

Back on Track Program

Referral Form

About the Program

Back on Track is a free family-based therapeutic program for safe female caregivers and their children aged 5-12 who have been impacted by family violence.

Who is it for?

Families affected by family violence, particularly where one or more children are experiencing emotional distress, regulation difficulties, or presenting with reactive and/or aggressive behaviours.

What does the program include?

- Intake and assessment before the group begins, including a family violence risk assessment, as well as a family observational session to identify therapeutic needs and determine readiness for group participation.
- Nine weeks of separate therapeutic group sessions for safe caregivers and their children, with children participating in age-appropriate groups: 5–8-year-olds and 9–12-year-olds.
- Caregivers will also have weekly online catch-ups with their group facilitator, running concurrently with the group, to share their experiences and receive support with using strategies at home.
- On completion of the group, a review of the family's assessment and ongoing therapeutic needs.
- Up to six tailored child–caregiver or family therapeutic sessions following completion of the group program.
- A final review at the conclusion of the tailored sessions to assess progress, identify any ongoing needs, and support therapeutic closure and, where needed, referrals to other services.

How long is support provided?

Families can receive up to 18 weeks of therapeutic support from the start of the group program through to closure.

Suitability

Back on Track is a program that supports families where:

- A child aged 5–12 has experienced, witnessed, or been impacted by family violence.
- The child is showing signs that they may need extra support, such as worries, big feelings, changes in behaviour, relationship difficulties, trouble with emotional regulation, and/or aggressive behaviour.
- The child is living mainly with a safe, non-offending female caregiver.
- The caregiver is open to taking part in the program alongside the child.
- The family can participate safely, and there are no known legal restrictions that would prevent therapeutic support, such as court orders.

If you are unsure whether Back on Track is the right fit, we still welcome a referral or enquiry. Emerge will discuss your circumstances and eligibility with you and, together, determine whether the program is appropriate for your needs. If you meet the initial eligibility requirements, we will then move to the intake stage, where we can explore your needs

and circumstances in more depth. This includes an assessment to help us better understand your situation and identify the support that may be most appropriate for you and your family.

To make a referral, please complete the form below and email it to therapy@emergesupport.org.au.

This referral form can be completed by a caregiver, family member, community member, or professional. Please include caregiver, child, consent, and referrer details where relevant. If MARAM risk assessments are available, please attach the most up-to-date assessments for the women and children when submitting this form.

If you have any questions or would like further information, please contact Emerge Women & Children's Support Network on 03 4410 7010 or at therapy@emergesupport.org.au.

1. Referral Type

☐ For myself	☐ On behalf of someone else
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2. Caregiver Details

First name	
Last name	
Date of birth (DD/MM/YYYY)	
Gender	
Email	
Contact number	
Do you identify as Aboriginal and/or Torres Strait Islander?	☐ Yes ☐ No ☐ Prefer not to say
Country of birth	
Main language spoken at home	
Is an interpreter required?	☐ Yes ☐ No
If yes, preferred language	

3. Residential Address

Street	
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Suburb	
Postcode	
State	

4. Safe Contact and Legal Information

Please confirm safe ways for Emerge to make contact.

Send you an email?	☐ Yes	☐ No
Send you an SMS?	☐ Yes	☐ No
Leave you a voicemail?	☐ Yes	☐ No
Are there any current court orders?	☐ Yes	☐ No
If yes, please provide any relevant details		

5. Children

How many children are you referring?	
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Child 1

First name	
Last name	
Date of birth (DD/MM/YYYY)	
Gender	
Does the child identify as Aboriginal and/or Torres Strait Islander?	☐ Yes ☐ No ☐ Prefer not to say
Country of birth	
Main language spoken at home	
Is an interpreter required?	☐ Yes ☐ No
If yes, preferred language	

Child 2

First name	
Last name	
Date of birth (DD/MM/YYYY)	
Gender	
Does the child identify as Aboriginal and/or Torres Strait Islander?	☐ Yes ☐ No ☐ Prefer not to say
Country of birth	
Main language spoken at home	
Is an interpreter required?	☐ Yes ☐ No
If yes, preferred language	

Child 3

First name	
Last name	
Date of birth (DD/MM/YYYY)	
Gender	
Does the child identify as Aboriginal and/or Torres Strait Islander?	☐ Yes ☐ No ☐ Prefer not to say
Country of birth	
Main language spoken at home	
Is an interpreter required?	☐ Yes ☐ No
If yes, preferred language	

Child 4

First name	
Last name	
Date of birth (DD/MM/YYYY)	
Gender	

Does the child identify as Aboriginal and/or Torres Strait Islander?	☐ Yes ☐ No ☐ Prefer not to say
Country of birth	
Main language spoken at home	
Is an interpreter required?	☐ Yes ☐ No
If yes, preferred language	

I have additional children

☐ Yes

☐ No

6. Professional Referral Details

Consent

Has the caregiver consented to referral and relevant information sharing?

☐ Yes – written consent obtained	☐ Yes – verbal consent obtained	☐ No
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Emerge may contact the caregiver and exchange relevant information with the referring service to assess eligibility, safety and support needs.

Referring organisation	
Contact name	
Position	
Contact details	
Date (DD/MM/YYYY)	
Signature	

If verbal consent was obtained, the referrer confirms this was discussed with the caregiver and informed consent was provided.

Important

If you need urgent help: Call 000 in an emergency. For family violence support, call Safe Steps on 1800 015 188, a 24/7 Family Violence Response line.