

“If you belong, you grow”: Allambi Care’s service model for therapeutic residential care

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We acknowledge the traditional custodians of the unceded lands on which we live and work – the Boonwurrung People of the Kulin Nation in Naarm/ Melbourne and the Awakabal and Worimi People in Newcastle.

We acknowledge the deep connection that Australia's First Peoples have to the lands, seas, waterways, skies and living creatures across this land; a connection that has existed for millennia and that has survived despite the historic and contemporary violence of colonisation.

We pay our respects to their Ancestors, and to their Elders past and present. We extend our respect to all First Nations People who are present with us today.



Therapeutic residential care

- International Consensus statement (Whittaker et al., 2016)
- Provision of therapeutic models of care throughout is inconsistent Australia
- Therapeutic residential care in Victoria
 - Standard vs therapeutic
- Therapeutic residential care in NSW
 - All residential care in NSW falls under the Intensive Therapeutic Care framework



Allambi Care

- Operates in Newcastle, Central Coast, Northern Regions of NSW, and in the Southern Region of VIC.
- Currently supporting 410 individuals and families in Newcastle and the Hunter, 50 in Northern NSW and 28 in Victoria
- Currently supporting 67 children and young people in Residential Care in NSW and 24 in Victoria

DIRECT SUPPORT FOR
INDIVIDUALS AND FAMILIES



Allambi Care's Needs- Based Restorative Framework



The permanency study

- What does permanency mean and how can it be achieved for children and young people in residential care?
- Qualitative study including:
 - Allambi Care staff (n=18)
 - Senior managers from other therapeutic residential care programs in Queensland and South Australia (n = 3)
 - Young people who had been in residential care programs with Allambi (n =4)
- Inductive analysis using Braun and Clarke's Reflexive Thematic Analysis Framework



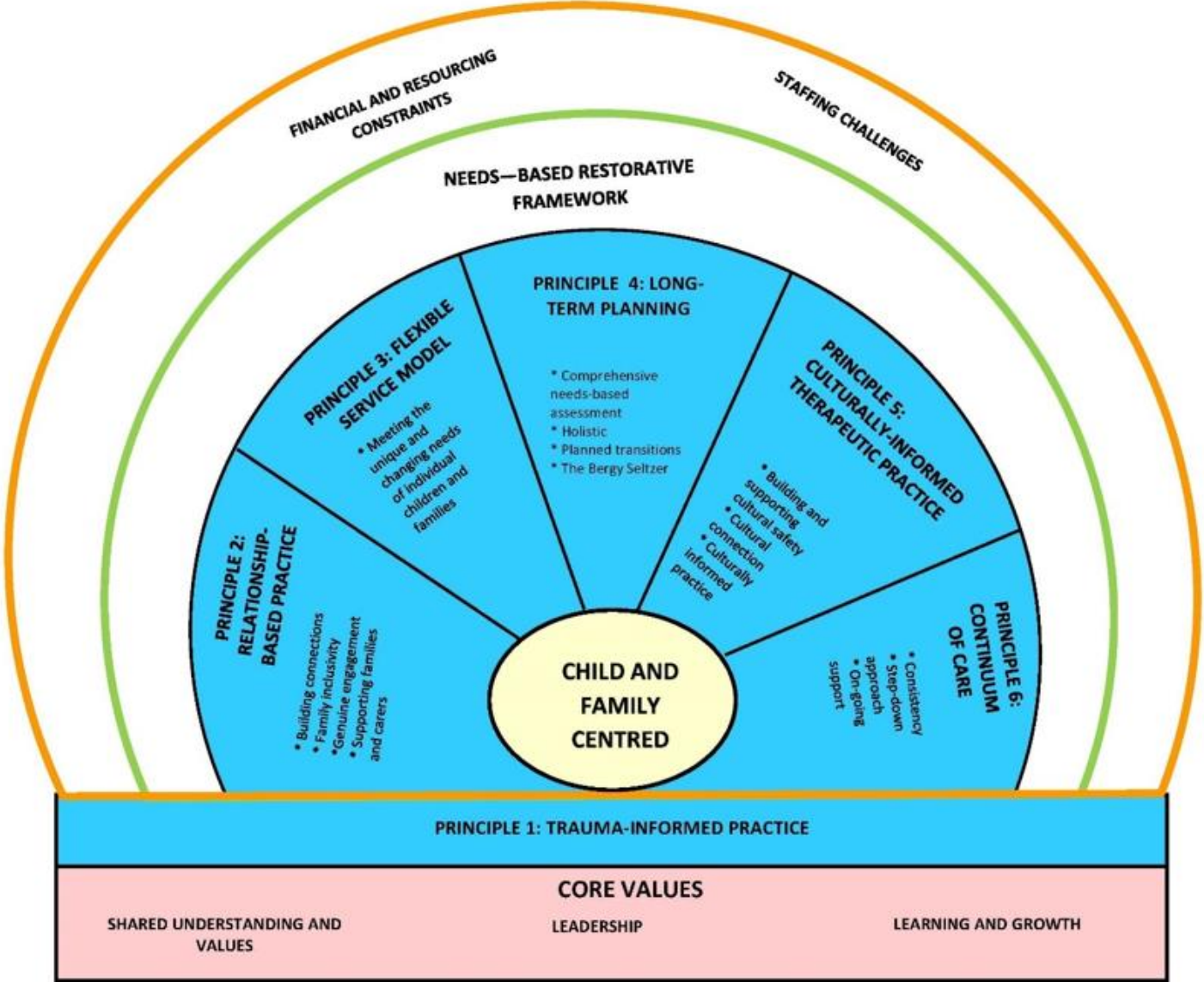
If you look at the Circle of Courage... so courage, mastery, independence, and generosity it all starts with belonging. You don't start with mastery. If you belong, you grow. And if you don't belong, you don't grow. (Participant #1)

