

# CARER CONNECT



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PROJECTS



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*Supporting and  
strengthening families so  
children and young  
people can reach their  
full potential.*



HEALTH & WELLBEING P2-3

CULTURAL CONNECT P4

EVENTS P5

GENERAL INFORMATION p6-7

SFC INFORMATION p8

TRAINING P 9-10

KIDS CORNER P11

CHILD SAFETY NEWS P12-13

REFERRALS/INTAKE P14

PARTNERS & SUPPORTERS P 15

Welcome to 2017. The year feels like it has only just started and yet we are mid March already. This is our first newsletter for this year and contains a lot of helpful information so please have a read. Everyone here at SFC is looking forward to an exciting year ahead.

SFC are planning a number of events this year for both our children and our carers and your case worker will keep you informed of these events, however please also utilise our Facebook site and our webpage to stay in touch. There are some great training opportunities occurring and it is worthwhile discussing what's on offer with your case worker, to see if training would be beneficial for you. Our Caring for Jarjums Culture has commenced and is suitable for any carers who provide care for Aboriginal or Torres Strait Islander Children. This will be rolled out on a continual basis at this time including weekends and weeknights

and will be offered in all locations – even remote areas. EVOLVE also have The Quest Program which is very informative around trauma based behaviours.

Shared Family Care undertook our Licensing Audit in January 2017, and the Human Services Quality Framework Audit in June 2016. The outcomes from these audits were extremely good which is a great result considering the sector is so highly regulated. This excellent result is indicative of the commitment and dedication demonstrated by the staff at Shared Family Care.

I would like to personally thank all of our carers for their continual dedication and commitment to being foster carers. We look forward to another exciting year ahead supporting our carers and working with our partners to achieve great outcomes for our children.

**Sharon Thorburn**

**Program Manager**

**Shared Family Care**





# Health and Wellbeing



## Tips for a healthy headspace



There are a number of ways you can look after your mental health and wellbeing every day...

### Get Informed

Understanding more about what you're going through is an important first step. Information to help you make good decisions about relationships, school, finances and seeking help is available in a number of ways. Read pamphlets, articles or fact sheets, listen to podcasts, talk to or watch videos about others who have had similar experiences, read trusted websites for information, or ask a trusted adult for advice.



### Sleep well

Getting a good night's sleep helps you feel energised, focused and motivated. Adolescence is a time when a number of changes to the "body clock" impact on sleeping patterns and you are more likely to have problems with sleep. Developing a sleeping routine can help you sleep much better. To do this try to wake up around the same time each day, get out of bed when you wake up, and go to bed around the same time each night. Avoiding caffeine after lunchtime, having a quiet, dark and uncluttered bedroom and shutting down your phone, laptop and other electronic devices before bed can also help you get a good night's sleep.

### Eat well



Eating well doesn't only reduce the risk of physical health problems, like heart disease and diabetes, but it can also help with your sleeping patterns, energy levels, and your general health and wellbeing. You might have noticed that your mood can affect your appetite and food intake. A good balanced diet with less of the bad things (e.g. junk food and lots of sugars) and more of the good things (e.g. veges, fruit, whole grains and plenty of water) will make sure you have all of the vitamins and minerals to help your body and brain function well.

### Physical activity

Physical activity is important for everyone's health and wellbeing. If you're feeling down or finding things are difficult, physical activity may be the last thing you feel like doing. But even small activities like walking around the block can help relieve stress and frustration, provide a good distraction from your thoughts, help you concentrate and can help you look and feel better. Find a physical activity that you enjoy (e.g. swimming, playing sports with friends or cycling) and make a plan to do it regularly.



### Build strategies

We all have coping strategies – some good, some not so good (e.g. using drugs and alcohol). There are various positive coping strategies you can try: exercise, relaxation techniques, talking to someone, writing or art. Experiment with what works best for you.



### Reduce harmful effects of alcohol and drug use

Some people make the mistake of thinking that taking drugs and/or alcohol can help get them through tough times. While it may help people to cope temporarily, drugs and alcohol are one of the leading causes of harm to Australian young people and can contribute to, or trigger, mental health problems over time. Being responsible and reducing your use can improve your health and wellbeing.



### Set realistic goals

Setting realistic goals can help you to work towards a healthy headspace. Small, realistic goals can be a great way to work towards feeling well – everyone has to start somewhere. Work towards eating well, getting more active, sleeping better and also think about working towards long-term life goals. Setting and achieving realistic goals can be incredibly motivating and can help build self-confidence.







