Wyndham Workers
with Young People Network

Minutes

**Thursday 9 June 2022 -
9.30am - 11.00am - Online - MS Teams**

1. **Welcome and Introductions**
Tanya Whitmore, Team Leader Youth – Wyndham City Council Youth Services

**Acknowledgement of the Kulin Nation**“I wish to acknowledge the peoples of the Kulin Nation as the Traditional Owners of the land on which we are gathered and pay respect to their elders, past and present. I also wish to pay respect to any Elders from other communities and acknowledge any future young leaders who are here today”

1. Presentation

Youth and Children’s Counselling Services

Presented by Bec Todaro- Youth Counsellor- Wyndham Youth Services

**Contact:**

Children’s Counselling: MiddleYearsCounselling@wyndham.vic.gov.au

Youth Counselling: YouthCounselling@wyndham.vic.gov.au

(03) 8734 1355 to speak to reception to make an enquiry.

Website: <https://youthwyndham.com/counselling>

**The Counselling Team**

Yusuf Kasap – Practice Lead Counselling & Mental Health

Rosie Barbara - Youth Counsellor

Bec Todaro - Youth Counsellor

Fran Power – Youth Counsellor

Tori Balla – Children’s Counsellor

Diana Rogowski – Children’s Counsellor

**What We Do**

* Provide early and pre-intervention generalist counselling to young people across the LGA of Wyndham.
* Provide a safe, confidential environment for young people to feel supported.
* Allow young people to have flexibility in method of counselling where reasonable and appropriate.
* Youth focussed and family centred support/consultations are also available to their parents/carers\*

\*in agreement with the young person engaged in the service. Young people are our priority. Mandatory reporting still in effect.

* LGA of the City of Wyndham and we sit in the Youth Services Unit of the Community Support Department
* Practice lead overseas counselling team
* Blend of part time and full time workers, impacts on waitlist

**Where We Are**

Youth Resource Centre - Address: 86 Derrimut Road, Hoppers Crossing 3029

Phone: 8734 1355

Manor Lakes Community Learning Centre - Address: 86 Manor Lakes Blvd, Manor Lakes 3030

Phone: 8734 8934

Tarneit Community Learning Centre - Address: 150 Sunset Views Boulevard, Tarneit 3029

Phone: 9748 9822

Point Cook Community Learning Centre - Address: 1-21 Cheetham St, Point Cook 3030

Phone: (03) 9395 6399

Telehealth counselling available too.

* Main centre is the YRC, however, dependent on counsellor availability and also client preferences, other arrangements can be made.
* Telehealth is conducted via healthdirect which follows the same confidentiality and privacy ethics as face to face, similarly phone calls can be made as well

**Eligibility Criteria**

Young person is:

* voluntarily wanting counselling and/or is aware of referral.
* between 8-25 years old.
* Studying/working, living, recreating, or connecting within Wyndham.

\*Youth Services provides generalist counselling, therefore there is limited support where the main presenting concern is:

* Current family violence
* recent sexual assault
* current AOD issues relating to detox and abstinence and/or
* borderline personality disorder and psychosis

**Counselling Pathway**

**Referral**

* Young person is referred to counselling service
* Self-referral
* Professional referral
* Parent/caregiver referral

**Assessment**

Counsellor completes structured assessment and advises young person and parent/caregiver (if necessary) on a) eligibility, b) waitlist periods, c) suggested referrals if required

**Intervention Session**

Intervention support is offered to people on waitlist. Can be:

* Check-in calls/texts
* Intervention counselling session (Single-Session Therapy) Etc.

**Waitlist**

Young person is placed on waitlist and updated on progress

**Counselling 10 Sessions**

Counsellor sees young person for up to ten sessions of counselling

**Exit Plan**

Counsellor and young person prepare an exit plan (with outside support if appropriate) including strategies and appropriate referrals to other services if required. Referrals can be re-made following one year exiting counselling sessions.

