## Casey's Future: A Plan for Children, Young People & Families

Casey

2017-2021





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## Introduction

Casey's future – A Plan for Children, Young People and Families 2017-2021 is a key policy document providing a framework for Casey's citizens from birth to twenty-five and their families. The Child, Youth & Family Plan compliments and builds upon the successes of the City of Casey's previous 'Casey's Children – a Plan for the Future 2012-2017' and the Youth Strategy 2011-2016. The Child, Youth & Family Plan has been developed to include all children and young people aged 0-25 years and their families. The Child, Youth & Family Plan will guide planning, advocacy and the delivery of seamless services, programs, events and spaces for children, young people and their families 2017-2021.

## About this Plan

Casey's Future – A Plan for Children, Young People & Families 2017-2021 is a key strategic document providing a framework for Casey's citizens from birth to twenty-five and their families. This plan aims to support and guide the delivery of positive outcomes for children, young people and families throughout the City of Casey across the developmental and life stages.

The Council Plan 2017-2021 recognises the important role that Council plays in planning for the needs of children, young people and families. Under Strategic Objective 2, An Inclusive, Safe and Connected Community, action 2.1.3 in 2017/2018 commits Council to the development of a Child, Youth & Family Plan in order to provide children, young people and families with seamless service provision. This plan establishes clear strategic priorities for Child, Youth & Family and sets out specific objectives and strategies for the services located within the department. This plan provides a strategic framework that empowers expert officers to deliver programs, spaces and events in the Casey community, grounded in evidence-based research and age-appropriate delivery.

Current demographics indicate that 109,471 children and young people aged 0-25 years live in the City of Casey, comprising over 37 per cent of the population. This represents an increase of almost 15 per cent in the number of young people since the 2011 Census, making strategic planning for this cohort and their families critical.<sup>1</sup>

The Child, Youth & Family Plan complements and builds upon the successes of Casey's separate plans for children and young people, Casey's Children – a Plan for the Future 2012-2017 and the Youth Strategy 2011-2016. The coming together of the two plans supports more seamless transitions and service delivery as children and young people progress through life changes. This plan sets priorities for the multiple services now located under the one Child, Youth & Family department.

The City of Casey provides a number of services, programs, events and spaces to the community. Council funded services, programs, events and facilities may be supported by federal and state governments through the provision of funding, legislation and quality assurance. The Child, youth & Family Plan will guide planning, advocacy and the delivery of seamless services, programs, events and spaces for all children, young people and their families.

# Council used a variety of approaches to engage its community through consultation. Methods of consultation include:

- » key stakeholder engagement (including, but not limited to, service providers and agencies, Council officers, Educators)
- » Casey Conversations surveying
- » hard copy and digital survey opportunities at a range of sites (including, but not limited to, playgroup and family day care locations, kindergarten and maternal child and health services, community events, libraries and primary schools)
- » the formation of a targeted focus group for young people
- » consultation with the City of Casey Youth Action Committee
- » engagement at the 2016 Casey Youth Summit. (This comprised sessions with four key stakeholder groups: primary school students, secondary school students, youth work professionals and parents and carers.)
- » Findings from the Casey NEXT community engagement were also considered.

Bringing the Child, Youth & Family Plan to life has more clearly highlighted a gap that has existed in relation to engagement of children in the middle years (ages 10-14 years). The Child, Youth & Family Plan will ensure this cohort is better planned for moving forward.

The information provided to Council through the consultation opportunities has been the underlying driver for the development of the Child, Youth & Family Plan. It is important that the community see clear links between the ideas they have voiced to Council and the principles that form the Plan.

The Child, Youth & Family Plan will support the vision to 'Support and strengthen children, young people and families to maximise their potential as they participate and grow in the Casey community.'

A steering committee of professionals across the Child, Youth & Family department was established to support the development of the Child, Youth & Family Plan. The steering committee will continue to meet annually to review and provide information about achievements related to the Child, Youth & Family Plan. The steering committee will review the Plan every year to assess the relevance of the key principles and strategies. The Plan will be implemented through the development of an operational Action Plan by a working group led by the Child, Youth and Family Projects Officer, who will assign timeframes and allocate responsibility for achievement. Progress will be reported to the community throughout the life of the Plan.