# Health and Wellbeing



## Tips for a healthy headspace



### Change your self-talk

Self-talk is the way that you talk to yourself, that voice inside your head. It can be positive (e.g. "I can make it through this exam") or negative (e.g. "I'm never going to be able to pass this subject"). There are a number of things you can do to change the direction of your self-talk. First, listen to your inner voice – is your self-talk helping you or reinforcing bad feelings? Next, try to replace your negative thoughts with more realistic ones. Try to look for a more rational spin on your situation or think of strategies to tackle your problems, rather than giving up hope. By working on your self-talk the more you'll feel confident and in control of yourself.



### Develop assertiveness skills

Being assertive means standing up for your own rights; valuing yourself and valuing others' opinions without letting them dominate you. This can help build your self-esteem and self-respect. Being assertive is not the same as being aggressive. Remember to always listen, be prepared to compromise and be respectful of the other person's opinion, while still being confident, calm and knowing what you want.

### Relax

There are many ways to relax and different relaxation techniques to use to overcome stress. Progressive muscle relaxation involves tensing and relaxing specific groups of muscles from your feet all the way to your head, while focussing on your feelings of tension and relaxation. You could also try breathing techniques, such as deep breathing or focussed breathing (breathing in through the nose and as you breathe out say a positive statement to yourself like 'relax' or 'calm down'). Place a hand over your diaphragm to make sure you're breathing slowly – you should feel your hand move if you're doing it right. Focus on breathing in slowly for 4 seconds, holding your breath for 2 seconds and breathing out slowly for 6 seconds.



### Practice conflict resolution

Having a hard time with friends or family is difficult for most people. Talking through the issues in a calm and thoughtful way is the best approach. Avoid getting personal, be willing to compromise and listen to their perspective.



### Help and be kind to others

Do something to help someone else. Acts of kindness help other people but also make you feel good. Give a compliment, offer to help someone out or volunteer either on a once-off project or an ongoing basis and allow yourself to feel good for making someone else feel good.

### Be socially active and get involved

Social relationships are really important to your general wellbeing. It is okay to take time out for yourself but friends can provide support when you're having a tough time. Spending time with friends is also really important for keeping and building on existing friendships. Getting involved with volunteer work, hobbies, clubs or committees, or sports can help you feel connected to your wider community while also meeting new people. If you're not feeling up to going out, even a phone call, email, text message or Facebook message can help us feel connected to friends and family.

### Play



Play is important for staying mentally healthy. Devoting time to just having fun can recharge your battery, revitalise your social networks, and reduce stress and anxiety.

### Seek help



A problem can sometimes be too hard to solve alone, even with support from friends and family. Be honest with yourself about when you may need support and get professional help. You can see your general practitioner (GP), make an appointment to chat to someone at your local **headspace** centre or visit [eheadspace.org.au](http://eheadspace.org.au). Finding help might feel scary at the start but it gets easier over time. Getting support can help you to keep on track with school, study or work, and in your personal and family relationships. The sooner you get help the sooner things can begin to improve for you.



**headspace**  
National Youth Mental Health Foundation

For more information, to find your nearest **headspace** centre or for online and telephone support, visit [headspace.org.au](http://headspace.org.au)



## Cultural Connect



# 2017 National NAIDOC Theme Our Languages Matter

Languages will be the focus of national celebrations marking NAIDOC Week 2017.



The 2017 theme - Our Languages Matter - aims to emphasise and celebrate the unique and essential role that Indigenous languages play in cultural identity, linking people to their land and water and in the transmission of Aboriginal and Torres Strait Islander history, spirituality and rites, through story and song.

Some 250 distinct Indigenous language groups covered the continent at first (significant) European contact in the late eighteenth century. Most of these languages would have had several dialects, so that the total number of named varieties would have run to many hundreds.

Today only around 120 of those languages are still spoken and many are at risk of being lost as Elders pass on.

National NAIDOC Committee Co-Chair Anne Martin said languages are the breath of life for Aboriginal and Torres Strait Islander peoples and the theme will raise awareness of the status and importance of Indigenous languages across the country.

"Aboriginal and Torres Strait languages are not just a means of communication, they express knowledge about everything: law, geography, history, family and human relationships, philosophy, religion, anatomy, childcare, health, caring for country, astronomy, biology and food.

"Each language is associated with an area of land and has a deep spiritual significance and it is through their own languages, that Indigenous nations maintain their connection with their ancestors, land and law," Ms Martin said.

Committee Co-Chair Benjamin Mitchell hopes that the theme will shine a spotlight on the programs and community groups working to preserve, revitalise or record Indigenous languages, and encourage all Australians to notice the use of Indigenous languages in their community.

