

THERAPY HUB

Health, Therapy and Wellbeing
Services in South Australia



LIFE WITHOUT BARRIERS

THERAPY HUB

Life Without Barriers has a multi-disciplinary therapeutic team, including psychologists, occupational therapists, social workers, arts therapist and developmental educators who are all experienced practitioners in working with adults, young people and children with significant and complex support needs.



THE THERAPY HUB

Health, therapy and wellbeing services

Our health, therapy and wellbeing services are tailored to the individual needs of each person we work with, helping them to address their needs and improve outcomes in:

- Behaviour support
- Mental health and recovery
- Complex health needs and disability
- Developmental and learning difficulties
- Trauma and loss

Within this service we offer:

Behaviour support services

Our team can work with you to develop a Positive Behaviour Support Plan to address behaviours of concern. This includes functional behaviour analysis, skills development and training to service providers around implementation.

Therapeutic assessments

We have a number of standardised assessments for children and adults. We are able to assess adaptive functioning, educational needs and learning disorders, language and

communication needs, sensory needs, social skills, personal care, mobility and movement difficulties.

Therapy connections

We can provide individualised training packages to suit your needs. This can include trauma specific training including, but not limited to, Impact of Abuse and Neglect on Brain Development and Attachment in Children, Vicarious Trauma, Supporting Children who Self-harm and Understanding Problem Sexualised Behaviours.

Therapy intervention

We can provide evidence based therapeutic interventions with children and adults who present with a variety of mental health concerns, developmental concerns and disability.

Arts therapy:

We can provide arts therapy for children and adults who have difficulty expressing their feelings verbally and require a safe place to explore their feelings, develop emotional regulation skills and better coping mechanisms through art.



Our health, therapy and wellbeing team focuses on building relationships with clients ensuring they feel heard and valued and that our services meet their needs by being responsive, inclusive and proactive in our service delivery.

At Life Without Barriers Therapy Hub we specialise in working with children, young people and adults who have complex needs arising from trauma and abuse experiences, disability or mental health issues. We are passionate about providing a professional service within a warm and welcoming environment, working with you to ensure that together we achieve the best possible outcomes.

ACCESSING OUR SERVICES

We accept referrals from individuals, government agencies and other not for profit organisations seeking clinical support for their clients.

Fee for service

Currently we partner with government agencies and other organisations to deliver discrete therapeutic intervention to their clients or to deliver a multi-disciplinary service, including case conferencing and training.

Our fee for service quote will be based on the scale and complexity of the therapeutic involvement.

If you would like to make a referral or have a more detailed discussion about our service, please contact our client intake officer on:

P: (08) 8193 9400

E: SAClientIntake@lwb.org.au

NDIS funding

Life Without Barriers is a registered NDIS provider able to work with individuals requiring therapeutic support.

If your (or your client's) NDIS plan provides funding under “**Improved Relationships**”, “**Improved Daily Living**” or “**Assistance with Daily Life**”, our therapy services may be able to be funded from the plan.

For a more detailed conversation around your personal requirements, please contact our NDIS client intake officer on:

P: (08) 8193 9400

E: SAClientIntake@lwb.org.au

Department for Child Protection

Our psychologists are registered with the DCP Psychological Services Panel as a preferred provider. If you are a DCP case manager for a child under the guardianship, please contact DCP Psychological Services to make a referral for psychology services. The DCP Psychological Services Panel will determine the need to outsource and the suitability of referring the child to our psychologists.

BEHAVIOUR SUPPORT SERVICES

Improved Relationships and Daily Living Skills

Our behaviour support service is a highly specialised intensive support intervention to address significantly harmful or persistent behaviours of concern.

- Our approach is to develop an interim plan within one month and work with stakeholders to develop a more comprehensive plan
- We develop the plan in consultation with the person with a disability, their support network and any implementing provider
- Recommendations are based on a comprehensive bio-psychosocial assessment including a functional behavioural assessment
- The plan includes contemporary evidence-based behavioural strategies including environmental adjustments to constructively reduce behaviours of concern
- We aim to work towards reducing and eliminating restrictive practices

