



July, 2025

What's New at Thrive House!

Welcome to the Thrive House Quarterly NDIS Newsletter! Your insight into the programs, supports, and progress happening across our service.

Each quarter, we share updates on our latest initiatives, celebrate participant achievements, and highlight the ongoing work our team is doing to support people with disability to live more independently, connect socially, and build everyday life skills.

Empowering Young Adults

AT OUR COMMUNITY HUB & VTQ PATHWAYS PROGRAM

Our NDIS Disability Day Program supports school leavers and young adults (17+) with a structured routine focused on skill development, social interaction, and greater independence. Through creative arts, community outings, health and wellbeing sessions, and peer-led social events, participants build confidence and real-world experience in a supportive environment.

Located in beautiful Maroochydore, our Community Hub is a fully accessible, purpose-built space offering quiet zones, activity areas, and kitchen facilities for hands-on learning. It's the heart of our programs, including the Day Program, Holiday Program, VTQ Pathways Program, and a range of social and learning events.

NDIS PRE-EMPLOYMENT PROGRAM

Through our partnership with Vocational Training Queensland (VTQ), we are proud to offer inclusive, NDIS-funded education pathways. The VTQ Pathways Program supports NDIS participants whose disability impacts their ability to learn or engage in mainstream education.

Participants work 1:1 with mentors in small groups of up to three students. All courses are self-paced and tailored to individual learning styles. Whether working toward a Certificate in General Education for Adults (CGEA) or building skills through non-accredited programs, participants gain literacy, numeracy, and everyday life skills.



WHAT'S COVERED AND WHO'S ELIGIBLE?

Thrive House covers all VTQ course fees. The only cost to participants is for 1:1 mentor support, typically funded under:

- Improved Daily Living
- Lifelong Learning
- Social and Community Participation

This program is available to eligible NDIS participants whose plans include goals related to study, employment, or independence.

Got questions about your NDIS plan? Reach out and we'll see if this program is a match.

Holiday Program Kick Off

NURTURING SOCIAL SKILLS AND INDEPENDENCE

Our NDIS Holiday Program offers an exciting school holiday experience for high school students (12+), spark creativity, foster friendships, and build independence in our vibrant and inclusive Community Hub designed for young people with NDIS plans.

WHAT'S ON THESE HOLIDAYS?

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Create & Connect Team Challenges and Tie-dye T-shirts 	Sweet Adventures Excursion to Ginger Factory 	Master Chef Learn to cook & enjoy recipes from around the world 	Big Pineapple Express Bus travel training & a Train ride around the Big Pineapple 	Park Ranger Excursion to Maroochy Botanical garden 
Week 2	Lights, Camera, Action Explore your Creative side on and off screen 	Set Sail for Adventure Learn to Sail with Sailability 	Treasure Island Adventure Craft Pirate Gear & hunt for clues on Chambers Island 	On the Move Bus Travel Training day to Coolum Beach 	The Final Sizzle Wrap up the holidays with BBQ & games at the park. 

Support Coordination Update: **WORD OF MOUTH AND SHARED WINS**

At Thrive House, our Support Coordination team continues to witness the power of genuine connection and strong collaboration. One of the most encouraging developments in recent months is the steady flow of referrals coming through word of mouth. It's a clear reflection of the trust we've built in our communities and the meaningful impact our coordinators are making. Families, participants, and even external providers are choosing to recommend Thrive House based on the positive outcomes they've experienced firsthand, a sign that our reputation for person-centred, responsive support is growing stronger every day.

Despite recent challenges brought on by changes to NDIS pricing structures and funding guidelines, our team remains focused on outcomes. We've adapted, advocated, and stayed grounded in what matters most – the participants. From the hinterland regions near Gympie to coastal communities, our coordinators have worked tirelessly to link young participants with high-quality providers for skill-building, employment pathways, and personal growth. Even in areas with limited service access, we are building robust networks that allow participants to thrive where they live.



We are especially proud of the supports we've secured for participants living with complex mental health conditions and substance misuse challenges. With a strong network of skilled therapists, specialised support workers, and dedicated community services across the Sunshine Coast and surrounding regions, these participants are not just accessing services – they are making meaningful progress. Every small success, from attending an appointment to engaging in a new program, is a shared win for our team, our participants, and the wider Thrive House family.



