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STARS FOR KIDS:
STRENGTHS-BASED, TIERED, ACCESSIBLE, RESOURCES AND SUPPORTS

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INTRODUCTION

STARS is testing screening tools and a tiered service model by providing targeted resources focused on child development, parent mental health and psychosocial needs. STARS targets low-socio-economic families who experience multiple barriers to accessing timely support.
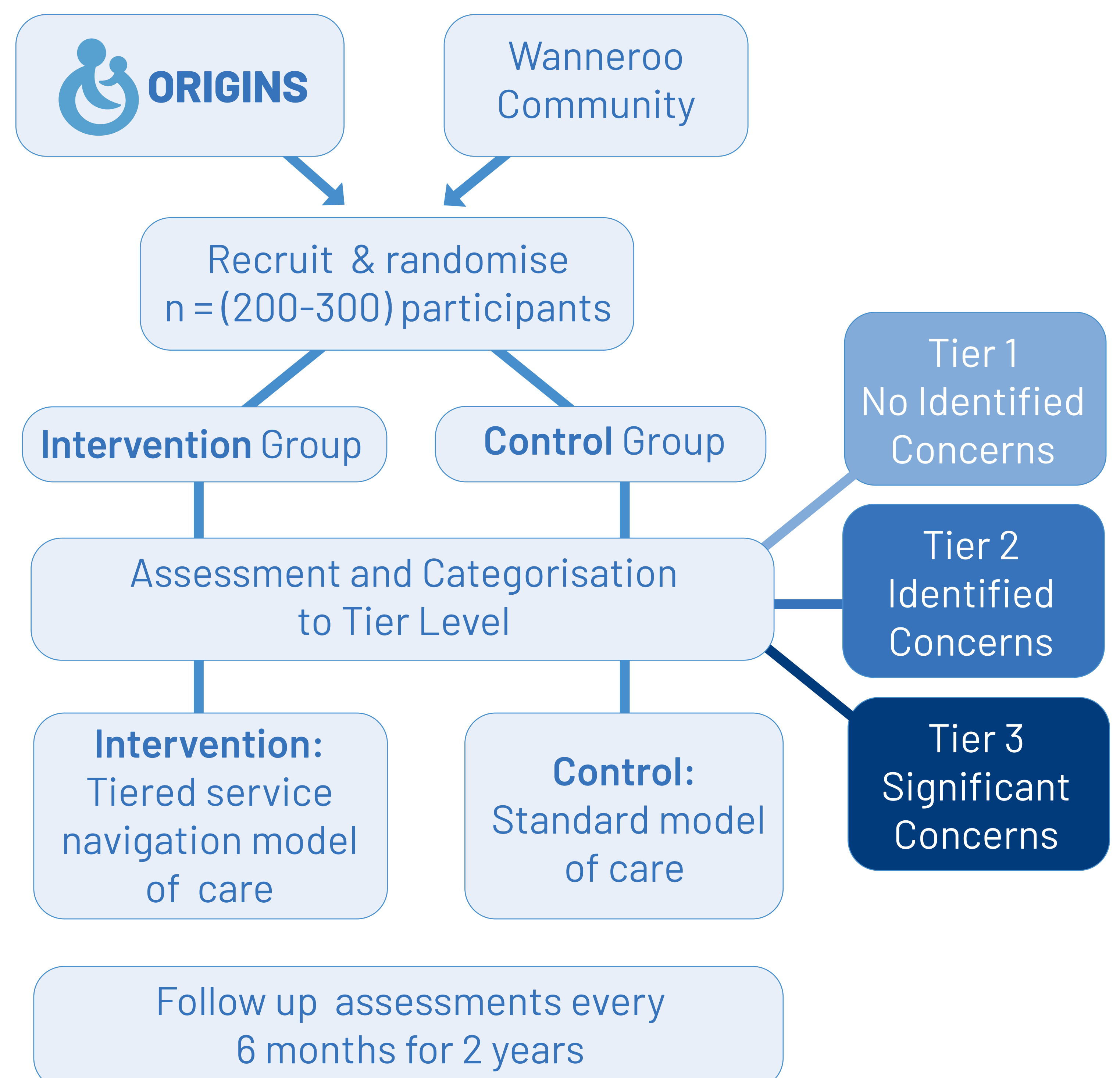

CO-DESIGN

Substantial community engagement and co-design was undertaken in 2023-2024. This has shaped the STARS model design to ensure it is appropriate and acceptable in local communities.

METHODS

STARS is an Australian multi-site trial.
In WA, a tiered model will be tested digitally. Families with young children (6m to 3y) will complete surveys about their family's health and wellbeing, then will be classified into 1 to 3 tiers. Families with minor concerns will be connected to digital resources that support self-directed early intervention care. Families with more significant concerns will receive targeted referral-based assistance. A control group will be given basic general information.


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ORIGINS            Wanneroo Community
        ↓              ↓
   Recruit & randomise
   n = (200-300) participants
        ↓
Intervention Group    Control Group
        ↓
   Assessment and Categorisation
   to Tier Level  →  Tier 1 No Identified Concerns
                  →  Tier 2 Identified Concerns
                  →  Tier 3 Significant Concerns
        ↓
Intervention:         Control:
Tiered service        Standard model
navigation model      of care
of care
        ↓
Follow up assessments every
6 months for 2 years
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AIMS

STARS aims to identify and support developmental challenges in young children to optimise their lifelong potential. Beyond early childhood identification and intervention, the model is expected to enhance family psychosocial wellbeing and parent mental health through tailored and accessible supports.

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