



# COMMUNICATIONS UPDATE

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**QUICK LINKS**

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**Wed 8/2/23**

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**Thurs 2/2/23**



## 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](#).

If you are experiencing any challenges in the out-home care space, whether that is relationship, parenting or behaviour based, or perhaps you are simply fatigued, or want help to strengthen, equip and empower you, the CAP program is proving to be nurturing, empowering, and rewarding. Parents describe gaining a new way of relating with their young people, problem solving and feeling grounded.

There is currently no waitlist for our families and we encourage parents and carers to utilise this service. CAP is run by the Foster Care Association Victoria and services both our families and foster carers. A handy resource to keep in mind over the holiday period when PCA Families is closed.

PCA Families will be closed between 24 December and 8 January. Emergency or crisis support from Lifeline and other supports is available [here](#).

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



Happy holidays

**"Improving the lived experience of young people"**

## News - Dental Health Services

Dental Health Service Victoria provides emergency, general, denture and specialist dental care to all eligible Victorians. Public dental services are provided by dentists, oral health therapists, oral health educators and dental assistants. DHSV is committed to providing high quality dental care services. Eligibility includes children 0-12 irrespective of income and children up to 18 years of age that are in out-of-home care provided by the Children Youth and Families Division of the Department of Human Services. Treatment is also available to those with a carer or concession or pensioner card. To find a clinic near you simply access their website. They also offer a telehealth service which makes life a little easier to manage between other appointments. Find out more [here](#).



## News - CASA

The Victorian Peak Body Centres Against Sexual Assault (CASAs) are non-profit, government funded organisations that provide support and intervention to women, children and men who are victim/survivors of sexual assault. There are 14 CASAs across the state of Victoria and the Victorian Sexual Assault Crisis Line 2 (after hours). These offer free, confidential 24 hour emergency or crisis care for victim/survivors of sexual assault. This includes crisis counselling support (short to medium term counselling), access to medical care and legal services as well as counselling support for adults who were victims/survivors of sexual assault. CASA is founded on respect for victims/survivors to be heard, believed and in control of their choices. Blaming the victim can be a common response where people feel uncomfortable about situations (CASA cite research by the Department that has shown one in four people believe the child should take the blame for sexual abuse in some cases). One of the strongest messages from the survivors' experiences is how effectively this attitude of blame can silence victims and allow the assaults to continue. It is important for all victim/survivors that they are met with belief and compassion at CASA centres when they tell of their experience and that they receive assistance and support. Find out more [here](#).

## News - Program Leader Role

PCA Families are currently looking for an outstanding Program Leader!

**PURPOSE:** Day to day supervision and support for a small team operating the Flexible Funding Program (covering partial, full or ongoing costs not met by the carer allowance or other funding)

**REQUIRED:** social work, psychology, nursing or equivalent qualification and experience in community or home-based service delivery using evidence-informed trauma informed practices and an understanding of Victoria's child and family services sector funding sources.

Find out more [here](#) or via Ethical Jobs [here](#) or Pro Bono [here](#).



Permanent  
Care and  
Adoptive  
Families



## News - New Podcast

Dr. Aimie Apigian, MD MS MPH is a leading medical expert, a physician who has developed her signature model on how life experiences get stored in the body and how you might restore the body to its best state of health.

Dr Aimie is the physician that healed herself. Her model and methodology The Biology of Trauma™ may be the missing piece you have been looking for.

Dr Aimie explains that her program combines traditional medicine, alternative medicine and healing techniques, and somatic therapy for a personalized path to healing trauma. Dr Aimie is an attachment trauma and addiction expert who challenges the paradigm of trauma and illuminates a new model for the healing journey. A practical model for healing is available through her website now in podcast form.

Find out more [here](#).



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

## 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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