



Community  
interagency  
PORT STEPHENS

## Port Stephens Community Interagency Meeting

Minutes of Zoom meeting held on Tuesday 3 November, 9:30am

**Chair:** Carolyn Fisher

**Minute Taker:** Dominique Northam

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### **Present:**

Carolyn Fisher  
Dominique Northam  
Marisa Wilson  
Sara Phillips  
Ann Fletcher  
Karen McKenzie  
Suzanne Leonard  
Paul Waters  
Rose Oku  
Michael Murray  
Carmel Smith  
Michelle Whitbourne  
Jeff Conn  
Janine Curtis  
Nissa Phillips  
Bryce Wilson  
Gail Easton  
Victoria Grey  
Rose Oku  
Chloe Hope  
Michelle Chee  
Jennifer O'Sullivan  
Maria Kable  
Katherine McLean  
Jessica Marceau  
Clare Saunders

PSC  
PSC  
Path 2 Change  
Interrelate  
PSFANS  
Carries Place  
Uni4You  
Unisson  
Northern Settlement Services  
Port Stephens Suicide Prevention Network  
Interrelate  
Hume Housing  
DSA  
Samaritans  
Hunter Homeless Connect  
Legal Aid  
Alcohol and Drug Foundation  
Smith Family  
Northern Settlement Services  
Disability Advocacy NSW  
PSFANS  
Path 2 Change  
Wesley Mission  
Hume Housing  
The Smith Family  
Tomaree Neighbourhood Centre

Item	Details / Decision/Action Summary	Resp.
1.	<b>Welcome and introductions</b>	Carolyn /All
2.	<b>Port Stephens Youth Interagency &amp; PSFANS youth service update</b>	Michelle
	<ul style="list-style-type: none"> <li>Port Stephens Youth Interagency currently meeting quarterly via Zoom. Meetings include service and program updates, training opportunities, guest speakers and case studies.</li> <li>Contact Michelle at PSFANS for more information <a href="mailto:michelle.chee@psfans.org.au">michelle.chee@psfans.org.au</a></li> </ul>	
3.	<b>Trauma Informed Care/Counselling – Interrelate</b>	Sara & Carmel
	<ul style="list-style-type: none"> <li>Sara and Carmel provided an overview of Interrelate services and practice approach. Presentation notes and referral form attached.</li> </ul>	
4.	<b>Community Interagency 2021</b>	Dom & Carolyn
	<ul style="list-style-type: none"> <li>Interagency will move back to bi-monthly in 2021 and remain in Zoom format.</li> <li>Meetings will be held the first Tuesday of the month starting back in February. Dates will be February 2, April 6, June 1, August 3, October 5 and December 7.</li> <li>Once or twice per year we will offer face to face training around a topic of interest.</li> <li>Please get in touch if you have ideas or suggestions for guest speakers or training or collaborative project ideas – we would love to hear from you.</li> </ul>	
5.	<b>General updates</b>	All
	<ul style="list-style-type: none"> <li>Port Stephens CDAT are printing puzzle magnets with service information. Maitland CDAT doing lots of good work <a href="https://www.facebook.com/MaitlandCDAT">https://www.facebook.com/MaitlandCDAT</a></li> <li>Michael shared a situation he was aware of with local struggles in family law context. The group offered some ideas including <a href="https://theresilienceproject.com.au">https://theresilienceproject.com.au</a> <a href="https://theresilienceproject.com.au/podcast/">https://theresilienceproject.com.au/podcast/</a></li> <li>Reminder that the Cooperative Legal Service Delivery (CLSD) meeting, is this Wednesday Nov 4, 11am - 1pm via Zoom. Contact Seema for more information - <a href="mailto:Seema.Sanghi@advocacylaw.org.au">Seema.Sanghi@advocacylaw.org.au</a></li> </ul>	
	<b>Next meeting 9:30am, Tuesday 1 December via Zoom</b>	

## REFERRAL TO INTERRELATE

Address: 495 Hunter Street, Newcastle	Phone: 02) 4016 0550 Email: newcastle@interrelate.org.au
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Date of Referral		Referrer's Name and Position	
Referring Organisation			
Phone		Email	

Primary Client Details			
Name		D.O.B	
Phone		Able to leave message?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Address			
Email		Preferred method of contact	
Aboriginal or Torres Strait Islander?	<input type="checkbox"/> Yes <input type="checkbox"/> No	CALD?	<input type="checkbox"/> Yes <input type="checkbox"/> No
		Nationality?	Details:
		Language/s spoken at home?	Details:
		Interpreter required?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Any special needs?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Details	
Is client aware the referral is being made?	<input type="checkbox"/> Yes <input type="checkbox"/> No	Client Signature	
Does the client consent to being contacted by Interrelate?	<input type="checkbox"/> Yes <input type="checkbox"/> No		

Other Client Details – (If primary client is under 18yrs – please put parent's/guardian's details here)			
Name		D.O.B	
Phone		Relationship to primary client	
Address			
Email			

