

2017

Yakapna Centre

Program Information Booklet



Njernda - To honor our living culture
Njernda Aboriginal Corporation

A Service of Njernda Aboriginal Corporation





ABOUT YAKAPNA CENTRE

“Yakapna Means Family”

Yakapna Centre is a Healing Journey involving both a Residential and Educative Program, providing families with an opportunity of living on the premises fully supported, 24/7 basis, whilst learning a range of important skills and strategies which enable families to identify and draw on their own strengths.

Specialist workers will work intensively with parents and children in this culturally appropriate, nurturing, and safe environment. This will be achieved by the development of a network of culturally sound services that we are able to draw upon, to ensure that our families achieve access to the wide range of services they require.

Parents will be expected to participate in a range of educative, self-improvement and supportive strategies and activities including parenting, budgeting, stress/anger management, cooking, support with baby feeding, sleeping, behavior problems, understanding the age based developmental needs of their children at each stage of their lives (age appropriate parenting), and other cultural and social activities.

The Healing Journey follows a path of 14 weeks maximum. The program may extend over 14 weeks, if it is jointly decided by staff and a family/parent(s) that a longer stay at the program home is required. This flexible approach ensures that individual families are offered precisely the length of stay that they require.

The program is based on the Yakapna Centre Model of Care. The program incorporates a number of important aspects including:

- Healthier, happier and stronger families, able to set and achieve their own goals and strategies, through self-empowerment.
- Increased confidence as parents for both mums and dads, leading to an increase in self-worth.
- Improved communication within families.
- Healthier relationships.
- Improved nutritional knowledge.

- Increase strategies for dealing with anger and stress appropriately.
- Improved financial budgeting.
- Enhanced leadership skills.
- More respectful relationships between children, youth, parents, adults and Elders.
- Safer children.
- Decrease in children in out of home care.
- Introduction of goal setting, and achieving goals amongst parents.
- Increased cultural and community connection.
- Increased spiritual and cultural understanding.
- Increased support systems in place for parents post program.
- Increased skills for dealing with crisis more effectively.
- Increased access to a range of programs and services.
- Increased sense of belonging

Referrals:

Referrals to Yakapna Centre may stem from:

- Child Protection in partnership with Njernda Family Support Unit.
- Njernda Family Support Unit.
- The Court in conjunction with Child Protection and Njernda Aboriginal Corporation.
- Lakidjeka (for further information visit <https://www.vacca.org/services/lakidjeka-acsass-program/>)
- Priority for service is assessed on a needs basis taking into consideration Aboriginality, appropriateness to the service, and meeting the program guidelines and essential enrolment criteria.

Client Expenses:

- All families will be required to pay board when staying at Yakapna Centre, at a cost negotiated with the Yakapna Manager. Board will be collected via Centrepay.
- All personally incurred expenses remain the clients' financial responsibility. This might include things such as but not limited to money for outings, medication, toiletries, nappies, baby formula, reading material, clothing, etc.
- Yakapna cover living costs in a staged approach. One component of the Yakapna model is to support you in financial budgeting with the aim to give you skills towards successful financial transition when you exit the Yakapna program. When you initially joining the Yakapna program we will cover the costs of food and program expenses. Once your budget is undertaken, you will be required to make a part payment towards these expenses.

Cultural activities:

A wide range of educative, therapeutic, cultural and spiritual activities are provided to families as they participate in the Healing Journey, aiming to create healthier, happier, well rounded, individuals and families, with a greater cultural and spiritual identity and community connection these may include

- Traditional and contemporary art
- Outdoor activities
- Bush walking
- Gym – Health & Fitness Program
- Craft
- Cultural activities
- Community activities and events e.g. NAIDOC, community lunches and BBQ's, Cultural Trips – local history.
- Parenting programs/Groups

General Information:

Residents are required to do daily chores which provide personal development and life (daily living) skills including cooking, cleaning, gardening, etc. In some circumstances residents may be required to share the house. Smoking is permitted at Yakapna in designated outdoor spaces. Clients are entitled to support with translator, interpreter or advocacy services if needed.

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Referral will be automatically declined if the client is not of Aboriginal decent; if the client is under the influence of or using alcohol, drugs or substances (including prescribed Methadone or Buprenorphine); is a known sexual offender, has unmanageable psychiatric condition/s; has unmanageable violence issues.

Things to do prior to admission:

- Before entry, clients should make arrangements with their current housing provider to ensure that processes are in place to cover current commitments or to waive rent

- Make arrangements for the payment of any bills that are outstanding or will become due during your stay at Yakapna
- Redirect your mail to C/- P.O. Box 201, Echuca 3564 for the period of your stay at Yakapna (14 weeks).
- Family members and clients should read and discuss the rules about phone calls and visits (no phone calls the first 3 days, no visitors for 2 weeks). Clients determine who can contact them.

Things to bring to Yakapna:

The program is a 14-week commitment so clients need to plan for this time.

Njernda Aboriginal Corporation and Yakapna Centre aim to provide a safe, comforting and relaxed stay at Yakapna . To assist, clients and their supporters should note the following:

- clothing should be comfortable and practical (e.g. covered shoes for bushwalking)
- neat, casual clothing and swimming togs will be needed for outings and recreation
- clients should bring clothing suitable for the gym and physical activities
- most things are catered for at Yakapna, but clients will need spending money for outings, medication, personal toiletries babies nappies/Formular, or reading material
- clients need to have a current Medicare Card, a current Health Care Card and a Photo ID
- residents must bring personal toiletries such as soap, toothbrush and toothpaste. Deodorant should be a roll-on or pump pack. **Aerosol sprays cannot be brought to Yakapna.**
- vehicles should be left with family or a friend, not at Yakapna.
- Yakapna is unable to take responsibility for valuables brought to the property. Goods brought to Yakapna are the responsibility the client and Yakapna will not be liable for replacement of lost or stolen client-owned items.
- residents can bring a few things from home such as a favorite pillow/blanket/doona or photos to help make their stay more comfortable.
- electronic equipment cannot be brought to or used at Yakapna. Computer tablets, mobile phones and other valuables will be removed from the resident, signed for and stored safely until their departure.

The staff at Yakapna Centre are professional and supportive and are committed to working with you to ensure that you get the most out of your time with us.

A post support program or referral back to Support workers will occur on completion of the program.