

Rosie's Place Inc

Service Spectrum



Strong in History - Strong in Community - Strong in Practice



Rosie's Place Inc

A service for children, young people and families impacted by violence.

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Our History

In 1983 a group of women in Mt Druitt, both workers and community members, came together to increase community awareness about the prevalence of child sexual assault.

From their gatherings they also advocated for the need to establish a specialist service for children, young people and family members impacted by child sexual assault.

In 1986 Rosie's Place opened its doors to the community. At that time it was one of only four community based sexual assault services in NSW.

Rosie's Place was named after one of the very first clients who attended the service and has proudly kept that name to ensure we hold all our clients at the centre of our practice. Rosie's Place honours all the children, young people, and adults (past, present and future) who have visited or will visit this place... their place.



Executive Summary

Rosie's Place is a community based counselling and support service for children, young people and families impacted by violence and abuse. More specifically, both sexual assault and domestic and family violence are the most common forms of violence clients attending our service are subjected to.

Rosie's Place also recognises that children, young people and families deal with complex trauma resulting from both past and current experiences, increasing their vulnerability to not only ongoing safety but also well-being.

This service is located in the outer western suburbs of Sydney and primarily targets the Blacktown LGA, in particular the suburbs of Mt Druitt and surrounds. However many requests for a service outside the immediate area are also accepted, prioritising always the children and families in our community.



Practice Statement

Children and young people have a right to live in an environment that is free from violence and abuse and a right to access all supports available within their community.

Rosie's Place is committed to working to support children, young people and families to address the impacts of such violence, and advocate for their ongoing safety and protection.

Through collaborative work with the community we seek to improve the supports and relationships that are fundamental to all aspects of empowerment, personal efficacy and the promotion of well being.



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Our Guiding Principles

- **Rights** The safety and protection of children, young people and families is a fundamental human right
- **Access and Equity** Our service is inclusive and remains accessible to people from diverse cultural and linguistic background, and remains sensitive to the cultural issues arising when working with those groups.
- **Quality** We will be rigorous in delivering high quality services that reflect research based evidence and best practice frameworks.
- **Innovative** To be continually reviewing and developing innovative practice in response to the changing landscape of both child protection and family centred practices.
- **Accountability** Our work will be transparent, respectful and relevant to the needs of our clients and our community at all times, measured by adherence to a Results Based Accountability framework.
- **Professionalism** We will maintain high standards of service delivery with strong adherence to ethical practice, professional integrity and governance.

STRONG IN HISTORY

The history of Rosie's Place is closely linked to the overall development of therapeutic services in New South Wales purposely established to respond to the rights and needs of clients who have been subjected to sexual and/or domestic and family violence.

Since its establishment 30 years ago Rosie's Place has provided a diverse range of services, committed to a holistic understanding of the impact of trauma on children and families, including their physical, psychological, emotional, spiritual and relational well-being.

The service is well regarded in the field for the level of expertise held within the organisation, being regularly consulted in regard to many practice and related policy issues for government departments including Family & Community Services, Health, Education and the Out of Home Care sector.



STRONG IN COMMUNITY

Rosie's Place is the only non government and community based specialist therapeutic service for children, young people and families who have been subjected to violence and abuse in Outer Western Sydney

We are at all times mindful of the many ongoing needs of our community and families who struggle with the ongoing impacts of trauma in the context of the many stressors associated with social disadvantage and marginalisation.

Yet, in spite of these challenges, we acknowledge that our community is rich in diversity, strength of character and are striving for families to make a difference to their lives.

In recognition of the absolute privilege our service holds in supporting the members of our community we work to ensure that we provide a place where families feel they can be safe, be listened to, be acknowledged, be treated with respect and sensitivity and feel connected.

In being mindful of our obligation to serve the diverse and numerous needs of our community Rosie's Place has also developed a strong alliance with other services and practitioners in the field, sharing resources and information, attending interagency meetings and forming partnerships to undertake different projects.

“It stands to reason that the treatment of children exposed to complex trauma will itself be complex and long-lasting. However, there appears to be a remarkable consensus about the key prerequisites for healing those critical factors or therapeutic pillars that need to be in place if healing is to take place.”

Bath, H. (2008) The Three Pillars of Trauma-Informed Care. Fall 2008. Vol 17.No 3.p.18.

STRONG IN

What We Do &

Rosie's Place has been providing trauma focused therapeutic services for children, young people and families since 1986.