## Who are Casey's children and young people?

Current demographics (2016 Census) indicate that 109,471 children and young people aged 0-25 years live in the City of Casey, comprising over 37 per cent of the population.<sup>1</sup> This represents an increase of almost 15 per cent in the number of young people since the 2011 Census, making strategic planning for this cohort and their families critical.<sup>1</sup>

# What does the City of Casey provide for children, young people and their families?

The City of Casey provides a number of services, programs, spaces and events to the community. Council funded services, programs, events and facilities may be supported by federal and state governments through the provision of funding, legislation and quality assurance. Current services and programs provided to support children and young people by the City of Casey include Best Start, Dads Matter Initiative, Family Day Care, Kindergartens, Maternal and Child Health, Early Parenting Support, Preschool Field Officers, Supported Playgroups, Community Playgroup, Personal Development, counselling services and Recreational Programs for young people.

The City of Casey also advocates to the State and Federal Government on behalf of children and young people.

## Why do we need to plan?

The City of Casey is a vibrant and multicultural city located in the south east of Melbourne. Casey is home to the largest number of Aboriginal and Torres Strait Islander residents in the metro southern region<sup>4</sup>. Residents born overseas represent more than 150 countries celebrating 120 faiths. 5% (1 in 20) of residents have a disability.

The City of Casey remains one of Australia's fastest growing regions with the most residents of any municipality in Victoria with a current population of 311,037 forecast to grow to 514,021 by 2041<sup>2</sup>. Currently Casey is the eighth fastest growing municipality in Australia and the third fastest in Victoria.

The City of Casey is an interface council sharing characteristics of both urban and rural communities, incorporating the green wedge, coastal, growth, foothills and established areas within 410 square kilometers.<sup>3</sup>

Due to the size, complexity and rate of population growth in the City of Casey it is imperative for Council to continue to work with Casey citizens to plan, develop, improve, and advocate to deliver high quality services, programs, events and spaces. Children and young people aged 0-25 comprise of over 37% of the City of Casey population, making strategic planning for this cohort and their families a vital focus.

# Reviews of the previous plan 'Youth Strategy 2011-2016' and 'Casey's Children – A Plan for the Future 2012-2017'

Reviews of the 'Youth Strategy 2011-2016' and 'Casey's Children – A Plan for the Future 2012-2017' were conducted to formally evaluate their effectiveness and currency, providing opportunity to identify and address areas that may require further action moving forward. Reviews of the two plans also provided an opportunity to celebrate achievements guided by the plans. Outcomes of the reviews informed the development of the Child, Youth & Family Plan.

Considering children's participation, it was recognised that to engage with children and young people in an ethical and respectful way staff require training and sufficient time to plan engagement strategies. As a result, children's participation was made a key priority of the 'Casey's Children – A Plan for the Future 2012-2017' ensuring staff received training in this area. Staff training guided the consultation of children, youth and families to inform the Child, Youth & Family Plan and will remain an ongoing learning process and priority.

Strategic planning was a priority of both the 'Youth Strategy 2011-2016' and 'Casey's Children – A Plan for the Future 2012-2017' due to the rapid growth of the City of Casey. Outcomes included flexible options of service and program delivery to better support children, young people and families. Planning provided opportunities to build and expand facilities, primarily in new growth areas, to support rapidly increasing population demands.

It was identified that relationships and partnerships are paramount in sustaining and strengthening children, young people and families to participate and grow in the Casey community, maximising their potential. Partnerships support information sharing and supportive referral pathways. Recognition of the value of seamless service delivery across the lifespan is inclusive of all children, young people and families supporting life transitions.

The reviews identified gaps in the areas of services, programs and spaces available to children 10-14 years. The development of a seamless plan for all life stages 0-25 years will provide a lifespan support model, rectifying this gap.

