



& WELLWAYS

Mental health resilience program, for young people impacted by family mental illness.

Delivered in partnership with Wellways Australia, the Australian Kookaburra Kids Foundation is offering an innovative and emotionally empowering program for young people impacted by family mental illness. We will be delivering a suite of clinically designed camps in Townsville and Cairns in 2024 and beyond.

This innovative pre-early intervention initiative aims to empower young people impacted by family mental illness by providing them with unique opportunities to enhance their mental health, resilience, and connection to others in similar circumstances.

Our Commitment At Kookaburra Kids, we are strongly committed to creating positive mental health outcomes for young people to help them thrive beyond the impacts of family mental illness.

Kookaburra Kids

Kookaburra Kids is a not-for-profit organisation that provides free camps to young people aged 8 to 18 impacted by family mental illness across Australia. Our programs mix mental health education with fun, aiming to reduce stigma, encourage help-seeking behaviors, and create connections between young people in similar situations.

Wellways Australia

Wellways Australia is a not-for-profit organisation that connects people, strengthens families and transforms communities for individuals of all ages experiencing disabilities or challenges to their social and emotional wellbeing. Wellways is a provider of the the Australian Government Carer Gateway.

Eligibility

- To take part in this program, you must be between the ages of 8 and 18 years.
- The young person must have a parent, caregiver, or sibling with a mental illness; however, proof of a formal diagnosis is not necessary.
- To participate in a program, referral forms must be completed. Families must consent to providing their information to Wellways Australia to participate in these programs.
- We highly value your privacy and are committed to safeguarding the confidentiality of the data you provide. Some information from families attending Wellways programs will be shared with Wellways for purposes including reporting and offering follow-up services.



Young people can be referred by:

- Wellways
- School counsellors / guidance officers
- Mental health workers
- GPs
- Family members
- Community workers

The referral process:

• If you are new to Kookaburra Kids

Step 1. An Australian Kookaburra Kids Foundation referral form must be completed to be eligible to participate in this program. [Australian Kookaburra Kids Referral Form](#)

Step 2. Once the form is complete a Kookaburra Kids team member will contact the referrer within 3 to 5 working days after the completion of the referral, this will include a phone call from a clinician to ensure we can support the young person in the best way possible.

Step 3. Once the referral process is complete, a parent or caregiver will receive invitations to Kookaburra Kids camps closest to the young person's location.

Step 4. This service will be provided through the Australian Government's Carer Gateway. There may be other support available for your family free of charge. We will make sure you know about the options available to you. It will be up to your family whether you accept any further support.

• If a young person is already registered with Kookaburra Kids

Step 1. Complete a Kookaburra Kids booking form for the camp the young person would like to attend. ***Please note,** Wellways Camps will show up in the booking system as the below. Indicated as a Wellways supported program in the brackets at the end.

QLD (CAIRNS) Holloways Beach Camp (CORE) (Wellways)
(Expression of Interest)

Step 2. Families who are accepted onto Wellways supported programs must consent to providing their information to Wellways Australia to participate in these programs and to receive support through the Australian Government's Carer Gateway.

Step 3. One of our team members will contact you to complete the intake process for the Carer Gateway. Your young person must be present for this process. There may be other support available for your family free of charge. We will make sure you know about the options available to you. It will be up to your family whether you accept any further support.

Below is a snapshot of what young people attending Kookaburra Kids Wellways programs will have access to through the Australian Government Carer Gateway

It will be up to your family whether you accept any further support:



Planning - To help you get the support and services that match your needs.



Counselling - Space to talk about the joys challenges and stresses you experience in your caring role.



Support Groups - A space to share stories, knowledge and connect with other carers.



Coaching - To help you make positive changes to your own life.



Practical Assistance - Access tools and items to support you in your caring role.



Respite Care - 24/7 help at short notice or time for a break to rest and recharge.

To see the full list of free support services available on the Carer Gateway please visit: <https://bit.ly/3X7rO9U>.

Australian Kookaburra Kids Foundation

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