

LOCATION: SCaSP is based at Lifeline Darling Downs & South West QLD Ltd Head Office. Some activities (e.g., group programs) may occur outside this site.

COSTS: SCaSP is provided without cost to children and parents. Parents are invited to consider making a donation to Lifeline where donations of \$2.00 or more will be tax deductible.

COURT REPORTS: It is a requirement of the Australian Government Department of Social Services (DSS) that this program is **NOT** able to be used to provide court reports.

This program is funded by:



Australian Government
Department of Social Services

For more information or an appointment

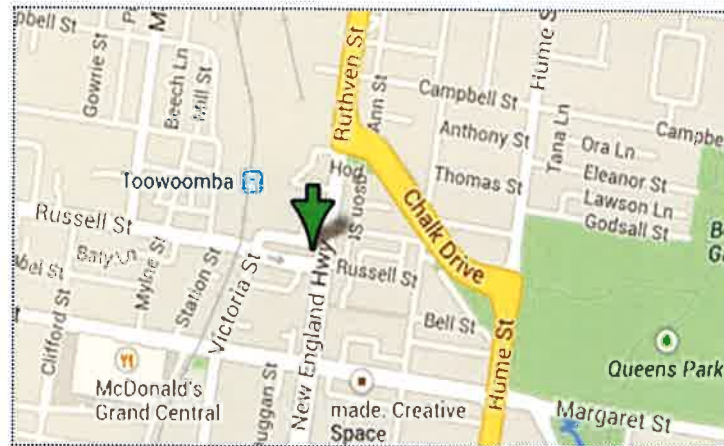
please phone Head Office on
1300 991 443

**We are located at 33 Russell St,
Toowoomba QLD 4350**

www.lifelinedarlingdowns.org.au

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(Lifeline Darling Downs & South West QLD Ltd) 

If you require urgent assistance, please phone the Lifeline National Telephone Counselling Crisis Line
13 11 14



 **Lifeline** Saving Lives
Crisis Support. Suicide Prevention.



**Supporting Children
after Separation
Program
(SCaSP)**

 **Lifeline**
Darling Downs &
South West QLD Ltd

Supporting Children after Separation Program (SCaSP)

For children, dealing with parental conflict and adjusting to separation, learning to alternate between households, and possibly moving to new schools or neighbourhoods can be very challenging.

Many children adjusting to life in a separated family will exhibit a range of emotional and behavioural reactions, which might include:

- Difficulties with sleeping and eating
- Withdrawal, social isolation
- Regression (returning to previously outgrown behaviour)
- Difficulties focusing at school
- Crying, whining and physical complaints
- Risk-taking behaviour
- Aggressive and non-cooperative behaviour

The distress and pain following family separation is very real for these children. Common experiences include:

- Self-blame
- Fears of abandonment
- Wishes for reconciliation
- Grief at the loss of familiar connections
- Difficulty adjusting to the new family structure

While most children are able to make their adjustment without severe or long-term behavioural or emotional problems, some children require support and intervention to assist this transition.



The Supporting Children after Separation Program aims to support the wellbeing of children under the age of 18 from separated or separating families who are experiencing issues with difficult family relationships. Professionally trained counsellors in the program provide:

- A range of age and culturally appropriate interventions to support children as they experience issues related to the breakdown of their parents' relationship
- Opportunities for children to safely explore and express their thoughts and feelings about the circumstances in which they find themselves

Some of the activities of the program may include:

- Assessment of parent concerns and child needs
- Information and referral for the child and/or parent
- Individual counselling utilising a range of therapeutic interventions
- Group and peer support activities