

Walk-in Together:

A family therapy session, when needed. No appointment, no cost.

Every Monday 12.00 – 5.00pm, via zoom.

Our Walk-In-Together project is a pilot initiative, underpinned by Single Session Thinking, with the aim of maximising a single session to give the family what they need.

- The service is provided on a first-in, first-served basis during *Walk-in Together* hours
- Approx 60 - 75 min per session (sometimes shorter), via telehealth, with a small team of experienced family therapists
- Minimal information required before the session, no therapist follow-up afterwards
- If, by the end of the session, families want ongoing support, they may, as part of the session, be given information about other relevant services, including the Bouverie Family Therapy Service.
- Families are free to 'walk back in' for another one-off session in the future
- **This is a pilot study** to find out more about the helpfulness of walk-in family therapy. Participating families will be asked a few questions at the beginning and end of their session, with a follow up contact by a researcher 6 weeks later.

Eligibility: Any Victorian family. **At least two family members must attend together.** Provided it is safe to do so, families are more likely to achieve better outcomes if all affected family members attend.

The word 'family' includes chosen or extended family, kinship groups, and community. We particularly welcome First Nations families, LGBTQI families, families where a member has serious mental illness or has experienced trauma, families from culturally diverse backgrounds, families where a member uses alcohol or other drugs and any family that experiences marginalisation or discrimination.

Families will need:

- a computer device (e.g desktop, laptop, iPad or smartphone)
- a functioning camera and microphone on/with your device
- Zoom program – please refer to **Help with Zoom** for more information

Family members may share the same device for the session, provided they can all see the screen and be seen, and they determine that they are safe and comfortable with sharing.

To access Walk-in Together:

1. A family member calls us on a Monday, between 12.00pm to 5.00pm, *at the time the family is ready to be seen*
2. The family will be allocated a place in the queue, depending on availability, and will have their session start during a 2hr window. All relevant family members will need to make themselves available during this 2hr window.
3. A link to an online registration form and research questions will be emailed for the family to complete. Support with zoom will be provided where needed.
4. The family will be notified by phone **15 minutes before the start** of the session, and their zoom link will then be provided.

Healthy Relationships in Families, Organisations and Communities