

Brief Summary of the session

The Relationship Building Session is arguably the most important session in the suite. Young people need to be provided with a sense of safety, support, familiarity, and respect, and that their coach will hold an unconditional, positive regard towards them. It is likely that the young person has been challenged with relationships in the past that have been conditional and inconsistent, which makes 'reaching out for support' a potentially scary or uncomfortable task. Holding this in mind, it is important that the Transition Coach meet the young person 'where they are at', provide a calm and unintrusive space, and be flexible in their approach to engaging with each individual.

What is the intended outcome from the session from a young person's perspective?

- The young person should be left with a sense that they have unconditional support, and that their Transition Coach is genuine and motivated to support them towards achieving their aspirations/ needs/ goals.
- It is encouraged that the coach offers a little insight into themselves and their style of work, as it provides the young person with the opportunity to relate to them in a more casual way.
- We want young people to feel our commitment to 'walking alongside' them as they build skills and capacity, rather than the hierarchical approach they may have experienced in the past.

What Practice or System Principles are relevant for the coach?



What do you do (Step by Step Guide) to run this session?

1. Use conversational/creative/relaxed approach - based on Coaches strengths and style and preferences of the young person.

2. Revisit goals and ideas raised during on-boarding phase raised by young person and primary support.
3. Elements of the pitch and difference between Home Stretch and the Department of Communities may need to be revisited.
4. Create a safe space for YP to ask any questions or discuss concerns.

Preparation:

1. Contact young person and arrange a comfortable place to meet. Suggestions that include food/ coffee are always more appealing. It is likely that the Coach may need to lead the conversation and planning for this first session, so it's important to suggest places that you feel would be most comfortable for the young person. For e.g., is meeting in a crowded place too overwhelming for the young person? Would meeting at their home or picking them up from school be more helpful?
2. Review on-boarding documents and reflect on past conversations had with the young person that may highlight topics raised by the young person, previously. For example, they may have disclosed that they are really focused on sitting their L plate test as soon as possible. This will offer a good conversational starting point.

Location:

- Negotiate with the young person a safe and comfortable space for you to meet or offer to collect them from home and take them somewhere local.
- Relationship building, particularly in the beginning, is supported by a calm and casual environment – typically that serves food or a milkshake/ coffee.

Step by Step Session Plan:

1. Open with a casual discussion, relying on your interpersonal skills to establish a back-and-forth conversation. Use this time to really get to know the young person; what are their interests? What are their goals? Etc. Just like any relationship, it is nice to explore what you might have in common; What footy team do you go for? What's your favourite movie? What kind of books do you read/ music do you listen to? etc.
2. Outline/ revise the young person's goals, touching on some of the ideas/ needs/ wants presented by the young person (or raised by their carer/ support person) in the previous on-boarding session.
3. Discuss and establish a basic understanding of best communication methods and timeframes for contact that will work for the young person. This is particularly relevant if the Transition Coach works part-time, or if the young person is at school/ work on certain days and doesn't want to be disturbed.
4. Use the 'Life Wheel' or 'Mind Map' to start exploring the young person's world and what they feel they need support achieving.
5. An optional extra is to have them complete the '24 Youth Character Strengths' questionnaire, as it not only is informative and strengths-based, but it provides a great conversational platform to expand on when exploring the young person's study/ work ambitions.
6. Look for opportunities to provide some 'quick wins' for the young person. For example, support them to book in their L plate test from your phone, or get some more information about a course they have been interested in but don't know enough about.

- Discuss the young person's priorities and select 2-3 that you can schedule in to support them with in the first couple of weeks.
- Discuss and schedule your next catch up and session agenda. Encourage the young person to add it to their phone calendar but let them know that you will send them a reminder the day before (or whatever you have discussed and agreed upon regarding appointment setting).

What Tools or Forms?

Home Stretch WA - Flyer for Young People

What does Home Stretch WA offer?

Home Stretch WA gives you the choice to access extra supports and resources to the age of 21.

Transition Coach

A reliable person to help you figure out what you want your life to look like, how to get there, and deal with anything that might get in the way.

Your transition coach doesn't work for the Department of Communities, but they know how things work and will make sure there is a smooth transition for you.

How could you benefit?

Home Stretch WA offers help in all areas of your life; you decide what support you need and how often you need it.

Your coach will help you access a range of financial supports including 'Invest in Me' Funding. It gives you access help when you need it from someone who knows what's going on.

