

# COMMUNICATIONS UPDATE

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CHANNEL

KINSHIP, PERMANENT CARE AND  
ADOPTIVE FAMILIES AND CAREERS

## QUICK LINKS

**Journal Club -  
Topic 2/9/21**

**Click & Connect -  
Therapists - who  
and when 8/9/21**



## Youtube Video - Why EMDR, games like Pie Face and Snap and asking "When don't I love you?" are important

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Have you heard about EMDR? Eye Movement Desensitisation and Reprocessing? Maria Marshall is a psychologist, naturopath and EMDR therapist and parent to 3 children, including one through permanent care, who has utilised EMDR to improve outcomes when managing anxiety, depression, eating disorders, grief, pain and more. Maria utilises a child friendly version of EMDR called Flash, along with CBT, supporting regulation and skills development, working on identifying parts of the body that "keep the score" when memories fail. Maria suggests that practicing self regulation skills by getting the heart rate up and finding ways to come down from stress in a positive environment is important. That's where games like Snap and Pie Face are useful. She also recommends being curious and challenging children's thought patterns with questions like "Would you still love me if I ..."

Some great tips on how to approach therapy and EMDR.

Enjoy learning more from Maria in this Youtube video [here](#).

**"Improving the lived experience of young people"**

## News - Covid-19 Vaccine

Covid-19 vaccines have now recently become available to children 12 and older in Victoria. Anyone with parental responsibility for a child, such as under a permanent care order, is legally entitled to act on a child's wishes to access a vaccine. For advice on whether the vaccine is safe for your child please consult your GP.



## News - Facebook Poll

Please access our Facebook poll so that we might understand the best time for you to attend our next Board meeting in October - venue yet to be determined. Responses are due by 5 September. Access the Facebook Poll [here](#)



## Click and Connect - Mental Health

### Topic: Mental Health

**Please join us at midday on Wednesday 8 September by registering [here](#)**

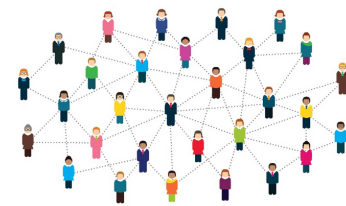
See our website for future topics and links [here](#).

Psychological and emotional wellbeing is a lifelong process that needs to be carefully managed. Mental health can be impacted in significant ways when families are formed by adoption, kinship and permanent care. Add another layer of anxiety, irritability, depression or sleep disturbance into the mix with the impact of the Covid-19 Pandemic. Learning as much as we can about how our needs differ and how to support our young people as they manage their psychological and emotional needs is critical to their wellbeing. Resolving matters like loss and grief, culture, identity create additional psychological risks so what are they and how do we best support them?

Shared learnings and knowledge to discuss with each other.

Each Wednesday fortnight various parents and carers come together on Zoom to learn from each other and share their challenges and lived experience in our Click and Connect meetings. We share the joys and the struggles and find new ways to tackle situations by sharing together.

We welcome any new parents or carers that would like to join us for one or more meetings.



## Journal Club



### Topic: LOOKOUT Education Support Centres Guest Speakers

Please join us at 8pm on Thursday September 2 by registering [here](#)

LOOKOUT Centres aim to lift the educational outcomes and wellbeing of children and young people aged 0-18 years by raising awareness of the importance of the actions and support contained in the 2018 Out of Home Care partnering agreement. There is a focus on improving monitoring and reporting on children and young people by building the capacity of the workforces supporting these students to understand their needs and help them to stay engaged and supported at school.

There is a LOOKOUT team in each of the four regions of Victoria with a Principal guiding the work of specialists including:

- Psychologists,
- Early Childhood Learning Advisors who focus on transition from early childhood services to school,
- Learning Advisors for school aged children,
- Career Education Advisors for secondary students,
- Youth Justice Advisors and
- Statewide Child Protection and Multicultural Communities Practice Leads.

We are delighted to have three senior LOOKOUT Centre leads join us at our next journal club meeting. David Rose (North East), Virginia Dods (Eastern) and Angela Collier (Western) will be available to discuss how they can advance your child's educational and general wellbeing in schools. Please join us by registering on the link above.

## Flexi-Funds

A reminder that PCA Families has Flexible Funding available to meet the extraordinary needs of children and young people subject to a Permanent Care Order, or where you are receiving DFFH care allowance and have a Family Court Order or Special Needs Adoption Order.

Flexi funds can be used for therapeutic, educational and medical services, to build skills, interests or attachment, to elevate family contact and cultural identity, to offer respite, home medication or other services like whitegoods, one off clothing, estate planning or vehicle needs eg car seats.

[For details about what the funds can be used for - see here](#)

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