection to community
- Promoting sustainable long-term reliable networks
- Decrease dependence on services and workers

# 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



# Introduction to Footprints



# Introduction





# 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



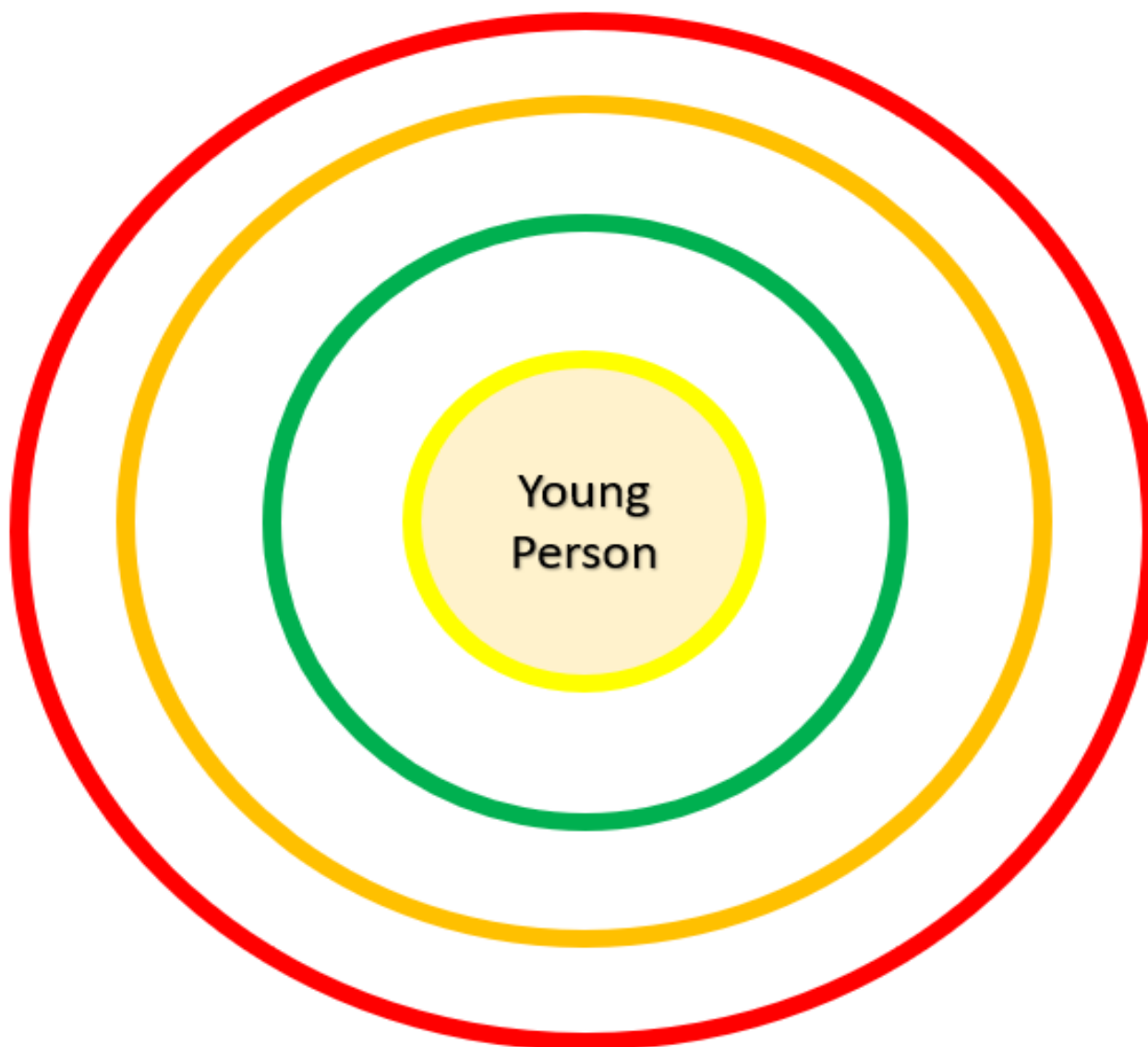
**Amber** represents relationships that are uncertain



**Grey** indicates No Go relationships at this time



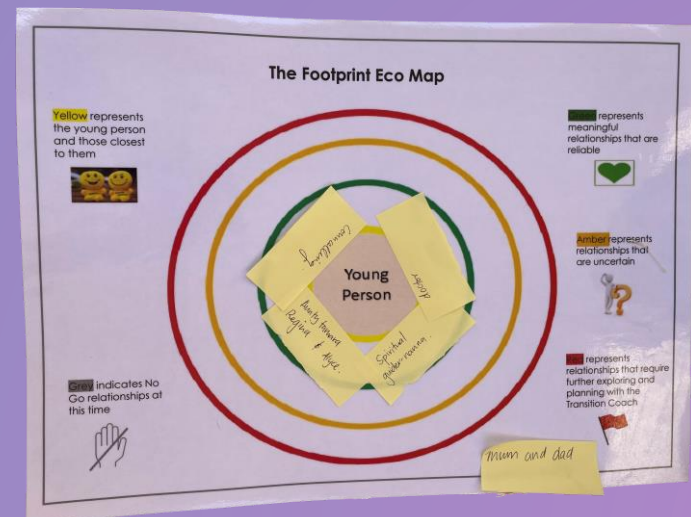
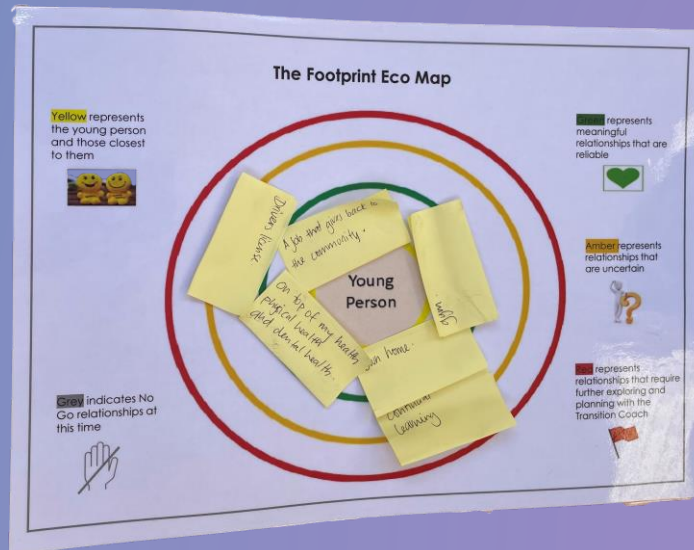
**Red** represents relationships that require further exploring and planning with the Transition Coach





