

A THERAPEUTIC REFLECTION

WHAT'S IN THE WELL?

When a child has experienced abuse and/or neglect, is this a social problem? Is it a mental health issue? Or perhaps a public health epidemic? Nadine Burke Harris through TEDtalk explores how childhood trauma affects health across a lifetime. If you go to www.ted.com/talks and search for Nadine Burke Harris, you can listen to her TEDtalk about the effects of childhood trauma on life long health (it is well worth the effort).

Dr. Burke outlines the perspective that abuse and neglect is the largest threat to public health (in America) at this time. The Adverse Childhood Experience Study (ACE study) demonstrated an association between ACE's and long term health outcomes Childhood experiences, both positive and negative have a tremendous impact on lifelong health and opportunity.

Dr. Burke highlights that ACE's cause threats to the body that are so pervasive they change the physiology of our brain development, hormone systems and immune systems. ACE's impact on how our bodies read and transcribe our DNA. Research suggests there is a neurological, scientifically based reason to explain the relationship between children exposed to high doses of adversity and the likelihood of the same children engaging in risk taking behaviour.

As you know, this is not new news to those of us in the business of child protection. Perhaps what is both astounding and reassuring, is that Dr. Burke is asking her colleagues to look in "The Well", to screen and treat what is in "The Well". She is encouraging her peers to stop taking a behavioural (symptoms) approach and asking them to look behind the behaviour to the underlying causes/needs of the community. Dr. Burke offers hope that a coordinated intervention for children experiencing ACE's can positively impact their lifelong health outcomes, and we all need to play a part. **Lyn Copper Therapeutic Practitioner**



EVOLUTION

ALTERNATIVE LEARNING PROGRAMS FOR YOUTH

Mainstream school can be a difficult place for some young people who at times may find themselves at risk of disengaging, suspension or exclusion. Evolution specialises in alternative education programs for young people aged 12-18 years old under Guardianship of the Minister who have been suspended or excluded from mainstream school. School Holiday Programs are also available offering a variety of fun and engaging opportunities for young people as well as providing carers with an opportunity for respite.

All Evolution services are based on the needs and input from young people with a focus on meaningful engagement, practical life skills and accredited learning intended to meet the living, learning & transition goals of the young person. Evolution works collaboratively with stakeholders, parents, guardians and the young person to deliver flexible needs based support.

Evolution provides a safe, flexible learning environment that is welcoming, supportive and respectful.

For Further information please call Evolution 8347 2265 or speak to you DCP worker or Foster Care Support Worker.



CREATE Foundation is the national peak consumer body representing the voices of children and young people with an out-of-home care experience (including kinship care, foster care and residential care).

Create are running a national survey from July through to 31st October 2017. The survey asks young people 8—25 years about their experiences in out-of-home-care. Create uses this information to advocate for change to improve services for all children and young people in care. The survey is anonymous. Please encourage them to complete the survey either on line or on the phone so that their voices can be heard. Plus there are awesome PRIZES including \$100 gift vouchers and an iPad mini to be won!

For more information please contact CREATE on 1800 655 105 or visit website www.create.org.au



FosterCare
Join the Family.

SPRING EDITION CARERNEWS!

A WORD FROM NICOLE HUNT....

It has been a big couple of months with a number of events and celebrations taking place, including the Annual AnglicareSA Awards, Foster and Kinship Care Week and the finalisation of a number of projects such as the Foster Care Reference Group Review.

I would like to say thank you to our past Foster Care Reference Group members who have contributed to the current review process. The information that you have provided has been invaluable and greatly appreciated. The review process has included contact with 23 Foster Carers. The information has been collated and a summary of the findings is being prepared. The outcome of the Foster Care Reference Group review will be presented to the General Manager, Community Services, Nancy Penna, for review and endorsement. I hope to have some further information sent out to all Foster Carers involved in the review process shortly.

Foster and Kinship Care Week is a time for us all to recognise and show our appreciation for the love, care and support that Foster and Kinship Care families provide to the states' most vulnerable children and young people. Foster and Kinship Care families are unsung heroes. I would like to take this opportunity to again say thank you for opening your hearts, homes and families, ensuring that children are safe, secure, nurtured, thrive, belong and that their little voices are always at the centre of all we do. AnglicareSA celebrated our Foster Care heroes in a number of different ways this year which included, Community Awareness building, hosting Movie Nights for Foster and Kinship families from across the sector to attend and the acknowledgement of Year of Service (Foster Care) Awards. The feedback from families has been extremely positive, and it was a delight to be able to meet with families and children at the events to share in face painting, glitter, popcorn and ice cream.

