



COMMUNICATIONS UPDATE

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QUICK LINKS

Click & Connect
Wed 30/11/22

Share & Connect
Thu 1/12/22



News - Carer Assistance Program

The Carer Assistance Program, which offers therapeutic support by an experienced counsellor, aimed at supporting and improving the mental health and wellbeing of parents and carers (including adoption) is available to members over the summer holidays. The program accepts self referrals at any time and can be accessed on our website [here](#). A handy resource to keep in mind over the holiday period when PCA Families is closed. PCA Families will be closed between 24 December 2022 and 2 January 2023.

**PCA
FAMILIES
CLOSED**
24/12/22-
2/01/23

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

News - ADHD and ASD - Your Say?

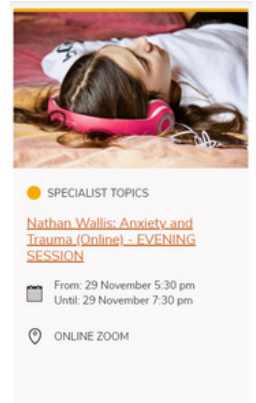
The Medical Research Institute is collecting and studying information on experiences with health, education and employment for children under 18 who have been diagnosed with or treated for Autism Spectrum Disorder (ASD) and/or Attention Deficit Hyperactivity Disorder (ADHD). They are interested in finding out what has worked for you as parents/carers with a view to identifying barriers and problems with access to and delivery of health and education services. The survey takes around 30 minutes and hopefully will result in identifying how to remove barriers to access and service delivery. Find out more [here](#).



"Improving the lived experience of young people"

News - Training

Members of PCA Families are entitled to access any of the Carer KaFE training programs. This month Carer KaFE are offering an evening webinar on anxiety and an expression of interest for their THRIVE program, a mental health and wellbeing program for carers offering safety to express when you need support. See the training on offer [here](#).



News - Family Drug Treatment & Reunification

The Centre for Excellence Tri Peaks Partnership will host a session on the Family Drug Treatment Court program (FDTC) which commenced in 2014 at the Broadmeadows Family Court and has now expanded into the Shepparton Court. The program is a 12 month program with reunification possible at any time during the three phases involved. Information about the program is available [here](#). Find out more about how the program works by joining the webinar on November 28 at midday. Register [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



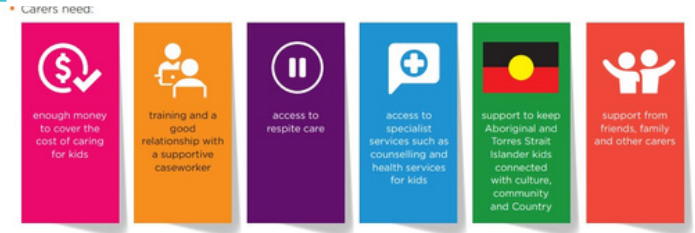
News - Strategies to Support You

The Australian Institute of Family Studies sourced information about how to better support parents and carers needs and published their results.

It will be no surprise to many that funding the costs of caring for kids, training and support and access

to respite care in addition to specialist services and support from family, friends and other carers were highlighted as important needs.

Find out more in their recommendations in their summary report [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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