

HUME

# Support for job seekers

## PROGRAM WILL HELP YOUTHS

Natalie Savino

YOUNG people experiencing mental health issues are being given the tools to seek and maintain employment thanks to a new program in Hume and Moreland.

Individual Placement Support (IPS) started at Dartmouth College in the US to help people with mental illness find work.

The model has now been adopted in Melbourne's north thanks to a partnership between not-for-profit organisation Campbell Page and Headspace Craigieburn and Glenroy.

It sees employment specialists connecting with young people to better understand the issues they're facing and support them accordingly into work.

Campbell Page mental health services manager Lisa Smart said it provided intensive support through the job search process as well as post-placement.

"Particularly, people with mental health issues have a greater tendency to fall out of work," Ms Smart said.

"The mental health issue may arise again ... they may fall back into a pattern which sees them losing their job."

"We try to look at the longer term."

She said employment aided in people's recovery.

As of August, the youth unemployment rate in Melbourne's northwest was 13 per cent.

Headspace Craigieburn clinical services manager Brendan Pawsey said it was important that young people who came through their

**“The mental health issue may arise again ... they may fall back onto a pattern which sees them losing their job**

- LISA SMART

doors had access to high-quality vocational support.

"The option is to follow and support people through for a longer period of time, not just to find a job," he said.

At Craigieburn Headspace, 32.1 per cent of those seen between the ages of 18-25 are not working or studying, while in Glenroy, it's 25.5 per cent.

Mr Pawsey said research showed being engaged in "meaningful activity" — whether a hobby, interest or employment — had plenty of benefits for those experiencing mental health issues, including greater independence and self-confidence.

The IPS program will start with about 20 young participants, with the program duration varying to suit their individual needs.

"The evidence on the IPS model is sound," Mr Pawsey said.

"The interesting thing for us is translating it to a Headspace approach, which is an early intervention approach."

"We're really excited to be able to provide that opportunity for young people in this area that they haven't had before."

For details, call Headspace Craigieburn, 8338 0919 or Glenroy, 1300 880 218.



Mathew Ely is being helped find a job through the IPS program.

Picture: KYLIE ELSE

## IPS boosts confidence

THE prospect of finding work may no longer be such a hurdle for Craigieburn's Mathew Ely.

Thanks to the Individual Placement Support program, a new initiative jointly run by Headspace Craigieburn and Glenroy and Campbell Page, the 25-year-old has been offered support in securing long-term employment.

At the age of 11, Mr Ely was thrown into the role of full-time carer for his mother and has lived with depression and anxiety for the past 10 years.

It was after consulting Headspace for treatment that he was told about the program.

"I thought it would be fantastic," Mr Ely said.

"I've applied for I can't even remember how many jobs. I've only had a few interviews."

"The only thing that I've wanted over the last two years or so is to find employment — I hate hearing absolutely nothing."

After just one session with his employment specialist, Mr Ely has

already discovered a new-found confidence.

He has been looking for work in the retail or hospitality industries — "something that involves people".

"Just recently (I've thought) about looking into youth and community counselling because I was a personal carer for 13 years," he said.

"It's already going fantastic."

"The options that have opened up from that one appointment have just multiplied."

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## Council to look at lack of parking

PROBLEMS with parking on nature strips could be a thing of the past with a proposal for indented car spaces to take shape in Hume.

Between January and December 2013, more than 7800 infringements worth \$655,446 were issued across Hume for vehicles parked on nature strips.

A fifth of those were in Craigieburn and 19 per cent in Roxburgh Park.

While many streets in Hume have limited on-street parking, residents have constantly been discouraged from parking on nature strips due to safety concerns and damage to vegetation and underground services.

But they will soon be able to have their say on the draft Hume City Parking on Narrow Streets Policy, which proposes potential solutions such as parking restrictions on one side of the road; construction of indented parking bays by council where demand exceeds availability; and resident contributions of \$1000 for the council to build indented spaces where there is no evidence of on-street parking demand restricting traffic flow.

It means extra parking for residential roads which leave just 3m between parked cars for traffic flow and collector roads which leave 6m.

Councillors also agreed to revoke the existing indented parking bay cost share scheme, which was pushed through in 2008 and required 50 per cent contributions from council and property owners.

The draft policy will be on display between November 2 and 30.

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**Time:** 11am to 2pm

**Cost:** FREE

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