

Responsive and Safe PROGRAM STRUCTURE

Client enters into the Assessment stage. The intake assessment is carried over 2 – 3 sessions.

Option one

ONE on ONE Counselling session. No long waitlists. Delivery of counselling are flexible with both face to face and online sessions. No limits placed on number of sessions delivered. A letter of attendance can be made available upon request.

Examples of ONE on ONE sessions are relationship breakdown, co-parenting, stress management, unpacking family court process and so on.

Option two

Client is group ready and enters into the 22 session rolling group.

Cost of the 22 week course is available upon request. Reduced rates available for concession card holders or in discussion.

Letter of attendance provided as part of program. A detailed report will be available upon request.

Client wanting to engage in group but not group ready. Options three –

Case management with referrals to add additional support preparing for group.

On completion of the sessions option is to enter group.

Upon completion of the 22 sessions if the client feels he wants to continue the group he will enter into Maintenance group work once a month -further exploring specific topics not addressed in the 22 week course such as:

- family origin and examining the patterns passed down through the generations
- exploring the usage of drugs and alcohol as a means to self soothe and the impact on relationship
- understanding sexual respect and consent, addressing FDV as a gender issue
- importance of understanding correlation between unmanaged mental health and perpetration of abuse in relationships.

Responsive and Safe can be delivered online to meet the needs of rural clients and FIFO clients.

Following completion of these final session support is given to men to establish their own peer lead sessions once a month if they are wanting to continue their own support.