#### Selected Outcomes:

'Casey's Children – a Plan for the Future 2012-2017' (CP) and the Youth Strategy 2011-2016 (YS):

- » Children have been provided genuine, ethical and respectful engagement opportunities to voice their opinions.
- » Youth Suicide Prevention Committee was formally established in 2012.
- » Casey Youth Action Committee was redeveloped in 2014 to recognise young people in the City of Casey as valued leaders of the community and to provide meaningful civic participation opportunities
- » The Casey Youth Hub was opened in May 2014 providing a community partnership approach to the delivery of youth focused services to young people and their families through collaboration, partnerships and the opportunity for co-facilitation.
- » The Casey Children's van has engaged over 4,000 children and families across Casey since 2015.
- » Council's Children's week event engages up to 2,000 community members annually.
- » The delivery of child and young people driven, high quality, outreach, municipal wide services, programs, spaces and events.
- » The delivery of flexible services and programs to meet current needs.
- » In planning for future growth, new facilities in growth corridors have been built to allow for expansion to support population increases.





## What did you tell us?

### Children ~

You told us:

- » Your family and friends are important to you.
- » You would like more people to be healthy and strong.
- » You would like more local, free, activities for children.
- » You would like more activities in the school holidays.
- » As an only child with family residing overseas you rely on programs and activities to socialise and interact with others.
- you want your community to be a safe and peaceful place.
- » You appreciate free programs and activities especially Dads Matter.
- » You would like more local parks.
- you enjoy swimming and would like more local pools as Casey ARC and RACE are crowded.
- » Trees and nature are important to you.
- » Protecting the environment is important to you.
- » You would like us to stop using plastic bags and building houses to protect the environment.
- » A clean environment with no rubbish is important.
- » You like having fun.
- » You like learning new skills.
- » You like playing.
- » Sport is important for fitness and movement.
- » You enjoy kindergarten.
- » Personal safety is important to you, you don't like it when people hurt you or are mean to you.
- » Being included with your peers makes you happy, you don't like to feel left out.
- » You are compassionate worried about the safety of family and friends.
- You care about people being homeless and children who have no access to healthy food.

- » You feel safe with family and educators.
- » Overall playing with friends, physical activity and nature, being outdoors were, in that order, what you most liked to do.
- » Most of you enjoy physical activity with swimming by far the most popular, then soccer and basketball.
- » You enjoy a wide variety of activities such as playing in mud, picking flowers, the arts, dancing, shopping, music lessons, walking the dog, fishing, cooking, hard puzzles, library, playing, sculpture, family holidays and waterparks with playgrounds and parks the majority favorite.
- » Church and Temples are important places of worship.
- » If you could build anything near to your home most of you would build a swimming pool and a water park.
- » You are worried that the roads are busy and dangerous.
- you believe traffic is preventing you from spending more time as a family.
- » Children and young people identified domestic violence, drugs, alcohol, graffiti and public transport as concerns.





## What did you tell us?

## Young People 🗸

#### You told us:

- » Your relationships with your friends and families are very important to you.
- you connect with each other via talking, text messaging and social media.
- » You hear about what is happening in the community through family, school and via social media.
- » You like living in Casey because you feel safe and enjoy the facilities, activities and events that Casey offers.
- » You want to live in a community where all cultures are celebrated.
- » You come to Casey Youth Services programs and centres because you feel at home and enjoy the events and spaces offered.
- » Transport and time are a barrier to you accessing programs in the community.
- » You think Casey should have better public transport and less traffic.
- You care about your education and how you will find a job in the future.
- » You worry about bullying and cyber bullying.
- You are concerned for young people in the community who use drugs and alcohol and who have health problems including mental health.
- » You enjoy the environment.
- » You appreciate free Wi-Fi.
- » You like shopping.
- » You enjoy events.
- » You like having access to great sporting facilities.
- » You believe living in Casey offers many opportunities to young people.
- » Children and young people identified domestic violence, drugs, alcohol, graffiti and public transport as concerns.
- » Personal safety and study stress were the highest ranked concerns raised young people.

