

CENTRE 360

Youth and Family Service



Centre 360
Youth and Family Service

In Australia, **one in four young people** aged 16 to 24 meet the diagnostic criteria for a mental disorder, such as depression, anxiety, eating disorders, personality disorders and psychosis. (ABS, 2010)

Only **one in three young people** who require clinical care seek professional help. (Burns, 2010)

Understanding that young people are the most reluctant Australians to seek professional assistance for mental health issues, Centre 360 Youth and Family Service has designed a holistic service offering that ensures maximum flexibility in responding to the specific needs of disadvantaged young people aged between 12 - 24 and their families.

Integrated Counselling and Case Work:

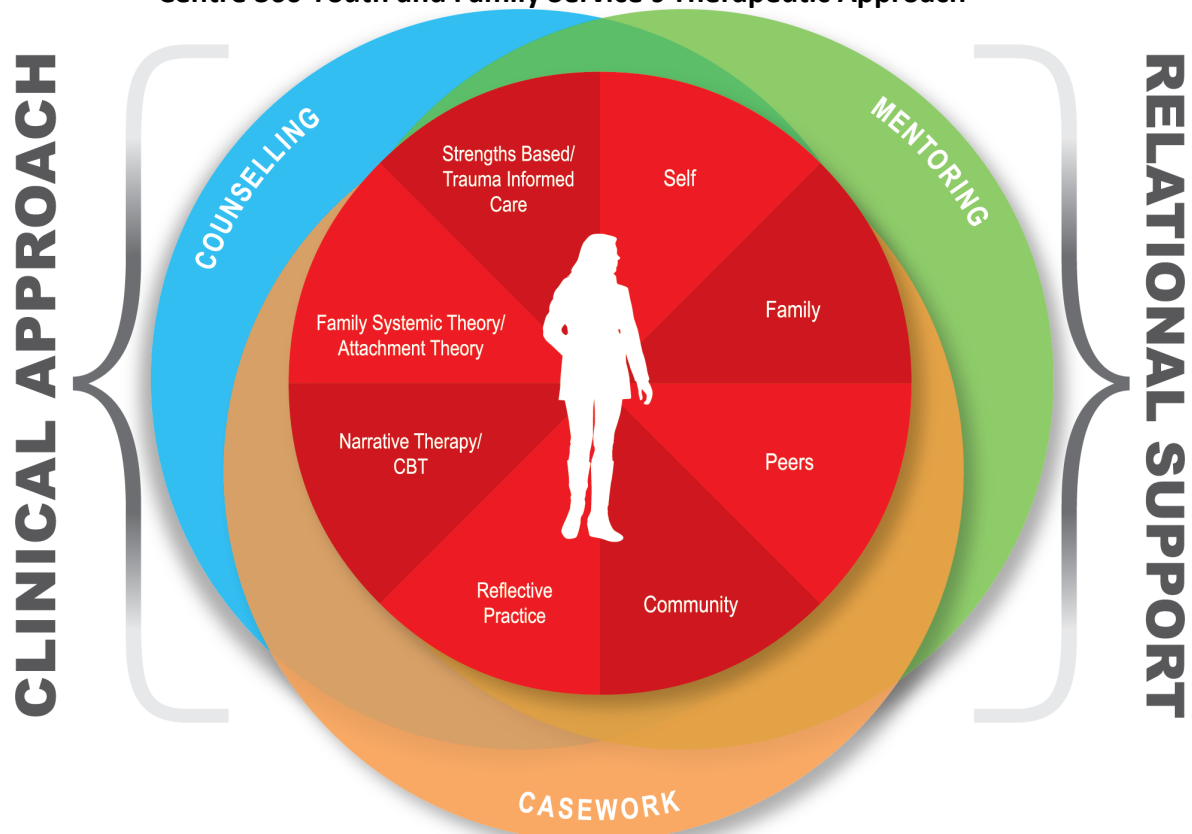
We offer a flexible combination of Counselling with Case Work which enables our team members to assist young people with their internal needs (mental health) at the same time as improving their relationships in their external world (with family, school and community) through this combination, a safe, supportive

environment is created to ensure the barriers that may prevent young people from attending therapeutic sessions are removed.

Therapeutic Approach:

We have chosen to use a therapeutic approach that is trauma informed and strengths based. We draw on several therapeutic frameworks depending on the needs of the individual client, these include: Attachment Theory, Narrative Therapy, CBT and Family Systemic Therapy. Our Counsellors endeavour to provide a safe place for clients to explore their journey and focus on personal strengths and coping strategies.

Centre 360 Youth and Family Service's Therapeutic Approach



CENTRE 360

Youth and Family Service

Counselling & Case Work Approach:

All Centre 360 Adolescent & Family Counsellors are qualified professionals with the skills necessary to assist young people to make sense of their journey, to identify what coping strategies will be helpful for them and to support them to have healthy relationships with their families.

We acknowledge that just like communities, families feel the strain when members experience troubles. Our 40 years of experience in working with youth has shown us that the main barriers disadvantaged young people experience are ultimately founded in relationships.

We value the importance of the young person and their experience of family. The opportunity to provide both family and individual counselling is vital to our holistic therapeutic service delivery ensuring the young person is supported as we call on the whole family to accept the responsibility to make positive change.

At times it is important and appropriate to work only with the individual young person, during these times we always keep family in mind. Where appropriate, Counsellors work together with parents and other carers to help support young people through a particular challenge, while balancing the importance of confidentiality in their relationship with the client themselves.

Young people who choose to be involved can work with Counsellors to explore different strategies to deal with difficulties they are experiencing, highlight strengths and skills, build resilience and identify goals.

Adolescent & Family Counsellors can assist young people and their families in dealing with issues such as:

Anxiety & Depression	Trauma
Substance misuse	Family Violence
Grief & Loss	Homelessness
Breakdown in family communication	Conflict between parents and
Behavioural difficulties	School related issues

Adolescent & Family Counsellors are also able to assist young people with practical needs such as assistance with accessing accommodation, education, housing and court advocacy and support.

Referrals:

Every young person's situation is different, there is no 'one-size fits all' approach to therapeutic support. Centre 360 encourages both individuals and families to contact our team on the details below to discuss who it would be most helpful to include and how best to proceed.

For further information:

Please phone Centre 360 Youth and Family Service

Ph: 02 9331 2691 and a member of the team will respond to you within 48 hours.

Address:

461 - 463 Oxford St
PADDINGTON NSW 2021

Centre 360 Youth and Family Service is a project of St Francis Social Services. Established in 1978 by the Franciscan Friars, St Francis Social Services exists to uphold the intrinsic dignity of each person by providing support and advocacy to empower the most disadvantaged and marginalised within our society.

Our Vision:

Our vision is for a society in which there is full recognition of the dignity, equality, human rights and humanity of all people.

Our Values:

❖ **WELCOME** ❖ **RESPECT**
❖ **CONNECT** ❖ **EMPOWER**

Centre 360 Youth and
Family Service
is a project of
St Francis Social Services

