

CHP conference brief:

Getting young people engaged: Music therapy in youth homelessness

Session abstract:

music is my life

music gets me through everything

Many young people connect with music as part of their social world, to explore their identity, or just to relax. It is in this context that music therapy offers an opportunity to connect with young people, and to support and strengthen their pre-existing coping mechanisms; delivering a truly strengths-based intervention.

This workshop will provide an overview of Melbourne City Mission's music therapy program at Frontyard Youth Services and include an immersive music activity for participants.

Date and time: 2:00pm to 3:10pm, Wednesday 13 September

Venue: Yarra Room

Facilitator: Rob Hosking, Operations Manager, Frontyard Youth Services, Melbourne City Mission

Presenter: Asami Koike, Music Therapist, Frontyard Youth Services, Melbourne City Mission

Rob Hosking, Operations Manager, Frontyard Youth Services, Melbourne City Mission

Rob Hosking is Operations Manager of Frontyard, Melbourne's largest early intervention and crisis service for young people (aged 12 to 25) who are experiencing, or are at risk of, homelessness. It is a cornerstone of the Victorian homelessness service system and an important interface with mainstream services (such as education) and other specialist service systems, including out of home care, mental health, alcohol and other drugs, disability, family violence and youth justice.

At its core, Frontyard comprises a collection of independent community service organisations that work together with Melbourne City Mission programs and staff to address the physical, social and emotional needs of some of the State's most vulnerable young people.

Asami Koike, Frontyard Youth Services, Melbourne City Mission

Asami Koike (BMus, MMT) is a registered music therapist who specialises in supporting young people with early and complex trauma through the use of music. In 2015, Asami successfully introduced and implemented a music therapy program at Frontyard Youth Services, Melbourne City Mission and currently continues her work with young people experiencing homelessness in the Melbourne CBD. Asami provides music therapy services that are trauma-informed, culturally sensitive and strengths-based. Asami has also worked with CASA, City of Wittlesea, and has contributed to a research project with the University of Melbourne to deliver evidenced-based music therapy interventions at Headspace and Orygen Youth Mental Health.

Additionally, Asami is a certified yoga instructor with over 10 years of experience across three different countries; Australia, Japan and India. She currently leads trauma-informed yoga classes at Frontyard Youth Services.