Junction Australia

Therapeutic Support Services

Fee for Service & FLO

Youth Connections  Nexus  Residential Care
Transforming Residential Care
Therapeutic Residential Care is intensive and time-limited care for a child or young person in statutory care that responds to the complex impacts of abuse, neglect and separation from family. This is achieved through the creation of positive, safe, healing relationships and experiences informed by a sound understanding of trauma, damaged attachment, and developmental needs. [National Therapeutic Residential Care Working Group, Australia]
Abuse, Neglect and Separation From Family
POEM

You should draw a picture
A picture with a twist
A picture with a knife
A picture on your wrist
If you draw it right
A fountain will appear
And in its flowing waters
All your troubles disappear
There is another way
Take the time to look deeper
I have seen the light
Child trauma

- Attachment problems
- Eating disorders
- Depression
- Suicidal behaviour
- Anxiety
- Alcoholism
- Violent behaviour
- Mood disorders
- Developmental delays
IMPACT ON GROWTH AND DEVELOPMENT

- Chronic state of high stress
- Interpreting neutral cues as threat
- Explosive patterns of fight/flight behaviour
- Extreme patterns of freeze behaviour
- Limited resilience
- Wary of adults in relationships
- Deficits in thinking skills
Neurosequential brain mapping

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Age Typical - 14 to 16

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Window of Tolerance
Co-regulation versus Co-dysregulation

Co-Regulation: Distressed child and well-regulated parent

Co-dysregulation: Distressed child and anxious, reactive parent

(Dr. Bruce Perry 2006-2011)
Pervasive Shame
Epigenetics

Definition of Epigenetics

- Changes in gene expression or phenotype that don’t involve changes to the DNA sequence.¹
- It’s defined as heritable changes in gene activity and expression that occur without alteration in DNA sequence.²
Neuroplasticity
Trauma Informed and Trained

- Seek out the best training and advice available
- Build links with other services and agencies
- Therapeutic Residential Care Network: 5 agencies in SA
- All leadership team doing Graduate Certificate in Developmental Trauma through ACF.
- Houses Supervisors training in Developmental Trauma with AFSS and ACF
- Teams training in Developmental Trauma in team meetings with Clinical Psychologist & TCI refreshers
- Other on going workshops and training
Child Centred Practice Model

Therapeutic Support Services: Practice Model

Team Leaders:
- Casework Young People
- Line Management of House Supervisors
- Case Conferences
- Assist with attending appointments

House Supervisors:
- Manage the House
- Maintenance
- Rosters
- Food & Hygiene
- Living Skills checklist connects with Youth Connections
- Weekly review

Support Workers:
- Build relationship
- One On One & Group time
- Independent Living skills-connects with Youth Connections

PORTFOLIO MANAGER

Referral from PSU to Service Manager

SERVICE MANAGER

3R’s Respect…:
- Self
- Others
- Environment

Transition & Care Plan

Weekly Phone review

Eight- Weekly Case Conference with all Stakeholders

Transition to Long Term Placement or Independent Living

3R’s

Referral to Youth Connections

Referral to other services

Team Meetings
- Every two weeks
- Clinical Psychologist once a month
- Individual management Plan
- Practice Forum
- Incident reviews
- TCI review

Team Leader: Supports Young Person to access other services

Mentors:
- Independent Living Skills
- RAGE
- Life Through the Lens
- A Life Outdoors
- Drumbeat
- Rock & Water

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Key Elements

Child Focused Response
- Child-focused and prioritisation
- Participation of young people in shaping their care
- Engagement of Young Person’s Family, & Culture
- Exit care and post-care Support

Therapeutic Components
- Therapeutic Crisis Intervention – TCI
- Philosophy of Care
- Therapeutic milieu
- Individual Therapeutic plans

Trauma Informed
- Trauma based design
- Trained staff & consistent Rostering
- Staff Team Meetings
- Incident & monitoring Feedback
- Youth Connections
- Educational /Recreational/ Healing
- Learning & Growth

Organisational Congruence
- Organisation congruence and commitment
- Client Therapeutic Analysis and Reporting System – CTARS
- Evaluation Framework

Young Person in care
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Iceberg Model

Behaviors

Feelings

+ 

Needs
Stress Model of Crisis
Meaning of emotional communication

Meaning = Facial Expression + Tone of Voice + Words

55% + 38% + 7%
Conflict Cycle

Stressful Situation/Incident

Adult's Response

Young Person's Feelings

Young Person's Behavior
Child Centred Practice Model

Therapeutic Support Services: Practice Model

**PORTFOLIO MANAGER**

**SERVICE MANAGER**

**Referral from PSU to Service Manager**

**Transition & Care Plan**

**Referral to Youth Connections**

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**Team Leader:** Supports Young Person to access other services

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So what do we do?
The 3 R’s and Expectations

- Respect yourself
- Respect others
- Respect environment
- Expectations over Rules
We do not charge young people with property damage

- Reactive Aggression / Planned Aggression
- Strategies: we respond to reactive aggression by assisting the young person to return to baseline and help them learn a new coping strategy
- With planned aggression we negotiate with the young person and then help them to find alternative strategies to achieve their desired outcome without using aggression.
Clinical Psychologist
Clinical Psychologist
Factors resulting in reduction of incidents

- therapeutic crisis intervention training
- better rostering to ensure work life balance
- part-time permanent staff employed by JA
- redefining the service agreement to be one of short to long term care rather than emergency
- shifting the focus to stabilisation and transition rather than purely holding young person until exit point is established
- setting a criteria for what is an incident
- structured rostered team meetings with Clinical Psychologist
- structured supervision and review processes
- client involvement and feedback
- therapeutic environment
- train / review / reflect
CIRs GV 2011 & 2014

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What makes you happy?
What makes you happy?
What makes me happy
Legacy

• Our legacy is for every child or young person who stays with us regardless of the period of time, felt they were treated with respect and dignity.

• That each young person who has stayed with us will remember their stay with Junction Australia as a positive experience.

• Young people are proud to say “I lived there and I was respected and cared for.”
Contacts

• For Therapeutic Crisis Intervention: Therapeutic Welfare Interventions twi.org.au
• Australian Childhood Foundation: childhood.org.au
• Cornell University: rccp.cornell.edu
• Professor Dr James Anglin: uvic.ca
• Dr Bruce Perry: childtrauma.org
• Dr Dan Hughes: danielhughes.org
• Dr Dan Siegel: drdansiegel.com
• Dr Allan N. Schore: allanschore.com
Thank You