

## Gatehouse Centre

### Where can I find more 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

### 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)

# Refocus Program

Information for young people

#### Melbourne Children's

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# Refocus Program

## What is the Refocus Program at Gatehouse Centre?

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

Gatehouse Centre is a place where lots of children and young people come when they need to talk about their worries about their problem sexual behaviour.

Some young people come because they want to and others come because Child Protection organises it for them. Either way, we want you to know this is your chance to tell us about you and your story, so we can work together to work out the best way to help you get back to your life, without the worry of the problem sexual behaviour.

## What happens during the program?

At first you and your caregivers will talk to the Gatehouse Centre counsellor. This will happen about 4 - 6 times. At the end of this time you and your caregivers and the Gatehouse Centre counsellor will work out what is the best thing to do next.

Some people will find it best to continue to come to Gatehouse Centre, while some people will find it best to see someone at another service. Other people will feel fine about talking to their school counsellor instead.

If you and your caregivers and the Gatehouse Centre counsellor think it would be helpful to keep coming to Gatehouse Centre for a while, you and your counsellor will spend some time meeting, talking and/or playing so that you can begin to feel happier and less worried.

Sometimes, children and young people do not feel like talking and that is fine. We have lots of other things you can do here that kids find helpful such as playing with toys, art and drawing, making things or playing dress ups.

Children and young people tell us that when they play, they can make themselves feel better. We are here to help you in the way that is best for you.

If you decide that you do not want to come to Gatehouse Centre anymore, that is OK too. You can let your counsellor know and they will talk to your caregivers about this.