

Relationships Australia NT **Holding Children Together**

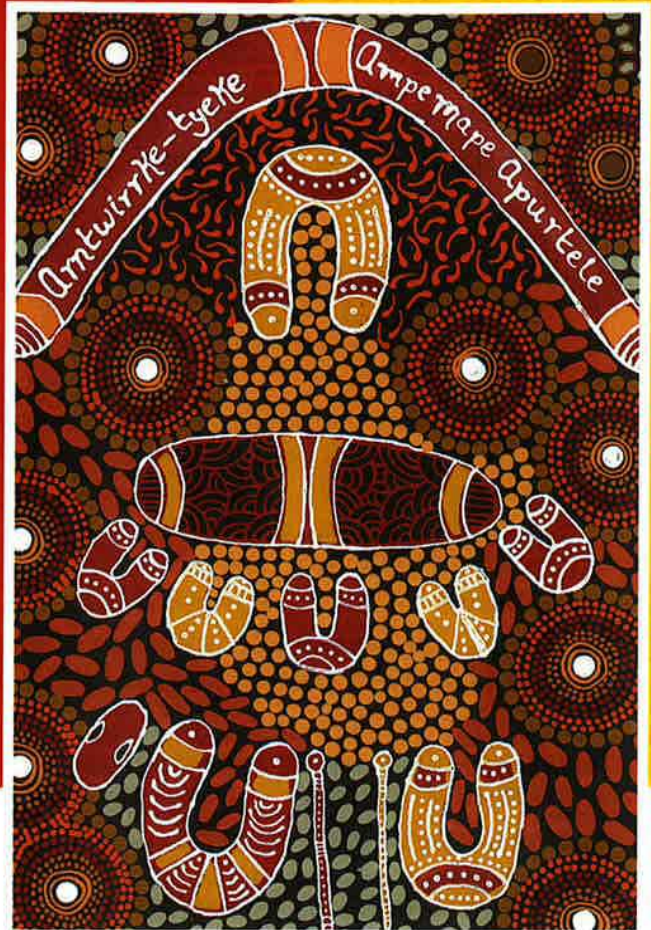
A unique service for children who have experienced interpersonal trauma and for their families

Since March 2011, Relationships Australia NT (RANT) in Partnership with the Australian Childhood Foundation has delivered a specialist counselling service to vulnerable children aged five to twelve years who have experienced interpersonal trauma and their families with a particular focus on Aboriginal children living in Alice Springs.

The project is based on a unique model to build the capacity of the network of services in Alice Springs to understand and better meet the needs of children who have experienced interpersonal trauma and their families. In addition, the project works to strengthen the existing referral and case management pathways for traumatised and vulnerable children and families between services in Alice Springs.

The project consists of the following key elements:

- Counsellors at RANT to provide direct therapeutic services to children and families in the target group;
- [Aboriginal Child & Family support workers](#)
- [A community therapeutic team of practitioners who participate in monthly training, peer review and supervision to support their work in this specialist area;](#)
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Painting by Roseanne Ellis

What are the goals of the Children's Counselling Service?

- Deliver an effective, responsive and flexible therapeutic service for children affected by interpersonal trauma and their carer's/families who live in Alice Springs.
- Develop effective collaborative relationships with other key service providers, to facilitate the implementation of an integrated response to children and their carer's/families guided by standardised practices and training.
- Provide a range of evidence based trauma intervention strategies for children which result in their improved psycho-social functioning, enhanced relational capacity and increased emotional stability.

What is the referral criteria for the Children's Counselling Service?

The Children's Counselling Service will accept referrals for children between 5-12 years of age who have been affected by interpersonal trauma who live in Alice Springs.

The mobility of children accepted into the service will need to be assessed as viable and matched to their ability to use the service.

All children accepted into the service will be from families who already have a positive and meaningful engagement with at least one service provider.

The degree of trauma and stress experienced by children accepted into the service will be assessed as high on the basis that

- They have been exposed to interpersonal trauma for a prolonged period.
- They engage in significant level of trauma based behavior, eg, aggression, self-harming, difficulties with arousal regulation, impoverished memory systems, problems with peer relationships, highly anxious or frightened, disrupted educational engagement, marked changes in behavior; and,
- Their network of relationships is disrupted and unpredictable.

Relationships Australia.

www.nt.relationships.com.au



Australian
Childhood Foundation
Protecting Children

www.childhood.org.au



The Children's Counselling Service is partly funded through the Alice Springs Communities for Children Program auspiced by Anglicare NT.

How are referrals made to the Service?

You can make referrals to service by contacting the RANT Children's Counselling Team by phone on (08) 8950 4100. Or, via email to hct@ra-nt.org.au