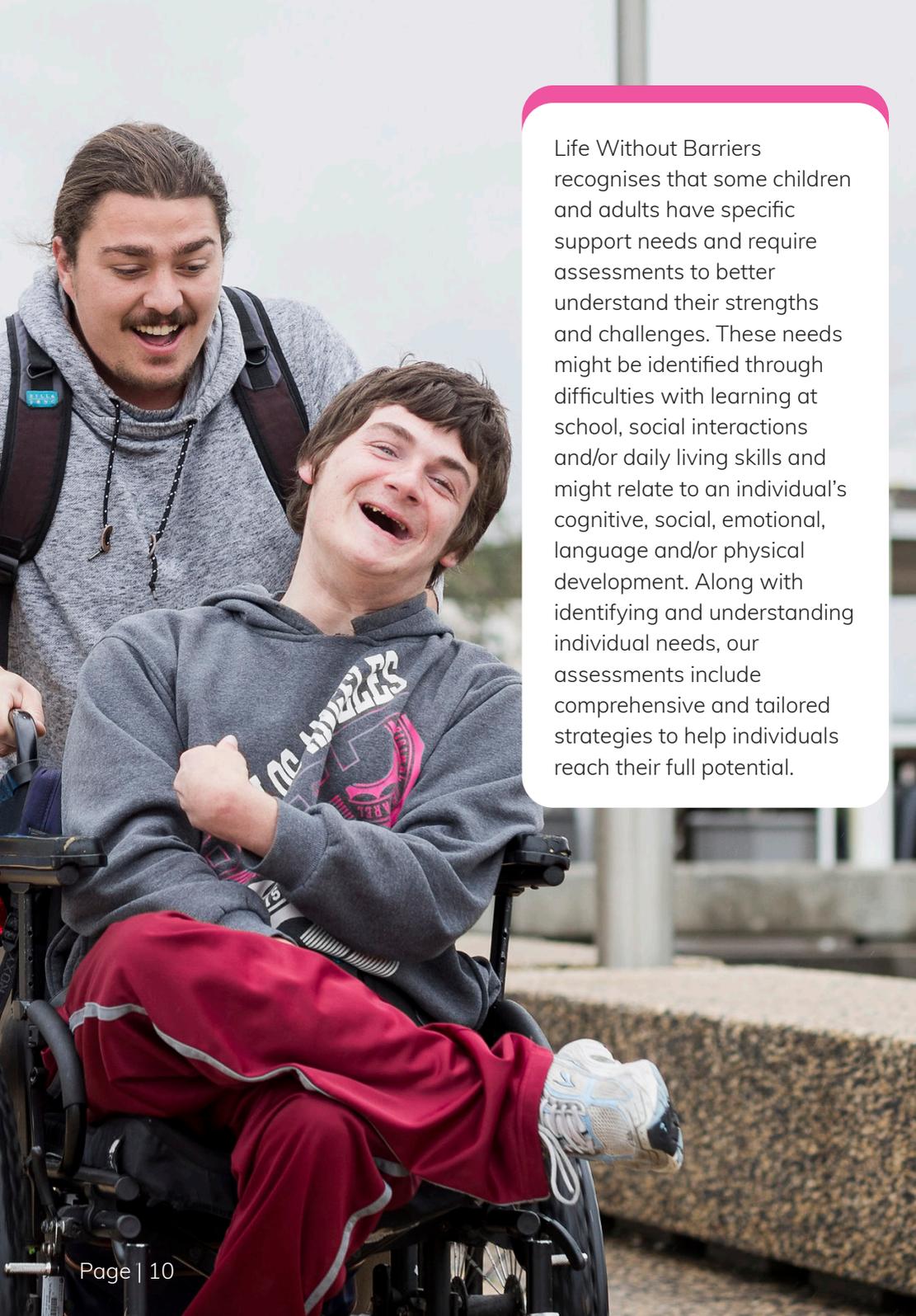
- We offer training for implementing providers to help them implement the plan and review our plans based on the feedback from providers.

We adopt a positive approach to behaviour support and management, recognising that effective behaviour management strategies build on each person's strengths and capacity to manage his or her own behaviour. We take a proactive positive approach to implementing behaviour support with the person's support network by providing carers and support workers with training around responding proactively with effective positive behaviour support strategies.

In addition to behaviour support, our team can assist individuals with disability with skill development and program planning in the areas of daily living skills, social skills, community engagement, budgeting, transport and emotional regulation. This would include development of protocols, visual resources and staff training.



Life Without Barriers recognises that adults, children and young people with disability may have a range of complex needs arising from their experience of trauma and/or because of physical, intellectual or cognitive impairment. They may exhibit a wide range of pain-based behaviours associated with their experiences that are, or have the potential to be, harmful to themselves or others.



Life Without Barriers recognises that some children and adults have specific support needs and require assessments to better understand their strengths and challenges. These needs might be identified through difficulties with learning at school, social interactions and/or daily living skills and might relate to an individual's cognitive, social, emotional, language and/or physical development. Along with identifying and understanding individual needs, our assessments include comprehensive and tailored strategies to help individuals reach their full potential.

THERAPEUTIC ASSESSMENTS

Assessing your support needs

Our multi-disciplinary therapeutic team uses a number of standardised tools to assess and identify supports needed to enable children and adults to improve participation and independence in daily activities in areas such as:

- Language and communication
- Cognitive functioning
- Sensory needs
- Personal care
- Mobility and movement
- Social interactions
- Community living.

We can also assess your child's developmental and educational needs including any learning or cognitive difficulties.

We utilise a variety of assessment tools to conduct assessment in the following categories:

- Adaptive functioning
- Living skills
- Developmental delays and intellectual disability
- Learning disorders and giftedness
- Assistive technology such as wheelchairs
- Home modification requirements.

Our assessment process would typically involve interviews with the client and their support people, observations in their environments including home, school or work, and administration of standardised assessment tools. We will provide you with a report outlining the results of the assessment, any diagnoses or concerns found and individualised strategies to address these concerns.

THERAPY CONNECTIONS

Skills Development and Capacity Building

All our training packages can be offered one on one, in group settings (such as schools) or within identified family groups or support structures.