- Increasing safety
- Increasing connection
- Increasing resilience
- Increasing social justice

Services are based on the belief that all children, young people and families attending our service have the right to:

- Have access to information
- Be involved in decision making.
- Be believed and validated in regard to their experiences
- Be treated with sensitivity, dignity and respect
- Be reassured of their right to privacy
- Have services that are accessible and adaptable to their needs

Consideration of being inclusive of children, young people, families and significant carers from different living experiences including:

- Children and young people in our community
- Children and young people in Out of Home Care
- Children and young people with an intellectual disability
- Children under 10 with problematic or harmful sexualised behaviours

Our current therapeutic team are trained in the areas of :

- complex trauma
- child development
- the dynamics of abuse and neglect
- family focused therapy.

The team also have expertise in the areas of clinical assessments:

- case management practices
- developing group programs.



PRACTICE

How We Do It

Trauma informed therapeutic practice

- Trauma focused therapy including individual, family based and group work for children, young people, parents and caregivers, focused specifically on managing the impact of trauma, with consideration of self-regulation, attachment, strengthening family relationships and building resilience.

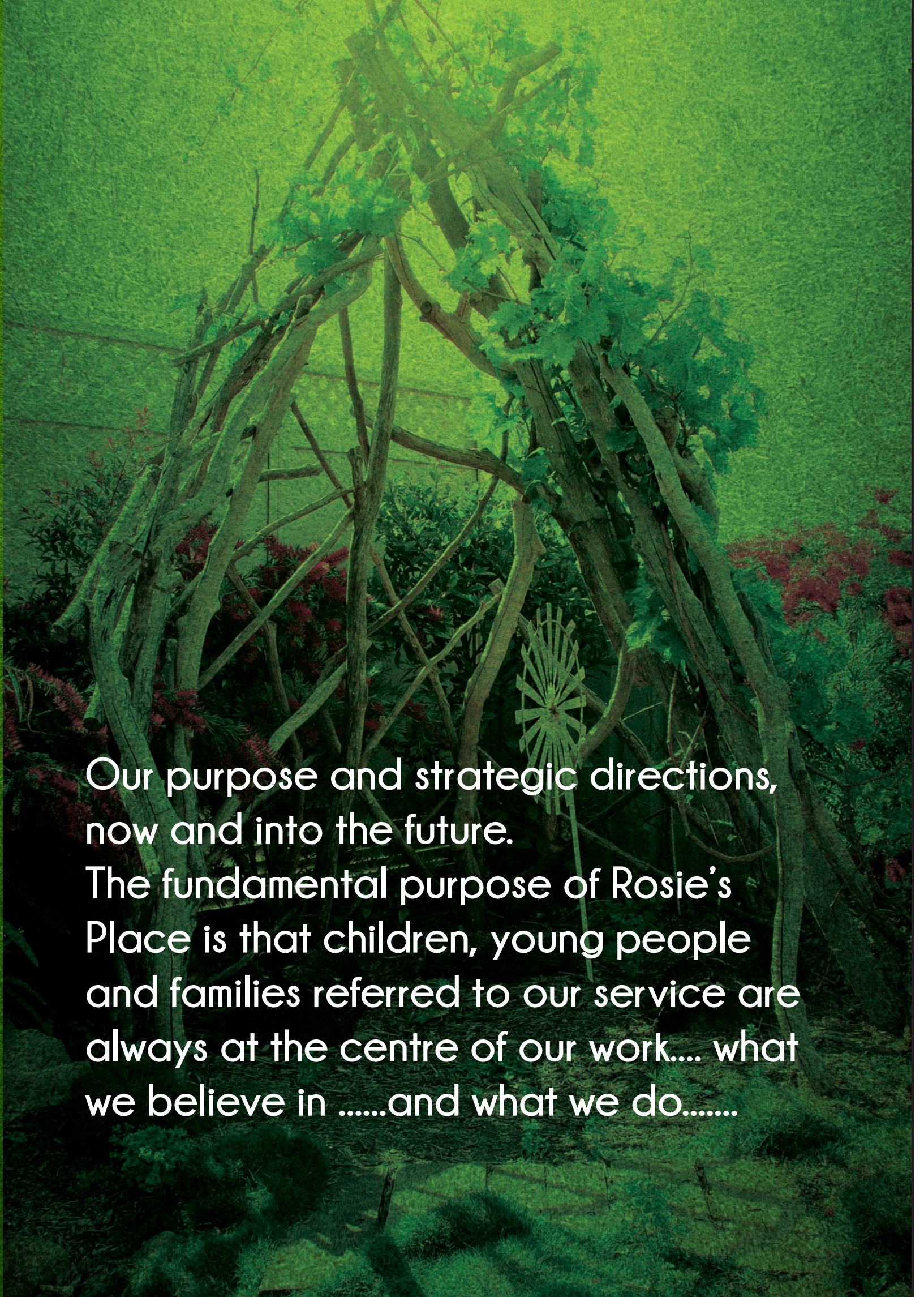
- Outreach to the community by visiting homes, schools, allied services and community based organisations
- Court preparation and support to victims of crime who are required to give evidence as witnesses in criminal proceedings