Behaviour Support Strategies: **COMMUNICATION DURING TIMES OF DISTRESS**

Communicating with children and young adults during times of distress is one of the most critical and powerful tools in supporting their emotional regulation and safety. When emotions are running high, the goal isn't to fix the problem immediately, but to help the child feel heard, seen, and safe. Children often don't have the words or tools to explain what they are feeling, so their distress may show up as shouting, withdrawing, hitting, or crying. As behaviour support specialists we try to tune into the feelings beneath the behaviour.

In these moments, tone, body language, and word choice matter. Using calm, low, and slow speech can signal safety to a dysregulated brain. For example, instead of saying, 'Stop it, you're being silly,' try, 'I can see this is really hard for you right now. I'm here. You're safe.' Statements like, 'Let's take a breath together,' or 'I'm not mad, you're doing the best you can. Let's figure this out together,' reinforce co-regulation, the process by which a calm adult helps a distressed child return to a regulated state. This is especially important with neurodivergent children, who feel overwhelmed by sensory input or struggle with emotional literacy.



Psychology Fact

When a child is in distress, their brain may shift into 'fight, flight, or freeze' mode, governed by the amygdala. In this state, logical reasoning (which happens in the prefrontal cortex) is offline.

This means that asking a child to 'just calm down' or 'explain themselves' may not work until they feel emotionally safe. Instead, connect first, coregulate and focus on keeping them safe.

Examples of helpful things to say:

- "I'm here with you. You don't have to go through this alone."
- "Your feelings make sense. We'll work through it together."
- "It's okay to feel upset/angry/sad/scared."
- "Let's talk when you're ready."
- "Would you like a break, or should I just sit here with you for now?"

By validating their emotions and offering connection instead of correction, we teach children that all feelings are okay, and that even in their worst moments, they are still worthy of love and support. This builds trust, resilience, and long-term emotional intelligence.

WHAT IS BEHAVIOUR SUPPORT?

Behaviour support refers to strategies or interventions designed to improve or change behaviour in a way that encourages positive outcomes. This is particularly important in environments where people may be experiencing challenges or discomfort, such as in educational, therapeutic, or workplace settings. The goal of behaviour support is to create a conducive environment for healthy communication, self-expression, and mutual respect.





Other News & Updates

Sunshine Coast Disability Expo:

Thrive House will be attending the Sunshine Coast Regional Disability Expo September 2025. It's a great chance to meet the team, and chat about our services. More info coming soon. Hope to see you there!

Thrive House App:

Thrive House is creating an app to help support staff and service users. It will include tailored content, helpful info, tips, and tools to stay connected and supported. Coming soon!

NDIS Updates for 2025

Pricing Update:

From 1 July 2025, prices have increased by 3.95% for some supports. This helps NDIS charges match what others pay through Medicare or private health.

Thrivelings Spotlight: Creativity, Leadership and Big Ideas

This quarter, the Thrivelings have led exciting new projects, built strong social connections, and helped shape the support they receive.

Teens launched:

- **Thrivelings Tasker:** a developing app to connect peers to car washing and mowing jobs
- **Thrivelings Car Washers:** a youth-led idea to wash Thrive's fleet vehicles, with plans to expand
- **Thrivelings After Dark:** a monthly social event at the HUB to encourage connection and fun

These projects help Thrivelings build independence, learn useful skills, and take the lead.

The Thriving Advocacy Group has shared great ideas about improving placements and family time, helping make real changes at Thrive House.

Thrivelings of all ages have been getting involved, showing creativity, teamwork, and big ideas.

As we wrap up another busy quarter at Thrive House, we are proud of the creativity, teamwork, and progress shown across all areas, from the launch of new youth-led initiatives to meaningful participant engagement in support coordination and behaviour strategies.

Thank you to our team, participants, and partners for your continued commitment to creating safe, empowering, and inclusive spaces.

Our next edition will be published in October, and we look forward to sharing even more updates and achievements with you then.

Until next time, keep thriving!



Contact & Feedback

At Thrive House, we value your feedback! If you have any suggestions, questions, or need additional support, please reach out to our team. You can contact us by email at hello@thrivehouse.com.au or call us on [1800 231 231](tel:1800231231)



Thank you for reading!

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