



COMMUNICATIONS UPDATE

WWW.PCAFAMILIES.ORG.AU

QUICK LINKS

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

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

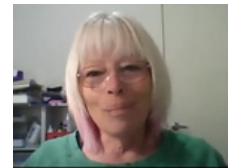
**Lets Connect
5/9/22**



Youtube - FASD, Home Schooling & NDIS



Vicki is a permanent carer who has 11 years lived experience of FASD with her granddaughter who will be turning 13 years old soon. Vicki navigated years of schooling and other diagnoses from ADHD to ASD before finally obtaining a FASD Diagnosis for her granddaughter at 9 years of age. The diagnosis made total sense to her and perhaps also explained why medications like Ritalin didn't work for her previously diagnosed ADHD.



The diagnosis also affected decisions around schooling (moving from mainstream to Montessori to home schooling) and how Vicki could offer support to her granddaughter (accommodating the disability and teaching choices and life skills rather than using lock and key to avoid food hoarding or food choices that have negative behavioural outcomes - such as from coke syrup). Vicki works with a team of multiple therapists to manage this "whole body" permanent disability and offers many suggestions on things that help, from sound machines to safe spaces.

Vicki reminds us that Fetal Alcohol Spectrum Disorder is often considered the no blame disability as it can arise from drinking in the first 3 to 6 weeks of a child's life, often well before realising one is pregnant. She also reminds us that you are the best advocate for your child so if something doesn't feel right, change it and remember NDIS support for FASD won't be taken away. Its a permanent disability so ask for what you think you need for your child.



Access the Youtube recording [here](#).

"Improving the lived experience of young people"

News - Reflections on Trauma Conference

Many of our team attended the Childhood Trauma conference this week. On day one we are already inspired. PCA Families Advisors were inspired by Bobby Hendry who spoke about the care experience and how family time was one of the most challenging. Confusing feelings and emotions before or after family time and an inability to discuss those feelings, leading to eruptions.



Bobby highlights that young people can tell too when a new technique is being used on them! So Bobby suggests we give kids the tools and techniques to help themselves. Bobby also highlights how often children in care learn to suppress their feelings so as not to impact on others around them. That's also not healthy! Find out more about Bobby's experience and the solutions other children in care have offered up [here](#). Lived and evidence based experiences!

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 & 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 one's 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.

Subscribe to Facebook, LinkedIn or Youtube by clicking these links



PCA Families, Level 4, 247-251 Flinders Lane, Melbourne 3000
info@pcafamilies.org.au www.pcafamilies.org.au 03 9020 1833

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list.