



**CARER
KAFE
2019
TRAINING
GUIDE**

**COMPLETE LIST
OF ALL TRAINING
SESSIONS**

Stream 1 - Kinship Care

Bringing Up Great Kids in Kinship (4 day program)

Australian Childhood Foundation



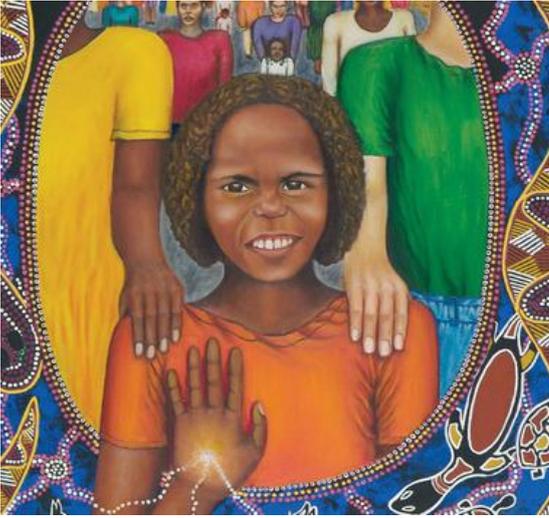
The 'Bringing up great kids in kinship' program, and its accompanying resources will support kinship carers to:

- learn more about the origins of their own parenting style and how it can be more effective;
 - identify the important messages they want to convey to their children and how to achieve this;
 - learn more about brain development in children and its influence on their thoughts, feelings and behaviour- including when there have been experiences of trauma, loss and grief;
 - understand the meaning of children's behaviour;
 - discover how to overcome some of the obstacles getting in the way of them being the kind of carer they would like to be; and
 - discover ways for carers to take care of themselves and to find support when they need it.
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Stream 3 - Caring for Aboriginal Children

Nikara's Journey (2 days)

VACCA



This two-day training program provides both Aboriginal and non-Aboriginal carers of Aboriginal children with introductory knowledge to assist them in supporting the best interests of Aboriginal children who are in their care.

This training follows the story of Nikara and her non-Aboriginal foster parents as they learn how to support Nikara, keep her safe, respect her identity and keep her connected to her culture, family and community.

Stream 4 - Foundations for Kinship and Foster Carers

Carer's Building Solutions (1 day)

Anglicare



Carer's Building Solutions' is adapted from 'Parents Building Solutions', an evidence-based program that builds on the strengths of parents and carers by co-designing sessions with them that best suit their needs. The sessions provide a supportive space for carer's to share the challenges, joys and unique experiences of kinship and foster caring, while enjoying warm connections with one another and expanding ideas to enhance relationships and respond to the needs of children in care

Advanced Carers, Enhanced Care (3 days)

Australian Childhood Foundation



This is a learning program for carers who have completed generalist training and are now looking for something further to enhance their skills and their care. Each program will focus on specialist areas, which can include:

- trauma informed practice
- mental health care
- understanding family violence
- sexual abuse and sexualised behaviours
- young people and technology
- crisis, loss and grief

Stream 4 - Foundations for Kinship and Foster Carers

Thinking Mind, Reptilian Brain (1 day)

Australian Childhood Trauma Group



This workshop explores the importance of staying present in your thinking mind when the children you care for are struggling to do so. When we don't accurately assess what is happening in the internal world of the child or young person, our reaction may add to the trauma and sense they are not good enough. Practical interventions will be shared and demonstrated.

Divided Loyalties - Minimizing the Challenge of Family Access (1 day)

Australian Childhood Trauma Group



Many children and young people who live away from their biological families are able to 'catch-up' with them throughout the year. How positive these catch-ups are can be determined by how well we prepare and support children through the experience. It's nature vs nurture on a whole different level - but it doesn't necessarily have to be that way.

Stream 4 - Foundations for Kinship and Foster Carers

Meeting the Challenge of Caring (1 day)

Berry Street



The aim of this program is to provide carer families with guidelines that will assist them in providing a safe caring approach to their daily lives without jeopardizing the 'family atmosphere'. Safer caring is all about being "risk sensible", not risk averse. It is about foster carers working in partnership with children and young people, their parents wherever possible, and home-based care workers to develop the right safer caring plan for that child; and day-to-day, understanding and balancing the risks involved in a particular activity or decision, rather than applying a set of rules in all circumstances.

MoneyMinded Basics for Carers (1 day)

Berry Street & ANZ Bank



The MoneyMinded program is designed to help participants develop their financial knowledge, improve their money management skills and enhance their financial wellbeing. The behavioural changes experienced by participants include: increased saving, increased use of a budget, reduced spending leaks, setting financial goals and increased planning. MoneyMinded also plays an important role in strengthening financial inclusion in the communities where it is delivered. Within the context of foster and kinship care, MoneyMinded will also equip carers to be better financial mentors for the children and young people in their care.