Understanding children with complex needs: the impact of trauma on brain development and attachment

This training is designed for all new and experienced foster carers and staff working with children who have experienced abuse and neglect. The workshop will provide you with an understanding of the effects of abuse and neglect on the developing brain and on a child's ability to form trusting relationships. It will also give you an insight into the emotional, behavioural and psychological consequences of trauma during early developmental stages. Participants will be provided with practical strategies which can assist in therapeutic, attachment informed, and effective behaviour management, care-giving and engagement. This training is run over two days and can be tailored to meet the needs of your group.

Self-harm: recognising and supporting young people who self-harm

This two hour workshop is designed for carers or parents of young people who self-harm. The workshop provides participants with a greater understanding of what self-harm is and why it occurs. It also gives participants a greater understanding of warning signs for self-harm and how to respond appropriately to this behaviour.

This workshop is interactive and uses case examples and videos to stimulate the discussion.

Vicarious Trauma: Identifying vicarious trauma and protecting against its effects

Vicarious trauma or compassion fatigue commonly occurs among people who are in helping roles in response to hearing trauma stories. This workshop is suitable for carers caring for traumatised children and workers in helping professions. This two hour workshop is designed to give participants greater understanding of what vicarious trauma is and what the warnings signs are. It will also talk about some of the protective factors and important self-care information.

Understanding and responding to sexualised behaviours in children

This three hour workshop is suitable for carers and parents who would like to know more about normal and problem sexual behaviours in children. The workshop will cover what is developmentally normal sexual behaviour at various stages of development and what behaviours are considered to be problematic. It will also provide participants with greater understanding of what are some of the appropriate ways of responding to problem sexual behaviour.

Nurturing attachments: parenting group program for foster/kinship carers and parents of children with attachment difficulties

This group program is designed to provide support and guidance to foster/kinship carers or parents of children who have experienced trauma and attachment difficulties. This program introduces participants to "The House Model of Parenting" which is a therapeutic parenting style that aims to help carers develop their parenting skills in a way that is matched to the emotional and behavioural needs of children and promotes security of attachment and resilience. This

group program is grounded in theory and offers support and practical ways they can apply these principles in their day to day parenting of children with trauma backgrounds. The program is delivered one day a week over nine weeks.

Our Therapy Connections are specialised training packages designed to deliver meaningful outcomes for children, young people, and families, with an emphasis on building safe, stable and nurturing relationships and to ensure support networks are well prepared. They are designed and delivered by specialist practitioners in our Therapy Hub, who have experience in working with children, young people and adults with significant or complex support needs, including trauma and attachment issues, and severe and persistent mental illness.

THERAPEUTIC INTERVENTIONS

Improving outcomes for children, adults and families

We can provide therapeutic interventions for children, young people and adults with one of our psychologists for a range of issues including:

- Depression
- Anxiety
- Fears and phobias
- Anger and aggression
- Emotional regulation
- Social skills
- Bullying
- Behaviour concerns
- Parenting
- Grief and loss
- Trauma and abuse
- Attachment difficulties
- Substance use
- Interpersonal issues
- ADHD
- Autism

We use evidence-based therapies in our approach in working with children, adults and families. This includes cognitive-behavioural therapy, play therapy, attachment

based therapies and trauma informed therapies. Our team has extensive experience in working with children who have experienced trauma, have developmental delays, Autism and/or ADHD and those who care for and support them including family, foster carers and/or school.

We also have significant experience in working with adults with disabilities and their support networks.

We can be flexible in how we deliver our services to you in order to meet your needs. We are able to travel to see you in your home, school or community or in our therapy rooms.

Our occupational therapists/developmental educators focus on promoting health, wellbeing and independence by enabling people to participate in the everyday activities of life, such as self-care activities including showering, dressing, preparing food; productive activities such as education, work, volunteering and caring for others; and leisure/social activities, such as being part of a community group, engaging in a hobby, and being part of a friendship group.

We play a particularly crucial role in enabling people experiencing disability to identify and implement

methods that support their participation in their daily activities. This may include modifying an activity or an environment.

Working with children, we can help overcome developmental challenges in movement, play, learning, attention and behaviour by promoting development and stimulating learning in children (gross and fine motor skills) and addressing sensory processing issues which impact on attention, behaviour and learning.

Our arts therapist provides a safe and supportive space to explore and improve one's emotional state or mental wellbeing. Utilising the arts as the medium to communicate, arts therapy can be nonverbal and help to express feelings and experiences that may be too hard or unknown.

As well as visual arts, arts therapy can also utilise music, movement, drama and writing and is not limited to, nor adheres to, any particular use of the medium. No art skills are required.

Arts therapy helps children, adolescents, and adults to:

- Explore their emotions
- Relieve stress

- Develop self-esteem and self-awareness
- Cultivate emotional resilience and regulation skills
- Reduce and resolve conflicts and distress
- May utilise mindfulness and relaxation tools to develop self-soothing skills and build resilience.

Our therapy services are tailored to the individual needs of each person we work with, helping them to address their needs and improve outcomes and might include one on one therapy, family based interventions or consultation with schools and/or family.

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