



COMMUNICATIONS UPDATE

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News - Update from the CEO

Hi Everyone,

In my second week at PCA Families my thoughts are now starting to turn to "what does success look like for PCA Families, "how can we further diversify and enhance our membership offering" and "how do we ensure that people who need support are aware of PCA Families and the programs that we provide"? In next week's communications we will provide a survey link for you to provide feedback to us.

Meanwhile we are delighted to be able to confirm that Renee Carter, Chief Executive Officer, Adopt Change has agreed to be the guest speaker at our AGM on 2 November 2022 (4.30pm start). Register [here](#).

Renee is an enthusiastic advocate for the wellbeing of children and young people. Adopt Change believes that every child has the right to grow up in a safe, nurturing, and permanent family home, and that all families need the appropriate support for children to thrive. For further information visit: Adopt Change [here](#).

We hope that you will be able to join us at the AGM either in person or online.

Kind regards,
Wendy

News - Mental Health and Paediatric Needs

Want to learn more about resources and strategies to help young people to access the support they need, including paediatric specialists and mental health specialists?

What if we told you it only takes an hour and costs nothing?

Register [here](#) for the Thriving Children, Thriving Communities webinar on Tuesday. Guests include:

- Derek McCormack, Director Raising Children Network
- Dr Jenny Maxwell, GP
- Professor Harriet Hiscock, Murdoch Children's Research Institute
- Dr Daniel Peyton, General Paediatrician, Australian Institute of Digital Health



News - Excellence in Therapeutic Care

The Centre for Excellence in Therapeutic Care has a new website for carers and professionals in out of home care. With 100s of resources, on demand and live training, video stories with carers and professionals, it is a resource we can all use. Find the website [here](#).

Here are two examples of upcoming webinars that may be of interest:

1. Supporting children and young people with Fetal Alcohol Spectrum Disorder (FASD)

Wednesday 12 October 12 to 2pm (AEDT)

Do you know how to recognise Fetal Alcohol Spectrum Disorder (FASD)? What are the kinds of support and strategies that can help children and young people in out-of-home care who are diagnosed with FASD?

Join this 2-hr workshop with Senior Project Officer - FASD, Prue Walker, who will share her vast knowledge and skills in answering these questions and more. Register [here](#).

2. Working with young people living in residential care with pre-care experience of domestic violence

Wednesday 5 October 10-12 PM (AEDT)

Do you understand the challenges of identifying and addressing the trauma associated with domestic violence? If you would like to know more and or share your experiences, then come and join our reflective practice workshop on this very important topic. Community of Practice – peer learning & support in therapeutic care is for therapeutic specialists and others who provide therapeutic leadership across all aspects of service delivery in therapeutic residential care.

Register [here](#).



News - Youth Design Consultants (paid)

Youthlaw is seeking the expertise and insights of young people with a lived experience of residential care to inform the design and implementation of a new service in Ballarat.

The program aims to support young people living in residential care to access legal and non-legal support to build capacity and confidence, asserting themselves, protecting their rights and making informed decisions about their future.

Young people interested in this paid consultation opportunity (or their supporters) are encouraged to reach out to Stephanie at Youthlaw:

0493 362 254 / stephaniet@youthlaw.asn.au

Alternatively, you can email Laura at the Centre/Raising Expectations with any questions: laura.cashman@cfecfw.asn.au



"Delivering trauma-informed services that empower"

Events - Click & Connect

TOPIC: DEVELOPMENTAL TRAUMA

DATE: Wednesday 5 October at midday with hosts Liz & Sonia

TOPIC: In this meeting we will review and discuss the Youtube Recording by Liz Powell on Developmental Trauma. Children experiencing developmental trauma can often be labelled as over controlling, naughty, a problem child or even autistic or diagnosed with ADHD. Yet these responses can hold the child back from progressing. Understanding their behaviour from a trauma informed perspective can help. Developmental trauma can repair within relationships with the right interventions at the right time over a long period of time. Liz shares some tips and ideas on how you can repair developmental trauma for your children. 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 Liz Powell titled "What do kangaroos have to do with developmental trauma and control, shame, hoarding and overeating?" Access the recordings and transcripts [here](#).

REGISTER: [here](#) via Zoom Link



"Improving the lived experience of young people"

Events - Share & Connect (Journal Club)



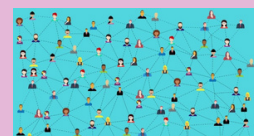
TOPIC: BODY KINDNESS: OVER 1M AUSTRALIANS HAVE AN EATING DISORDER AND LESS THAN 25% RECEIVE SUPPORT

DATE: Thursday 6 October at 8.00pm

TOPIC: Body Kind Families is an initiative of the Butterfly Foundation designed to help families access and share information around body image and eating disorders. Access their website [here](#). People who suffer from an eating disorder may display symptoms or they may not show any signs or symptoms at all. They may also make significant efforts to conceal their behaviour or they may not even recognise that there is anything wrong or that their eating habits are 'disordered'. For a parent or carer, this can make the warning signs difficult to identify. What can you do to help?

REGISTER: [here](#) via Zoom Link

Events - Let's Connect - Pakenham



LOCATION: Pakenham

DATE: Friday 14th October 11am - 2pm with hosts Liz and Ray

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.

Please register your interest in attending via trybooking [here](#).

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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