Collaborative Practice

- Community education, training and consultation in regard to sexual assault, domestic violence, responding to children under 10 with harmful sexualised behaviours and trauma informed practice.
- Resource development via website information and varied publications.

- Research and co-research practices regarding sexual assault, domestic violence, and child protection issues.
- Consultation with key government departments, Commissions, Peak bodies and contracted researchers and consultation firms regarding best practice in relevant fields of practice and intervention.

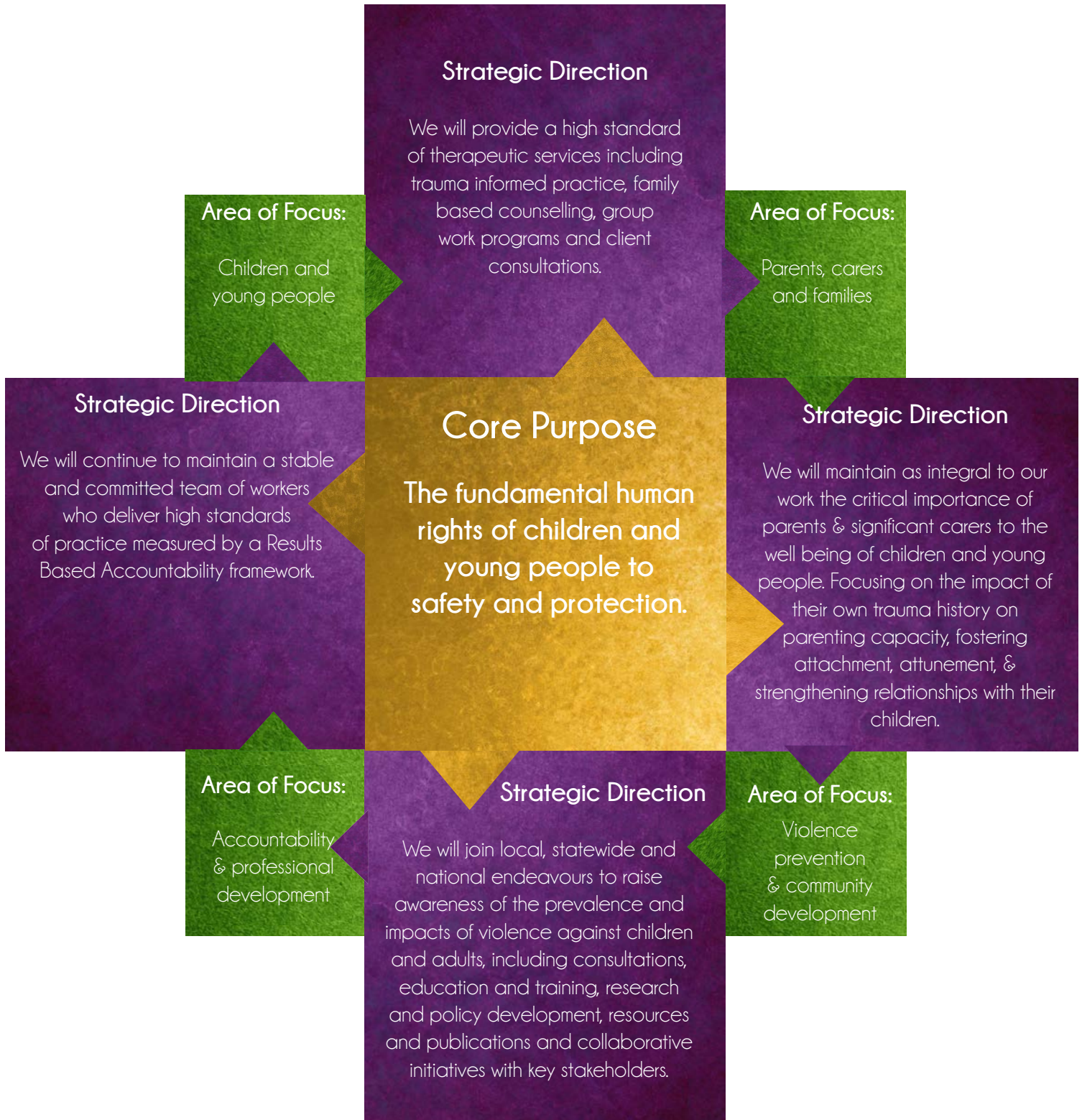




Our purpose and strategic directions,
now and into the future.