Stream 4 - Foundations for Kinship and Foster Carers

Therapeutic Parenting with the Challenging Child (1 day)

Berry Street



An interactive and practical approach for carers and staff, focusing on communication strategies, understanding where the child's behaviour comes from and providing a number of tools for carers to use in managing challenging situations.

Through his innovative and creative techniques, Richard Rose will demonstrate ways of working that enable placements to become healthy and nurturing through enhanced understanding and attachment, with the ultimate goal of helping these young people achieve their full potential.

Being Heard: Communication in the Care System (1 day)

Berry Street



Children and young people in care often need others to advocate on their behalf and carers are well placed to do this. Advocacy comes in many forms, and this training will increase carers understanding about what it means to be an advocate, how to be the best advocate for the children in your care as well as how to engage others to advocate for you.

Becoming an effective advocate requires learning how to navigate the complex systems of out-of-home care, Child Protection and the Children's Court. It also requires understanding our own and others communication styles which assists us to feel more confident when having difficult conversations, especially when communicating with a diverse range of people.

Stream 4 - Foundations for Kinship and Foster Carers

Love of Learning (1 day)

The Pyjama Foundation



The Pyjama Foundation is committed to changing the educational future of children in the foster care system and to therefore change the direction of their life path. Our program offers tried learning methodologies which are researched based and match the current curriculum. We can demonstrate to the foster parents how to execute literacy and numeracy with their children in a fun and engaging manner. We will also provide take home training manuals and activity kits so the parents have practical and hands on learning activities which they can automatically role out with the children. Our program comes with extra support from qualified teachers and can offer additional support once the parents are home with the children. We can email the foster parents additional resources and provide video support on how to execute specific math equations.

Emotionally Intelligent Seminar (2 hour workshop)

Emotion Wise



A brief introduction of Kids in Care, trauma and the key principles from Tuning in to Kids™ and Teens™, a parenting program that aims to provide helpful ways of teaching children the skills of emotional intelligence. The presentation has been tailored to the foster care community and focuses on the emotional connection between carers and children. In particular, The seminar will provide information on carers' skills in emotion coaching, which is to recognise, understand and respond to children's emotions in an accepting, supportive way. This approach helps children to understand and manage their emotions and to use emotional awareness to guide them when solving problems, deal with frustration and regulate feelings. The ideas and techniques discussed in the education seminar are useful for carers of children of all ages.

Stream 4 - Foundations for Kinship and Foster Carers

Fostering Resilience (1 day)

Manifest with Power



Frederic Douglas once said "It is easier to build strong children than repair broken men" this quote is what this course is built upon. Research has shown that while the care experience is often difficult for both carer's and children, specific interventions can help foster resilient behaviors and attitudes, leading to much better outcomes during and after the care experience.

In this course, carers will learn how trauma caused by the care experience can impact both the mind and bodies of children and young people in care and how to counter these impacts. Throughout the course carers will learn how to identify and foster resilient behaviors and will have a chance to create their very own "fostering resilience action plan."

Stream 4 - Foundations for Kinship and Foster Carers

Why do they do that? – Understanding and responding to behaviour in young children 0 – 8 years of age (2 days)

Lancaster Consulting



Where behaviour problems exist, it is because the child has an underlying need that they are attempting to meet in the best way they know how. With Positive Behaviour Support (PBS), we use scientifically validated methods to try to understand what that unmet need is, and to have that need met so that there is literally no need for the individual to resort to behaviours that cause a problem to themselves or others around them.

As the developmental level and age of a child impacts significantly the behavioural presentation and support needs of a child, this program focuses specifically on understanding and responding to behaviour in children 0 – 8 years of age.

Why do they do that? – Understanding and responding to behaviour in older children 9 – 18 years of age (2 days)

Lancaster Consulting



Where behaviour problems exist, it is because the child has an underlying need that they are attempting to meet in the best way they know how. With Positive Behaviour Support (PBS), we use scientifically validated methods to try to understand what that unmet need is, and to have that need met so that there is literally no need for the individual to resort to behaviours that cause a problem to themselves or others around them.

As the developmental level and age of a child impacts significantly the behavioural presentation and support needs of a young person, this program focuses specifically on understanding and responding to behaviour in children 9 - 18 years of age.

Stream 5: Specialist Topics for Foster and Kinship Carers

Caring for Young People who Self Harm (1 day)

Agenda 2001



This workshop will engage participants in the topic of "Self-Harm - Non-Suicidal Self-Injury".

It will clearly explain what it is, why it happens and what can they as carers do. Additionally, it will address:-

- who is most at risk
- specific strategies to reduce self harm
- prevention strategies
- protective factors
- risk factors
- what to say, what to do- who to link with and when
- what to look for, signs of self harm.

An Introduction to Mental Health (1 day)

Australian Childhood Trauma Group



Mental illness will most likely affect us all at some point in our life - be that directly or indirectly through our clients, friends or family members. Join us as we clarify the symptoms, causes and treatments for some of the major mental illnesses.

