

# Keeping Families Safe

## Families exploring non-violent solutions

### About the program

The Keeping Families Safe program (KFS) is a state funded program that provides assistance to families where an adolescent (12-18 years) uses violence in the home.

The program provides information, education and strategies for families living in the greater Bayside-Peninsula catchment area.

### The aim of the program

The program focuses on safety in the home for families. We encourage adolescents to stop using abusive behavior, and address other issues they may be experiencing, including disengagement from education, alcohol and drug use, and poor mental health. We support the adolescent to better understand their emotions and behavior. We encourage a variety of skills to manage conflict, and be able to communicate without the use of violence. We also encourage families of adolescents to expand their parenting approaches to improve their relationships and communication.

### What we offer

Using a combination of family work, case management and group work, we support young people and their families to establish non-violent ways of expressing anger and safe behaviours. We provide outreach, meeting clients in their homes, along with office based appointments. We also develop referral pathways to other community-based support services.

These process allow the young person and their family to become aware of abusive behavior and offers skills and strategies to learn new and respectful ways of communicating.

Along with our one-on-one work, we offer parents and adolescents the opportunity to engage in group work.

### Who can I contact?

Contact the Senior Clinician on 5970 2021 or via [kfs@phcn.vic.gov.au](mailto:kfs@phcn.vic.gov.au) to consult around potential referrals for the adolescents and their families you may be working with.

## Extra program information

The KFS program has a commitment to quality improvement through continuing evaluation. We may collect individual information from your file for this purpose. If this happens, your personal information will be kept strictly confidential. If, in the future, we publish results of any evaluation, any published information will be presented in such a way that no individual can be identified.

At times, observers (interested professionals and supervisors) may attend the KFS group. They are bound by confidentiality in the same way as the group facilitators.

## Limited privacy statement

Keeping Families Safe is part of a State-wide Integrated Response to Family Violence that always focuses on safety first. Peninsula Health may be required to share your confidential information with Integrated Response Agencies (i.e. police) when it reasonably believes there is a risk family violence may be committed. Additionally, Peninsula Health is permitted to disclose your confidential information if it reasonably believes that the disclosure is necessary to lessen or prevent a serious threat to an individual's life, safety or welfare or a serious threat to public health, public safety or welfare.

## Referrals & Secondary Consultation

Please phone **1300 665 781** and ask to speak to an **Access Worker**, or head to [ACCESS Referrals - Peninsula Health](#) to complete a referral online.

For consultation prior to referral, please phone **5970 2021** or **0481 452 761** and leave a message, or email [KFS@phcn.vic.gov.au](mailto:KFS@phcn.vic.gov.au) and the Senior Clinician will return your contact.

## Additional Supports

Please keep in mind the following are available for useful information and support links for enhancing family safety:

**Kids Helpline (24 hours) 1800 551 800**

**Parent line Victoria (7 days a week, between 8am and midnight) 13 22 89**

**Lifeline 13 11 14**

**Safe Steps Response Centre (24 hours) for women & children 1800 015 188**

**Orange Door 1800319353**

### Peninsula Health

PO Box 52  
Frankston Victoria 3199  
Telephone (03) 9784 7777  
[www.peninsulahealth.org.au](http://www.peninsulahealth.org.au)

Disclaimer: The information contained in the brochure is intended to support, not replace, discussion with your doctor or health care professionals.

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