

# OurSPACE NSW

Australian  
Childhood  
Foundation



## Supporting placement stability for children and young people in foster care and kinship care through trauma informed therapeutic outreach

As part of the 'Their Futures Matter' initiative of the NSW Government, the Australian Childhood Foundation is rolling out a new specialist therapeutic program for children and young people in foster care and kinship care across metropolitan Sydney and most of regional NSW. This program works to resource the important relationship networks around children so that they can better understand and meet the developmental needs of children who have experienced placement disruption. It also provides direct specialist therapeutic outreach support to children, young people and their carers.

*Children recover from trauma most effectively when they have a team of relationships around them that are working together in a coordinated and attuned way.*

### What is OurSPACE?

OurSPACE is a program that combines a number of elements of service to support children, young people, carers and the network of professionals who support them. It provides individually tailored therapeutic intervention for children and young people, working in partnership with carers, their support agencies (if available) and the relational networks which are important to them. OurSPACE is offered across metropolitan and regional NSW. The service is delivered on an outreach basis, making the most of the environments in which children, young people and carers interact.

### OurSPACE offers a culturally strong model of care

The Australian Childhood Foundation has established a partnership with Ngaoara. Ngaoara is committed to supporting Aboriginal communities to deliver trauma informed whole of community responses to complex social issues. Together, Ngaoara and the Australian Childhood Foundation will engage and support children and families from Aboriginal and Torres Strait Island backgrounds in ways that integrate culturally strong practices with trauma healing approaches that build connection to family, country and community.

## How does OurSPACE help?

**Consultation and Support** - Carers and other professionals can seek consultation and support via phone or videoconferencing. We will provide ongoing advice and strategies that aim to address immediate needs and stabilise any direct issues that may be leading to placement instability. During this phase, we will be screening children and young people to determine if they should be supported with direct therapeutic intervention from one of our Therapeutic Specialists.

**Comprehensive Assessment** - Where indicated, children will receive a comprehensive assessment that will provide the basis for the implementation of a tailored therapeutic support plan.

**Therapeutic Support Plan** - The therapeutic support plan will include a range of evidence informed therapeutic strategies that will be implemented at individual, dyadic, and systems levels to address the child's needs and specifically those issues that are contributing to placement instability.

## It takes a team...

Children and young people cannot recover from the effects of abuse and family violence on their own. They need support and understanding from important people in their lives such as their family and extended family, teachers, child protection workers, case workers and other professionals involved with them. OurSPACE works collaboratively with carers, agencies, statutory child protection, schools and others in an effort to ensure a coordinated, timely and effective plan of support and intervention for the child/young person and the important relationships around them.

## Target Group for OurSPACE

Children and young people under the age of 15 years in foster or kinship care who have experienced at least two placement changes in the preceding 6 months. The program covers all districts across NSW **except** Hunter New England and Nepean Blue Mountains. Even if a child does not meet all of the criteria specifically, referrers can still contact the service for advice and consultation.

## Referrals

Referrals to the OurSPACE Program can be made by contacting 1300 381 581.

## Who is the Australian Childhood Foundation?

For the past 32 years, the Australian Childhood Foundation is a national not for profit organization that provides specialist therapeutic services to children and young people who have experienced trauma because of abuse, neglect and family violence. We also provide important support to the families, carers and other key people in the lives of these children. Through these important relationships, children can recover from the effects of the trauma they have experienced. Email us at [ourspace@childhood.org.au](mailto:ourspace@childhood.org.au) if you would like further information.