Child/ren Details			
Name/s		D.O.B/s	

Legal & Safety Needs	Yes/No	Details (Attach documents if referrer has a copy)
History of DV		
AVO		
Court Orders		
FACS involvement		
Mental Illness/Suicidality		
Other safety?		
<b>Other agencies working with this client / family</b>		
Name of agency, worker, contact details and purpose of support		
Name of agency, worker, contact details and purpose of support		

<b>Reason for seeking assistance / presenting concerns? E.g. Relational difficulties, mental health, safety etc. What outcomes would the client like to achieve?</b>

<b>Categories / Program Type requested</b>
<input type="checkbox"/> Counselling – Individual/ Couples / Family / Children <input type="checkbox"/> Group/s <input type="checkbox"/> Royal Commission Community Based Support Service <input type="checkbox"/> Building Stronger Families / Post Separation Cooperative Parenting (Case Management) <input type="checkbox"/> Children's Contact Service– Supervised Contact / Change Over – Change Back <input type="checkbox"/> Mediation / Family Dispute Resolution <input type="checkbox"/> Family Mental Health Support Service <input type="checkbox"/> Personal Helpers and Mentors Scheme <input type="checkbox"/> Specialised Family Violence Case Management

<b>Date contact made with client and details</b>

<b>Summary of Referral / Notes / Comments / Any specific supports required</b>

<b>Referral Outcome</b>				
<input type="checkbox"/> Referral accepted – Appointment offered				
<b>Appt. Date</b>		<b>Time</b>		<b>Practitioner</b>
<input type="checkbox"/> Referral not accepted		<b>Reason</b>		
<input type="checkbox"/> Client declined referral				

<b>Referral outcome communicated to referring agency</b>				
<b>To</b>		<b>Date</b>		<b>By</b>

# A brief overview of Trauma-Informed Care/counselling

Carmel Smith – Clinical Specialist – DRCCSS

[Carmel.smith@interrelate.org.au](mailto:Carmel.smith@interrelate.org.au)

0455 085 244

3/11/2020

# Developmental Trauma Impacts

- Emotional Brain develops into the Survival Brain
- Alarm System becomes distorted – everything is perceived as danger
- Ability to appraise the present and learn from experience is impaired. Velcro for bad, Teflon for good
- Stress hormones – emotional dysregulation and long term physical impact on health

# What can I do?

- Long term healing is possible – have hope
- **Safety:** ensure physical and emotional safety
- **Relationships – trustworthiness:** Maximising trustworthiness through relationships, task clarity, consistency and interpersonal boundaries
- **Collaboration:** Maximising collaboration and sharing power
- **Choice:** Maximising choice and control

# What can I do cont'd

- **Voice:** Their voice - Prioritising the person's voice being heard and heeded.

Your voice – speak calmly, less words, slower

- **Person-centred practice:** Taking Time to understand and embrace each person's goals and aspirations, their unique strengths and support needs
- Requires a shift from “What’s wrong with you?” to “**What happened to you?**” and “How does that continue to impact your function?”
- Tomato Sandwiches story



# References

- Kelly, V. (2014). *The Paradox of Trauma-Informed Care*.  
<https://www.youtube.com/watch?v=jFdn9479U3s>
- Australian Childhood Foundation (2010). Making space for learning: trauma informed practice in schools. Australian Childhood Foundation, Victoria. ([www.childhood.org.au](http://www.childhood.org.au))
- Kezelman, C. & Stavropoulos, P. (2012). The last frontier: Practice guidelines for treatment of complex trauma and trauma informed care and service delivery. Kirribilli, Australia: Adults Surviving Child Abuse. Retrieved from  
[http://www.recoveryonpurpose.com/upload/ASCA\\_Practice%20Guidelines%20for%20the%20Treatment%20of%20Complex%20Trauma.pdf](http://www.recoveryonpurpose.com/upload/ASCA_Practice%20Guidelines%20for%20the%20Treatment%20of%20Complex%20Trauma.pdf)

# Youth Interagency 2020 Summary

# Youth on Track

- Youth on Track is an early intervention scheme for 10 to 17-year old's that identifies and responds to young people at risk of long-term involvement in the criminal justice system.
- Benefits of Youth on Track:
  - experienced caseworkers
  - an offending risk and need assessment tool to guide case plans
  - one-on-one case management
  - evidence based offence-focused behavioural and family intervention
  - links to support services including education, employment, health and other community services
  - participants have a reduction in formal contacts with police
  - participants have a reduction their risk of reoffending
  - participants improve their engagement with family and education

- Eligibility criteria?
  - NSW Police, local schools, Youth Justice, Justice Health and Forensic Mental Health, solicitors Community Services, Out of Home Care providers, the Family Referral Service, Headspace and other mental health services, can make a discretionary referral for young people who are thought to be at high-risk of re-offending.
  - The young person must:
    - be 10 to 17 years old
    - have at least one formal contact with police (caution, charge or Youth Justice Conference)
    - have offended in, live or go to school in a Youth on Track site area
    - have offending risk factors (such as truancy, child at risk reports, pro-criminal peer association, family history of domestic violence, and substance abuse)
    - have no current or prior supervised court order or spent time in custody on a control order.

