

What is i-Connect?

Relationships Australia Victoria (RAV) provides i-Connect, funded by the Australian Government Department of Social Services, to deliver support to children and young people at risk of or affected by mental illness in the East Gippsland area.

RAV is a valued provider of specialist family and relationship services. Our vision is for positive, safe and respectful relationships for couples, families, schools, workplaces and communities. Our objective is to relieve suffering, distress and helplessness and to enhance physical, social and emotional wellbeing.

As a secular, community-based, not-for-profit organisation, our services are for all members of the community, regardless of religion, age, gender, sexual orientation, lifestyle choice, cultural background or economic circumstances. We respect the rights of all people in all their diversity to live safely and with dignity, with their families and within their communities, and to enjoy healthy relationships.

Service focus

The focus of i-Connect is to support children and young people to stay connected and engaged in education and learning, including sport and recreation pursuits. Our program provides practical support and assists children and young people in strengthening positive relationships, exploring positive risk taking, supporting self-regulation and building positive reputations.

The focus of our engagement with significant adults in children's lives is to assist their active participation in supporting the child's well-being, resilience, and self-esteem.

Our long-term aim is to help strengthen at risk young people's capacity for achieving success in learning and moving into the work force.



Establishing and maintaining effective referral pathways

i-Connect is committed to working in partnership with all relevant stakeholders. For more information about our program and how we can work collaboratively with your agency or organisation to support children and young people, please contact us.

Contact us

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www.relationshipsvictoria.com.au

i-Connect is a Family Mental Health Support Service provided by RAV and funded by the Australian Government Department of Social Services.

Images are for illustrative purposes only.

i-Connect

A free early intervention mental health program for children and young people in East Gippsland

Information for agencies and organisations



Relationships Australia
VICTORIA

Service principles

- **Early intervention:** i-Connect is an early intervention service for children and young people at risk of experiencing poor mental health.
- **Relationships:** The i-Connect service model is informed by the principle that strong relationships and a sense of connection to others is central to children's mental health and wellbeing.
- **Child-centred and family-focused:** The i-Connect team always works with the family or trusted adult of children and young people to improve their long term mental health outcomes.
- **Collaboration:** i-Connect is committed to working collaboratively with other relevant services in East Gippsland, including schools and early childhood services, to promote better integrated service delivery and to ensure children and families do not fall through the cracks.
- **Education and empowerment:** i-Connect provides community education to support East Gippsland communities to better understand and respond to mental health issues for children and young people.
- **Flexibility:** i-Connect actively seeks to provide a flexible, responsive and individualised service.



Service model

i-Connect provides three interventions.

- Long-term intervention, up to 12 months (50 clients a year).
- Short-term intervention, up to six sessions within three months (100 clients a year).
- Community engagement, education, group work.

Assessment

Risk factors, strengths and needs are assessed across six domains:

- physical health
- mental health and emotional well-being
- relationships (including social networks and relationships, and family relationships and functioning)
- material well-being (including housing, self-care and living skills)
- learning and development (including school attendance/learning and sport/recreational activities)
- safety (including child and family safety).

From this a Family Action Plan is developed.

Family Action Plan

The plan is developed with the child or young person and their family or trusted adult. The plan is then used as a working document to determine the actions needed to support the child or young person achieve program goals.

Eligibility	Target groups
General eligibility	<ol style="list-style-type: none"> 1. The child or young person (0-18 years) is at risk of developing mental health problems or is affected by mental issues, which may include having parents with mental health problems. A formal mental health diagnosis is not required. 2. There is a significant adult in the child or young person's life with whom they can work to achieve identified goals.
Children disengaged from education or showing signs of disengagement	This is the priority target group for i-Connect.
Children in care	i-Connect cannot provide a service to children in care, under a child protection order or where the State has total or shared parental responsibility.
Children in contact with the child protection system	i-Connect can provide a service to children in contact with the child protection system.
Children transitioning from out of home care	i-Connect can provide a service to children and young people transitioning from out of home care. We can provide a service assessment prior to transition to ensure an action plan is in place when the transition occurs.
Other priority groups	Children and young people from: <ul style="list-style-type: none"> • Indigenous communities • culturally and linguistically diverse backgrounds, including humanitarian entrants and recently-arrived refugees and migrants • families experiencing homelessness, family violence, unemployment, drug and alcohol abuse, a history of trauma etc.