In August, AnglicareSA held the Annual AnglicareSA Awards ceremony, a tradition whereby our Board, Executive, Staff, Volunteers, Foster Carers and Partners take some time out to hear the stories of those we serve and celebrate our achievements. This year 8 nominations for Foster Care Families were presented. Of these, 3 Foster Care families were selected as finalist: Maureen and Graham Madden receiving the Excellence Award; Karen and Chris Saunders receiving the High Achievement Award; and Jane and Peter Arthur receiving the Achievement Award. It was wonderful to attend the AnglicareSA Award Ceremony and see our families on stage accepting their awards and hearing their stories. Take care, **Nicole Hunt, Head of OOHC.**

CarerNews

Spring 2017

ANGLICARESA AWARDS

THE AWARD OF EXCELLENCE



Maureen and Graham Madden. Maureen and Graham have been Foster Carers for over 35 years, caring for approximately 15 children in that time. Many of the children who have come into their care have had special needs. They currently care for 3 children aged 12, 14 and 16. Two of these children have special needs. In addition they continue to provide full time care for a previous foster child who is now an adult with a significant disability as well as providing support to that person's brother as well. Maureen and Graham demonstrate exceptional skill in providing specialist, therapeutic parenting to the children in their care, and do so with a wonderfully positive approach.

THE AWARD FOR HIGH ACHIEVEMENT



Karen & Chris Saunders. Karen and Chris have been foster carers for 17 years, providing care in emergency, short term, long term and respite capacities. Karen and Chris currently provide exceptional service to 3 children with high needs. They have 8 year old twins and a 16 year old in their long term care, as well as providing care for Karen's mother, who also lives in the home. The exceptional care by Karen and Chris is evident through their extreme commitment to ensuring the individual needs of all 3 children in their home are met to their greatest capacity. Karen and Chris are devoted and caring foster carers who have a deep understanding of trauma, how to parent therapeutically and ensuring that every aspect of providing care remains child focussed.

THE AWARD OF ACHIEVEMENT



Jane and Peter Arthur. Jane has been a long term foster carer dating back to the 1980s in NSW. Jane married and moved to SA with her husband Peter and they have continued to provide foster care to children with AnglicareSA since 1995. Jane & Peter currently care for 5 children (8 mths - 14 yrs) including one biological child. Both Peter and Jane are full time carers and their world revolves around the needs of their children. Despite the many challenges experienced as carers including children with complex and challenging behaviour, mental health, aggression and intellectual disabilities, they have continued to be extremely child and family focused and advocate tirelessly for the children's needs. Thank you all for your wonderful support...

'CarerNews' is produced for AnglicareSA Foster Carers by the Practice Development Unit.

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Contributions and suggestions are most welcome....

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FOSTER AND KINSHIP CARE WEEK - CAPRI THEATRE

AnglicareSA were honoured to host Movie Nights at the Capri to celebrate Foster and Kinship Care Week. It was lovely to hear the chatter of familiar friends and see new connections made. With glittering tattoos, faces painted and ice-creams in hand, our families entered the world of Captain Underpants and The Emojis. A wonderful time was had by all with shrieks of "Tra la laaaaa" as the children mimicked Captain Underpants as they headed home. A huge thank you to all who braved the cold to come to the movies and celebrate! **Miriama Harpur Foster Care Support Worker**



Foster Carer Angie emailed her Foster Care Support Worker, Trish to say "I just want to say thanks for the movie night last night. It was an absolute treat, and we all enjoyed it thoroughly, Thanks again".

FOSTER CARER PAMPER DAYS

The "Recharge and Revitalise" days this year were a roaring success: with 50 Foster Carers attending in all. The teams made the rooms look very special. There was lots of delicious food, and it was lovely to see so many people chatting and connecting. Everyone felt very welcome. Most managed to get their hair and nails done, as well as a massage. There were some who tried yoga for the first time, and others who came to the meditation sessions as a new experience. For me, it was special to connect with Foster Carers and hear some of their experiences. I was heartened to hear "It's nice to know it's not just me, others are going through the same things". The day is about relaxing and recharging, which we did. The connection between people had a big impact on their sense of well-being too. **Jenny Fraser. Learning and Development.**



Foster Carers Hayley, Jenny and Bonnie at the Southern Pamper Day

PAMPER DAY FEEDBACK

"Just loved having a moment for me to relax with yoga and feel important again"
 "I have had a lovely day, refreshing and recharging- the massage I had was amazing"
 "Loved the day – thank you"
 "I want to say a big thank you to everyone who worked so hard to make sure we had a great pamper day. The venue was excellent with plenty of parking and inside was great with room to move around freely. It was a GREAT day and you should all be very happy with yourselves for organising such a nice day. I know that all the ladies I talked with enjoyed the time and effort that you all put in to it, thanks again." **Foster Carer Carol Dzenis'**



Pictured: Foster Carer Genevieve playing it cool with Foster Care Support Worker Emma and Foster Carer Carol being our own special brand of super hero...

