

*Unifying families through  
trauma-focussed support*

## Where?

While the service is based at Seaton, most work will occur in the family home. Assistance is available for families across the Adelaide metropolitan area and Adelaide Hills.

## How?

Families must be referred by their Department for Child Protection (DCP) Case Manager. The service is voluntary, so parents need to consent to working with Unify and becoming actively involved in the reunification process. Unify works side-by-side with families and DCP.

## How often?

Families can expect to have contact with their Unify worker 1-3 times per week, depending on what they need and what stage they are at on their reunification journey.

## How long?

Length of involvement with UNIFY is flexible according to families' needs, but this is usually about 12 months.



FAMILIES, YOUTH AND CHILDREN  
EDUCATION AND TRAINING  
HEALTH AND WELLBEING  
CARER SUPPORT, DISABILITY  
DOMESTIC VIOLENCE AND HOMELESSNESS

### Unify: Family Reunification Services

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[www.centacare.org.au](http://www.centacare.org.au)

A program funded by the Department for Child Protection.



We endorse the **Charter of Rights for Children and Young People in Care** and promote those rights in our policies and practice.



Centacare welcomes people who are intersex, gender diverse and of all sexualities.



#### Statement regarding the traditional owners of the land

For thousands of years Aboriginal people have walked on this land, in their country. Their relationship with the land is at the centre of their lives. We acknowledge the Aboriginal people and their stewardship and spiritual connection with their lands.



Centacare is nationally accredited against the Quality Improvement Council (QIC), Australian Health and Community Services Standards.



# Unify

Family Reunification Services  
Centacare Catholic Family Services



## Unify: Family Reunification Services

Unify's goal is for children and young people to live safely in the care of their parents or families, wherever possible.

Unify works intensively with families who have been separated by the child protection system due to safety concerns.

Parents are supported by Unify to build deep understanding of themselves and their children without blame or shame. This supports parents to make genuine life changes to meet their children's needs and keep them safe so they can come home and stay at home.

Unify is both a general and specialist reunification service that works with Aboriginal and non-Aboriginal families where:

- children are subject to short-term care and protection arrangements
- children or young people are subject to long-term care and protection orders and have not experienced permanency in care.

## Interventions

Unify offers families a combination of practical parenting support, psycho-education and therapeutic attachment-focussed interventions, with a focus on intergenerational trauma.

Unify provides all services on voluntary basis, within a trusting professional relationship. Unify avoids families being referred to new or different workers and services for each part of the intervention wherever possible.

The models and frameworks used by Unify are established and evidence-based, and include some that are hard for families to access in the community. These include:

- **Circle of Security**
- **Marte Meo**
- **The Garden**
- **Narrative Exposure Therapy**
- **Therapeutic Genogram**
- **Adult Exploration of Attachment Interview (AEAI)**
- **Parallel Parent Child Narrative (PPCN)**

## Therapeutic Processes

Many families involved with Unify are supported to engage in the following unique and powerful therapeutic processes:

### Adult Exploration of Attachment Interview (AEAI)

The AEAJ helps parents explore the impact of their own experiences of being cared for on what is referred to as their inheritance map.

This allows parents to identify parenting patterns that have been useful and others they wish to change.

### Parallel Parent Child Narrative (PPCN)

PPCN is a story-telling process designed to heal the traumatic relationship ruptures experienced by many families in contact with the child protection system.