

AMPED

Arts Mentor Program for Education and Development

A Program for Aboriginal and Torres Strait Islander Youth

Information Sheet

AMPED is an exciting new program designed and led by Nathan May and Hannah Yates. The program is supported by therapeutic workers and co-delivered within a cultural framework designed to support the social, emotional and artistic growth of young people honouring and validating the young people's cultural identities.

The program is underlined by a program logic which highlights that through the provision of safe and culturally appropriate role modelling & mentoring to Aboriginal and Torres Strait Islander Youth; the program will support youth to increase confidence, self-efficacy and provide early interventions to minimise harmful behaviours. The use of music aims increase youth capacity to identify and verbalise emotions and address challenges in their life.

The projected outcomes are in the short term:

- Increased self-confidence
- Increased musical capacity
- Increased self-efficacy
- Increased knowledge of culturally appropriate supports available
- Increased knowledge of safe mediums for emotional regulation
- Increased connection to supports

Longer-term outcomes are projected to include:

- Increase in positive social connections
- Increased capacity to identify and verbalise emotions and challenges
- Access to, and knowledge of culturally appropriate supports

Intake sessions are conducted with each young person before enrolment into the group, we use a client-centred approach to exploring the needs of each individual. Assessment tools are utilised throughout the intake and upon completion of the group. These help us to better understand how to best support the young people and to help us determine if we are being effective in our supports.

The group's evaluations are influenced by Albert Bandura's self-efficacy framework and will include questions on social self-efficacy and emotional self-efficacy as well as some program specific questions. These questionnaires will be delivered in a digital format designed specifically to be understood by, and visually gentle for youth. The information gathered as part of this process will be stored and used in accordance with our consent and confidentiality policy. For further information please visit www.rasa.org.au and look for 'Privacy and Confidentiality'.

Whilst we work closely with schools, the program is separate and independent. Information shared within the group, or with the staff is confidential to the group along with some information to the funders. The confidentiality policy will be explained in detail to all participants and their families.

To learn more about the program please contact Melissa - Community Projects Coordinator who is supporting the program on 0448 294 644

