



**Keeping young  
people connected  
to family and  
community**

**mcm.**

melbourne city mission

*your future, your way*

## Identifying early enough can make all the difference to a young person.

**Homelessness is usually a result of other forms of disadvantage building to a crisis; family violence, abuse and mental health are the major drivers into homelessness for young people.** But once they become homeless, young people face even more dangerous situations; sleeping rough, in unsafe housing, couch surfing or worse. The longer homelessness lasts, the harder it is for a young person to rebuild their lives. Homelessness becomes a cycle – surviving from one day to the next.

Sometimes all a young person needs is the right type of support, to prevent them eventually becoming entrenched in long term-homelessness, increasing trauma and poverty, often causing them to lose all hope of reaching their full potential.

A main priority for MCM is to prevent homelessness from occurring in the first place. To achieve this, we offer proactive services aimed at keeping young people within their family home (when possible), or in other stable accommodation.

## Do you know a young person displaying any of these risk factors?

- Has parents with AOD/mental health issues
- Concern for the young person's safety in the home
- Overcrowding
- Has become disengaged from school – at any stage if it is outside the norm
- Needing support to maintain family and/or community connections
- Financial stress in the home
- Mental health issues
- Intimate partner/family violence
- Couch surfing with friends/new to homelessness

**Detour** and **Reconnect** - our early intervention programs, work in a healing oriented, trauma informed way, towards pathways that keep young people safe and secure by offering a range of educational and family-orientated services.



# Detour



**Detour is an early intervention program working with young people 12-24 (and their parents/ significant others) who are displaying risk factors that are known to potentially lead to homelessness**

and have connections to the CBD, Western Metro Melbourne area, Frankston, Mornington Peninsula and Greater Shepparton areas.

We partner with Headspace, DHHS, Centrelink, schools, Kids Under Cover and other local services working directly with young people, to identify and fulfil the needs of at risk young people, ultimately to prevent them entering the homelessness system.

Detour's Youth Coaches provide intensive case management for 3, 6 or 9 months and work within a trauma informed framework to support young people to develop goals and action plans, for improved life experiences and to put them on a path to safety, security and an independent life.

Detour support services include:

- We work with young people to develop their own goals, ideas, strengths and abilities, and we put an action plan together for improved family connections, accommodation, education, employment, and positive community participation
- Group work in schools to address emerging trends, emotional regulation and anger management
- Secondary consultation for teachers and wellbeing coordinators when assessing risk and referral options
- Support families to explore and develop communication strategies and offer mediation and links to other supports.
- We look at potential respite options with family and community
- We provide information, support and skill development to enable young people to explore share housing and private rental options

For this to be a success we need to act early, so please get in touch today if someone you know is at risk.

# Reconnect

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**Reconnect works with young people aged 12 - 18 (or young people aged 12 - 21 who arrived in Australia in the last five years on humanitarian or family visas) to stabilise their living situation, achieve family reconciliation, and improve their level of engagement with work, education, training and their local community.** The key is to engage the young person before the impacts to their life are too hard to come back from.

Our trauma informed, healing oriented professionals will always treat young people, their families, and staff with dignity and respect, and the young people we work with can expect to have their goals responded to and their privacy protected.

Reconnect offers the following services:

- Working with the family to reduce conflict and address relationship concerns
- One on one interventions (e.g. goal setting, relationship building, counselling)
- Practical support and case management (coordinating access to appropriate services, providing support, transport to appointments)

- Group work in schools to address emerging trends, emotional regulation and anger management
- Secondary consultation for teachers and welfare coordinators when assessing risk and referral options
- Group work with other young people including mediation and peer support groups

Reconnect also helps young people at risk of homelessness by working with them to:

- Stabilise their living situation, where appropriate, to remain in a safe family home
- Remain in school
- Link into training options and appropriate services, such as programs that help to find employment
- Apply for income support (if eligible)

For this to be a success we need to act early, so please get in touch today if someone you know is at risk.





If you know a young person displaying risk factors, or who may benefit from some support, please get in touch.



**Scan the QR code to learn more about our early intervention programs**  
Detour and Reconnect.

Call **1800 338 687** for Detour and **9977 0023** for Reconnect or visit [mcm.org.au/homelessness/support-services/prevention](https://mcm.org.au/homelessness/support-services/prevention)