**How to Make a Referral**

* Referrals can be made by anyone provided informed consent of young person is obtained.\*
* Referral page: <https://youthwyndham.com/counselling>
* Required: basis demographic details, best contact details, reason for referral

\*Young people can provide consent of any age if deemed a mature minor by counsellor, operating on a case by case basis

**Enquiries:**

**Call:**

* (03) 8734 1355 to speak to reception to make an enquiry.
* Follow-up with counsellor will be made.

**Email:**

* Children’s Counselling: MiddleYearsCounselling@wyndham.vic.gov.au
* Youth Counselling: YouthCounselling@wyndham.vic.gov.au

**Waitlist and Intervention Support**

Current waitlist (as of 7 June 2022):

* Children’s Counselling (8-11 years): Approximately 4-5 months
* Youth Counselling (12-25 years): Approximately 3-4 months

Intervention support is available to young people on the waitlist. Dependent on counsellor capacity and the decision of the young person

**Presenting Problems**

Anxiety

* Performance
* Social
* Generalized

Depression

School related problems

* School refusal
* Truancy
* Classroom difficulties

Relationship breakdown

Bullying

ADHD symptomology

* Procrastination
* Motivation
* Attention and concentration difficulties

Self-esteem/Confidence

Gender & sexuality

Anger

Conflict

**Get Psych’d**

Aims to develop self-awareness by identifying individual values and strengths, understanding emotions, emotional triggers, developing individual coping strategies and implementing wellness plans.

* Free in person 4 week program that runs weekly for young people.
* Two age groups: 12-15 years 16-25 years
* Designed to explore ways that help us look after ourselves and our mental wellbeing.
* Four week session outline:
	+ Week 1: Identifying Strengths and Values
	+ Week 2: Emotions
	+ Week 3: Relationships and Communication
	+ Week 4: Wellness Planning

Program conducted @ Youth Resource Centre (86 Derrimut Rd, Hoppers Crossing)

Places are limited - If you're interested, please register so you don’t miss out.

For further information, contact Josie at getpsychd@wyndham.vic.gov.au or 8734 1355.

<https://youthwyndham.com/get-psychd>

**Summary**

* Counselling service offered for young people aged 8-25 years old - Eligibility based on age, presenting problem, connection to Wyndham
* Access service by referral @ <https://youthwyndham.com/counselling>
* Get Psych’d: Group program to support mental health

**3. Information Sharing and Networking**

**Josie Piazzese – Wyndham Youth Services**

**Contact:** getpsychd@wyndham.vic.gov.au 8734 1355 or 0411 029 917

Program Details – Get Psyched – We currently have spaces open. The Get Psych’d program runs from 4pm – 5pm for 4 weeks. The first round will commence 19 July for young people aged from 16 – 25yr and then for young people aged 12-15 commences early 23 August. Please feel free to contact me for more information.
**Get Psych'd Registration form**
<https://youthwyndham.com/get-psychd>

**Kimberly Almeida- CMY Employment Empowers**

**Contact:** 0407 681 195, kalmeida@cmy.net.au

<https://www.cmy.net.au/young-people-community/employment/employment-empowers/>

Employment Empowers connects newly-arrived young people from migrant or refugee backgrounds with volunteer mentors, who are able to support you to find work.

We provide that vital first step for young people looking to secure meaningful employment and fulfill their potential. Young people from refugee and migrant backgrounds have a world of experience, but some need support to translate that to the workplace.

 **Lina Grosso - YConnect - CVGT**
**Contact:** lgrosso@cvgt.com.au  0497 619 731

The eligibility for the program is for those between 15-24 who are experiencing difficulty to find work, but it in essence that is only the beginning. Please reach out - I have left my details - please call!

One on one mentoring program for participants between 15-24yrs. Aim is to get young people into employment. Voluntary program supports young people one on one to help guide them through barriers. Service also supports referrals to appropriate supports.

**Sara Klank - The Zone, Intersectional Youth AOD Support – Odyssey House**

**Contact**: 0435 657 925, sklank@odyssey.org.au

Young people aged 12-25 who are using substances and require AOD outreach support. Service provided across whole North West Region.

