



# COMMUNICATIONS UPDATE

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Permanent  
Care and  
Adoptive  
Families



## QUICK LINKS

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## News - Adoption Retreat

The adoption retreat held 3-5 June was a great success. Read what one adoptive parent had to say about it.

*"To listen to Troy Firebrace explain Aboriginal culture opened a new perspective on the importance of Permanent Care & Adopted Indigenous children to be ensured their culture is immersed in their upbringing. Just like our overseas adoptees where we made a commitment when we adopted our children, we adopted an entire country-history, culture and beliefs. This makes us culturally tolerant and understanding of our children and respect to their heritage."*

*Part two of the retreat: "Never underestimate the knowledge & experience of anyone younger than you. They are bright, smart and raised in a different generation to some of us who can teach us things we'd never have thought about. Their respective experiences quietened a room of people that collectively could run a university. Yet, a degree can never teach us resilience, determination and advocacy than those who have lived experiences. Thank you @emily\_hikaiti & @joeldecarteret for not only sharing your stories but teaching us many realities of life, guidance to listen to our younger folk and no matter our backgrounds, age and stresses, don't be afraid to reach out because in time, you can be whoever you want to be. I applaud you both."*

Maria

Joel de Carteret



Emily Hikaiti



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

## News - Coaching for Parents of Teens

Reach Out are offering collaborative supportive coaching to support you and your teenager through tough times. They can assist with up to four collaborative sessions with a dedicated coach over several weeks where you have time to try new strategies and techniques as you create and work towards goals and solutions. Support that is practical and tailored.

Find out more [here](#).



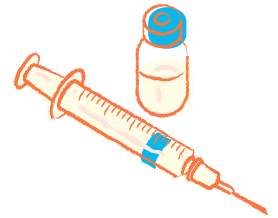
## News - Legislative Review

The Family Violence Reform Implementation Monitor will be examining the operation of legislative provisions of the Family Violence Protection Act 2008. Calls for submission will take place in the third quarter of 2022 to look at information sharing, risk identification, assessment and management and any suggestions for further improvements to Part 5A or Part 11. Find out more [here](#).

## News - Flu Vaccinations

Flu vaccinations are now free for all children aged 6 months+ until 30 June 2022. Contact your GP or pharmacy to arrange a free vaccination.

Find out more information [here](#).



## News - Managing Behaviour

The team at ChildSavers recently shared some tips to support children managing challenging behaviours, emotions and more. We thought they were great tips, including:

1. **Remain calm yourself.** Be composed. How? Count to 5, step back or take some breaths.
2. **Acknowledge the child's feelings and show empathy.** That means naming what you see to validate their feelings. "I can see that you are feeling frustrated because Jenny went first". Avoid asking them to stop crying or calm down!
3. **Provide choices and set clear limits.** "Would you like to go after Jenny or after Chloe?" If they are too upset, move on with an alternative. "We are going to go after Chloe today".
4. **Find ways to teach and practice self control everyday.** Talk about your own challenges. "I spilt my cup and am feeling frustrated. I'm going to take a deep breath and clean it up. Can you help me?".



## News - New Program Funded by DFFH

No doubt you have heard about the Carer Assistance Program run by FCAV? Good news. That program is now available to PCA Families parents and carers thanks to DFFH funding this access until 30 June 2023.

The CAP program offers therapeutic support by an experienced counsellor, aimed at supporting and improving the mental health and wellbeing of parents and carers. A free and confidential service offering with sector specific expertise is important for parents and carers at a time of heightened stress and anxiety resulting from COVID-19!



Up to 3 sessions will be available for matters on which you may require support.

Some of the issues you might need additional support for include:

- Loss and grief following a family matter/breakdown
- Anxiety and depression
- Compassion or caring fatigue / blocked care
- System 'trauma' following an incident, complexities in contact, loss of carer identity or similar.

To access the counselling service, simply contact our helpline and we will make appropriate arrangements with counsellor Nicole.

