

COMMUNICATIONS UPDATE

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QUICK LINKS

Click & Connect
Wed 2/11/22

Share & Connect
Thu 10/11/22



Board - Join the AGM today!

PCA Families Annual General Meeting will be held at 4.30pm today. Join in person (President Room, Rendezvous Hotel, 328 Flinders Street, Melbourne). To view the annual report and financials see [here](#).



News - Crisis Hotline for First Nations People

13 YARN or 13 92 76 is a culturally safe crisis support hotline for Aboriginal and Torres Strait Islander people to access support from people who value how to listen without judgement or shame. Find out more [here](#) and listen to Andrews story to learn more about crisis support. Andrew is a proud Yamaj man (WA) who grew up in a troubled household and believed he was the cause of drinking and violence at home that resulted in his Mum leaving when he was 10yo. Andrew uses mindfulness meditation and exercise and some trial and error to manage his mental health.

He shares his story to encourage others to seek help.



"Delivering trauma informed services that empower"

News - School Refusal Parliamentary Inquiry

Anyone familiar with school refusal? Some of us certainly are!

Headspace and ReachOut are too!

The Parliament's education committee will now investigate the trend which is related to severe emotional distress. School refusal is generally anxiety or depression based and is not about wagging or truancy. It is not about hiding or concealing the absence either. Children may find it hard to identify why they refuse to go, but common reasons can include being worried about the school work or sports, or dealing with teachers or other kids or just being away from family.

So what can you do when faced with school refusal?

Acknowledge the feelings and make a plan that involves the child and the school teachers. Monitor how the plan is going and adjust as necessary. Plan calm morning routines and take them to school. Arrange supports and modified workloads. Their emotional wellbeing is critical. Educational support can be obtained later or additional tutoring can help supplement their learning. Longer term school refusal may require mental health support or tailored treatment plans. ReachOut offer some advice

[here](#) and Headspace [here](#).

Parliamentary inquiry and submissions link is [here](#).



"Support that improves the lived experience of young people"

Events - Share & Connect (Journal Club)

TOPIC: NDIS DIAGNOSABLE DISABILITIES: COMMUNICATING DISABILITY RELATED NEEDS AS DISTINGUISHED FROM PARENTAL RESPONSIBILITY

DATE: Thursday 10 November at 8.00pm

(Note, this meeting is a different timing to the usual first Thursday of the month)

TOPIC: Bobbi Cook is a kinship carer and behaviour specialist who has lived the highs and lows of caring for those with a trauma history. She has shared many of her wisdoms with PCA Families in our Youtube recordings and we hope to hear more insights from her about how to succeed with obtaining NDIS support. Bobbi says

"But I would say 80% of kids in permanent care would have a diagnosable disability that is NDIS eligible. If you present your case in a way that shows the disability to the NDIS you do actually qualify for that level of funding... talk about how you actually communicate effectively with the NDIS to actually show the gap between reasonable parental responsibility and disability related needs."

So bring your questions and let's learn from someone with lived experience.

REGISTER: [here](#) via Zoom Link



News - Data, Mental Health & Kinship Care Audit

A number of audits of the Department of Families, Fairness and Housing were conducted recently with recommendations relevant to our families.



Those recommendations included:

- improving the quality and reliability of data and keeping it up to date. Find out more [here](#).
- resourcing and supervising a pressured workforce. Find out more [here](#).
- identifying kinship networks early, including access to the First Supports Program (find out more [here](#)).
- reviewing the adjustment process to increase transparency and equity in the care allowance . Find out more [here](#).

Events - Click & Connect



TOPIC: FOOD AND TRAUMA

DATE: Wednesday 2 November 12:00 midday until 1:00pm with hosts Liz & Sonia

TOPIC: Food and Trauma - How can we help? Can the right diet help you heal from trauma? How does food affect behaviour or trauma and vica versa? Stress and trauma impacts our nervous system which in turn impacts our capacity to take care of ourselves. How do you help someone who is overwhelmed or where nutrition suggestions are seen as a threat or otherwise engage the flight, flight response system?

HOMEWORK: Bring your own lived experience of what has worked to share with the group and learn from each other.

REGISTER: [here](#) via Zoom Link

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.

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