It's around understanding that that young person does have a family and it's who they are, it defines them as a person as well. (Participant #2)

And not giving up on finding connections and family and reassessing options that might have been looked over or felt like they weren't appropriate. Just looking at how we can incorporate all the people in the young person's life in an appropriate way. Because every connection they have should be utilised and supported (Participant #14)



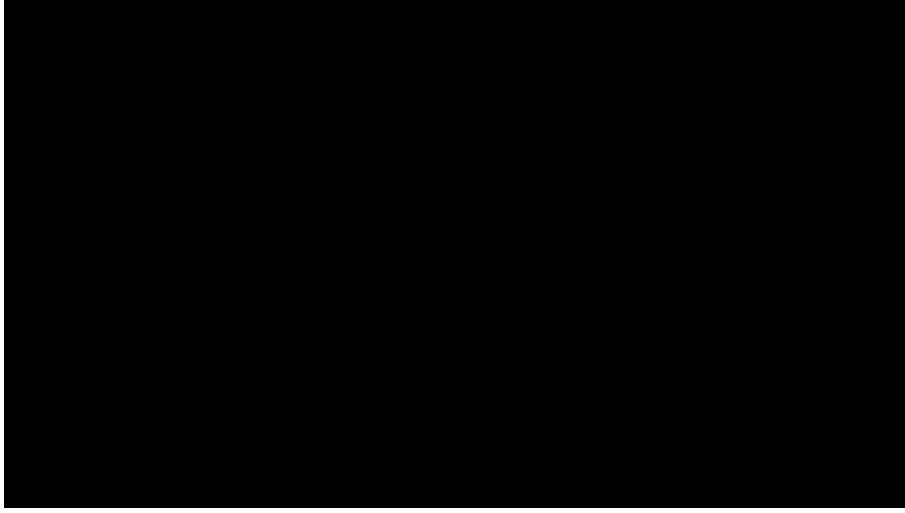
Allambi Care's Service Model



Key elements of the model

- Child and family centred
- Relationship-based practice
- Flexibility and adaptability
- Focus on long-term planning
- Culturally informed therapeutic practice
- Continuum of care





Bergy Seltzer

noun

‘The Continuous fizzing or sizzling sound which is attributed to the breaking out of air bubbles from a melting iceberg.’

By focusing on the surface we only see a small part of the picture for a child or young person. We often see the challenges rather than the needs of a positive environment which creates a therapeutic milieu that is the basis of positive, safe, and healing relationships.

The ‘Bergy Seltzer’ will provide the opportunity to explore what is beneath the surface.



Summary of findings

- A child's family and community are at the centre of Allambi Care's model of TRC
- Importance of 'free and forever connections' underly the therapeutic approach
 - Create conditions within residential care programs that support children to develop and maintain enduring relationships
- Focus is on understanding the unique (individualised) needs of a child or young person and then responding in a way that is flexible, that incorporates the child's broader support networks, and that emphasises long-term planning rather than short-term crisis management



Thank you.

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For more information about Allambi Care, please visit

www.allambicare.org.au