## Families >

#### You told us:

- you want your children to be happy, healthy and whatever they want to be.
- you want your children to grow up in a safe, clean environment.
- » You want your children to live in a safe family friendly community where they feel they belong, can interact with others and make lifelong friends.
- » You are worried about negative societal and internet influences on your children.
- you want your children to have quality opportunities to play and learn.
- You are concerned about the impacts of rapid growth in your child's community on affordable places in quality kindergarten and primary education; lack of infrastructure to meet your children's need; and traffic chaos.
- » You are worried that your children will find school difficult and would like more support for your children at school i.e. disability; additional needs; hearing loss; interpreters.
- » You are worried about the availability of resources and supports after high school for special needs children.
- you would like more playgroups so your children will learn to speak English before they attend school.
- » Your beliefs are important to you.
- you hope there are employment opportunities for your child when they are ready.
- » You are worried about future employment for people with special needs.
- you would like affordable, secure accommodation to ensure your children receive stable education.
- You are concerned about the influence and impacts of drugs, crime and home invasions on your children.
- » You are concerned that your child will be bullied.
- » Maintaining a healthy lifestyle was difficult due to high costs of living.



# Educators and services providers •

You told us:

- » There is an increasing complexity regarding the presentation and treatment of young people's mental health and the capacity of the service sector to meet the needs of young people.
- you have noted an increased use of drugs and alcohol by both young people and their caregivers.
- » You have concerns regarding the observed impacts on young people of family violence, family breakdown and parent/carer mental health.
- » Increasing numbers of young people are not accessing education, i.e. school refusal; and coming up against barriers to access employment.
- » There is a lack of alternative school settings for young people who cannot access mainstream education.
- young people struggle financially when family support was limited or not available, impacting on their education.
- young people are being bullied either face to face or via social media.
- » There is a lack of availability of outreach services for young people, especially those disengaged or isolated.
- » Isolation, including geographic isolation, was in part related to lack of access to adequate public transport.
- » Health and wellbeing is being impacted by lifestyle patterns including poor diets, poor sleeping patterns, recreational choices, such as disproportionate amounts of screen time, and poor hygiene habits.
- » Appropriate accommodation for young people is not available or affordable.
- » There is a gap in service delivery for young people 18-25 years, especially those who have been in out of home care.

# What did we do with this feedback and research findings?

An internal steering committee of professionals representative of the Child Youth & Family department considered all responses received from children, young people and family's along with Casey NEXT themes and Council Strategic Objectives.

Themes were identified and from these priorities and strategies to support were formed. The Child, Youth & Family staff were encouraged to reflect and respond to the priorities and strategies drafted by the steering committee. Feedback from the previous 'Casey's Children – A Plan for the Future 2012-2017' and 'Youth Strategy 2011-2016' reviews and current research and evidence also informed the Child, youth & Family Plan.

Based on the consultation process, review and research, five strategic priorities and associated strategic objectives were developed to provide the City of Casey with a basis to guide planning, advocacy, and the delivery of services, programs, events and spaces for children, young people and families over the next five years.

### **KEY PRIORITIES AND STRATEGIES 01**

## **Families**

## You told us ...

## Children



Your 'family is the most important thing to you'.

#### Young people



You 'like growing up in Casey because it is a

#### **Families**





In response, our priority is to support and strengthen Casey's unique children, young people and families.

- **1.1** Provide a wide range of services, programs and events in response to needs that engage children, young people and families.
- **1.2** Provide spaces, services, programs and events where children, young people and families feel safe, welcome, respected and supported throughout their lifespan.
- **1.3** Strengthen children, young people and families' capacity to be resilient.



Families are the fundamental group unit of society and are entitled to be protected by society and the State.<sup>11</sup> Positive attachment, interaction and relationships with family in early childhood and throughout life are crucial to a sense of belonging; defining identity and supporting a strong sense of wellbeing.<sup>6</sup> A child's earliest development and learning takes place within family relationships and as such families' have a right to be consulted and recognised as their child's most important educator.<sup>9,10</sup>

'Building trusting relationships between families and professionals supports a context where challenging or complex issues are discussed honestly and respectfully and where solutions are negotiated rather than presumed or assumed.'9

Mission Australia's Youth Mental Health and Homelessness Report states youth who reported having poor family functioning were more likely to have a serious mental illness and more likely to experience couch surfing (homelessness). Young people who reported they were very concerned or extremely concerned about family conflict, depression, coping with stress and suicide were far more likely to have spent time away from home increasing the likelihood of them experiencing homelessness in the future.<sup>12</sup>

### Related strategic plans

- » Council Plan 2017-2021
- » Municipal Public Health and Wellbeing Plan 2017-2021
- » Inclusive Casev Strategic Framework 2018 2021
- » Accessibility Framework for Action 2018 202

## KEY PRIORITIES AND STRATEGIES 02

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## Community

## You told us ...

### Children and young people



Your 'friends are important to you'.

