

Case Study

Brittany* 19yrs, knew her situation was of concern and wanted more for her future.



Before TBYS Brittany*:

- At risk of homelessness with a history of moving
- Recently pregnant
- Had limited family support
- Partner incarcerated
- Suffering anxiety and depression
- Low income
- No transport
- Isolation (living out of town)

Achievements with the help of Brittany's The Bridge Youth Service Support Worker:

Support to relocate closer to town, temporarily residing in a caravan park to address environmental concerns whilst applying for Transitional Housing (accepted before her child was born).



Assist with Centrelink payments, transport to appointments and referrals to specialist support services (mental health and pregnancy/parenting supports).



Support to save for household items, gain employment, rental reference and create a stable environment for herself and her newborn.



Ability to gain consistent employment with plans to return to education. She continued to engage with support services to address mental health, parenting skills and long-term housing options.



Given her positive engagement, addressing all concerns and barriers, she was offered a long-term housing property.

Brittany* is now:

- Transitioning into safe and stable long-term accommodation while saving to purchase her own home
- Employed and has enrolled into further education
- Managing mental health and self-care well
- Building family relationships
- Working at getting driver's license
- Continues to care for her child

* Name changed to protect their identity.

If you, or a young person you know need help, information, support or to just talk, please contact us. If we are unable to help we'll assist in connecting you with the appropriate support or service that can.



Free, friendly and confidential service

(03) 5831 2390

127 Welsford St, Shepparton
Yorta Yorta Nations Country

54 Tallarook St, Seymour
Taungurung Country

119 Wellington St, Wallan
Wurundjeri & Taungurung Country

Office hours:

Monday to Friday 9am-5pm

shepparton@thebridge.org.au
PO Box 1954, Shepparton VIC 3632

thebridge.org.au



Options for young people

We work with young people aged 12 - 25 to connect each young person with the services, programs and people they need to achieve their goals.

We acknowledge the Traditional Custodians of the land in which we live and work. We pay our respects to their Elders past, present and emerging.

The Bridge Youth Service is committed to being a Child Safe Organisation.



Housing Assistance

Transitional Youth Support

We can assist youth and young parents that are homeless or at risk of becoming homeless to obtain or maintain safe, secure and affordable housing.

Sustaining Tenancies at Risk (STAR) Program

Assisting young people to maintain their tenancy and address barriers that may affect their tenancy.

We help young people to learn and practice emotional regulation and impulse control.

School and Education Support

Navigator Program

Supporting young people aged 12 to 17 years to re-engage with education. The program provides a youth outreach model of support to assist young people through one to one case management service that will include linking to specialist support.

LINKS

Providing generalist support and linkages to specialist support.

“The communication and the plans coming from Navigator workers is really making a change.”

Feedback from School Assistant Principal

Family Relationships

Family Reconciliation

Improving family relationships enables young people to remain in the home, reducing the risk of homelessness. We will help you reduce family conflict in the home and build on positive connections to better understand the family unit.

Adolescent Support Program

Creative responses for young people at risk of harm to have their needs met. We aim to improve the young person's wellbeing and strengthen their family relationships.

Step Up Program

Therapeutic group program for young people and their caregiver to address family violence in the home and work toward restoring family relationships.

Early Intervention

Mental Health or Substance Misuse

Programs assisting young people who are experiencing distress due to mental health or substance misuse. The support may include access to the in house Psychologist. These programs are funded through Murray PHN and the Australian Government.



Pregnancy, Parenting & Family Services

Pregnancy Testing and Pregnancy Decisions Counseling

Our experienced and supportive staff are on hand to support youth with confidential pregnancy testing and options counseling.

Family Services

Individual support for young parents and their children to promote healthy development, safety and wellbeing for their family unit.

Antenatal Program

We run a weekly group work program for pregnant young women, providing information and support regarding pregnancy, birth and parenting. Clinical care is provided by GV Health Midwifery.

Young Parents Program

Helping to develop parenting skills for young parents, a weekly group work program focuses on health and wellbeing for parents and their young children.

“I wanted to thank the bridge family for the constant support throughout my pregnancy and start of motherhood. Without you guys I would have struggled badly.”

Feedback from a thankful mother.

