

# YOUTH 180

## GIVING YOUNG PEOPLE A NEW DIRECTION

Youth 180 provides a deliberate, strengths-based and tailored service to support adolescents under Guardianship. We assist young people to make the transition into their community, equipped with independent living skills and confidence for the future.

As a team, we uphold a positive, collaborative and respectful approach and place value on the individual. Through relationships, understanding and acceptance, we seek to build a sense of self-worth and dignity for all young people.

Youth 180 provides accommodation for young people under Guardianship aged 14–18 who are motivated to develop independent living skills. The young person is allocated a case worker to coordinate their placement and is matched to youth carers who support the adolescent for the duration of the placement. As well as the focus on independent living skills, Youth 180 also has an holistic view of young people and seeks to support and respond to the whole person.

## AS A PROGRAM, YOUTH 180 VALUES:

### Effective communication

- We communicate respectfully and clearly from a strengths-based perspective
- We seek and value input from all stakeholders concerning the care and needs of young people
- We actively listen to feedback from youth carers and young people and implement appropriate changes to the program or service we are providing

### Empowering approach

- We believe that young people have a capacity for facing life challenges, achieving positive developments and life goals
- We focus on empowering young people through developing awareness of their capacity

### Individual approach

- We acknowledge that all young people have experienced trauma and that this has impacted their development
- We actively seek to get to know each young person and plan and deliver an individual tailored service from a trauma-sensitive approach
- We endeavour to understand the young person's world and perspective and adapt our approach accordingly
- We create a safe and nurturing environment

### High work ethic

- We demonstrate high standards in planning, implementation and review of service delivery to ensure quality and timely response.

### Team

- We provide support and training to develop the knowledge and skills of staff, in order to improve our service delivery.
- We create opportunities to bring together individual strengths, knowledge and experience in a collaborative approach

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- We recognise, value and encourage each team member's function
- We work from a solution-focussed approach

#### **Personal and professional development and reflection**

- We reflect on how our practice and interactions affect the young people we work with
- We value knowledge that informs practice
- We recognise and reflect on the ways in which our individual core values are evident in our practice

## CARE MODEL

The models of care offered by Youth 180 will provide individually designed pathways for young people through:

- Intensive Houses: providing intensive support, to offer stable placements for young people under 16 and stabilise a 16+ placement in crisis
- Support Houses: providing resources to care for young people according to their individual care plan in order to support them toward further independence
- Transitional Houses: providing resources to support young people who have a high level of independence

## ROLES AND RESPONSIBILITIES

### **Y180 Case Worker**

The Youth 180 case worker liaises with Families SA, youth carers and the young person to coordinate the placement and the independent living skills for the young person. In summary, these roles and responsibilities include:

- Weekly contact with the young person to identify ongoing needs and goals
- Conducting monthly reviews of the placement with the young person and Families SA
- Facilitating the young person's smooth transition into and out of the program
- Establishing routines and supporting involvement in daily programs, i.e. school, work or alternative programs
- Ensuring effective planning and coordination of the placement to support the Families SA case plan
- Monitoring and planning the household budget

### **Young People**

As part of Youth 180, young people are required to fulfil a number of expectations such as:

- Undertaking a self-assessment to assess independent living skills
- Making a financial contribution to the running of the house, approximately 20% of income and paying a bond to Anglicare SA
- Communicating with youth carers and workers appropriately and respectfully
- Participating in Independent Living Skill activities
- Attending weekly meetings and a monthly review
- Working actively toward short, medium and long term goals
- Upholding the Youth 180 program and Housing SA rules

### **Families SA**

As the Guardian of the young people in Youth 180, Families SA support Youth 180 placements by:

- Providing an up-to-date case plan to ensure clear case direction
- Working collaboratively with Y180 to identify risks and develop a response plan
- Participating in the monthly placement reviews
- Managing the contact with young people's families and forwarding relevant information to the Y180 case worker
- Ensuring the young person has appropriate accommodation at 18 years old prior to closing their case
- Making a referral to the Youth Support Team to ensure support post 18
- Coordinating a 'My Stuff' kit for the young person to develop during their placement