You feel happy when you are 'included in activities with your friends and community.'

You 'like to have places to go to.'

You are interested in 'sport and creative arts activities but find it hard to participate when they are not local making it difficult for you to access.'

You would like more 'local sporting activities, especially swimming pools and opportunities to connect with nature'.

#### **Families**



You want your 'children to grow in a community that was family friendly and safe with opportunities to engage with the entire community'.

You would like 'more affordable, quality, accessible, local, learning and educational opportunities for your child and young person.'



In response, our priority is to build a community where children and young people feel safe, connected and included.

- **2.1** Celebrate, include and advocate for all children, young people and families.
- 2.2 Provide local high-quality services, programs, events and spaces that are adaptable to communities changing needs and encourage social connection.
- 2.3 Embed a culture of continuous, efficient and effective improvement to support services, programs, events and community engagement.
- 2.4 Support quality learning across the lifespan through planning and provision of a variety of local experiences for children, young people and families to participate.



Relationships with friends and family, and a sense of belonging are central to children and young people's wellbeing. <sup>14</sup> Encouragement of children, young people and families to respect and celebrate their own and others' cultural backgrounds, identities and choices, builds a connected community and a feeling of belonging. <sup>8</sup>

All people are born free and equal in dignity and rights.<sup>11</sup> Every person has the right to freedom of thought, conscience, religion and belief.<sup>11</sup> Quality services, events, programs and facilities support play and leisure time which is very important to children, young people and families and essential to learning, development and wellbeing.<sup>10</sup> UNICEF's Convention on the Rights of the Child, Article 31.1 'recognizes the right of the child to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts'.<sup>18</sup> When children and young people connect

to their community they develop an understanding of the reciprocal rights and responsibilities required for active community participation; become socially responsible and show respect for the environment; and respond to cultural difference with respect.<sup>6</sup> Local opportunities for children, young people and families to participate in community groups and events alleviates often inadequate or absent public transport and car dependency.<sup>16</sup>

#### Related strategic plans

- » Council Plan 2017-2021
- » Municipal Public Health and Wellbeing Plan 2017-2021
- » Inclusive Casey Strategic Framework 2018 2021
- » Accessibility Framework for Action 2018 2021

## KEY PRIORITIES AND STRATEGIES 03

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# Health and Wellbeing



## You told us ...

#### Children



You have a very clear holistic understanding of what makes you healthy including but not limited to 'healthy food, exercise, clean environment, dental hygiene, nature and rest.' You have the most fun 'playing at outdoor parks' and think 'we need to look after our environment and keep it clean.'

#### Young people



'Physical and mental health is very important' to you. You want 'to feel confident and resilient to be the person you are.'

#### **Families**



You believe 'affordable, accessible health care prevention and support is required to provide opportunities for your children and young people to be healthy and happy.'



In response, our priority is to continue to provide, promote and improve health, wellbeing and developmental outcomes for children, young people and families.

- 3.1 Establish a staff and community culture that embraces positive health and wellbeing.
- **3.2** Maintain a high level of participation in services, programs and events.
- **3.3** Provide opportunities for children, young people and families to connect with Casey's natural environment.



To encourage a community culture that embraces health and wellbeing, it is imperative to embed health and wellbeing as an Organisational value. Organisational health signifies an organisation that optimises its effectiveness and the wellbeing of employees.<sup>13</sup> Employees with positive wellbeing are motivated, efficient and more likely to influence better health and wellbeing outcomes in the community.

One of the key recommendations developed in response to Mission Australia's Mental Health & Homelessness Report is to: 'Invest in a broad approach to youth mental health, encompassing young people themselves, their families and educational settings such as schools, community agencies, health care services and government.' 12

To maintain a high level of participation in services and programs research informs us that holistic, flexible outreach services encourage higher participation rates. Outreach services and programs support social participation amongst geographically and socially isolated people promoting health and wellbeing.