Where do you want to live?

Home Stretch WA can financially support almost any living arrangement that is safe, stable and affordable.

Whether it is Staying On with a family/foster carer, or accessing the Housing Allowance for rentals, share-houses, or living with extended family.

What about other supports?

Your coach will help you connect with the people and places that are important to you. By 21, you will have the confidence, knowledge and supports you need to build a better future.

That includes helping you to strengthen connections to culture, family, community and country.

It's Your Choice

Home Stretch WA offers you the right to access these supports any time between the ages of 17 to 21 **by choice!** If you give it a try and decide it isn't for you, then you can always Opt-Out later.

You can go in to any District Office before you turn 21 and ask to be connected to a Home Stretch WA service provider.

Your Transition Coach can help with a range of different things, but importantly you decide what help you need and when you need it.

Money	Life Skills
<ul style="list-style-type: none"> Write a budget Pay off debts Access health insurance Learn how to save and manage money/expenses Pay for bills e.g. mobile phone, car insurance Assist with reporting to Centrelink Help to pay for education and training 	<ul style="list-style-type: none"> Transport to appointments Develop independent living skills e.g. cooking, cleaning, laundry, food shopping Register to vote How to arrange transport for getting around Access driving lessons Goal setting Parenting support Crisis/emergency support and advice
Connections	Rights & Responsibilities
<ul style="list-style-type: none"> Support to meet with services Support to connect with the local community (including sports) Support to connect with family Assistance dealing with conflict Assistance accessing info from the Department Learn to manage boundaries in a house Learn how to build healthy relationships Eco mapping 	<ul style="list-style-type: none"> Know your rights and responsibilities Support with paying for fines Get your passport and other ID documents Support to access your Departmental files through Freedom of Information Provide advocacy and support with your leaving care plan Assistance managing your curfew, and reporting to corrections
Education, Training & Employment	A Place to Live
<ul style="list-style-type: none"> Access traineeships Career planning Access work experience and volunteering Write a resume and prepare for interviews Job search and connect to job network providers Access short courses - first aid, RSA, barista etc. Link you with tutors Assistance reporting to Centrelink Help to pay for education and training 	<ul style="list-style-type: none"> Know your rights in the real estate market Negotiate with real estate agents Support access to safe and stable housing Rent inspection support How to take care of your living space and manage housemates
Health	About You, Your Mob, Your Family
<ul style="list-style-type: none"> Help finding a GP Harm minimisation Learn how to manage your medication Connect with a psychologist or counsellor Learn how to take care of your physical, sexual, mental, emotional and psychological health Support accessing services such as dentist, physiotherapist and gym Help to manage your drug and alcohol use 	<ul style="list-style-type: none"> Support to reconnect with family Support with your sexuality/gender Focus on your hopes, dreams and aspirations Explore your culture and religion Parenting support Crisis/emergency support and advice

