

Program Snapshots

Group work

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Step Up – Building Healthy Relationships

Groupwork Delivery

BACKGROUND



The Step Up – Building Healthy Relationships Group work Model and program delivered in Barwon was developed using an adapted version of the US Model.

When delivered face to face, the sessions are delivered to both parents and young people with some sessions combined and some sessions delivered separately with the content aligning.

Groupwork had been adapted over recent years to better suit the needs of the families coming through the program.

CONSIDERATIONS WITH IMPLEMENTATION

Clients

- Screening for group work readiness
- Group dynamics
(age/stage/disability/gender)
- Safety of staff and participants *(Physical and emotional, breakout rooms)*
- Preparation *(manuals/rooms/evaluation)*
- Adapting content/clear boundaries
(general in nature)
- Managing disclosures/containing discussions
- Debriefing after groups
- Evaluation

Staff/facilitators

- Staff skillset and strengths
- Consideration of external facilitators for expert areas
- Consistent availability
- Managing caseloads
- Ensuring the emotional safety of facilitators (managing disclosures)
- Identifying emerging themes
- Facilitator evaluation
- Costs/Budget

ENGAGING FAMILIES IN GROUPWORK

- Provision of pre group support from case worker
- Supporting families 1:1 around expectations and comfortability with group work space
- Building rapport and trust in group setting
- Creating clear rules and expectations
- Appropriate and engaging activities
- Use of sensory toys or activities

STRATEGIES FOR ENGAGEMENT

- Movement based options
- Non-movement based options
- Consideration of an activity based program

ADAPTATIONS DURING COVID 19

- Moved to an online format
- Condensed sessions
- Ceased YP sessions (parent only)
- Modified content based on current needs/presenting issues

CURRENT DELIVERY STYLE

Mode: Zoom

Audience: Parents/carers – existing referrals only

Duration: 7-8 weeks

Session length: 2 hours



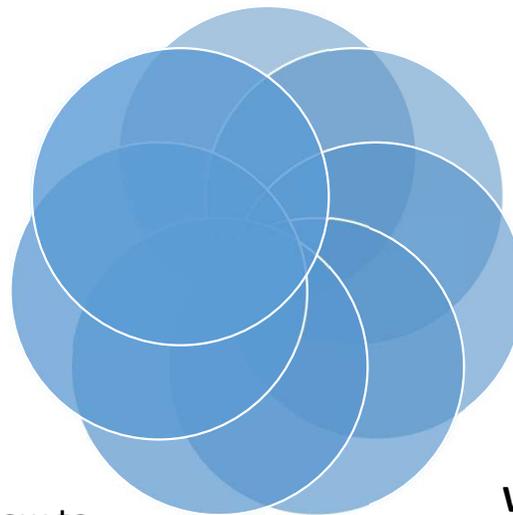
SESSIONS

Week One –
Introduction to
Groupwork

Week Seven –
Supporting your
young person to
take responsibility
for their behavior

Week Six –
Respectful
Communication
and 'I' Statements

Week Five – How to
respond when your
young person uses
violence



Week Two –
Understanding your
adolescent

Week Three –
Respectful
relationships and
emotional
intelligence

Week Four –
Supporting YP to
understand and
respond to their
warning signs



BENEFITS FOR FAMILY

- Parents connecting with each other and others families
- Removing shame and stigma
- Changing communication patterns/habits in the family
- YP/Parents feeling less targeted
- Zoom allowing for more flexibility
- Duplicate content 1:1 to families who are unable to attend a session due to other commitment
- Delivering the content 1:1 to families who may be unable to attend the group for short term parent support
- Drawing on the knowledge and experiences of other participants

BENEFITS FOR FACILITATORS

- The manual supports staff outside of the direct group work delivery
- Each staff member has their own skills/strengths. In developing and delivering this content collaboratively, the whole team benefits from shared learnings and professional development



LIMITATIONS/CHALLENGES

- Managing disclosures – despite planning, this can sometimes be unavoidable (*follow up required*)
- Consistent attendance/commitment from parents
- Access to appropriate spaces be that physical space or tech equipment to facilitate engagement.
- Families who have younger children that require care to enable participation.
- Timing to support the majority can eventuate in others missing out.
- Carers preference for after hours group can be difficult to accommodate
- Ensuring there is sufficient back up should a facilitator be unable to deliver their session/s at last minute
- Where do participants need to be ‘up to’ in their intervention to participate in the group work? Is there a minimum level of competency required to support the group as a whole?

WHERE TO NOW?



- Resume face to face groups in 2022 (YAY 😊)
- Re-design young person sessions to align with parent sessions and current needs
- Explore opportunities for more activity based YP group (e.g adventure therapy, ocean mind surf program etc.)



QUESTIONS?



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