


Adolescent
Building
Connections
Program





Key Focus Areas

- Healthy relationships
- Emotional Regulation
- Respectful interactions
- Emotional intelligence



The Adolescent Building Connections program is designed to provide the skills, understanding and learnings to encourage positive change in adolescents, to form healthy and respectful relationships in their lives.



Who is this program for?

This program is aimed at young males and females (held in single gender groups) who may or are at risk of demonstrating aggression, controlling or abusive behaviours.

Program Criteria

12-17 year old Males and Females

Residing in Latrobe City, Bass Coast and South Gippsland Shires

10 participants per group

Participants must have ongoing support from a youth based community support service or be supported by Secondary School welfare officers or coordinators.

Consent must be provided by parent/guardian to participate in program.

What can I expect?

This 10 session program will be run by qualified facilitators. The facilitators will lead discussion and activities that focus on healthy and respectful relationships, empathy, active listening, nonviolent communication, mediation and resilience. The facilitators will assess the participants' self-awareness and growth to make positive and healthy changes, encourage the participants to understand that change takes time, practice and patience. The facilitators will challenge old ways of thinking and acting, assisting the participants in accepting responsibility for their choices and behaviour while learning to handle strong emotions, conflict and self-control.

The program will have the capacity to make referrals for individual case managed support through existing Quantum Support Services and partner agency services linkages when necessary.

Program Evaluation

Ongoing evaluation is crucial in order to ensure effectiveness of the program, and that positive outcomes are being reached.

The participants will complete self-assessment at Week 1, Week 5 and Week 10.

Facilitators will complete week by week impact assessments for each participant.

An assessment of the impact of the learnings of the young people will be completed by the parent / guardian at the conclusion of the 10 week program and at 3 months.

Referral Pathways

L17 Referrals

Youth Justice and Youth Funded Programs or Services

Secondary School Welfare Officers



Call 1800 243 455 for an assessment and further

We care for Gippslanders

For all information regarding our services and locations please don't hesitate to contact us on:

Morwell

227 Princes Drive

Sale

65 Macalister Street

Warragul

36 Williams Street

Bairnsdale

306 Main Street

Call 1800 243 455

quantum.org.au

Email: abc@quantum.org.au



Quantum Support Services acknowledges the support of the Victorian Government



Quantum Support Services is a Child Safe Organisation



*These are funded programs subject to change.
This information was correct on 28/01/21*