# PCYC - Fit for Work

- Fit for work is a very intensive program (3 days a week) and will be running Term 1 2021. It includes TAFE qualifications first aid certificates and normally white card as well as other qualifications which are chosen based on the geographical area of the program and what industries are in the area.

Fit For Work is a program designed to holistically address a young person's disengagement from their family, education and employment opportunities, to help reduce and prevent their involvement in anti-social behavior and/or crime. This will ultimately lead to increased employment opportunities for a cohort that traditionally is reflected in high unemployment statistics. Aimed at youth aged 16-17 years.

Fit for service will be running Term 4 of 2020 at this stage on a Thursday during the day. Fit For Service is a program designed to assist young people with a keen interest in pursuing a career in Policing, defence and/or emergency services. Fit For Service will engage participants with the help of mentors from a number of difference services, as well as providing a pathway into these careers/industries. Aimed at youth aged 15-24 years.

# PCYC - Mondays

- Free activities for young people 12-16 years old.
- free jiu jitsu or boxing classes every Monday at 4pm
- Requires a sign-up membership form

# PSFANS – I Respect

- I Respect is a program to educate and encourage high school boys to examine their attitudes and beliefs about manhood.
- It is about teaching men and boys about healthy and respectful manhood to better support each other emotionally and hold each other to account, while ensuring girls and women are safe and considered equal.
- Currently running for Hunter River High
  - Year 11, 15-16 yr olds
- We run workshops in and/or with local High Schools each term. If you are interested in accessing this program for your school or group give us a ring on 49874674.

# PSFANS – Youth Focused Mondays

- For young people aged 15-24 looking for support.
- **Services and programs available:**
  - Support for young people sleeping rough, couch surfing, or at risk of homelessness
  - Shared housing registry and accommodation tips
  - Referrals to counselling & mental health services
  - Subsidised rental programs for eligible applicants
  - Help with Centrelink / Centrelink appointments
  - Brokerage assistance
  - Referrals to legal services
  - 'Rent It, Keep It' – a program designed to help participants understand a tenants rights & responsibilities
  - Living skills program
  - Job ready program
  - Computer and internet access
  - Access to WDO's – pay your fines through participation in programs or case management



- When?

**When:** Mondays

**Time:** 10am to 4pm

**Where:** 'The Deck' 1a Kangaroo St, Raymond Terrace

**Booking required:** No

# PSFANS – The Deck

- ‘The Deck’ Youth Venue is a place for anyone aged 12-18 years of age to drop in and hang out.
  - play Xbox, PlayStation, computer games
  - ping pong, pool
  - watch dvds, use the internet, join in art & craft & jewellery making and much more!
- Guest speakers from PCYC, Family Planning NSW
- Holiday activities:
  - Christmas party
  - Dullboys, Dolphine Cruise, Raymond Terrace pool

- When?

**When:** Wednesdays

**Time:** 3pm to 6pm

**Where:** 'The Deck' 1a Kangaroo St, Raymond Terrace

**Booking required:** No

# PSFANS – Tuning into Teens

- Tuning in to Teens is a six session parenting program for parents of adolescents aged 13-18 years.
- **Would you like to learn how to:-**
- be better at talking with your teen?
- Be better at understanding your teen?
- Help your teen to learn to manage their emotions?
- Help to prevent behavioural problems in your teen?
- Teach your teen to deal with conflict?
- Tuning in to Teens runs most school terms and bookings are essential. Childcare and shuttle available.
- **Contact 49874674 to enquire**

# Alesco Senior College

- Alesco Senior College is a secondary school, set within an adult learning environment.
- It is a school which encourages young people to participate in education and training that leads to a sustainable future.
- It offers students the opportunity to complete their Higher School Certificate in a supportive environment which focuses on programs to meet individual students learning needs.
- Currently taking enrolment for 2021
- Fills up fast

# Mission Australia – Junaa Buwa

- Junaa Buwa! Centre for Youth Wellbeing is an intensive residential rehabilitation program staffed 24 hours a day in Coffs Harbour. Junaa Buwa! offers a stable and secure environment where Young People can make positive changes in a supportive, safe environment.
- We assist young people to:
  - Manage problematic behaviours
  - Improve their life skills and interpersonal skills
  - Learn alternative habits to develop personal resilience and confidence
  - Build social networks
  - Reintegrate into the community with three months of aftercare support.

- Client Criteria:
  - 13 through 18 years old, both male and female
  - Clients of Youth Justice NSW with a history of significant alcohol and other drug use and offending behaviour
  - May have a dual diagnosis and/or other medically supervised medication
  - Willing to participate in the program
  - All Junaa Buwa! clients participate in the Youth Justice X-Roads AOD Intervention Program
  - Referrals can only be received via Youth Justice NSW
  - Junaa Buwa! is strictly non-smoking, however we can support Young People to attend medical appointments and be prescribed nicotine replacement therapy and support.

# Referral Process

