

## **BCH Services Guide - Youth** **Youth Services**

Youth services, programs or activities are especially for young people up to the age of 25 years. During this time young people go through a number of developmental stages on the journey from childhood to being an adult. Ballarat Community Health offers a range of services for young people. Select a service from the items below to view more information.

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### **Central Highlands Advocacy Health Alliance (AHA)**

Federation University Australia (Fed Uni) in collaboration with Central Highlands Community Legal Centre and Ballarat Community Health have been awarded a major grant from the Victorian Legal Services Board to establish the Central Highlands Advocacy Health Alliance (AHA) to improve legal, health and wellbeing outcomes for disadvantaged young people.

In Victoria – especially in rural and regional areas – there is a high incidence of young people including those with mental health and drug/alcohol issues who also experience multiple legal problems. Funding from this grant will be used to develop an alliance between local health agencies and legal organisations to integrate vital legal services within healthcare programs for at-risk youth 16-25 years of age. This service is free and confidential.

This project will establish co-located health, welfare, medical and legal services, which will be operational by early July. As part of this project, a website will also be developed to provide information including referral pathways for the newly established service, along with the preparation of a Tool Kit, for dissemination amongst health professionals and agencies.

The program will provide early intervention targeting both the legal and health/wellbeing issues of at-risk youth at the three Ballarat Community Health sites located in Sebastopol, Wendouree and Lucas. The program will enable young people throughout the Central Highlands to have access to the service. We would like to welcome Caleb Leitmanis, Lawyer and Linda Nyikos, administrative assistant, to Ballarat Community Health. This service operates Tuesday, Wednesday and Thursdays until December 2016. Caleb can be contacted on 0417 310 889.

## Child Health Program

A new initiative funded by the Department of Health & Human services and delivered through Ballarat Community Health. The program will work to support families with vulnerable children 0-12, vulnerability including developmental delay, trauma, family relationship breakdown and stressors.

Ballarat Community Health is committed to early intervention and aims to increase vulnerable children's access to timely and appropriate services including allied health.

A core element of the program will be to support and develop the capacity of those closest and most significant to the child. The worker can work with families health, social, emotional and environmental needs in a coordinated manner.

We aim to provide a quality child and family centered experience for people requiring service. [Download program brochure](#)

## Program Information

### What is it about?

The program will work to support families with vulnerable children 0-12, vulnerability including developmental delay, trauma, family relationship breakdown and stressors.

- We will help you and your family access health and wellbeing services for your children
- Assist to strengthen bonds between you and your children
- Assist to set goals you want to achieve
- We are able to provide support and advice
- We will provide outreach and practical support
- Support with child's development
- Skill development

### Who is it for?

Families with children 0-12 who have vulnerable children; vulnerability including developmental delay, trauma, family relationship break down and stressors.

### How much time will it take?

Support will be offered for up to 6 months.  
Outreach will be provided to families.

### How do I get into the program?

Referrals can be made directly to Child Health Program Coordinator Melanie Hardy by calling 5338 4596

## Creating Connections

Offering young people who are at risk of homelessness/homeless access to support with employment, education and training opportunities and life and living skills.

The focus is on early intervention, comprehensive assessment and referral pathways and tailored approaches to support young people moving out of the homelessness sector.

## Program Information

### What is it about?

Offering young people who are at risk of homelessness/homeless access to support with employment, education and training opportunities and life and living skills.

The focus is on early intervention, comprehensive assessment and referral pathways and tailored approaches to support young people moving out of the homelessness sector.

### Who is it for?

15-25 year-olds

### How do I get into the program?

Through referral from youth homelessness providers - Phone 5338 4500.

## Innovative Health Services for Homeless Youth

### IHSY - Innovative Health Services for Homeless Youth.

IHSY works to address the health of homeless and at risk young people. This includes mental health, general health and dental health needs.

This is achieved by sharing information and collaborating with networks and services in the Ballarat community, to deliver services that best meet the current needs of homeless and at risk young people. The goal is to establish better linkages, information exchange, mutual understanding and co-operative working relationships between young people and community services within the service sector. IHSY is committed to improving the health and wellbeing of young people and raising community awareness of homelessness and supporting at risk young people.

Current IHSY initiatives:

#### **Missed Immunisations and vaccinations for young people information sheet**

Many young people have missed out on the immunisations that are available free to adolescents throughout their Secondary School years through the National Immunisation Program. This may be due to disengagement, changing schools, absences, illness or not being enrolled in a Secondary School. All young people under 20 years of age can access a catch-up schedule by a vaccination provider. [CLICK HERE for more information.](#)

#### **FREE Youth and AoD Outreach Dental Clinic**

The Youth Outreach Dental Clinic is a program for young people who have or are experiencing homelessness or at risk of homelessness.

A young person can self-refer or be referred by a support agency. This program has now been extended to support people who are experiencing challenges with alcohol and other drugs. Referral provided by support agency.

[Download and complete referral form](#) or contact IHSY worker directly for more information (03) 5338 9113.