# Use of the Footprints Tool

- Services and Other Supports
- Hopes and Dreams
- Important Relationships in Natural Network



Before we start...



# In practice...





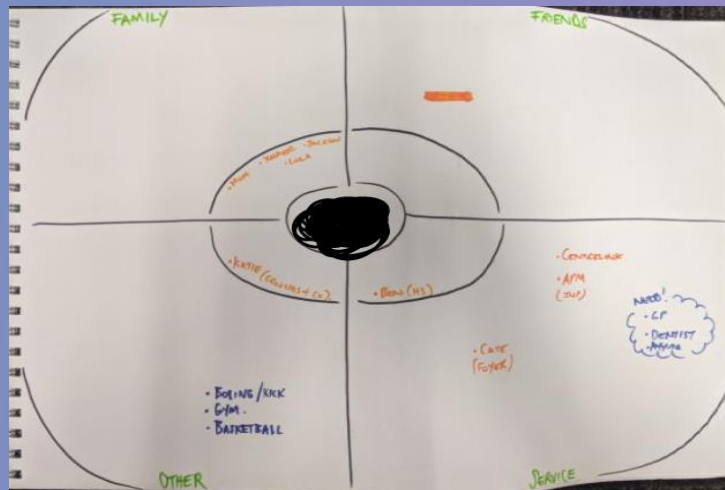
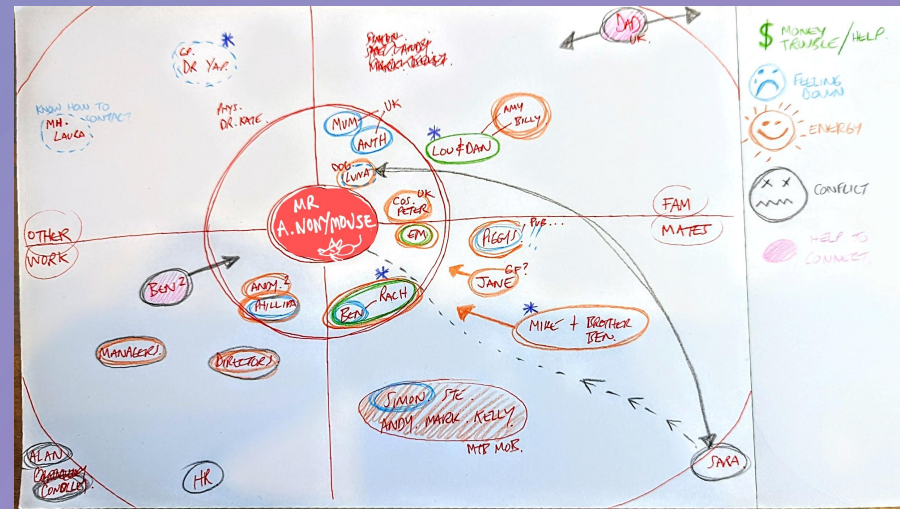
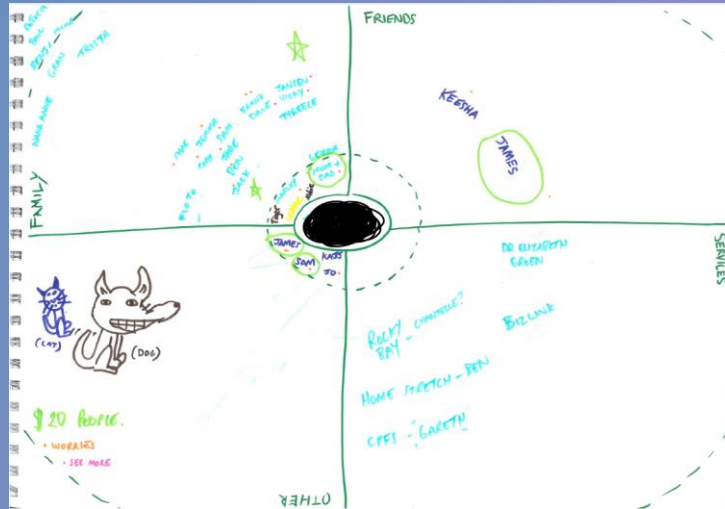
# Reflections from Kat



# Connecting with cultural support



# 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



# Eco Maps



# 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



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

# Contact Us

Community of Practice



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