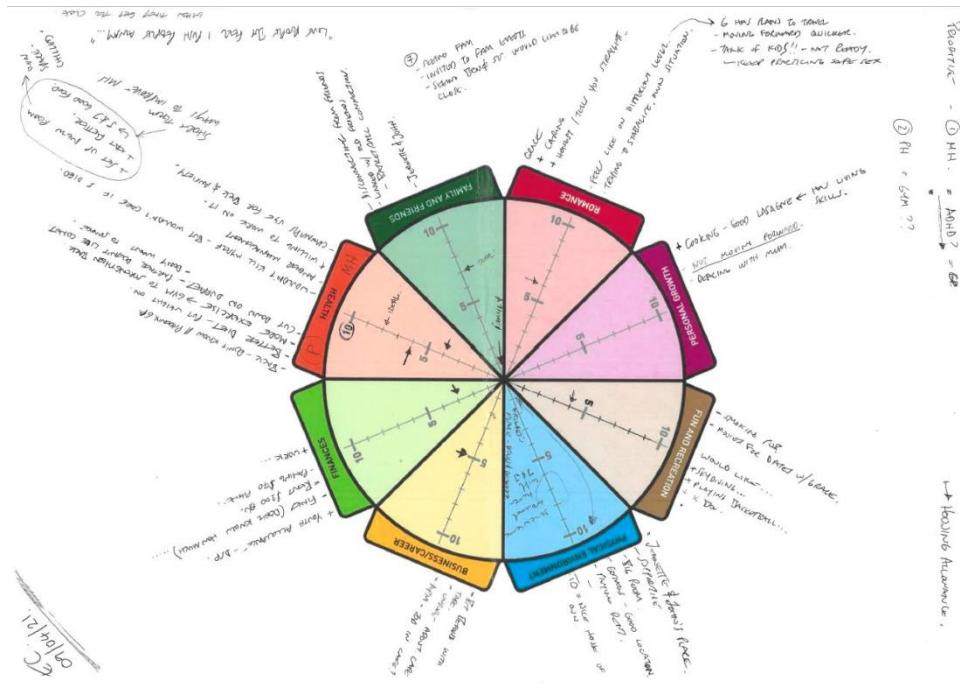
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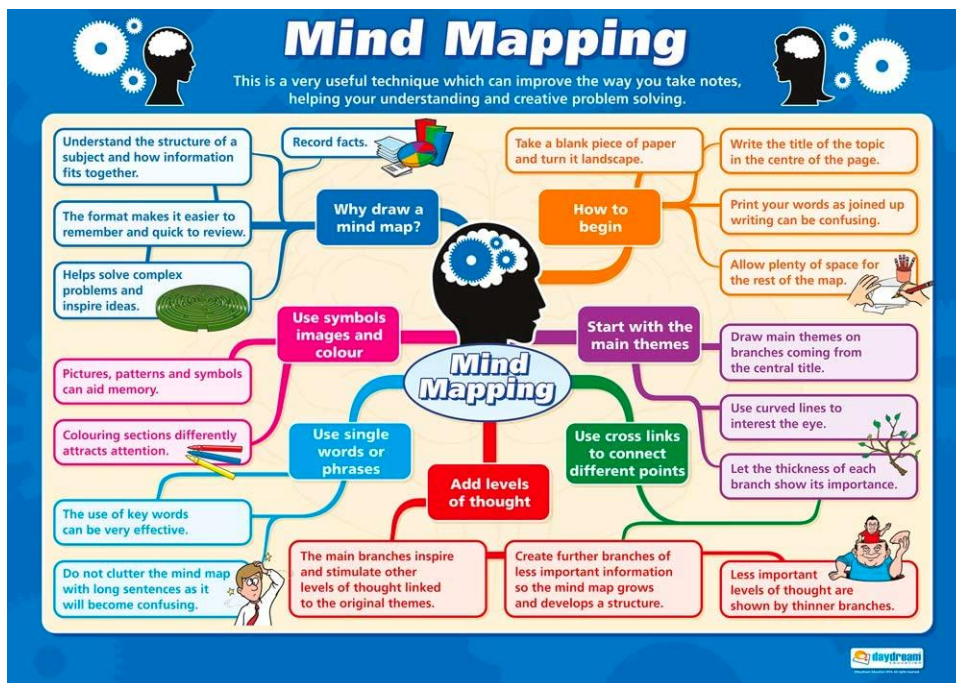
24 Youth Character Strengths



Life Wheel



Mind Map



How might you include Support Circles?

This session may build upon the previous on-boarding session held alongside trusted supports or can be organised separately and the young person's support circle member

invited to attend. Depending on the young person, having a member of their support circle attend the initial sessions may help them to feel safe and provide comfort when meeting with the Transition Coach in the beginning. Typically, the support person has a rich level of insight into the young person, their goals/ needs, and the experiences they have had previously, and often can suggest things that may not have otherwise been considered.

Equally, this session can also begin to explore the young person's current network of support, consider areas where there may be opportunities to engage with these supports, and for the young person and coach to negotiate sharing of information with the important people in the young person's life.

Examples of successful sessions:

Carly

- Initial meeting was pushed back several weeks due to extenuating circumstances, YP being overwhelmed and having multiple services involved.
- Coach continued to have regular contact with YP – built rapport and explain the HS offer over several phone calls.
- On-boarding appointment happened in person in the home once YP had settled and able to engage.

Joy

- Referred after being disengaged from the Department.
- Coach spoke with previous Case Worker who provided contact for Paternal Grandmother.
- Paternal Grandmother informed Coach that YP was in custody.
- Coach contacted YP in prison by making an official phone call – Coach introduced herself and provided a brief HS pitch.
- YP agreed to meet Coach in person. Coach then booked an official visit and was able to onboard YP while in custody and continue support once they were released.