

## Lighthouse, a free mental health treatment service for young people experiencing the impacts of past complex trauma

### Support

Lighthouse is a recovery orientated service which aims to provide timely access to effective, safe and appropriate care for adolescents who are experiencing the impacts of complex trauma in their lives. Supporting young people, and their family / carers / kin, who have been affected by adverse childhood experiences to learn skills around the management of symptoms and promote hope in healing so that the young person can fulfil their potential. Young people can access the service for up to 18 months.

### Approach

We deliver evidence-based treatment and therapies within an optimistic, youth friendly culture. Lighthouse works to an internationally agreed set of best practice principles of care, following the Blue Knot Practice Guidelines for Treatment of Complex Trauma.

### Inclusive

Our treatment is person-centred and individualised. We recognise diversity and difference, working with specialist services such as LGBTIQ+, Aboriginal and Torres Strait Islanders and CALD support where needed.

### Team

Delivered by a multi-disciplinary team of clinicians who have specialised experience and knowledge in the area of trauma informed and trauma specific care with young people and their families/carers / kin.

### Eligibility

We work with young people, aged 12 to 18, living within the Gold Coast region who are finding life difficult due to the presence of trauma-related symptoms, such as:

- emotional dysregulation,
- dissociation,
- impaired self-development
- disorganised attachment
- hypervigilance
- avoidance
- flashbacks
- nightmares

These symptoms are a result of past prolonged and/or cumulative trauma, including physical, sexual or emotional abuse, physical or emotional neglect, exposure to **domestic violence, household substance misuse, household mental illness**, parental separation or divorce, or incarceration of a household member.

**If** a young person is experiencing co-morbid symptoms that will negatively impact engagement in therapeutic work for trauma they will be supported to engage in more appropriate services and invited to re-engage when stabilised, If a young person is engaged with tertiary services such as CYMHS or Evolve Therapeutic Services, then they would not be eligible.

## Referrals

We accept referrals from GPs, psychologists, psychiatrists, any primary health or community support services, schools or from the young person's family / carers / kin. Call 07 5699 8248, fax 07 3532 0218 or email [lighthouse@liveslivedwell.org.au](mailto:lighthouse@liveslivedwell.org.au)

