

## What is Intensive Family Support?

Our **Intensive Family Support** (IFS) services work together with families, often in their home, to support them to strengthen the things that are going well and to help work through some of the things that make it hard for families to stay connected, safe and happy.

This means that we work with you to put in place a Family Case Plan that builds on your family's strengths and identifies ways to achieve your family's hopes for support.

**“Your practitioner will walk alongside you throughout this journey.”**

We talk openly and honestly about things that may be impacting your kid's safety and wellbeing.

Our job is to make sure all supports are working together with your family to help build skills and resilience that create lasting change.

## STEPS WE TAKE TOGETHER

### Connection, your rights and consent

- ♥ We explain our services and your rights, and to see if you are interested in signing a CONSENT FORM to work with us on your family's goals.

### Understanding your family

- ♥ We talk to all family members (even the little ones) about their strengths, worries, support and hopes.

### Goal setting and planning

- ♥ We develop goals and list actions for the family and other people involved to help the family keep safe and well.

### Working together to create change

- ♥ We work together and with other services to help you reach your goals.

### Reviewing progress

- ♥ We talk to you and use resources that help us to check how we are progressing with the goals and make sure there is nothing getting in the way.

### Celebrating progress and saying farewell

- ♥ As goals are reached, we celebrate together and make sure you have the skills and support you need to thrive and stay safe.

**“ We promise to support you through hard times, and celebrate your successes.”**

Aboriginal and Torres Strait Islander Specialist Practitioners



Specialist Domestic and Family Violence Practitioners



Experienced Family Support Practitioners

**OUR INTENSIVE FAMILY SUPPORT TEAM**

In-Home Support Workers



Additional External Services



Allied Health Team\*

\*Service may vary by region

**Parenting Education, Wellness and Connection**

**Wellbeing and Connection**

- ♥ General wellness groups
- ♥ Youth groups
- ♥ Mum and dad groups
- ♥ Yarning circles

**Protective Behaviours Personal Safety Education**

- ♥ Identifying feelings
- ♥ Name private body parts and understand personal safety boundaries
- ♥ React quickly to unsafe or uncomfortable situations

**Early Learning and Development Groups**

- ♥ Cross-disciplinary play groups
- ♥ One-on-one support focus on the holistic wellbeing and development of young children and their learning needs

**Parenting and Attachment Programs**

- ♥ Teaching care givers and parents skills to support children and adolescents with their emotions, manage their behaviours and build strong family connections



Learn more at [actforkids.com.au](http://actforkids.com.au)  
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