## News - New Child Safe Standards

Compliance with the new compulsory child safe standards may mean some changes for who you work with to support your child. For example, do you have a maths tutor and how do you know if they are a safe person for you and your child? This guide might help you in knowing what questions to ask or knowing where to check if an organisation meets child safe standards. Find out more [here](#).



## News - Thrive Program Round 2

Round 2 of the Thrive program begins in July. the Thrive program is designed to support the needs of parents and carers in supporting young people. Offered on Tuesdays, Wednesdays or Thursdays, daytime or nighttime, of just over an hour each time, for 7 sessions over 4 months, online or face to face, its a small investment for a whole lot of connection and learning. Find out more [here](#).

**THRIVEability** carer KAFÉ

### HOW TO THRIVE

Carer KAFÉ is excited to bring to carers "HOW TO THRIVE" - an evidence-based yet practical program dedicated to supporting the health & wellbeing of carers...

B	E	A	C	O	N
<b>B</b> elongs I am confident in my ability to support my child.	<b>E</b> ngage I am confident in my ability to engage my child.	<b>A</b> chieve I feel confident in my ability to help my child achieve their goals.	<b>C</b> onnect I feel confident in my ability to connect with my child.	<b>O</b> rganise I am confident in my ability to organise my child's care.	<b>N</b> urture I am confident in my ability to nurture my child.

"How to Thrive" is underpinned by the BEACON framework which brings together the latest science on wellbeing & combines it with qualified social workers / psychologists who have experience supporting others just like you.

**HOW TO THRIVE" WILL BE DELIVERED OVER A 8-WEEK PERIOD INCLUDING:**

- 2 face to face events (introductory session & wk 6)
- 6 x Online interactive workshops (facilitated by BEACON trainers)
- Video rich e-learning (around 1 hour each week)

**ROUND 2 INTAKE OPEN NOW - STARTS 17TH JULY**  
(One group will be delivered completely online)

**"It's been amazing and inspiring to see the BEACON interventions make a significant difference to the lives of participants. The data really speaks to the impact of the program on both participants and others that they are connected to."**

Dr. Paige Kerr, Practice Psychology Researcher, Melbourne University

**"I've been passionate about helping people be well & happy and am increasingly excited to share this program with you!"**

Helen Meehan, Founder of THRIVEability & carer KAFÉ

**"This program is open for carers of Victorian children in out of home care."**

Call / visit our website for more information and to register your interest for an upcoming intake:  
Call (03) 9416 4252 or Text 0415 190 868  
Email info@carerkafe.org.au  
Website: www.carerkafe.org.au

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

## Click & Connect (Peer Support)



**TOPIC: SENSORIMOTOR AND SOMATIC EXPERIENCING (AND SAFE AND SOUND PROTOCOL)**

**DATE: Wednesday 15 June at midday**

**TOPIC:** In this meeting we will review and discuss the Youtube Recording by Chris Storm on Sensorimotor and Somatic Experiencing. Chris has seen mute children start to talk, disregulated children re-engage and children who are adopted or had a traumatic birth and start to life, start to repair their birth process. The safe and sound protocol, a listening or auditory system that helps with calming and felt safety, is Chris's favourite thing. Perhaps it could work for you? Please join us for this discussion.

**REGISTER:** [here](#) via Zoom Link

**HOMEWORK:** Listen to the Youtube recording by Chris Storm titled "Somatic and sensorimotor behaviour change therapies support childhood trauma: play, art and clay too!" Available [here](#).

## News - Flexi-Funding Budget

As at 31 May 2022 we have limited flexible funds available until 1 July, so please prioritise any applications to 30 June 2022 to those that are essential (eg. counselling, therapies, tutoring and urgent medical).

Flexible Funding is ongoing, so approved applications that may not be paid from the 2021/22 budget, will be deferred for payment to 2022/23.



## Flexi-Funds

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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