



COMMUNICATIONS UPDATE

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Permanent
Care and
Adoptive
Families



EVENTS

Click & Connect
Wed 22/2/23

Share & Connect
Thurs 2/3/23

Flexi-Funding

ADDITIONAL COSTS OF CARE

Better Futures

INDEPENDENCE, EDUCATION, EMPLOYMENT

Helpine

REFERRALS, ADVOCACY

CAP

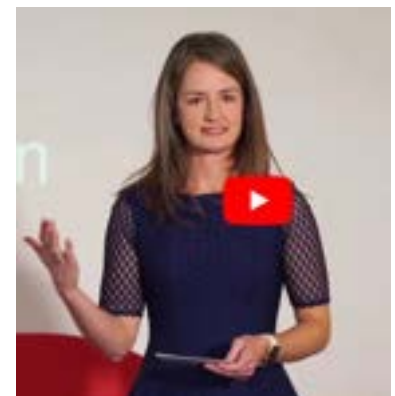
CARER ASSISTANCE



News - Trauma Informed Care Saves Lives

Adrienne Rouan shares a personal experience of early childhood trauma and the importance of trauma informed care, that for her, helped to save her life. Adrienne explains how trauma presents as physical pain and grows, leading to angry outbursts towards others, and eventually a plan to end her life. Doctors told her to just keep going. That wasn't a solution. It wasn't until a warm, kind trauma informed practitioner listened to her, helping her to feel safe, that she made an appointment to begin healing. Adrienne reminds us that safety needs to be established first. She also reminds us of the shorter lifespan of those who have experienced childhood trauma (19 years for those scoring 6 or more out of 10 on the Adverse Childhood Experiences test (access the quiz [here](#)).

Trauma Informed Care practitioners can help with bringing one back to the present, regulating emotions and offer techniques that help like deep breathing and shuffling. She reminds us that we need to take action to learn about trauma informed care and to respond and take action accordingly. Watch Adrienne's very powerful TEDx talk [here](#).



**TRIGGER WARNING: This video may be distressing. If you need support contact:
Lifeline 13 11 14 (suicide)**

**Beyond Blue 1300 224 636 (mental health)
1800 respect or 1800 737 732 (abuse or violence)**

"Delivering trauma informed services that empower"

Events - Share & Connect (JC)

TOPIC: LOVE THE CHILD YOU HAVE

DATE: Thursday 2 March at 8.00pm

LOCATION: Zoom online

TOPIC: As parents and carers we all want our children to do well in life. Sometimes our own expectations of what their lives should look like can get in the way. Pride, expectations and more can lead us down a pathway of trying to get our child to enjoy things we enjoyed or to practice, practice practice until something is learnt. But what if that impacts on your connection with your child or accepting your child for who they are? How do you let go and enjoy the child you have? What is the benefit of letting go?

Lets share our experiences and learn from each other.

BACKGROUND: Consider reading this article on "Parent the Child you Have, Not the child you wish you had" from Empowering Parents available [here](#)

REGISTER: [here](#)

FORMAT: Share & Connect is facilitated by skilled volunteers with lived experience in raising children through permanent care, kinship care and adoption. Confidentiality is an important part of these meetings. Typically a brief article is circulated each month prior to the meeting or a guest speaker with expertise in a particular topic joins. Questions are invited from the group and members offer up their unique experiences/advice.



Events - Click & Connect

TOPIC: TEACHER INTERVIEWS AND SHARING THE CHILD'S STORY

DATE: Wednesday 22 February 12:00 midday until 1:00pm with hosts Liz & Sonia

TOPIC: Teacher interviews and knowing what to share about your child can be challenging. So how do you maintain a sense of belonging and share what is necessary to best support your child? With the collective wisdom in the room lets support each other and reflect on what we can learn!

HOMEWORK: If you like to read, you may want to look at our powerpoint presentation on this topic from 2021. See the link on Click and Connect to past meeting topics and find the topic "Sharing the Childs Story". Pages 5 and 6 have some good advice and there are links to resources and a draft letter too. See [here](#)

REGISTER: [here](#) via Zoom Link

FORMAT: Click and Connect provides a supportive social space that allows natural conversations to flow to ensure you are honoured as experts of your families and lives, while having the expertise of a PCA Advocacy and Support Adviser on hand for additional professional support. Meetings begin with a brief overview of the topic by a PCA Families Adviser before opening up to the group to share experiences, thoughts and ideas. You are welcome to attend as often as you like, whether that's just once or regularly.



"Improving the lived experience of young people"

News - Health Check

Interested in health or just interested in reducing stress? If so, try the free health check with Lifeprogram available [here](#). If you find yourself in the risky health category they offer a group course or telephone support over 12 months. All free. What better way to start to set your own personal health goals for the benefit of the children in your life.

Helpline

PCA Families Helpline is a free, independent and confidential service, offering short term support, practical information, advocacy and referrals to other services. Our approach is child-centred, family-focussed and trauma-informed. Our caring and supportive advisors have extensive experience working with families. Several advisors also have first hand lived experience of permanent care or adoption. Parenting children who have experienced trauma, grief, loss, attachment issues, abuse and/or neglect can be difficult, and many children and their families require additional support to recover, heal and thrive. We understand that systems can be tricky to navigate, and that sometimes you need to speak to someone who 'gets it' to help you plan a way forward. That support can vary from supporting you to become a new parent or carer to improving family dynamics, communication, mental health, behaviours, attachment, identity and belonging, or navigating government departments or schools. More [here](#).

Carer Assistance Program

The CAP (Carer Assistance Program) is a partnership between PCA Families and Foster Care Association Victoria which offers therapeutic support by an experienced counsellor, aimed at supporting and improving the mental health and wellbeing of parents and carers (including adoption). A range of issues can impact physical and psychological health and can be overwhelming. To access the counselling service, simply fill out the self referral form available [here](#).

Better Futures and Home Stretch

The Victorian Government offer funding to support young people on a permanent care order who turn 15 years and 9 months to get the support they need as they get older. Better Futures also offers Home Stretch, which supports young people to remain living with you after 18 or to move to other housing, like private rental. This support is available until 21 years of age via payment of an allowance. Better Futures is here to help your young person transition to independence. What that looks like will differ for each young person. We know that some of young peoples past experiences may make them reluctant to engage with the Better Futures providers. We encourage you to talk through with them the benefits of at least engaging to find out what the program is and what it might offer them, so they can make an informed decision. Either you or your young person can find out more by contacting PCA Families on 03 9020 1833 (option 3). PCA Families assesses eligibility for the program and connect the young people with a Better Futures provider.

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 and more (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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