

“ Most of my toys and my stuff that I like and my whole life was packed in this storage unit...”

*Boy, aged 6. Family Matters, No. 78, 2008*

## Contact Together 4 Kids

Call Together 4 Kids on 08 8245 8190 to discuss any family that you think might benefit from our specialist therapeutic children's service.

After discussing the child and family you will be asked to complete a referral form to email or fax (08 8346 7333) to the T4K intake worker.

To be eligible for referral, children will be:

- Aged 0-12 years, and accompanying a parent who is homeless or in unstable accommodation or accessing a domestic violence service
- Child identified as in high need of support to process complex life experiences, significant loss or distress.

Your family will be allocated a specialist therapeutic children's worker who will contact you to arrange an appointment with the parent to complete a child focused assessment.

In discussion with you as the case worker and the parent, therapeutic goals and an action plan will be developed. This may include a combination of group and individual sessions for the child.

In the first instance call to speak to a T4K team member. Referral forms are available to download from our website.



Together 4 Kids work on Aboriginal land and acknowledge their ongoing connection as custodians of the land.

## About Relationships Australia SA

Relationships Australia South Australia is a leading provider of family relationship support services. Our aim is to support all Australians to achieve positive and respectful relationships.

With over 50 years experience, Relationships Australia South Australia provides counselling, education, training and coaching for families, individuals, couples and communities.

## Outreach Service

Together 4 Kids is a metropolitan-wide service. We primarily provide group or individual therapeutic services at homelessness, domestic violence services, at schools or child oriented community venues. Children's therapeutic services can be provided from Relationships Australia SA sites where possible.

There is T4K worker in the Riverland based at the RASA Berri Office.

## Contact us

Relationships Australia South Australia  
Together4Kids (T4K)  
49a Orsmond Street  
Hindmarsh SA 5007  
T: 08 8245 8190  
F: 08 8346 7333  
E: [t4k@rasa.org.au](mailto:t4k@rasa.org.au)

Berri office for specialist children's services in the Riverland: 8582 4122

[www.together4kids.org.au](http://www.together4kids.org.au)  
[www.rasa.org.au](http://www.rasa.org.au)

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September 2015

# Together 4 Kids

Therapeutic Services for Children 0-12 yrs



Information for Service Providers in Specialist Homelessness and Domestic and Family Violence Services

## What is Together 4 Kids

Together 4 Kids (T4K) is a children's therapeutic service aimed at helping children process uncertainty and distress as they move in to safe and more stable accommodation .

Our therapeutic programs are customised to support each child's mental health and development, help them to manage transitions and make sense of their experiences.

We work directly with children who are the clients of homelessness and domestic violence service providers. We work in collaboration with the family's case worker. Parents are allies in our work, learning more about their child's experiences and are supported to strengthen positive bonds with their children.

Together 4 Kids can provide therapeutic support to children who you, as the family's case worker, think could benefit from a specialist service.

## Why does Together 4 Kids Exist?

While some children and families are resilient despite their housing disruption, many children may be feeling insecure, anxious or even traumatized by their experiences. Their routines and their relationships are likely to have been unsettled and many have experienced multiple losses and stresses. Their parents are going through tough times and at this time, are often not able to provide the emotional support they would like to.

Children can be assisted by skilled T4K specialist staff to make sense of their complex experiences, understand and manage their feelings, develop friendships and feel safe.

By working in collaboration with you, Together 4 Kids can support your work by assisting the child and family to manage the emotional and stressful transition into more stable and safe housing and family life.

## What does Together 4 Kids do?

We have three key roles

### Role 1:

*Professional development, training and advice for the homelessness and domestic violence sectors regarding engagement with and responding to children and in sharing information about a range of children's services.*

The Child Focused Practice Online Training course is recommended for all staff to develop their skills in working with children whose lives and relationships have been disrupted.

<http://www.socialrelations.edu.au/cfp/>

See our website for professional development training calendar, or call us to discuss your service's child focused training needs.

### Role 2:

*Assist services to deliver group responses to children.*

Together 4 Kids groups are offered according to age range and emotional and developmental needs. Coping with change and dealing with traumatic events are central themes of our work with older children. With young children and babies, we work with parents through a collaboration that focuses on the child. Using safe, therapeutic play, infant-parent relating is supported, and parents are assisted to ease their young children's distress.

T4K can train you to become a group facilitator or work with you to co-facilitate a group program. If you are interested in running a children's group, please contact T4K. A range of therapeutic groups and activities are available to download from our website. These resources will support you to provide fun and therapeutic activities for your clients.

### Role 3:

*Provide individual therapeutic sessions for children and work with Case Managers to support children with complex needs.*

Our therapeutic work focuses on:

- Validating the experiences of children
- Assisting them to understand and make meaning of their complex experiences so that they feel psychologically safe
- Supporting their emotional literacy and expression
- Ensuring a strong relationship exists for children through which they can process future life events.

T4K will provide feedback to parents on their child's progress, assist parents to attune to and play a role in responding to their child's relational and mental health needs and will connect the family to community and specialist links.

Our collaborative work with services will facilitate:

- Meeting the child's mental health needs
- A shared response to the health, education, social and developmental needs of the child
- Developing safety plans that have the child at the center
- Connecting the family to appropriate social and community opportunities.