Young people are more likely to access services that are youth-friendly, which means they are flexible and available when young people need them and facilitated by staff who have been trained in communicating with young people and their development.<sup>1</sup>

Feeling connected to nature has been shown to be beneficial to wellbeing and pro-environmental behaviour. Simply engaging people with nature through knowledge and identification is not enough, direct experience and physical engagement must also occur. A connection with nature creates a sense of belonging to the wider natural world as part of a larger community of nature.¹ Richard Louv, journalist, author and co-founder of the Children & Nature Network, suggests 'the more high-tech we become, the more nature we need'. Louv coined the term 'nature-deficit disorder' of which he believes many people today, especially children suffer. Nature engagement boosts mental acuity and creativity, reducing obesity and depression, promoting health and wellness by simply having fun.¹

#### Related strategic plans

- » Council Plan 2017-2021
- » Municipal Public Health and Wellbeing Plan 2017-2021

# Participation



## You told us ...

#### Children



#### Young people



abilities and intelligence of youth, youth are denied many opportunities given to adults.'

#### **Families**





In response, our priority is to involve children, young people and families in opportunities to influence matters that affect them as active citizens in their community.

- 4.1 Provide all children, young people and families with opportunities to voice their opinions and be actively involved in shaping their community.
- **4.2** Enhance the skills of City of Casey staff and local service providers to collaborate with children, young people and families in a respectful, ethical and genuine way.
- **4.3** Develop a community that actively engages in fulfilling the rights of children, young people and families.



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# Partnerships



## You told us ...

### Young people



You turn to 'family, friends, teachers, internet and school counsellors for information and support.'

#### **Families**



You would like 'more advertising of what is available for children, young people and families.'



In response, our priority is to work collaboratively to support better outcomes for children, young people and families.

- 5.1 Increase clear communication and collaboration within Council leading to better outcomes.
- 5.2 Play a key role in maintaining existing and establishing new service sector partnerships to provide services and to advocate for the changing needs of children, young people and families.
- 5.3 Raise awareness through effective promotion to enhance the capacity for children, young people and families to access services.
- **5.4** Advocate for the best interests and rights of children, young people and families at a local, state and federal level.



Healthy developmental and wellbeing outcomes for children, young people and families are most likely achieved through strong partnerships with community, educators, Council and external services, programs, and support networks. <sup>6,8</sup> Collaborative partnerships support inclusive practice. Successful partnerships communicate positively and openly with one another, plan collaboratively and work in ways that collectively achieve positive outcomes for children, young people and families.

Increased understanding of the complex needs of children, young people and families requires an equally sophisticated and complex professional workforce and skillset to support. Cross-sector collaboration enables the sharing of experiences and ideas providing children, young people and families more choices regarding information, skills and resources.

Outreach is an important engagement and information sharing tool that assists children, young people and families navigate complex and unfamiliar service structures. <sup>12</sup> Outreach programs can develop rapport, care for immediate needs and provide linkages to services and resources.

Networking is an important role for advocates to both establish key links within their community as well as keeping up to date with local resources, services and programs.

## Related strategic plans

» Council Plan 2017-2021



## Conclusion

Significant consultation and stakeholder engagement has occurred to support the development of the Child, Youth & Family Plan. The information provided to Council through consultation opportunities has been the underlying driver for the development of the Child, Youth & Family Plan.

The Child, Youth & Family Plan will guide planning, advocacy and the delivery of seamless services, programs, events and spaces for all children, young people and their families. The Child, Youth & Family Plan will support the vision to 'Support and strengthen children, young people and families to maximise their potential as they participate and grow in the Casey community.'

# Implementation, Monitoring and Evaluation

A steering committee of professionals across the Child, Youth & Family Department was established to support the development of the Child, Youth & Family Plan. The steering committee will continue to meet to review and provide information about achievements related to the Child, Youth & Family Plan.

The steering committee will review the Child, Youth & Family Plan every year to assess the relevance of the key principles, strategies and objectives. The Child, Youth & Family Plan will be implemented through the development of an operational Action Plan by a working group led by the Child, Youth & Family Project Officer, who will assign timeframes and allocate responsibility for achievement. Progress will be reported on an annual basis.



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