

Who is Act for Kids?

Act for Kids is a for-purpose organisation that delivers evidence-based professional therapy and support services for infants through to adolescents who have experienced or are at risk of experiencing child trauma.

Since 1988 we have supported thousands of children and their families to access a variety of therapies to re-build their lives following stress and adversity and develop positive family relationships.



We work with children and families to:

- ♥ ensure their safety.
- ♥ understand their difficulties.
- ♥ identify and explore strengths and resources.
- ♥ support all aspects of development – emotional, social, sensory, communication, cognitive and motor areas.
- ♥ find new ways of coping in times of stress.

How to reach Act for Kids Integrated Therapy Service

If you have any questions or would like to refer a child for counselling and support, please call us directly to discuss a referral.

ADELAIDE SERVICE CONTACT

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Act for Kids is a Charter Champion for the Charter of Rights for Children and Young People in Care.

To find out more, go to
gcyp.sa.gov.au/charter-of-rights



Integrated Therapy Service

Our Integrated Therapy Service (ITS) supports infants, children, young people and their families who have experienced trauma, or who are at risk of harm.



Learn more at actforkids.com.au



ITS/DL
25/01



What is the Act for Kids Integrated Therapy Service?

Integrated means we offer a variety of therapies to children and families so they can reach their full potential.

We work together to understand the whole family. This means our assessment and therapy plans are holistic and collaborative.

We are able to support all aspects of development – social, emotional, sensory, cognitive, communication, and motor skills.

We help parents and education staff to understand the root cause of the child's behaviour.



Our ITS teams include:

Speech &
Language
Pathologist

Occupational
Therapist

Psychologist

Some of our Integrated Therapy Service centres also provide Family Therapy.

What makes us different?

- ♥ We make an effort to understand how the child's experiences have impacted their development.
- ♥ We recognise that all behaviour serves a function.
- ♥ We recognise that different therapies are helpful at different times in the child's life. Therapy must be relational, and in the right sequence.
- ♥ We want to understand and support the parents' or carers' own emotional well-being, resilience, strengths and resources.

Working with Act for Kids

Services referring to Act for Kids can expect:

- ♥ professional, trauma-informed, individualised assessment and therapy by our integrated team which considers the whole family; not just the child referred.
- ♥ collaborative goal-setting with children, parents and carers.
- ♥ regular communication with referrers about progress and ongoing areas requiring support.



Adelaide Integrated Therapy Service can provide:

- ♥ **Psychology:** Dyadic Therapy with children and young people, and their caregivers, using Theraplay-informed therapy, Dyadic Developmental Psychotherapy, CBT, Circle of Security, and more. Interventions aim to increase attachment security and safety within the family unit, increase the use of co-regulation with children and self-regulation in caregivers, and reduce challenging trauma-related behaviours.
- ♥ **Occupational Therapy:** We have an OT with specialised attachment- and trauma-training who can provide numerous trauma-focused interventions including assessment, practical interventions and recommendations for Sensory needs, therapy to address developmental delays in fine and gross motor skills, emotional regulation interventions based in neurodevelopmental research, and more.
- ♥ Psycho-Education and support for caregivers including foster, kinship and (safe) biological family. This support aims to increase awareness of the impact of trauma and the use of trauma-appropriate parenting skills, as well as preserving placements and preventing caregiver burnout.
- ♥ Groups for children and young people on the impact of Domestic and Family Violence.
- ♥ School-Readiness Groups for children who will struggle to transition to the school environment.
- ♥ Trauma education and consultancy for professionals.