BREAKAWAY

BreakAway is AnglicareSA's weekend respite activity program for young people under guardianship aged from eight up to fourteen years. We provide activity days for small groups of young people at The BreakAway House in the southern suburbs. Activities are facilitated by Youth Workers and AnglicareSA approved Foster Carers. BreakAway also provides weekend sleepovers once per month for up to four young people (males and females attend separate weekends). The sleepover starts on a Friday night and continues right through to Sunday afternoon.



We ask that young people be regulars in the day activities program for a minimum of six months prior to considering a sleepover weekend. Young people are provided with the opportunity to make new friends, build life skills, engage in community activities and, most importantly, have FUN! BreakAway focuses on providing a therapeutic environment where young people receive consistent and predictable care from all of our team. Foster Carers are also provided with opportunities to meet and communicate directly with the BreakAway staff. If you are interested in finding out more information about the program or coming to see the BreakAway House please speak to your Foster Care Support Worker or contact the BreakAway team on 81313428. We look forward to hearing from you! **Caitlin Hughes. Co-ordinator BreakAway Program**

LEARNING AND DEVELOPMENT

RECENT TRAINING

THERAPEUTIC CRISIS INTERVENTIONS FOR FAMILIES



The Learning and Development team were once again very pleased to deliver Therapeutic Crisis Intervention for Families (TCIF) to Foster carers. We spent 4 days together learning therapeutic interventions and supports to use when caring for a child or young person with a history of trauma. The child-centred therapeutic approach to parenting provided 'co-regulation' strategies to assist a child or young person with regulating their emotions and to teach them the emotional literacy they may be searching for. It was a challenging interactive learning environment that was enjoyed by all. Feedback received from participants was very encouraging:

- "4 days was hard to fit in—but it was worthwhile"
- "each day was valuable and at a good pace"
- "excellent, well done, really enjoyed the course"
- "I feel empowered as a mother"

We were also lucky enough some weeks after the course to receive anonymous feedback via a support worker. Thank you (you know who you are)...

"Setting aside 4 whole days for a workshop was a big ask especially as I was unsure if the content would be relevant to our situation. However it was great and certainly worthwhile. There was a lot of content, and at times it was confronting and hard to work through the implications for our family but I came away with a number of strategies that I have used again and again since then. The main take home messages for me were; parenting children with trauma is counter-intuitive (in other words things that worked for our biological children don't work, almost the opposite does), these children need more resources to help them cope with and manage their BIG feelings. As their parents we are the best ones to teach them, as often we are the ones on the spot. I learned that I need to manage my own feelings before trying to teach and help my child, in the midst of our child's distress 'naming and acknowledging' the feelings they have really does drain them. Thank you to Tina and Kate for facilitating and providing a safe place for all the participants to share their experiences. The food was great too!!



From left back row: Tina, Elly, Sonja, Nancy, Sally, Chris, Kate front row: Therese; Beth; Deb; and Support Worker Kylie.

UPCOMING TRAINING

To book or learn more - contact your Foster Care Support Worker or the Learning and Development team.

October
<p>Foetal Alcohol Syndrome Disorder With Robyn Smith – Nofasd South – Thursday 19th - Woodcroft North – Friday 20th - Playford Centre</p> <p>CSE Refresher Both Tuesday 31st, 9.30 – 12.30 North – St. John's South – Woodcroft</p> <p>Trauma & Attachment 25th Oct – Hindmarsh</p>
NOVEMBER
<p>Transitioning out of Care (Create) South – 10th Nov North – 17th Nov</p> <p>Infant Care – (0-2) North – 3rd Nov South – 24th Nov</p> <p>Responding to Sexualised Behaviour With Deb Clark Central – 22nd Nov</p>
DECEMBER
<p>B2 & Art Therapy South – 1st Dec North – 8th Dec</p>

GLUTEN FREE - CHOCOLATE BROWNIES

Ingredients

- ◇ 200g unsalted butter, chopped
- ◇ 200g dark chocolate, broken into pieces
- ◇ 1 cup brown sugar
- ◇ 3 eggs, lightly beaten
- ◇ 1 teaspoon vanilla extract
- ◇ 3/4 cup gluten-free plain flour
- ◇ 2 tablespoons cocoa powder
- ◇ Nuts Optional



Method

1. Preheat oven to 190°C. Line a 5cm deep, 18cm (base) square cake pan with non-stick baking paper.
2. Heat butter, chocolate and sugar in a saucepan over low heat, stirring constantly, until melted and smooth. Transfer to a heatproof bowl. Set aside to cool slightly.
3. Add eggs and vanilla to chocolate mixture. Mix well. Sift flour and cocoa over chocolate mixture. Stir to combine.
4. Pour brownie mixture into pan. Bake for 20 minutes or until just set. Set aside to cool. Once cooled, lift out. Wrap in plastic wrap. Place into an airtight container. Stand for 1 day. Cut into pieces. Serve. **Linda Ward. Information Officer**