

# WHAT YOU NEED TO KNOW...



ABOUT HOW WE'RE REPLACING RESIDENTIAL CARE WITH INTENSIVE THERAPEUTIC CARE (ITC)

The number of young people entering residential care is increasing. To address this challenge, we're introducing Intensive Therapeutic Care for young people with complex needs who cannot live with family or in foster care initially.

Building on contemporary evidence, ITC focuses on recovery from trauma and preparing young people to transition into permanent homes.

## The way forward

The NSW Government is:

APPOINTING AND FUNDING

### AN INDEPENDENT INTERMEDIARY ORGANISATION

TO SUPPORT PROVIDERS WITH EXPERT ADVICE ON EVIDENCE-BASED THERAPEUTIC CARE, KNOWLEDGE SHARING, AND LEARNING AND DEVELOPMENT



MINIMUM AGE REQUIREMENT FOR ITC



BUILDING A WORKFORCE SKILLED IN TRAUMA INFORMED CARE

### DEVELOPING A CENTRAL ACCESS UNIT (CAU)

TO DETERMINE WHETHER A YOUNG PERSON SHOULD ENTER ITC



AIMING TO MINIMISE THE AMOUNT OF TIME

SPENT IN ITC BY A YOUNG PERSON



### CREATING NEW ROLES

INCLUDING THERAPEUTIC SPECIALISTS TO SUPPORT THE INDIVIDUAL NEEDS OF YOUNG PEOPLE



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ABOUT HOW WE'RE REPLACING RESIDENTIAL CARE WITH INTENSIVE THERAPEUTIC CARE (ITC)



Our 10 essential elements to support the delivery of Intensive Therapeutic Care

## The way forward



### THERAPEUTIC SPECIALISTS

TO DEVELOP AND COORDINATE INDIVIDUAL THERAPEUTIC CARE PLANS

### QUALIFIED, TRAINED AND CONSISTENT STAFF



### ENGAGEMENT, PARTICIPATION AND INCLUSION OF YOUNG PEOPLE



### REFLECTIVE PRACTICE



### CLIENT MIX

CREATING A CLIENT MIX THAT MAXIMISES OPPORTUNITIES FOR ALL YOUNG PEOPLE



### CARE TEAM MEETINGS

TO JOINTLY REVIEW THE CHANGING NEEDS OF A YOUNG PERSON



### ORGANISATIONAL COMMITMENT

TO A THERAPEUTIC APPROACH FROM CARE WORKER TO BOARD MEMBER



### PHYSICAL ENVIRONMENT

BUILDING A HOME-LIKE ENVIRONMENT



### EXIT PLANNING AND POST EXIT SUPPORT



### GOVERNANCE & REPORTING

TO ENSURE QUALITY CARE AND BETTER OUTCOMES

