

PROMOTING THE
HEALTHY
DEVELOPMENT
OF CHILDREN
AND YOUNG
PEOPLE IN THE
SOUTH WEST

Envoy



Investing In Our Youth Newsletter

January 2016

Welcome

Investing In Our Youth is a community based not for profit organisation based in the South West of Western Australia.

Our vision is to create a healthy and safe community environment where all young people are valued and supported to reach their full potential.

Investing In Our Youth achieves its vision by working with other community service organisations, business, government and the wider community to generate ideas and facilitate projects, services and community plans that will foster the development of children and young people in the South West region.

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Welcome to 2016

We hope all readers had a great break over Christmas and New Year and are feeling refreshed and well.

Looking back on the previous few months at Investing In Our Youth, I would describe the quarter as a period of consolidation for the organisation. With assistance from Lotterywest funding and ProcessWorx HR expertise, we have completed a review of all staffing agreements, and HR policies.

On that note, we would like to advise that we are currently recruiting for a Coordinator for the HIPPY program (Home Interaction Program for Parents and Youngsters). The position is 60.8 hours per fortnight. Applications close on January 29. If this position sounds right for you, we would like to hear from you.

We have also been finalising a new Strategic Plan and reflecting on the keys points



that differentiate our organisation from others.

An early intervention focus and knowledge of our local communities is key for Investing In Our Youth. So too is the way we conduct our activities.

We use a strengths-based perspective: working respectfully with individuals and communities, listening well and drawing on local know-how and the knowledge and experience of local stakeholders.

So that we can be confident that we make best use of limited and precious resources, our actions are driven by data and evidence based research.

Our values are of prime importance—listed below for your interest.

Integrity – we act in professional and ethical ways when dealing with people and issues.

Respect - we show respect for others opinions.

Flexibility – we are flexible and responsive to emerging issues.

Advocacy – we represent and communicate the issues and needs of others.

Collaboration – we collaborate in the building and maintaining of partnerships and networks.

Again, a big thank you from all at Investing In Our Youth to the volunteers, project advisory groups, and sponsors who support the work of promoting the healthy development of children and young people in the South West



More 'HIPPY' news...

Investing In Our Youth are happy to announce that the HIPPY program will soon be coming to Bunbury and Collie. The Home Interaction Program for Parents and Youngsters (HIPPY) is a two-year, home-based early learning and parenting program that empowers parents and carers to be their child's first teacher.

HIPPY is a voluntary program and is free for families. The program supports families to spend around 10 to 15 minutes a day, five days a week, doing educational activities together. HIPPY families can become involved in HIPPY the year before their child starts school (usually around four years old) and continue during their first year of school.

HIPPY is not a new program, though it will be new to the South West. HIPPY began in Israel in 1969. The programme

currently operates in the United States, Germany, Austria, South Africa, Canada, El Salvador, Italy, Australia and New Zealand. The program in Bunbury and Collie will have a focus on Aboriginal families.

HIPPY is supported by research that shows that children's most powerful learning comes from their family, and that getting a strong start at school sets children up for life. Anyone seeking any further information on HIPPY is welcome to contact Investing In Our Youth. The program is expected to start in March 2016.

The Home Interaction Program for Parents and Youngsters is funded by the Australian Government. The Brotherhood of St Laurence holds the licence to operate HIPPY in Australia.

Child and Parent Centre News

The Child and Parent Centres at Carey Park and Collie want to be known as services that work hand in hand with parents to provide the highest quality early years programs and services for their young children.



Both Centres have plans in place for a fun and informative range of activities and programs for families with young children in 2016.

This year the Centres have adopted a phone app that families can use to receive alerts and information on activities and programs.

For easy access to information, families are encouraged to install the FREE APP for their local Child and Parent Centre – Collie Valley or Carey Park.

Please follow the easy to use instructions to get program and activity information sent to your phone:

Android Users

- Click the [Play Store](#) button on your phone
- Click [search](#) and type in Collie Valley CCV or Carey Park
- Click the [install](#) button
- Click '[accept](#)' for the permission to receive notification
- Click 'open' when installed

iPhone Users

- Click on the App Store and search Collie Valley or Carey Park
- Click 'Free' and then 'install'
- Click 'ok' for the permission to receive notification
- When installed, click 'open'

If you need help, please see one of our Centre staff members or volunteers.

The Incredible Years

Investing In Our Youth is planning to deliver the Incredible Years program for parents of toddlers and pre-school children. The program offers intensive support to parents to assist them to develop their own resources to nurturing their children and gain competence and control in their parenting role.

A trainer will visit Collie on July 5, 6, and 7 to train facilitators to deliver the program.

For more information on this professional development opportunity please contact Carole English at the Child and Parent Centre Collie Valley on T 9734 3364, or email Carole.English@investinginouryouth.com.au.

Development and Trends

The mental health of our children and young people remain a priority

Placing a stronger priority on children's mental health, increased mental health prevention and early intervention services, and targeted programs for vulnerable children are key recommendations of a report tabled in the WA Parliament by the Commissioner for Children and Young People Colin Pettit.

The report, [*Our Children Can't Wait*](#), provides an overview of progress made in the provision of much-needed mental health programs following the Commissioner's 2011 Inquiry into the mental health and wellbeing of WA children and young people, and makes 12 new recommendations.

The review found that while progress has been made in some areas, particularly increased services for young people aged 16 to 25 years, significant gaps remain.

Commissioner Colin Pettit said there needs to be greater recognition that lifelong positive mental health begins at pregnancy and there is an imperative to

establish a strong foundation of positive mental health in childhood and early adolescence. - See more at: <http://www.ccyp.wa.gov.au/>

Resource for parents and teachers on teenage self-harm

Investing In Our Youth have a number of booklets to give away titled 'Teenagers and Self Harm' by John Ashfield.

Written for parents, teachers and health professionals, the booklet provides very user-friendly information on understanding and responding to self-harm.

Sample copies are available free from Investing In Our Youth. Bulk orders can be made through the following email contact:

mcrafter@youcanhelp.com.au

