



Vital Interventions for Building Emotional Strength
Counselling & Therapeutic Supports

VIBES – Vital Interventions for Building Emotional Strength

What is VIBES?

VIBES provides trauma-informed, therapeutic support for young people aged 12-25, focusing on those in out-of-home care (OOHC), juvenile justice systems, and those at risk of disengagement, Or those just seeking a little more help. We offer a range of personalised interventions designed to promote emotional resilience, personal growth, and behavioural well-being.

Service Summary (Capability Statement)

VIBES is a sole trader therapeutic service providing:

- FBAs & BSPs (OOHC, NDIS, Juvenile Justice, Private, School Students)
- Mobile and flexible 1:1 mentoring programs
- 6–12 week therapeutic blocks
- Youth engagement and self-regulation programs
- Visual routines, contracts, phone plans, and conflict support

Led by Lucy – a qualified counsellor with a criminology background – VIBES brings a decade of direct youth experience.

Values: Safety, Strength, Connection, Growth

Our services include:

- **Functional Behavioural Assessments (FBAs):** Comprehensive assessments identifying triggers, patterns, and strategies for managing behaviour.
- **Behaviour Support Plans (BSPs):** Tailored plans to promote self-regulation and positive behaviour outcomes.
- **Therapeutic Intervention Blocks (6-12 weeks):** Focused therapeutic support programs that build emotional strength.
- **Crisis Consultations & Mentoring:** Real-time support for crisis situations and one-on-one mentoring.
- **Group Programs:** Workshops and programs focused on grief, peer pressure, substance abuse prevention, and general life skills.

For Agencies & Schools

VIBES is available for partnerships and service provision under:

- DCJ Brokerage & OOHC Programs
- Schools & Wellbeing Teams
- Youth Programs & Juvenile Justice
- NDIS Participants & Support Workers

We offer:

- Case-specific, goal-oriented interventions
- Training workshops for staff & caregivers
- Crisis response programs
- Long-term mentoring & relationship building

For Families & Carers

VIBES provides practical tools for improving relationships with young people in care or those at risk of disengagement. Our services include:

- Family-friendly behavioural strategies
- Improved communication with young people
- Support in navigating challenges such as peer pressure or trauma
- Regular feedback and updates on progress

Scope of Services

Assessments & Behaviour Support

☐ **Functional Behaviour Assessment (FBA)**

- 2x observations (2–3 hrs)
- Interviews with youth/staff (1.5 hrs)
- Review of notes/data
- Report writing (2.5 hrs)
- Team feedback (1 hr)

☐ **Behaviour Support Plan (BSP)**

- Strategy design (proactive/reactive)
- Regulation and de-escalation mapping
- Visual supports
- Consultation session
- Written BSP (incl. NDIS ready) |

☐ **FBA + BSP Bundle**

- Full assessment + plan
- Feedback & implementation support
- Prioritised scheduling (14–21 days turnaround) |

☐ **BSP Review/Update**

- Refreshed strategies
- Staff feedback loop
- Updated visuals/goals
- Summary report |

Therapeutic & Mentoring Blocks

☐ 6-Week Therapeutic Mentoring Program

- Weekly 1:1 sessions (60 mins)
- Weekly note summary
- Focused goals: self-regulation, resilience, social skills
- Youth-directed engagement |

☐ 12-Week Emotional Strength Program

- In-depth therapeutic support
- Emotional literacy tools
- Goal setting, peer pressures, boundaries
- Visual workbooks & progress plan |

☐ Crisis Response or 1-Off Consult

- 60–75 min therapeutic crisis support
- Staff debrief (if needed)
- Summary of concerns + recs |

Short-Term School or Group Programs

☐ 4-Week Group Program (Schools)

- 4x 60–75 min group sessions
- Topics: Drugs, Peer Pressure, Grief, Anger
- Group worksheets
- Student summary + feedback to staff |

☐ Custom 1-Off Workshop (Incursion)

- 90 min tailored session (Year 7–10)
- Interactive & trauma-informed
- Pre/post teacher briefing
- Reflection tools provided |

Other Services

☐ Phone/Tech Contract Planning

- Youth co-created rules
- Visual schedule & contract
- Staff/youth collaboration
- Editable copies provided |

☐ **Support Worker Training (Grief, Conflict, RP) |**

- 45-min theory + roleplay
- Printable handouts
- Safe youth conversation planning
- Feedback tools for staff |

Contact Us

We would love the opportunity to work with you and your young people. If you're interested in learning more or partnering with us, please contact us for a free consultation or to discuss how our services can benefit your team, school, or program.

Contact Information:

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