Odyssey House, Youth Drug & Alcohol support - working in a new program called Zone which is an alliance between Odyssey House, Drummond Street and Whitelion supporting young people who are impacted by substance use but also have in sectional needs.

The young people they are targeting are young people who identify as LGBTIQA+, Multicultural young people, Asylum Seeker & Refugees, Aboriginal & Torres Strait Islander, people experiencing homelessness, involved with Child Protection & Youth Justice.

Works across Wyndham, Moorabool & Melton. All outreach practitioners and can see young people in the community.

Types of support offered are case work, counselling, detox & rehab, linkages with other services, family work, and eventually some group programming. Also available for secondary consultation.

If anyone is working with someone who is being impacted by drugs and alcohol and you require support connect with Sara. No waitlist – currently trying to pick up young people within 2 days of the referral.

**Annette Knight – Community Integration Leader for North West – Whitelion
Contact:** annette.knight@whitelion.asn.au 0423 329 733

HI everyone I the new Community Integration Leader for North West with Whitelion based in Wyndham. Please contact me if you wish to send any young people’s referrals for the mentoring program.

New Community Integration Leader with Whitelion filling in for Victoria while she is away on maternity leave.  Works alongside Ailsa. New to Melbourne from Brisbane. Keen to link in with services. Looking forward to networking.

**Kay Dufty - LiverWELL incorp. Hep Vic
Contact:** 0431 376 212  <https://liverwell.org.au/services/community-programs/streetshot/>

LiverWELL incorporating Hepatitis Victoria. Provides a range of services. One program area is to speak with young people about viral Hepatitis, particularly Hepatitis B & C. Raise awareness and talk to young people about keeping safe, what to do if they may have been exposed, get them tested, treat them for Hepatitis C, vaccination for Hepatitis B. It is a serious topic however there are some parts to talks and interactive activities.

We have an arts project to invite young people to submit an artwork of their choice to pass on messages to young people about viral hepatitis. Open until September with fabulous prizes for winners.

Keen to get out to schools, youth groups, anywhere young people are. Would like to hear from people to attend sites.

**Newsletter**

To submit your information for sharing with the Network please complete the
[ONLINE FORM](http://youthwyndham.com/network_news)

To subscribe to the Network: [SUBSCRIBE HERE](http://youthwyndham.com/wyndham_network_subscribe)

To request to present at a meeting email: WyndhamYouthNetwork@wyndham.vic.gov.au

For previous Network Minutes and meeting dates visit:[Wyndham Workers with Young People Network Website](https://www.wyndham.vic.gov.au/services/youth-services/networks-committees/wyndham-workers-network)

Any enquires regarding the Youth Resource Centre or Wyndham City Youth Services please contact reception on 8734 1355 or email: youthinwyndham@wyndham.vic.gov.au

**Join the next meeting:**

To join this meeting – click on the link at the scheduled meeting time:

[Join Microsoft Teams Meeting](https://teams.microsoft.com/l/meetup-join/19%3Ameeting_YTg3ZDQ0ODQtZjI4NC00MTg4LTljNjEtMTg0MWJjOTAyMzA5%40thread.v2/0?context=%7b%22Tid%22%3a%22ccedce2e-ab9f-4e51-bb3d-3c6e2171f03e%22%2c%22Oid%22%3a%225a7ed78f-96ad-4383-82d1-e0946c3ead70%22%7d)

[Learn more about Teams](https://aka.ms/JoinTeamsMeeting) | [Meeting options](https://teams.microsoft.com/meetingOptions/?organizerId=5a7ed78f-96ad-4383-82d1-e0946c3ead70&tenantId=ccedce2e-ab9f-4e51-bb3d-3c6e2171f03e&threadId=19_meeting_YTg3ZDQ0ODQtZjI4NC00MTg4LTljNjEtMTg0MWJjOTAyMzA5@thread.v2&messageId=0&language=en-US)

**2022 Meeting Dates**

**Thursdays – 9:30am – 11:00am via MS Teams – until further notice**

21 July

1 September

13 October