During this session you will:

- learn how to spot warning signs of mental health problems and respond appropriately
- understand mental health crisis situations: suicidal thoughts and behaviors, panic attacks, severe effects of drug or alcohol use, psychotic states, aggressive behaviours
- learn how to provide appropriate help (mental health first aid) and when and where to seek professional help

Stream 5: Specialist Topics for Foster and Kinship Carers

Regulating Aggressive and Violent Emotions (2 days)

Australian Childhood Trauma Group



This training will provide carers and staff with knowledge of how to prevent aggressive and violent situations, and how to respond to them if they occur. Participants will learn practical strategies to manage aggressive incidents and will discover the key aspects of assessing aggressive behaviour.

Life After Loss (1 day)

Berry Street



We all encounter grief when we lose someone or something that is important to us. Children and young people in out-of-home care often experience grief as a result of being separated from their families, carers, pets, school friends, and possessions. Carers often experience grief after the end of a placement. Working through grief is a personal journey that takes time. Grieving children and young people need caring, supportive, adults to help them navigate the confusing feelings, thoughts, and behaviours associated with grief. Our own personal losses can affect our ability to respond to grieving children and young people.

Stream 5: Specialist Topics for Foster and Kinship Carers

Child Sexual Abuse, sexualised behaviours and trauma (1 day)

Gatehouse Centre



Child Sexual Abuse – Why you need to know, who abuses Children Facts and Myths about sexual abuse, Likelihood of children in care affected by abuse, secondary abuse signs of abuse and trauma, case examples-impact of trauma on young people, case examples-Definitions of problem/harmful or age appropriate sexual behaviours, why children may display harmful sexual behaviours, Tips about how carers can respond to problem sexual behaviours, How and why children disclose sexual abuse, Tips for carers responding to disclosures of sexual abuse, Tips for carers about assisting a child to stay safe

Family Violence: The real impact on children (1 day)

KidsFirst Training



This half-day session focuses on the trauma experience of family violence and how it impacts children's and young people's development and behaviours. The course content includes: An overview of family violence- what constitutes Family Violence, legal definitions, indicators, current statistics, findings from the Royal Commission etc. It will also explore the impact of Family Violence on children and young people-from a neurobiological perspective. It further aims to support carers in understanding children's emotional and behavioural responses following exposure to Family Violence, which may persist even once children are safe.

Stream 5: Specialist Topics for Foster and Kinship Carers

Looking through the Windows - Understanding children and young people with Autism (1 day)

Lancaster Consulting



A highly interactive workshop providing insight into how individual's with an Autism Spectrum Disorder understand and interact with their world. Using a simple framework, The Three Windows, developed by LCA through their years of professional engagement, this workshop provides concrete tools for understanding and supporting the child/young person you support.

From diagnosis to support - the NDIS, Medicare and other services available for children with additional needs (1 day)

Lancaster Consulting



It is often a difficult path to access relevant supports when you are caring for a child or young person with additional needs including developmental difference, disability or mental health conditions.

With the varied support systems available, including local, state and federally funded initiatives, it can be overwhelming for carers to even know where to begin sourcing supports. This session will focus on understanding the available supports under the National Disability Insurance Scheme (NDIS), Medicare programs and other private or government services, and the ways in which carers can access these supports for the children or young people in their care.

Stream 5: Specialist Topics for Foster and Kinship Carers

Understanding and responding to adolescent drug or alcohol use (1 day)

YSAS



This training targets all carers but particularly those who are currently caring for young people who are using alcohol or other drugs. It will introduce carers to different drugs and their effects. These will be placed in the context of current trends and patterns of use amongst young people. Carers will be asked to critically examine their own perspectives about drug and alcohol use when exploring its function for young people. It will explore why young people in OoHC are vulnerable to using alcohol or other drugs in the future and provide strategies to reduce these vulnerabilities.

Frameworks of adolescent development, resilience and the 4Ps model will be utilised to explore why young people use alcohol and other drugs.

Understanding Risk Taking in Adolescence (1 day)

YSAS



This session will give participants an insight into the role of risk in adolescent development and in the context of substance use. It explores how young people assess risk and make decisions, and how carers can influence the type of risks young people take and reduce potential harm. Through understanding why adolescents use drugs and how this relates to adolescent development as well as understanding other drivers of risk will help us recognise how risk relates to resilience and how to work constructively with risk.

Stream 5: Specialist Topics for Foster and Kinship Carers

Young People and Technology (1 day)

SECASA



A broad introduction to the issues surrounding young people's use of technology including the internet and social media and risks of sexual exploitation or assault. Learn what behaviours might be the result of technology use and learn practical steps you can take for the safety and guidance of young people's use of digital devices. Current government legislation on pornography, sexting, consent and grooming informs the content of this session.

During this session you will:

- understand the role of technology, media and social networking for children and young people
 - understand the positives and negatives of technology as well as the myths and misconceptions
 - understand benefits and risks of social networking and where to get help
 - gain tips on setting and regulating boundaries and how to avoid conflict
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