

Practice Guidelines for the Home Stretch WA Information Session



Brief Summary of the Session

The Home Stretch WA Information Session is the first, in-person, casual but comprehensive introduction to the Home Stretch WA offer.

It is an opportunity for the Transition Coach to discuss each element of the offer, highlighting the young person's right to access support that is flexible, reliable, and unconditional.

This is also the first introduction to you as their (potential) Transition Coach, so bring your A-GAME!



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

It is intended that the information session allows for the young person to make an informed choice regarding the Home Stretch WA offer, providing them with the opportunity to ask questions, reflect, and consider whether Home Stretch WA is right for them.

We want young people to feel that their expertise regarding their own life is acknowledged and respected, and that we are committed to 'meeting them where they are at' and 'walking alongside' them as they navigate their development to interdependence.

What Practice Principles or System Principles are relevant for the Coach?

You can make an informed choice about the support you receive from Home Stretch WA
- There are no shocks for you or the important people in your life.

A reliable source of Support is your right
- It's your choice to join and you can choose to come and go.

You are the expert in your life, you deserve the freedom and respect to make your own choices - Our support is unconditional.

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

Preparation:

1. Complete the Stage II Referral Form with the person who has the strongest connection with the young person. This will help you understand their support circles and what they might need from Home Stretch WA.
2. If there are any concerns about engagement or the young person has been identified as having more complex support needs; invite the secondary coach to join you for the info session so the young person can meet them.
3. If the young person is seeking to Stay On, liaise with the Staying On Facilitator around a time you might meet with both the carer and young person.
4. Contact the young person directly (and carer) to explain that you would like to meet and have a conversation about Home Stretch WA. Offer to email the Service Offer Video, Flyer for Young People, and Staying On Booklet prior to meeting in person.
5. Arrange a time to catch-up at a place and time that suits them and feels safe and private. Offer the young person the option of bringing a person from their support circles or to meet separately.
6. Send a digital message to the young person the morning of the catch up to remind them.
7. Take all of the service information as well as the sign-up paperwork to the meeting in case the young person elects to Opt-In on the spot.



Location:

Discuss the location with the young person (and Support Circle), choosing somewhere that is most comfortable for them.

Typically, their home, a coffee shop, a local park, or something similar are good suggestions.

Step by Step Session Plan:

1. Introduce yourself and what your role is at Home Stretch WA. It's sometimes nice to offer a little insight into why you wanted to be a part of Home Stretch WA, as it communicates your genuine intent to be an engaged and reliable support for the young person.
2. Ask the young person what sparked their interest in Home Stretch WA – this usually provides insight into how much the young person knows about the offer already, what they hope may be beneficial to their current situation, or what they hope to work towards. This allows for the Transition Coach to not only provide a broad understanding of the Home Stretch WA offer, but a more tailored understanding of how Home Stretch WA may support the young person's specific needs.
3. Go through the Home Stretch WA offer. If you have insight into the young person's needs/ goals, use them as examples to explain how Home Stretch WA may be able to support the young person to work towards attaining them.
4. Discuss the role of the Transition Coach, highlighting the 'walk alongside' approach and the acknowledgement and respect for the young person's right to autonomy.
5. Allow the young person (and carer) to ask questions or discuss any concerns.
6. Offer the young person up to a week to think about the offer and schedule a follow-up time that is appropriate. They may wish to speak to people in their support circle about the choice OR,
7. Go through sign-up documents with the young person, checking for understanding along the way, and highlighting that they can opt-out (and back in) at any time.

What Tools or Forms do you use?

- Home Stretch WA - Fact Sheet - Young People
- Home Stretch WA - Explainer Video
- Staying On - Guide for Carers and Young People (if applicable)
- Referral Stage II Form
- Sign-up documents - Provider Release of Information Form, Consent to Participate & Collect Information Form, Consent to Obtain & Store Records Form

How might you include Support Circles?

It is important to acknowledge that young people are a part of a wider social unit and engaging people in their support circle is beneficial to the development of the young person's interdependence.

Encouraging the young person to bring someone from their support circle to the information session, often supports a more relaxed and comfortable interaction for the young person, whilst also supporting a collaborative approach to the young person's care.





Examples of Successful Sessions

Transition Coach Barry was allocated a referral from Fremantle District Office. Barry called the Fremantle Leaving Care Case Worker Jill to discuss Home Stretch WA and went through the Stage II Referral form via phone to find out some more information about the best way to introduce Home Stretch WA to Jake. Barry had already emailed through the Home Stretch WA Video and Flyers in the meantime for Jill to show Jake. After talking to Jill, Barry arranged to meet with Jake in Dome at Fremantle with Jill present so she could introduce him. At the meeting Barry went through the Home Stretch WA Flyer and explained what Home Stretch WA could offer, Jake agreed to sign up and completed the Sign-up Documents. Barry, Jill and Jake arranged to meet next week to talk more about how Barry and Jill could work together on what Jake wanted out of Home Stretch WA and to clarify who might do what until Jake turns 18.

Transition Coach Jane was allocated a referral from Cannington District for young person Molly. Jane contacted Cannington District Case Worker Julie via the phone to complete the Stage II Referral form. After chatting about Molly it was decided that it might be best for Jane to call Molly direct to arrange a meeting as Molly already had sufficient information about Home Stretch WA and was comfortable meeting Jane on her own. Jane arranged to meet Molly at Hungry Jacks and completed the sign-up documents. Molly agreed for Jane to contact Julie to complete any handover documents from CPFS including finalising her leaving care plan. Molly gave Jane her mobile number to contact her and they agreed to catchup next week.