



Project BOUNCE

**Have you left out of home care?
Project BOUNCE needs you**

Bounce is now training young leaders who can help to improve lives in the Out of Home Care system.

You can work with the Ripple Project – helping workers, carers, and young people in Northwest Melbourne, alongside our Ripple mental health clinicians.



Bounce needs enthusiastic young people to join us

on our journey – and we will reimburse you for your time. There will be a range of opportunities available, and your commitment can be flexible, depending on your schedule, so there's no excuse not to get involved!

ARE YOU READY?

Project Bounce is a new type of experience for young people who have left Out of Home Care.

We have worked together with young people to design a new peer leadership training program from scratch.

A useful and fun leadership program
for young people, by young people.

CONTACT

Call 0421 173 574 to speak with
Jade Purtell or Kristen Moeller-Saxone

Orygen, The National Centre of Excellence in
Youth Mental Health

Project BOUNCE

Project BOUNCE is a youth peer leadership training program for young people who have left Out of Home Care (OoHC). Project BOUNCE is part of a bigger project – the Ripple Project. The Ripple Project aims to improve the mental health of young people in OoHC in Northwest Melbourne, and will employ a variety of evidence-based practices to support the OoHC system in this region. Workers from Orygen Youth Health, The Royal Children's Hospital Mental, and the Youth Support & Advocacy Service (YSAS) will work with carers and workers from agencies in the North and West regions of metropolitan Melbourne, to bring about positive change.

Project Bounce aims to enhance Ripple by developing a team of youth leaders who have firsthand experience of Out of Home Care. They will have the opportunity to work alongside the Ripple clinicians, delivering appropriate support to the agencies involved in Ripple – Anglicare, MacKillop Family Services, Westcare and VACCA. Their work will also involve peer education and support activities with young people still in care.

The first stage of Bounce involved working with ten young people to help co-design the leadership training package itself. Involving young people from the inception of the program has ensured that the training is relevant and engaging for young people who have left Out of Home Care, offering valuable skills to support professional and personal development, for the project and beyond. We have tested the training package with young people, and now these peer leaders will become our mentors for stage 2 of BOUNCE.

Stage 2 of Bounce is happening now, and involves the ongoing recruitment of several groups of young people who have left OoHC, and who are ready to be trained as youth peer leaders. Participants will be randomly allocated to either an experimental group, who will receive Bounce leadership training, in addition to CREATE Foundation leadership training, or a control group, who will be offered leadership training with CREATE Foundation. Over the course of a year, eight groups of ten young people will be recruited.



Bounce peer leaders will receive compensation for their time. They will work alongside the clinicians who are delivering the Ripple Project, engaging in the range of activities that emerge from the co-design process.

We are actively recruiting suitable and interested young people throughout the coming months, and would appreciate your help in finding the right people to become youth leaders. We need young people from any region, 18-25 years old, interesting in improving mental health, who are prepared to step up and become trained leaders.

MORE INFORMATION

To find out more about the project, or to refer a young person to BOUNCE, please call 0421 173 574 to speak with Jade Purtell or Kristen Moeller-Saxone