

## Who do we help?

The H.O.P.E. Program provides one-on-one support to young women aged 16-25 who are pregnant or have a child under the age of two and who have complex needs such as homelessness, mental health or a history of abuse or trauma.



## What we offer

Each young woman and her child(ren) are supported with:

### Specialised pregnancy and parenting support, including:

- health education
- practical assistance to prepare for bub's arrival
- post-birth support

### Case management and case work support, including:

- support in the home
- assistance to find and secure housing
- assistance with study or employment
- living skills
- help to access services help to achieve personal goals

For further information or to make a referral, please contact:



13 18 19



[connect@catholiccare.org](mailto:connect@catholiccare.org)



[@CatholicCareSydney](https://www.facebook.com/CatholicCareSydney)



[www.catholiccare.org](http://www.catholiccare.org)

Referrals are accepted from all sources; however, consent from the mother is required.

CatholicCare is proud to support Aboriginal and Torres Strait Islander populations and prioritises these families in our work.

# Youth Pregnancy and Parenting Support

The H.O.P.E. Program



ABN 67 561 712 586

A program of  
CatholicCare





### Program aims

CatholicCare's H.O.P.E. Program team work from a person-centred perspective.

Our team works with each young mother and her child/ren to develop and put in place the supports that meet their needs. The program provides long term support over the critical years of early child development with the aims of:

- Maximising the opportunity for the best start in life for the child.
- Providing critical support to mum to ensure a bright and empowered future as she takes the steps into adulthood.

### Entry criteria to the Outreach Program:

- Young women who are pregnant (or with children under age two) aged 16-25 years and who have two or more complex needs
- Living in or connected to Sydney, Inner West, or South West Sydney
- Children in mother's care
- Willing to engage and work with program staff on a regular basis over the long term course of the program (Family Case Management as well as Pregnancy and Parenting Support)

### Entry criteria to the Supported Accommodation Program:

For young women who are in need of accommodation, we will work to find accommodation through our community housing partners. Additional entry criteria for accommodation include the Outreach Program requirements, plus:

- Some form of income
- Basic living skills and ability to live semi-independently (without 24-hour staff on site support)
- Goals set around future independent living and exit options
- Willingness to engage in work or study during accommodation period

### Term of Support:

This program provides long term support over 1½ - 3 years. Phases of support are as follows:

- Initial Phase – 1-3 months to assess needs and gauge motivation for participation in the long-term program
- Intensive Support Phase – 12-24 months of intensive support depending on the phase of the child's life at initial referral. Support will begin intensively (2-3 times per week) and decrease over time
- Step Down Support Phase – 3-9 months of support which reduces over this period to allow for gradual transition to independence
- Follow Up Phase – young women and their children will have check ins from program staff at set intervals over a further 2 years to check progress and provide intermittent support as required

### Location of Support:

All support is provided in the home and community. We provide support in Sydney, Inner West, and South West Sydney (Bankstown, Liverpool, and Fairfield LGAs).