#### **Homelessness Program for Primary Schools**

This package has been developed for the Ballarat Youth Homelessness Network to deliver in primary schools as part of raising awareness about homelessness in the Ballarat community.

A Youth Housing Worker is to deliver this program. The aim is to prepare students to address important societal issues by providing them with basic and empathetic information about homelessness.

The lesson will help students identify ways in which they can help individuals and families who are experiencing homelessness or at-risk of homelessness. It will also prepare students to become caring, informed, and proactive citizens.

## Program Information

### What is it about?

IHSY works to address the broad health needs of homeless young people.



Where and when is it held?

## School Focused Youth Service

The School Focused Youth Service (SFYS) program works with schools to support vulnerable students (in Grade 5 to Year 12) to remain engaged in their education. SFYS does not provide direct support to individual students but works with the school leadership, teaching and wellbeing staff to input programs that will target students who are showing signs of disengagement from school.

The SFYS program based at Ballarat Community Health can work with all primary and secondary schools across the municipalities of the City of Ballarat, Moorabool Shire, Golden Plains Shire and Hepburn Shire.

### THE ROLE OF SCHOOL FOCUSED YOUTH SERVICE

While most children and young people attend school regularly and successfully attain a senior secondary qualification, a small proportion leave school early for a variety of personal, family or school-related reasons. Others facing complex problems may remain enrolled in a school but are not engaged in learning and demonstrate poor attendance or behaviour. These children and young people need to be identified early and provided with extra support to help them to remain actively involved in their learning and achieve success.

Schools may need to enact a combination of strategies in responding to the needs and circumstances of individual children and young people who are vulnerable to or showing signs of disengaging from their education. This may include schools working with community organisations who can provide specialist support to children and families around a range of individual and family/carer needs.

The School Focused Youth Service Coordinators based at Ballarat Community Health work with schools to deliver targeted programs for students by providing advice to schools, connecting schools to appropriate community-based services and assisting schools to build their capacity through teacher training, for schools to better support those students, to help those students remain actively engaged in their learning and successfully complete their education.

## Program Information

### What is it about?

SFYS works with schools to support vulnerable students to remain engaged in their education. SFYS does not provide direct support to individual students but works with the school leadership, teaching and wellbeing staff to input programs that will target students who are showing signs of disengagement from school.

### Who is it for?

All Government, Catholic and Independent primary and secondary schools across the municipalities of the City of Ballarat, Moorabool Shire, Golden Plains Shire and Hepburn Shire.

### Where and when is it held?



## How do I get into the program?

Phone Ballarat Community Health on 5338 4500 to speak to a SFYS worker.

## Youth Housing

Youth Housing is a Homeless Support Service - a voluntary program for young people between 15 and 25 who are homeless, at risk of homelessness and/or affected by family violence.

The Youth Housing workers assist young people to access safe, secure and affordable housing, and to increase their independent living skills.

### **We support young people with:**

- access to short-term housing
- information about emergency accommodation
- support with the Office of Housing
- referral to counselling services
- assistance with access to the private rental market
- assistance with Centrelink payments and budgeting
- referral to education and training options
- someone to talk to about things at home

Under the Opening Doors Framework Ballarat has a single entry point for accessing homelessness and housing Services. Uniting Care Ballarat is the entry point for the Ballarat, area.

Ballarat Community Health Youth Housing Program receives all referrals directly from this Entry Point.

If you are homeless or have a housing crisis, please contact Ballarat Uniting Care Housing Program on 5332 1286 or you can drop-in without an appointment at 105 Dana Street and they will arrange a meeting with a housing worker.

You can also telephone the state wide Homeless Crisis Response number at all times on 1800 825 955.

Other services for people experiencing homelessness include:

#### Breezeway Meals Program

Uniting Care Ballarat runs the Breeze Way Meals Program from 105 Dana Street Ballarat. Breeze Way provides a substantial, hot nutritional two course midday meal every day of the year for people who are marginalised, homeless, living in insecure accommodation and / or have no cooking facilities. It operates from 10.30am to 1.30pm each day.

#### Soup Bus Ballarat

The Soup Bus provides an after-dark meal service to Ballarat's homeless and less fortunate on 5 evenings a week - Sunday 5.30pm-7.30pm & Monday to Thursday 7.30pm-9.30pm from the Civic Hall Car Park 300-304 Mair St, Ballarat Vic 3350.



## Youth Support Services

Youth Support Services provides case management and intervention within the young person's family and community context. The program aims to decrease young peoples involvement in offending and the youth justice system.

### Program Information

#### What is it about?

Youth Support Services provides case management and intervention within the young person's family and community context. The program aims to decrease young peoples involvement in offending and the youth justice system.

#### Who is it for?

A voluntary program for young people aged 10 - 18 yrs at risk of involvement with Youth Justice.

#### How do I get into the program?

Referrals are directly through Victoria Police, community organisations, schools, family members or the young person, offering outreach , early intervention and diversion from the justice system. For further information please contact a Youth Support Service worker on 53384500.