

## Who is CatholicCare?

CatholicCare, formerly known as Centacare, is the welfare arm of the Roman Catholic Church and has operated within the Archdiocese of Canberra & Goulburn for more than 50 years.

During this time CatholicCare has grown from the beginnings of a small volunteering organisation to the large multidisciplinary welfare agency it is today. CatholicCare operates with a simple and clear premise – to help people.

This aim has not changed over the years.

Helping people involves valuing, strengthening, assisting, supporting and caring for people who are less advantaged in our community.

## Do I need to be Catholic to use CatholicCare Services?

The answer is NO. CatholicCare provides services to all members of our community. We ensure equitable access to all individuals using our services.

## Privacy & Confidentiality

CatholicCare is committed to providing high quality services with respect to confidentiality, accessibility and equity to persons in the community. With this quality in mind we have also attained Quality Management System accreditation to ISO 9001:2008.

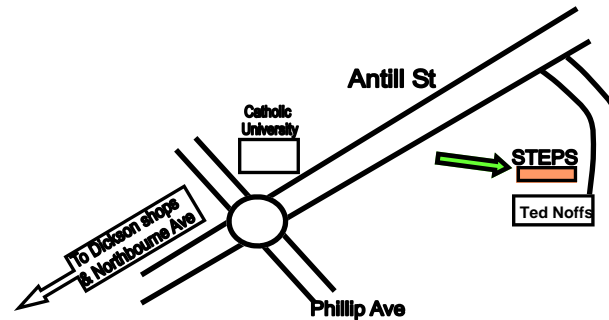


(Formerly known as Centacare)  
Issue 180310



# STEPS

Supporting young people  
Through **E**arly intervention and  
**P**revention **S**trategies

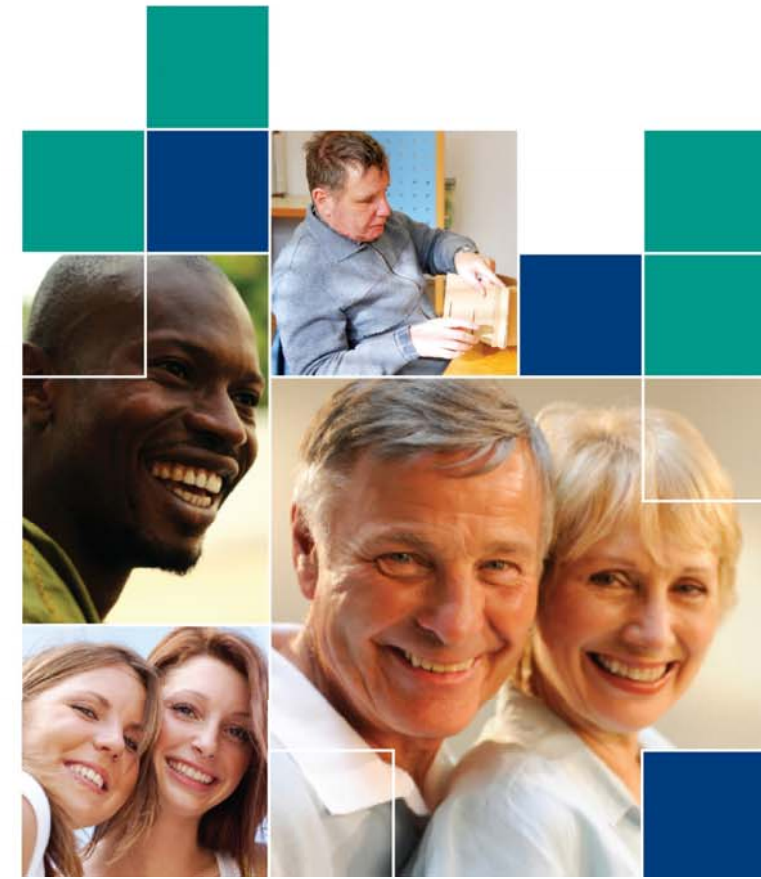


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## What is STEPS?

STEPS is a voluntary Youth mental health residential program which offers accommodation, 24 hour support staff and an alternative to hospitalisation.

The program combines case management and clinical management to assist residents to stabilise their presenting mental health issue and to develop personal resources to manage their mental health and emotional well being in the future.

## Who is eligible for support?

Young people aged between 13-18 years who have or are experiencing mental distress.

### Step Up / Step Down

The STEPS program offers a step up / step down accommodation option for young people experiencing mental distress

The 'step up' refers to when a young person experiences moderate to severe symptoms of mental illness & requires support but is assessed as not requiring hospitalisation.

The 'step down' offers an accommodation option for young people with a mental illness to transition between hospital & returning home.

### Transitional outreach

The STEPS workers can also provide some outreach support for clients exiting the service as they transition back to independent living in the community.



**STEPS** offers accommodation & support for a period of up to three (3) months and limited transitional outreach support to ensure the young person's stability is sustained.

### Assistance provided includes

- Accommodation to stabilise mental health issues
- Case management, information, referral, advocacy & information
- Clinical support
- Assistance with accessing accommodation options
- Support to improve & develop life skills
- Access to education, work, & community resources
- Support to increase understanding, knowledge, skills & confidence to manage future crisis
- Assistance to enhance relationships with parents/carers & significant others

## Parents / Carers

Parents and/or carers are encouraged to participate in the young persons recovery plan and are able to access support through STEPS or be linked to appropriate services.

## Recovery Planning

Young people are assisted in their recovery by focusing on their strengths, resilience and skills.

## How can you access the STEPS service?

Young people may be referred to STEPS by General Practitioners, Psychiatrists & Psychologists directly through Child & Adolescent Mental Health Service or by contacting the STEPS Program.

The STEPS Program is funded by the ACT Department of Health and is delivered in partnership with ACT Child and Mental Health Services (CAMHS) and CatholicCare Canberra & Goulburn.

