

THE THRIVE PROGRAM

In Sydney's south west, mental health issues account for almost half the illness and injury experienced by people aged 12-25.

*Sydney South West Area Health Service
(SSWAHS) Youth Health Plan 2009-2013*



This early intervention and prevention program offers mental health and wellbeing services to school communities in south west Sydney, including educational workshops and services for teachers and parents.

Tailored support

There is an increase in the number of students experiencing anxiety and depression, academic stress, social and peer difficulties, and complex family situations.

By partnering with Good Shepherd Australia New Zealand, schools can have a caseworker onsite to provide services such as:

- Small group programs for at-risk students
- Individual casework support for students
- Transition to high school workshops for larger groups
- Parenting workshops and support
- General information for parents on key wellbeing issues
- Advice and referral to specialised services

Having our Caseworker located within one of the Thrive secondary schools, has enabled the development of a deep and genuine understanding of the needs of school communities and the ability to respond quickly to needs as they emerge.

Professional development

In addition to the in-school support provided by the Thrive caseworker, we offer a series of professional development workshops for educators. Drawing on our expertise in education and community services, workshops are designed to promote awareness of child and adolescent mental health and wellbeing as they present within a school context. They provide teachers with practical strategies to work collaboratively with students and families so that students experiencing difficulties can achieve better outcomes.

Workshops focus on:

- social skills • anxiety • managing emotions
- self-esteem • body image • peer conflict
- study stress • bullying • resilience
- transition to high school

In 2013 Thrive received a High Commendation Award from the Mental Health Association of NSW.



Good Shepherd
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