

## Gatehouse Centre

### Further information

We can be contacted on:

- (03) 9345 6391 (during business hours)
- (03) 9345 5522 (after hours). Ask switchboard staff to page the on-call Gatehouse Centre worker

# Refocus Program

Information for parents and carers

### Gatehouse Centre

The Royal Children's Hospital Melbourne  
50 Flemington Road Parkville  
Victoria 3052 Australia  
TELEPHONE +61 3 9345 6391  
[www.rch.org.au/gatehouse](http://www.rch.org.au/gatehouse)

### Melbourne Children's

A world leader  
in child and  
adolescent  
health



# Refocus Program

**The Refocus Program is an intervention program facilitated by Gatehouse Centre for children and adolescents less than 15 years of age who display problem sexual behaviour or sexually abusive behaviour. The Refocus Program also provides guidance for their families.**

## **Referral and participation**

Referral can be made by parents, school staff, Victoria Police, or DHS – Child Protection.

Participation is either voluntary (family directed) or on the basis of a Therapeutic Treatment Order (court directed) or Therapeutic Treatment Referral (from Victoria Police/Child Protection). Where orders are in place, feedback to Child Protection is required and will be discussed with you in the first session.

## **About the service**

The service comprises two phases: the assessment phase, and the treatment phase.

### **1. Assessment phase**

Generally takes 4–8 weekly appointments and will include interviews with the parents/carers, key school staff and your child/adolescent.

Siblings will also be included in this phase where warranted.

The process includes a family feedback session.

The aim of the assessment is to work with the child/adolescent and the family to form an understanding of the risks and strengths of your child/adolescent and family together with those areas where assistance will be helpful.

A safety plan will be developed to ensure the safety of all children within the family home. If required, a safety plan is also developed for the school setting. If Child Protection has put a safety plan in place, this will be reviewed with you and your family.

On completion of the assessment phase, in consultation with you, you will either be referred to another agency or remain with Gatehouse Centre for the treatment phase.

### **2. Treatment phase**

The treatment phase is based upon the goals identified by the child/adolescent, family and clinician during the assessment phase.

This phase generally takes up to 12 months depending upon the goals identified, the progress made or where relevant the conditions of the Therapeutic Treatment Order.

Sessions will vary from weekly to fortnightly and will include a mixture of individual, parent and family sessions.

Attendance at case conferences and school meetings by the clinician is also included in this phase in consultation with you.

Clinical reports, including progress reports will be completed and are available to Child Protection through either subpoena for court, or as a condition of an order. The contents of these reports will always be discussed with you before they are submitted.

The service is provided by a multidisciplinary team of psychologists, social workers and psychotherapists. Many have further qualifications in such as Family Therapy, Play Therapy and Art Therapy.