

# COMMUNICATIONS UPDATE

WWW.PCAFAMILIES.ORG.AU

## QUICK LINKS

**Click & Connect -**  
**31/8/22**

**Share & Connect**  
**1/9/22**

**Lets Connect**  
**5/9/22**



## News - Visiting the dentist or GP

Stolen generations survivors endured trauma and grief as a result of their forcible removal from family, community and culture and accompanied by abuse or exploitation or more. There may often be parallels between stolen generations and trauma for those in care. Triggers from these experiences may create vulnerabilities in situations like visiting the GP or dentist. Any situation that brings back a lack of control can be a trigger.

So how can you help when visiting these situations that don't involve control?

The Healing Foundation have some suggestions:

At the GP, you can ask if the GP can:

- Frame directions as suggestions and respect young persons choices
- Demonstrate or explain visually, such as with a teaspoon for a dosage, rather than written information
- Allow additional time for consultations
- Use discretion around their stories and invite them to share (obtain their permission to keep on file in a sensitive manner)

Find out more [here](#).

At the Dentist, you can ask the dentist to:

- consider support for the young person during an appointment (parent/carer in room for example)
- ensure all actions and processes are clearly explained and prompted
- ensure the young person knows their rights and encourage them to speak up

Find out more [here](#).

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

## News - Being Herd

Being Herd workshops are being offered in August and September to 18-30 year olds to help equip them with sharing their story in a safe and effective way. This is an opportunity to learn how to build the skills and confidence to share their lived experience (mental ill health from depression to bullying or stress) and how they reach out for support and manage their wellbeing. Find out more [here](#).

## News - Maltreated Children

Key research studies in developmental, educational, health and wellbeing and criminal justice outcomes for maltreated children in out of home care have been documented in this literature review by NSW Communities and Justice. Key findings include better developmental outcomes in physical, cognitive and communication. Find out more [here](#).

## News - COVID-19 Update

The CFECFW have provided an update on COVID-19 news:

- free masks to reduce COVID-19 transmission are available at community health services and across the public transport network
- Moderna vaccinations for at risk children 6 months to 5 years old is now recommended by ATAGI (starts 5 September)
- grants are now available to multicultural and faith groups for priority COVID-19 response.

Remember PCA Families has free RATs available too. Find out more [here](#) about this update.

## Events - Click & Connect



**TOPIC: CHILDHOOD TRAUMA AND THERAPEUTIC PARENTING - LINDA COOKE**

**DATE: Wednesday 31 August at midday with hosts Virginia & Sonia**

**TOPIC:** In this meeting we will review and discuss the Youtube Recording by Linda Cooke on Therapeutic Parenting. Therapeutic parenting is parenting that is loving and kind, where you are present with your child while they work through their emotions and challenges. Its parenting that builds the brain as you help your child understand what they are experiencing. It is healing and aids attachment so is perfect for parenting children from complex backgrounds (adoption, permanent care and kinship care). Linda Cooke, adoptive parent, shares how safety, nurture and structure must be present. Lets discuss how we might apply this learning in our everyday. Please join us for this discussion.

**HOMEWORK:** Please consider listening to or reading the transcript from the Youtube Recording by Linda Cooke titled "How does baking help parents to parent therapeutically with safety, structure and nurture?" Access the recordings and transcripts [here](#).

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

## Events - Share & Connect (Journal Club)



**TOPIC: WORDS DRIVE CULTURE**

**DATE: Thursday 1 September**

**DETAILS: "Language matters. It's the raw material of story, it changes how we feel about ourselves and others and it's a portal to connection."**

**from 'Atlas of the Heart' by Brene Brown**

From infancy we have been encouraged to use words to communicate our needs, feelings, desires and intentions. Virtually everything related to existence is connected to the power of words. The significance of words can seem paradoxical in an age where we can feel flooded by 'information overload', cynical of the disconnect between the rhetoric and reality within organizations and weary of social media, oft fuelled by many superfluous, hollow words and technology that allows us to publicize reactive words instantly. Words can seem cheap. However words are powerful and they often drive the culture within our homes, communities and global village.

The words we use to describe ourselves and the words we hear spoken in reference to us, can form our personal story, our narrative and can then become our identity. Words matter! Conversations around adoption, permanent care, kinship care and foster care and the words we choose are important. The words and phrases our children hear, especially when we think they are not listening, are intrinsically linked to their sense of self and wellbeing.

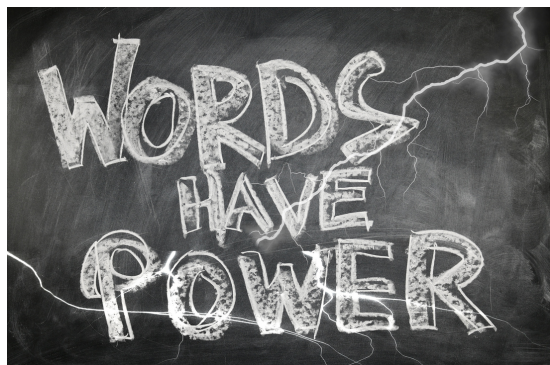
We will explore ways to reframe 'community speak', respond to invasive questions without communicating shame and how to have those more challenging 'word talks' with our precious children.

Jacinta Foster-Raimondo and her husband Mick have four young adult children, born to their family through the process of adoption. Two children were born in the Philippines and two were born in Australia.

Jacinta is a teacher, mental health and addiction clinician and now works as an Education and Trauma Consultant

**HOMEWORK:** Read this [article](#) "Words at Work" and this Amnesty International [Guide](#) "Inclusive Language and Events"

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



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





## Events - Let's Connect



**EVENT: BENDIGO LET'S CONNECT**

**LOCATION: BENDIGO LIBRARY Activity Room 2**

**DATE: Monday 5 September 10am - 2pm with hosts Trish & Liz**

**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. 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. 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](#).

## Events - Adoption Retreat



We have had over 70 parents/carers express an interest in attending our Permanent Care retreat which is very pleasing.

We understand these type of events are needed and appreciated by parents providing a well earned break along with the opportunity to share experience and knowledge with one another about raising our precious children.

We are working through the registrations and will notify everyone next week if they are successful or if they remain on the waitlist. Those on the waitlist will be given the opportunity to attend the next retreat so please don't be too disappointed as you will be given another chance. Parents who have not attended a retreat will be given priority over those who have attended previously.

## 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.**