The fundamental purpose of Rosie's
Place is that children, young people
and families referred to our service are
always at the centre of our work... what
we believe inand what we do.....

The strategic plan is composed of four key strategic directions with accompanying areas of focus. Together they capture the breadth of our current work and the possibilities of growth into the future.



Accountability Framework

Core Outcome Goals

(what difference do we aim to make?)

- Increase safety - to live in dignity and freedom from fear and harm.
- Increase resilience - build on strengths, capacity for informed choice and self determination.
- Increase connection - to self, significant others and community.
- Decrease impacts of trauma - isolation, guilt, self blame and fear.

Accountability

(who are we accountable to?)

- Children, young people and parents who use our service.
- Children, young people and non-offending parents/carers who are in need of the services we provide.
- People we employ to deliver our services.
- The community within which we work.
- Funding bodies, investors and sponsors who fund our work.

Quality Assurance

(what will we do to continually improve?)

- Promote quality outcomes for clients.
- Guide evidence based programs and service delivery.
- Develop, maintain and report on Results Based Accountability performance measures (how much we do, how well we do it, and who is better off)
- Monitor outcomes in consultation with consumers.
- Commit to quality improvement.
- Maintain consistent high quality across all area of service.
- Operate as a Learning Organisation, welcoming opportunity to grow, learn and change.
- Contribute to and draw from evolving research and sector understanding of trauma and best practice.

Rosie's Place Publications

Rosie's Place has developed a number of publications over the years. This has been in response to the recognised need to document the voices of children, young people and the parents/ carers who come to Rosie's Place. Beginning in 1996 with the booklet "I Have a Counsellor" our list of publications has grown to 23 publications, with new ideas for publications constantly being developed.

- I Have a Counsellor - 1998
- Adventures In Group Work 1999
- I Have A Place 2000
- Writings on The Wall 2002
- A Hand to Hold 2003
- Catch A Falling Star 2003
- More Than Words Can Say 2003
- Dinosaurs Do Dance 2006
- Two Trees 2006
- A Child's Guide to Counselling 2006
- Seasons of Change 2006
- Inside Out 2007
- Lovelife Board Game 2007
- SNAPS 2002 and 2009
- Swimming Against The Tide 2010
- My Place My Story 2011
- The Mothering Tree 2011
- Navigating The Storm 2011
- Their Place Our Story 2012
- I Wish For a Rainbow 2012
- Balancing The SeeSaw 2009, 2010, 2014
- My Tree and Me 2015
- Jellybeans and Popcorn 2016



The Way Forward

The highest priority of this service remains the promotion of the ongoing protection of children and young people's safety and well being.

Our primary focus will always remain the best interests of the child or young person as the primary client with the inclusion of and therapeutic support provided to parents and carers geared to their role as members of what Bruce Perry has called, "the therapeutic web".

The overwhelming evidence regarding therapeutic approaches to complex trauma identifies a practice response that is family centred, not only in regard to responding to children and young people, but also mindful of the impact of trauma on parenting capacity and parent-child relationships. The overwhelming evidence singly identifies the significance of the parent or significant carer to the ongoing protection of children and their well being.

Rosie's Place has adhered to the importance of a therapeutic "wrap around" response to families and, despite the limits of funding and resources, has attempted over the years to build such a model by:

- Increasing worker knowledge and skills through professional development.
- Undertaking comprehensive assessments and case plans and Working closely with allied services to connect families to an array of different services and resources that will further address their needs.

Rosie's Place envisages a future for the service that strives to continue to achieve such objectives and maintain the standard of practice that has gained for the organisation a reputation as a strong and professional service in both the community it serves and throughout the state.

We invite Government, Corporate Enterprises, Business and Community Partners and Friends to join in our journey towards safer children and families. All support big and small will contribute to better outcomes for children and young people and connect them to a community that cares for them now and in the future.

