



COMMUNICATIONS UPDATE

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QUICK LINKS

Click & Connect
Wed 30/11/22

Share & Connect
Thu 1/12/22



Youtube - Resilience: non judgemental care

From the age of 2, Shane didn't have the normal upbringing. His mother left and he lived in kinship care with his Nan and Pop until his Nan dies when he is 5yo. He lives a haphazard life with many moves, including a breakdown in his permanent foster care family, and he is subjected to sexual abuse and unimaginable losses. He attempts to end his life once, suffers bulimia as a form of self punishment, struggles to fit in and feels broken and dead inside. Yet outside he appeared happy, confident and was able to achieve success in the creative arts (he joins Johnny Young Talent Team and stars alongside Colette Mann and works on Neighbours and other TV series). Eventually he finds his voice, comes out as gay in his 20s and finds success in nursing and education after reuniting with his foster family). Shane wants others to learn from his experiences. He highlights that even any attention, even sexual abuse, is better than no attention and that sometimes children reject parents and carers outright, just so those people they love the most don't have the opportunity to reject them. Listen to his recording or read the transcript [here](#).

LIVED
EXPERIENCE
PARENTING
CHANNEL



Board - Welcome Patricia

New board member Patricia Vaz joined us recently and we wanted to share some information about Patricia. Patricia is an energetic and innovative global leader with over 15 years management experience in senior executive roles with strong technical, managerial, and financial skills. Patricia is currently the General Manager Corporate Services for Community Housing Limited (CHL), a national and international NFP in Housing, which she has been associated with for over 12 years. Patricia is half Brazilian and half 'Aussie' bringing diversity to the Board and a proud Mum to two boys. Find out more [here](#).



News - TANDEM Family Led Centres

Tandem is leading the project to design the family and carer led centres across Victoria, as part of the Mental Health and Wellbeing Royal Commission. Tandem presented their Tandem Report Recommendation 31: Family Carer-led Centres in 2021, and this report highlighted the need for practical support services, psycho education services, family therapeutic services and more. Sounds familiar! See their report [here](#). Tandem also offer Carers Support Funding, covering a variety of expenses such as respite, carer education, transport, wellbeing activities and more. Find out more [here](#).

News - Cost of Unpaid Care

The reality of global informal unpaid caregiving is largely unrecognised. It contributes significant benefits and is largely the responsibility taken on by women (estimated at 80% globally). Most are also in their prime working years. A review of studies identified that unpaid caregiving is detrimental to the mental health of working age adults. Many stressors, juggling multiple roles, time scarcity and the emotional overwhelm were considered factors that might explain these outcomes. Find out more [here](#).

Events - Share & Connect (JC)

TOPIC: LYING AND THE IMPORTANCE OF CURIOSITY: AN EVENING

WITH GREGORY NICOLAU, FOUNDER OF ACT GROUP & CONSULTANT PSYCHOLOGIST

DATE: Thursday 1 December at 7.30pm

LOCATION: Fitzroy Victoria Bowling & Sports Club, Seminar Room, 578 Brunswick St, Fitzroy

TOPIC: Gregory Nicolau will join us for this evenings discussion with a focus on the topic of lying. Gregory is the founder of Australian Childhood Trauma Group, consultant psychologist and former CEO with a strong history of working within the trauma space. Find out more about Gregory [here](#)

Lying: In seeking the truth from a child who is lying we tend to get more lies! Children who have adverse childhood experiences, where the adults around them did not keep them safe, don't trust the world in general to meet their needs. On the sometimes frequent occasions that they get caught with their 'hand in the cookie jar' doing something we adults frown upon, we have a tendency to be reactive rather than curious. The more we seek the truth, the more lies come back at us. Learn to be curious about lying behaviour and save on years of 'grey hairs'!

Learn from Gregory and share with peers how to approach lying behaviour in order to get to the truth of the child's experience

BACKGROUND: See what Gregory Nicolau shares in this skill bite [here](#) from ACT Group on how to think differently when a child lies.

If you are after additional resources, you may also consider listening to Robbyn Gobbel's podcast on lying as a trauma driven behaviour [here](#)

REGISTER: [here](#) via Trybooking



News - Australian Maltreatment Study

The Centre for Excellence in Child and Welfare Studies hosted a webinar series where the Australian Childhood Maltreatment Study, a 5 year study funded by the National Health and Medical Research Council was shared. Professor Ben Mathews and Professor Daryl Higgins shared the results which will be used by a variety of Government and Community services to plan and design future supports. They identified that 30% of 16-24yo had self harmed and that this outcome was almost twice as common in females. They also looked at prevalence based on type of abuse and found a strong association where there was sexual abuse, physical or emotional abuse (as distinct from neglect or exposure to domestic violence).

Watch the presentation of the findings [here](#).

Events - Click & Connect

TOPIC: ANGER MANAGEMENT

DATE: Wednesday 30 November 12:00 midday until 1:00pm with hosts Virginia & Sonia

TOPIC: If 95% of mind body behaviour is habitual or automated, the intentional or executive functioning is often not engaged. So what can you do to prevent a crisis? Lets discuss:

- look for triggers to prevent a crisis
- when they are triggered, co-regulate
- as they escalate, coregulate, offer empathy, avoid conflict and manage the environment
- as they enter the outburst phase help them drain off their emotion
- in the recovery phase help them repair and reconnect to learn

What other practical actions can we take? What are your best tips?

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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