

COMMUNICATIONS UPDATE

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QUICK LINKS

Journal Club - 7/4/22

Click & Connect - 6/4/22



News - Finding Therapists



How do you know where to start in finding the right therapist for your child? Sometimes there are multiple complex presenting issues and we don't want to overwhelm the children. Dani Lucas, adoptive parent and skilled trauma informed specialist, suggests that setting up mutual goals with a professional and ensuring the specialist is flexible are important. You want the therapy to fit in around your child as their needs change. Dani suggests that looking for a therapist with a multi disciplinary background can be an advantage too - once the relationship is established your child can call on them for multiple supports. Be mindful though of not overloading your child and prioritise what is important. Don't be tempted to "fix" everything all at once.

Dani also suggests we keep an open mind, as the starting point for young children is not always talk therapy, but more alternative and wellbeing type therapies like music, nature or equine therapy. You can engage with therapists at school, which saves time for families overall, but be mindful of what the child needs. Sometimes adding a game at the end of a session with peers can be beneficial. Listen to or read about Dani's suggestions and advice [here](#).



"Improving the lived experience of young people"



"Improving the lived experience of young people"

News - Fond Farewells and a Bright Future

PCA Families bids farewell to outgoing CEO Lisa Milani who, after a period of parental leave, has decided to remain focused on her growing family. Lisa joined us the week Victoria was plunged into lockdown in March 2020, and spent that year, like many, adjusting to leading a "working from home" team from her commencement. Lisa's contributions enabled PCA Families to be bold about membership advocacy and engagement, and she was instrumental in the re-branding and social media projects achieved, even through such a challenging year. The Board extends its heartiest thanks and best wishes to Lisa and her family with new adventures and happy children.

With growing opportunities and more secure funding than ever before the Board is now seeking a full time CEO to lead PCA Families into a strong and stable future. The recruitment process lead by Fishers Leadership has commenced and we are looking forward to meeting candidates in the coming weeks.

PCA Families is also farewelling Board directors Roslyn Rule and Leslie Annear. For both, life's priorities and challenges have resulted in their recent resignations and, again, PCA Families is grateful for their contributions - Roslyn has been long term Treasurer and Chair of the Finance, Audit and Risk Board subcommittee, and Leslie was instrumental on the Fundraising and Member Engagement Board subcommittee. PCA Families thanks them both for their commitment and efforts in strengthening the governance of the organisation.

PCA Families is continuing to support members and over the past two years has sourced secure funding for key programs. This has enabled us to develop our services, systems, and staff and the Board remains determined to recruit suitably skilled and experienced directors over the coming months. We are grateful to Board director Kris Peach for absorbing the role of interim CEO these past few months and the Board will remain focused on strategic directions and maintaining good governance while these vacancies are filled.

We look forward to a bright future and will continue to find opportunities to advocate for, care for and support our members and their families.

Naomi Colville, PCA Families Board Chair

[Link to CEO Role here](#)



**"Delivering
trauma-
informed
services that
empower"**

News - Free RAT tests

PCA Families have been provided RAT kits from DFFH to distribute to permanent care families and others receiving the DFFH care allowance for their young people aged 3-17. One box includes seven RAT test kits. Collect from PCA Families office in Melbourne, 247-251 Flinders Lane, Melbourne. Please call 9020 1833 between business hours to arrange collection on Monday through to Thursday (or Friday by appointment). If you are located regionally, we can post a box to you instead.

If you test positive to COVID-19 and need RATs to be posted home, please notify us by completing the [form](#) and return via email to info@pcafamilies.org.au and we will endeavour to distribute to you as soon as possible.

For any queries, please call Deborah on 03 90201833.



News - Covid-19 Vaccine Winter Dose

New recommendations on a "winter dose" for those most at risk are also in from ATAGI and the Chief Health Officer for Victoria. Four groups can have pre winter boosters:

- Adults 65yo+
- Residents of aged care or disability care facilities
- People 16yo+ with severe immunocompromise
- Aboriginal or Torres Strait Islander people 50yo+

More information [here](#)



Click & Connect (Peer Support)

TOPIC: EMOTIONAL LITERACY WITH PARALLEL LEARNING & SENSORY PLAY

DATE: Wednesday 6 April at midday

TOPIC: In this meeting we will review and discuss the Youtube Recording by Chrissie Davies titled "Emotional literacy requires conscious parenting without rewards and punishment and uncomfortableness".

DETAILS: How do you name emotions and undertake parallel learning with conscious parenting and avoid rewards and punishments? Chrissie Davies has some ideas that we may learn from or have tried. You are the expert on your child and we will honour that while reviewing suggestions we have received in our Youtube recordings.

HOMEWORK: Please consider listening to or reading the transcript from the Youtube Recording by Chrissie Davies on Emotional Literacy. If you have time, please also consider the Youtube recording by Kaisey Hayes on Sensory Play. Access the recordings and transcripts in our Youtube Channel [here](#).

REGISTER: [here](#) via Zoom

Share & Connect - (Peer Support for parents & carers, previously Journal Club)



TOPIC: DFFH INSIGHTS INTO THE BETTER FUTURES & HOME STRETCH PROGRAM

DATE: Thursday April 7 at 8.00pm

TOPIC: Better Futures and Home Stretch presented by Vanessa Rendina, Principal Practice Leader Better Futures & Home Stretch, Department of Families, Fairness and Housing (DFFH). Hear from someone who has experience with what the program is all about! Debunk misconceptions and find out how the program can support your child.

DETAILS: Better Futures and Home Stretch supports young people financially to make the transition from care to adulthood until they reach the age of 21. The program enables young people to have a voice and provides support across a range of areas including housing, health & wellbeing, education, employment and community & cultural connections. For more information, [click here](#) We hope you can join us.

REGISTER: [here](#) via Zoom



TOPIC: THE CHALLENGING ASPECTS OF CAREGIVING WITH GIANNA MAZZONE

DATE: Thursday May 5 at 8.00pm

TOPIC: Next month's topic is with Gianna Mazzone, psychotherapist, counsellor and educator – a follow up session to the challenging aspects of caregiving. More details will be provided soon.

REGISTER: [here](#) via zoom

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 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](#)

PCA Families cannot guarantee we are able to fund every application and request received.

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