

Media release



yourtown puts spotlight on children traumatised by domestic violence

Unfortunately, children and young people who grow up in abusive homes often gravitate towards abusive relationships later in life, said **yourtown** Head of Client Services Brendan Bourke.

“A lack of resources has meant that funding to support children has not always been possible with refuges often unable to respond to the needs of young children traumatised by domestic violence,” says Mr. Bourke.

“We have seen how **yourtown’s** own innovative Expressive Therapy program, a recovery initiative developed for children experiencing emotional and behavioural problems stemming from trauma, has improved the mental health outcomes of its young children participants. This innovation has proven to be a positive way to treat the effects of trauma on children.

“It’s important to acknowledge that domestic and family violence does not just affect women, it affects everyone. We recognise that specific groups may have particular vulnerability,” he continued.

“We also know that if we can intervene early with targeted therapy, a child who has been traumatised by domestic violence may have significant positive outcomes.

“Without early intervention young children may carry the trauma of that family violence well into adulthood. This can include difficulties in developing positive relationships, and a heightened risk of alcohol misuse, drug dependence and criminal behaviour later in life. The cost to these children and the community is immeasurable. We cannot afford not to ensure we do everything we can to prevent this happening,” Mr Bourke continued.

The growing numbers of violence against women and children is disturbing which is why **yourtown** provides access to safe and secure accommodation with the support services they need to help rebuild their lives, as well as free counselling services through Parentline to help parents initiate positive parenting behaviours.

yourtown is a charity with services young people can access to find jobs, learn skills, become great parents and live safer, happier lives. For over 58 years, we’ve been tackling the issues impacting young people in Australia – like mental health and unemployment, and taking on issues like family and domestic violence.

If you or someone you know is impacted by domestic or family violence contact DV Connect on 1800 811 811.

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yourtown Corporate Communications & Media Advisor: Maree Reason-Cain Phone 0423 843786 OR mreason-cain@yourtown.com.au