

## How We Work

### EXPECTATIONS over RULES

The 3 R's for young people:

- Respect yourself
- Respect others
- Respect the environment

The 4 R's for staff:

- Respect yourself
- Respect others
- Respect the environment
- Relationships are key

### Our Legacy

Our legacy is that every child or young person who has stayed with us, regardless of the period of time, felt that they were treated with respect and dignity.

We want our young people to be proud to say, *"I lived there and I was respected and cared for."*



## Partnerships



National Therapeutic  
Residential Care Alliance



To find out more about our work visit our website at:

[junctionaustralia.org.au](http://junctionaustralia.org.au)

May 2017

# Therapeutic Support Services

Assisting children and young people  
by providing care and support in a  
home-like environment



Strengthening lives  
and communities



Government of South Australia  
Department for Child Protection

## Our Vision

Our vision is to provide safe and stable home environments for young people under the Guardianship of the Minister and to help build resilience, heal from trauma and provide hope for the future.

## How We Do It

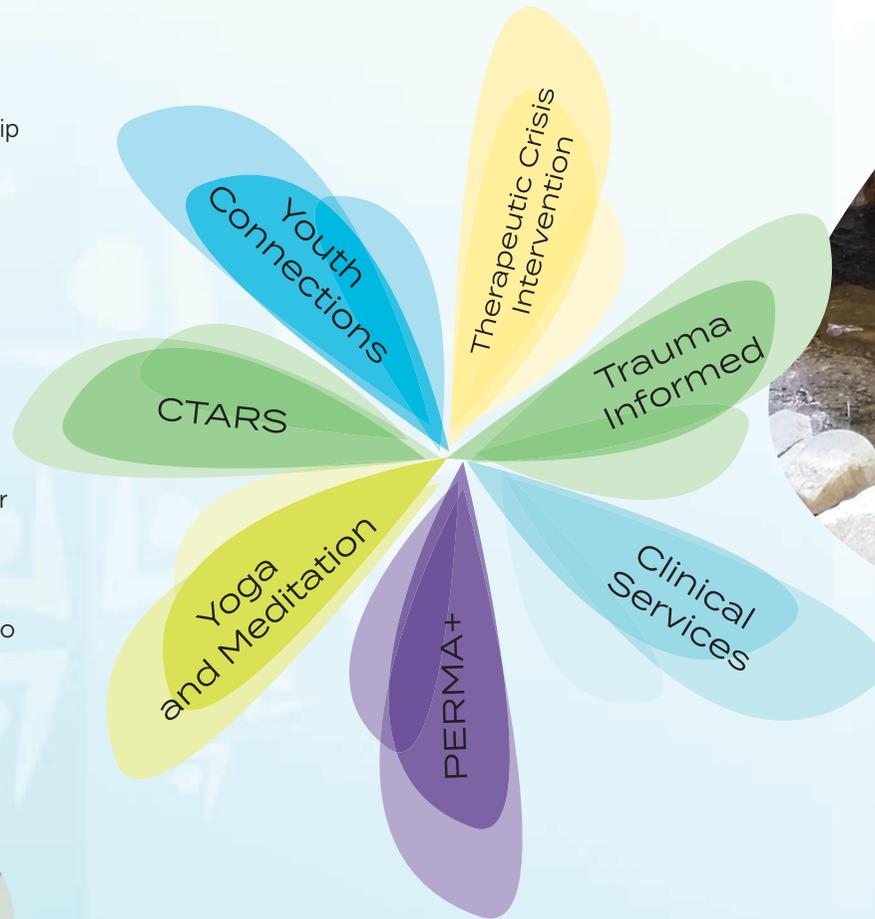
We have 7 elements of success that underpin our trauma informed, therapeutic practice.

### Trauma Informed

Therapeutic Support Services (TSS) staff are trained to understand the impact of trauma on all life domains. Our staff are encouraged to pursue further education in developmental trauma.

### Clinical Services

TSS has partnered with several respected agencies to provide specialist training to all staff.



### PERMA+

TSS embrace positive psychology and Dr Martin Seligman's PERMA+ dashboard (positive emotion, engagement, relationships, meaning and accomplishment, PLUS physical activity nutrition sleep and optimism) to measure and build wellbeing in our young people.

### Yoga and Meditation

TSS incorporates yoga and meditation activities within the program. Scientific studies have shown that yoga and meditation can lead to significant reductions in symptoms of post-traumatic stress.

### CTARS

CTARS is a web based software program that is innovatively designed, to bring together all the paper-based data collection and record keeping; for high needs youth services, or services for people with complex needs.

### Youth Connections

Youth Connections is our mentoring program that focuses on building self-esteem, resilience and self-worth in children and young people healing from trauma and neglect.

### Therapeutic Crisis Intervention

All staff are trained in Therapeutic Crisis Intervention (TCI). TCI assists organisations in preventing crisis from occurring, de-escalating potential crises. managing acute physical behaviour, reducing potential and actual injury to young people and staff and teaching young people adaptive coping skills.