

## WHAT HAPPENS AFTER SSFC?

We usually recommend waiting a week or two after an SSFC to see how things go with you and your family.

Some young people find that an SSFC is enough to increase the support that they have from family and friends around them. But it's OK to ask for more help too, if you feel you need it.

Extra support may include attending groups or individual counselling or support here at Youth Focus, as well as linking in with other local services, where needed.

## WHO WILL MAKE THIS HAPPEN?

You can ask whoever you see here at Youth Focus. They will either set up a time that suits you and your family and talk you through each step, or pass your request on to another member of the team who will get in touch with you.



## CONNECT WITH YOUTH FOCUS

[youthfocus.com.au](https://youthfocus.com.au)

08 6266 4333

[hello@youthfocus.com.au](mailto:hello@youthfocus.com.au)

   @youthfocuswa

If you are in an emotional crisis and need to speak to someone urgently, please call

**Lifeline** on 13 11 14 or

**Kids Helpline** on 1800 55 1800



## SINGLE SESSION FAMILY CONSULTATION

 youthfocus





## WHAT IS SSFC?

Single Session Family Consultation (SSFC) is a structured meeting involving a young person and their nominated family members. You may be already accessing support here, or coming to Youth Focus for the first time. SSFC is designed to be brief (one to three sessions), and helps you and your family identify and address what's important to you.

We offer SSFC to families that come to Youth Focus, because we know that young people do best when they have a supportive and understanding team around them, and family are the most important part of this team. It also gives families a chance to learn more about mental health and how to support their young person.

It's important to point out that SSFC isn't family therapy. We won't be trying to fix everything, but will work with you to set out an agreed agenda and priority focus.



## HOW CAN IT HELP ME?

SSFC gives you the opportunity to have parents, other family or friends who support you come in and be part of your care team. This might be an opportunity for them to hear how you are going but also to get their support and suggestions.

It can increase your support at home and improve your relationships. It can improve your family's understanding of what you are going through, and how you're feeling, and how they can help you. All of this will help with your mental health.

## WHO ELSE CAN COME, AND SHOULD THEY?

Anyone who you would like to come that provides support for you. This might be parents, your partner, a grandparent or aunt/uncle, a sibling, or a friend.

Family and friends are an important part of life and coming together through an SSFC helps develop a shared plan with people who care about you.

## WHAT HAPPENS?

The session will last 1-1.5 hours. Youth Focus staff will explain how the session will run and check in with the you and your family about what you would like to get out of the session.

Staff will also explain confidentiality and check if there's anything that you or your family don't want to talk about. Staff will facilitate the discussion, checking in with you and your family regularly.

A key to getting the most out of the session is developing an agenda, and agreeing to an issue to focus on. This part is really important, focusing on one thing is the best way for you and your family to get the most out of the session – we can't fix everything in one session only.

The goal of the session is to explore concerns and provide education.

