



CASPAS Program

Children and Adolescent Support Program Access Service

About the service

Some children in families where a parent has a diagnosed mental illness can sometimes face difficult challenges.

The CASPAS Program aims to provide support to these young people via several goals:

- encourage and support a lifestyle as is enjoyed by other children in the community
- enhance wellbeing
- engage other services to further support families
- mental health education
- advocacy.

UnitingCare Community supports families when they need it most. The CASPAS Program staff respect your rights, beliefs, values and culture. We will work together with you to develop goals to achieve the best outcomes for your family.

Access to our service

The CASPAS Program may be accessed by families in which one parent has a recognised mental health diagnosis and who has a dependent child/children aged 8-18 years.

Referral to the CASPAS Program can be made via family members, friends, schools, community organisations and government departments.

Types of services we provide

- Youth group activities are run weekly which provide respite from carer duties as well as help to enhance social skills and self-esteem.
- Mental health education introduces children to appropriate coping strategies to help them with the additional issues that arise when a parent has a mental illness.
- Healthy living skills to ensure that young people understand the importance of eating a balanced diet and engaging in regular exercise.
- Individual support tailored to identify and attend to the goals of the young people.

Cost

All services provided by the CASPAS Program are free. If you wish, you can make a tax deductible donation at your local UnitingCare Community office. Donations provide opportunities to further develop services provided to families by the CASPAS Program.

