



COMMUNICATIONS UPDATE

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QUICK LINKS

**Click & Connect -
3/8/22**

**Share & Connect
4/8/22**

**Lets Connect
5/9/22**



News - Carer Assistance and Self Referrals

No doubt you have heard about the Carer Assistance Program run by FCAV? Good news. This program is now available to PCA Families parents and carers thanks to DFFH funding. The CAP program offers therapeutic support by an experienced counsellor, aimed at supporting and improving the mental health and wellbeing of parents and carers (including adoption). 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 or breakdown, anxiety and depression, compassion or caring fatigue, blocked care, system 'trauma' following an incident, complexities in contact or similar. To access the counselling service, simply fill out the self-referral form available [here](#). Or contact our helpline and we will direct you to counsellor Nic (available Tuesdays and Fridays).

Nic has extensive experience in individual therapeutic intervention and family therapy, advocacy and case management for young people and families involved with child protection and out of home care. Providing a safe and open space and offering a client-centred holistic approach to support you or your child in creating a new narrative to improve psychosocial well-being is Nic's passion. Currently completing a Master of Counselling and Psychotherapy through ACAP, to further expand on therapeutic skills and knowledge around trauma-informed intersectional approaches linked to the Out of Home Care sector, Nic brings an inviting and youthful energy and the ability to hold space for personal reflection and validation of experiences.



News - Mental Health and Wellbeing Hubs

Mental Health & Wellbeing Hubs are available to help anyone who is feeling overwhelmed or having a difficult time. They offer help for a range of different issues including lowered mood, anxiety, substance use or addiction, or any distress you may have. They offer lived experience staff to address these issues and other life stressors such as homelessness, financial difficulties and social isolation.

You can call or walk in to a hub located at numerous places in Victoria. Its free and almost 24/7 and you dont need a referral.

To book an in-person or telehealth appointment call 1300 375 330 (9 am-10 pm weekdays and 9 am-5 pm weekends). Some Hubs are available for walk-ins. You can also submit an enquiry online via Partners in Wellbeing available [here](#).

Find out more [here](#).

Watch youtube to find out more [here](#).



News - COVID-19 Medicines

Anti-viral medicines are now available from a GP for those with COVID-19 who are more likely to need hospital care. The medicines are recommended to be started within the first 5 days of COVID-19 symptoms. Find out more about eligibility and the medicines [here](#).



News - COVID-19 Recommendations

The Department of Families Fairness and Housing recommends as follows: MASKS - Strongly recommended for indoor and outdoor settings. Required for workers in care facilities.

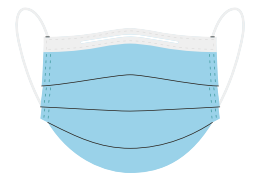
FREE RATs - Availability for free Rapid Antigen Tests for those with a disability extended to 30 September 2022. Access from these [sites](#). Free RATs are also available from PCA Families direct. Find out more [here](#).

FLU SHOT: Strongly recommended

VACCINATIONS: Strongly recommended and includes eligibility for a fourth dose for those aged 30+

LEAVE PAYMENTS: The pandemic leave disaster payment has been reinstated where you cant earn an income because you or someone you are caring for has to self isolate.

GP RESPIRATORY CLINICS: Allow patients with low to moderate symptoms to receive free and immediate treatment for asthma, influenza and pneumonia or Telehealth for COVID-19. Find out more [here](#).



News - Services Australia

Grandparent, foster and kinship care advisor line is available to all parents and carers (adoptive, permanent or family law court order parents) providing ongoing care for a child. They can help you with information about Centrelink, Medicare or Child Support. They can also refer you to services in your area or arrange appointments with social workers, financial services or community engagement officers.

Find out more [here](#) to download their community ekit.



Events - Share & Connect (Journal Club)

TOPIC: LIFE STORY WORK WITH LINDA COOKE FROM A THERAPEUTIC LENS



DATE: Thursday 4 August (Zoom online at 8pm)

TOPIC: Based on the Model, developed by Professor Richard Rose, Life Story Work with a therapeutic parenting lens involves gathering information about your own child's life story by being curious and supporting them to gain a better understanding of their own experiences, to make sense of their past and to build a stronger self-worth as they grow into adulthood. Linda Cooke is our guest speaker and is an intercountry adoptive parent, teacher and educator and accredited Therapeutic Life Story Worker (Rose Model).

Do you have a life story for your child narrated by the Department or no history at all?

Is there information that might blame them for the things that happened to them?

What can you do to help your child to make meaning of that story?

How do you bring your child into that process of wondering and making sense of their memories, thought and feelings?

How do you do that with safety, trust, and nurturing parenting?

REGISTER: [here](#) via Zoom Link

Events - Click & Connect

TOPIC: ANIMAL AND EQUINE THERAPY



DATE: Wednesday 3 August at midday with hosts Liz & Sonia

TOPIC: In this meeting we will review and discuss the Youtube Recording by Leanne Winter on Animal and Equine Therapy. Leanne Winter is a clinical psychologist who moved her craft from the clinic to the paddock. Leanne shows us how attachment and regulation are aided by forming relationships with animals. and how children learn about safe, healthy, secure attachment by being trustworthy and coregulating appropriately. The animals feedback is immediate and this teaches self awareness of ones actions where children can learn regulation in a meaningful way. Lets discuss how we might apply this learning.

REGISTER: [here](#) via Zoom Link

Events - Let's Connect - Change of Date



EVENT: BENDIGO LET'S CONNECT (location TBA)

DATE: Now Monday 5 September 10am - 2pm with hosts Trish & Liz (was Monday 8 August)

TOPIC: At our Let's Connect events its all about getting together to connect with others with lived experience face to face to share tips and advice and/or seek out some specialist advice from one of our PCA Families Advisors and the group.

Due to the latest COVID-10 developments, PCA Families has decided to defer these face to face meetings until September for the safety of all participants,

A PCA Families Advisor will be available for members to meet with individually and will run the group session. We will be open and flexible to discuss whatever you wish on the day or you can contact us ahead of time to let us know what you would like to know more about.

More locations and dates are available on our Events page on our website. COVID-19 meeting requirements will be advised closer to the event but will include minimum vaccination requirements other than where an exception applies. Find out more [here](#).

"Delivering trauma informed services that empower"



"Improving the lived experience of young people"



DFFH Flexible Funding

If your child or young person is on a Permanent Care Order or you receive the DFFH Care Allowance and they have a Family Court Order or Adoption Order, they are entitled to DFFH Flexible Funding to meet the costs of goods and services they need not covered by the care allowance, or another funding source (eg Medicare, NDIS). Flexible funds can be used for therapeutic, educational or medical services, build skills interest or attachments, support birth family contact and cultural identity, respite, medication, vehicle modifications. For more details on what the funds can be used for see [here](#). Claims should be more than \$100 per invoice and generally paid by PCA Families directly to the supplier. To ensure funds are distributed fairly and equitably and are appropriate and safe for your child, we ask for supporting documentation that services are trauma informed and that both goods and services are recommended by a professional who knows your child or young person. Apply early as the need for supporting documentation can mean it takes 21 days to finalise your application.

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