



WHAT IS BUILDING MOMENTUM FOR YOUTH AND FAMILIES?

This early intervention program combines case management, mentoring, and wellbeing supports to reduce youth crime, disengagement, and victimisation. We also provide targeted support and training for families, friends, and carers to reinforce positive behaviours, resilience, and confidence at home.

WHO IS IT FOR

- At-risk youth aged 8–17
- Disengaged from education or training
- Involved in early anti-social behaviours
- Experiencing trauma or family breakdown
- Victims of crime or at risk of contact with the youth justice system
- Families, friends, and carers of these youth.

How to Sign Up

We are currently accepting referrals for 2026 cohorts.



Phone Momentum Mental Health

07 4632 4688



Email

admin@momentummentalhealth.com.au



Online form

Go to:

<https://forms.office.com/r/bQwDifKyju>

Momentum Mental Health Ltd

112 Russell Street, Toowoomba QLD

www.momentummentalhealth.com.au

**SCAN THE QR
CODE FOR
MORE INFO**



Adapt
Mentorship

Building Momentum for Youth and Their Families/ Carers



Supporting young people aged 8–17 to develop resilience, life skills, and prosocial behaviours – while empowering families, friends, and carers to strengthen protective factors and wellbeing.

**FREE PROGRAM FOR AT-RISK YOUTH
AND THEIR FAMILIES/CARERS**



How We Deliver Support

TAILORED SUPPORT FOR YOUTH

Each young person and family receives tailored, flexible support, based on their individual needs.



- Case management and mentoring
- Creative group programs: art therapy, journaling, drama, macramé, cooking, mindfulness
- Re-engagement pathways: school, training, and employment
- Trauma-informed counselling through Mindware Psychology

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MENTAL HEALTH

MindWare
Psychology

SUPPORT FOR FAMILIES, FRIENDS, AND CARERS



- Wellbeing coaching and structured skill-building sessions
- Wellbeing and resilience programs
- Access to Momentum's Certificate II Skilling Queenslanders for Work program (where eligible).

Goals & Outcomes

OUR GOALS

- Reduce youth crime, anti-social behaviour, and victimisation
- Re-engage youth with education, training, and employment
- Build family and carer capacity to respond to challenging behaviours
- Trial a scalable early intervention model

EXPECTED OUTCOMES

- 90% of youth receive tailored support addressing risk factors
- 75% re-engage in school, training, or employment
- 90% demonstrate reduced offending or anti-social behaviour
- 85% of families report improved confidence, skills, and wellbeing
- 100% youth and 80% families participate in program and community activities

PARTNERS

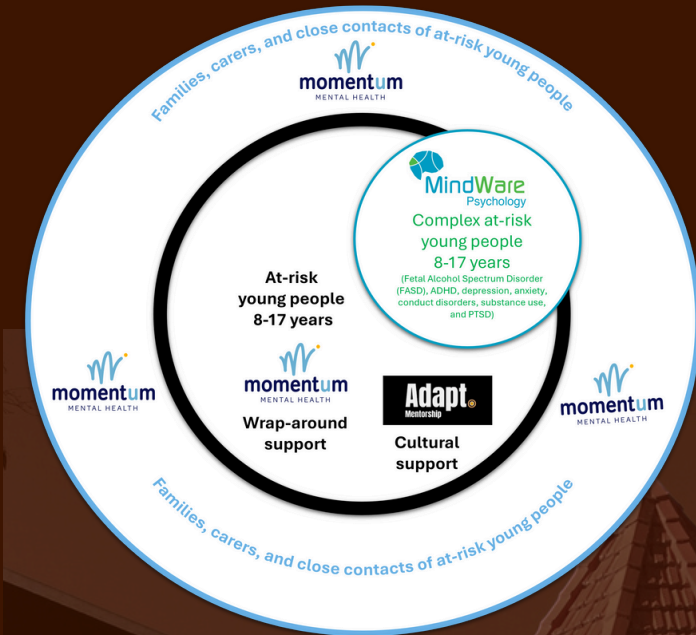
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MENTAL HEALTH

Adapt
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MindWare
Psychology

- Momentum Mental Health – Program oversight, family coaching, life skills delivery
- Adapt Mentorship – Youth mentoring and positive role modelling
- Mindware Psychology – Specialist trauma-informed counselling

Program Model



WHERE & WHEN

- Delivered across Toowoomba, including community spaces and in-home supports
- Ongoing 12-month program with 10-week cycles, serving up to 60 participants

OUR GOAL IS TO INTERVENE EARLY, STRENGTHEN PROTECTIVE FACTORS AND HELP YOUNG PEOPLE AND FAMILIES BUILD POSITIVE, LONG-TERM FUTURES.