



COMMUNICATIONS UPDATE

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Flexi-Funding

ADDITIONAL COSTS OF CARE

Better Futures

INDEPENDENCE, EDUCATION, EMPLOYMENT

Helpine

REFERRALS, ADVOCACY

CAP

CARER ASSISTANCE

EVENTS

Click & Connect
Wed 26/4/23

Share & Connect
Thurs 4/5/23



News - Visit from the Shadow Minister

The PCA Families Board was pleased to host a meeting on Tuesday 4th April with Dr Matthew Bach, the Shadow Minister who is responsible for these folios:

- Deputy Leader of the Liberal Party in the Legislative Council
- Shadow Minister for Education
- Shadow Minister for Child Protection.

The Board was able to raise some of the key issues in the current state of

permanent care and adoption in Victoria. The discussion covered reasons why so many children in out of home care are not moving to stable, permanent arrangements in a timely manner when they are unable to be re-unified with their birth parents; the consequences for children the longer they remain in the out-of-home care system; and the supports families and children in permanency and adoption arrangements need in order to recover from the accumulated harm and create sustainable, stable environments. We also spoke about the inequities in the system and the need for resources to ensure that all children regardless of their particular order receive the support they need.



News - Donate Online

Would you or someone you know like to make a donation to PCA Families?

Donating to PCA Families will enable us to continue developing and rolling out programs that support strong and stable families through parenting and peer support services that directly benefit children, young people and their families. It will also allow us to continue our advocacy work to improve the lived experience of permanent care and adoptive families.

For further information on how to make a donation please visit [here](#)



Australian
Charities and
Not-for-profits
Commission

Permanent Care and Adoptive Families (PCA Families) is a registered charity with Deductible Gift Recipient (DGR) status as a Public Benevolent Institution (PBI). This means that your donation is tax deductible.

News - Primary Care Clinics

The Governments Priority Primary Care Centres offer Victorians an urgent but non-critical care alternative to visiting an Emergency Department. With 21 centres now open across the state, accepting walk in bookings with doctors and nurses on site. Since opening, one third of patients have been children and the most common conditions treated are infections, urinary tract infections, abdominal pain and lacerations. Pathology and medical imaging are also available. Find out more about the centre locations [here](#).

News - Life and Living Skills

MOIRA and Headspace are offering two life and living skills programs for young people 16-25 years of age in the Bayside Peninsula Area (BPA). One in Bentleigh starting Tuesdays on May 2 (11am-2pm) and one in Frankston starting Thursdays on April 27 (4-6pm). Daily living skills, money management, housing and legal rights, personal development, employment education and training and more. Offering gift vouchers and more surprises like airpods and other gifts. Register direct with Mario: email mdsouza@moira.org.au by Wednesday 26 April.

For young people
16-25 with
connections in
Bayside Peninsula
Area (Cities of Port
Phillip, Stonnington,
Bayside, Glen Eira,
Kingston, Frankston
and Mornington
Peninsula Shire)



Events - Share & Connect (JC)

TOPIC: DR VICKI RUSSELL - FASD ADVOCATE

DATE: Thursday 4 May at 8.00pm

LOCATION: Zoom online

TOPIC: Dr Vicki Russell PhD is a Churchill Fellow (2001). Vicki worked for 30 years in non-government sector management in the delivery of trauma counselling; alcohol and other drug prevention; and neurodevelopmental disability (Fetal Alcohol Spectrum Disorder). She trained in narrative practice and has a Certificate of Mastery in the Fetal Alcohol-Neurobehavioural approach (USA).

Vicki has developed and delivered education and training programs on trauma and FASD to professional and non-professional groups across all levels of prevention.

Vicki will introduce Fetal Alcohol Spectrum Disorder and explore the diagnosis and the outcomes for the individual across the lifespan, including strategies for management.

Vicki will also look at and open up for discussion the impact for those who care for individuals living with FASD.

REGISTER: [here](#)



News - What Happens at Better Futures?

The Better Futures program supports young people on a permanent care order to get the support they need as they get older. Initial contact is made by letter with the young person and their parents/carers too before the young person turns 18 (from 15 years and 9 months). **What support is offered to the young person once they receive a letter or call from us? Read about Josies story.**



Josie, aged 17 years and 8 months, was referred to the Better Futures and Home Stretch program in February 2022. Josie remembers she had initial contact with the Better Futures PCA Advisor and with the Better Futures provider in her area. Since commencing with the program Josie has had 2 development coaches. Her first coach would engage with Josie directly, whether on shopping trips or getting their nails done. They would discuss her plans, needs and goals in a casual way while enjoying those outings. Josies' second and current coach leaves it to her to contact him when she has needs to discuss. Josie says, while the contact has been different, she has found both forms of contact helpful and feels that she has been able to discuss anything with both her coaches. Access to the Better Futures program has meant that Josie has been able to get assistance with applying to TAFE, and fees to study beauty therapies along with access to rental property support while the family home is being renovated. Josie is hoping to work in a beauty salon when she completes her training and eventually own her own business. She recognises the support from her development coach has helped her to get on the pathway to achieve this career goal.

News - Young Peoples Mental Health Worries

The Headspace National Youth Mental Health research, which was based on surveys completed mainly by 18 to 25 year olds, recently revealed that the cost of living is the single biggest concern for young Australians. Housing affordability and rent are a significant cause for worry. Over half of the participants also identified they are hesitant to have children because of the cost of living. There are major life milestones for young people and concerning that there is such anxiousness surrounding these milestones. Find out more about the research [here](#).



Events - Click & Connect

TOPIC: SOCIAL SKILLS FOR YOUR CHILD

DATE: Wednesday 26 April 12.00 to 1.00pm with hosts Liz and Sonia

TOPIC: We all know that sharing, patience, empathy and respecting boundaries are important social skills. But which ones are the most important and how do you help your child to learn them? Is there a way to reflect and reinforce the skills that are important to you? Is there a way to teach these skills? This can be even more challenging for children who may have a trauma experience or who are neuro diverse. So how do we start and what experience can we share that might help others?

If you like to read, please consider this article from Raising Teens Today on the 10 Important Social Skills [here](#).

REGISTER: [here](#) via Zoom Link



Carer Assistance Program - Therapeutic Support

Self referral available [here](#).

DFFH Flexible Funding - Funding Additional Needs

Further information available [here](#).

Helpline - Information, support and referrals

Further information available [here](#).

Better Futures and Home Stretch - Support to 21

Find out more [here](#).

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PCA Families, Level 1, Suite 6, 69-71 Rosstown Road, Carnegie 3163
info@pcfamilies.org.au www.pcfamilies.org.au 03 9020 1833

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