"There is currently a wave of activity, with people in many communities working to learn more about their language, and to ensure they are passed on to the next generation before it is too late.' Mr Mitchell said.

"Nationally, many place names for our suburbs, rivers, mountains and parks are Indigenous language words. Noticing and paying attention to these words will generate greater appreciation and respect for the significance of language among all Australians.

"The preservation and revitalisation of the Aboriginal and Torres Strait Islander languages - the original languages of this nation - is the preservation of priceless treasure, not just for Indigenous peoples, but for everyone."





## Events



### Aboriginal & Torres Strait Islander Young Girls Yarning Circle *17yo & under*

**When:** Thursday 2 March 2017  
Thursday 16 March 2017  
Thursday 30 March 2017

**Time:** 10.00am – 12.00pm

**Where:** Healing Waters  
Ronan Street  
Vincent Qld 4814  
(Across from Vincent State School)

**Contact:** Enid Surha 4433 9085 – 0467 802 098  
Saroma Monday 4433 9410  
Raylene Dean 4433 9411

Service providers can you please bring a plate to share for the meeting





# Get in the Game Get Started Vouchers

Funding to help kids participate

## Fact Sheet for Parents/Carers/Guardians

### What is *Get Started Vouchers*?

*Get Started Vouchers* is one of the funding programs that comprise the Queensland Government's *Get in the Game* initiative to support sport and active recreation at the grassroots level.

*Get Started Vouchers* assists children and young people who can least afford, or may otherwise benefit from, joining a sport or active recreation club. Eligible children and young people can apply for a voucher<sup>1</sup> valued up to \$150, which can be redeemed at a sport or recreation club that is registered for *Get Started Vouchers*.

### Who is eligible?

Eligible applicants are Queensland children and young people aged from 5 to 17 (inclusive) who either:

- hold or whose parent, carer or guardian hold a valid Centrelink Health Care Card or Pensioner Concession Card with the child's name on it; or
- are identified by a registered referral agent<sup>2</sup>.

### What funding is available?

A maximum of \$150 per voucher is available to help pay the cost of sport or recreation membership and/or participation fees<sup>3</sup>. There is a limit of one voucher per child/young person per year.

### Where can I redeem the voucher?

A list of registered sport and recreation clubs is available at

[www.qld.gov.au/recreation/sports/funding/getinthegame/getstarted/clubs/](http://www.qld.gov.au/recreation/sports/funding/getinthegame/getstarted/clubs/).

### When will vouchers be available?

The following table provides round dates for the next two years.

	Applications Open	Applications close (or earlier if fully allocated)	Vouchers expire (must be presented to a registered club by)
Round 9	25-Jan-17	29-Mar-17	12-May-17
Round 10	12-Jul-17	27-Sep-17	15-Nov-17
Round 11	24-Jan-18	28-Mar-18	11-May-18

### How do I apply for a voucher?

To obtain a voucher:

- visit [www.qld.gov.au/recreation/sports/funding/getinthegame/](http://www.qld.gov.au/recreation/sports/funding/getinthegame/)
- view the list of registered clubs to find a new club or confirm that the club your child is interested in joining is registered
- contact the club to ask about any specific equipment required for the activity and any additional fees that may not be covered by the voucher
- click on the 'apply for a voucher' link on the department's website and enter your details and the eligible child/young person's details, including a Centrelink Health Care Card or Pensioner Concession Card number **OR** referral agents' details.

If you are eligible, a voucher with a unique reference number will be generated. Print the voucher and take it to the registered sport or recreation club the child/young person intends to join (prior to the expiry date) to receive up to \$150 off the club's membership/participation fees<sup>4</sup>.

### Need further information?

For further information about *Get Started Vouchers*, telephone 13QGOV, email [getstarted@npsr.qld.gov.au](mailto:getstarted@npsr.qld.gov.au) or visit

[www.qld.gov.au/recreation/sports/funding/getinthegame/](http://www.qld.gov.au/recreation/sports/funding/getinthegame/)

<sup>1</sup> Vouchers will be distributed in two rounds each year on a first come, first served basis. Once the allocation for each round is exhausted, the program will close and no further vouchers will be offered for that round.

<sup>2</sup> Refer to the *Get Started Vouchers* Referral Agents Fact Sheet for information on referral agents.

<sup>3</sup> If the membership/participation fees are more than \$150, the parent/guardian/carer is required to pay the difference. If the membership/participation fees are less than \$150, the department will pay the club for the membership/participation fees only. The balance is not redeemable in cash or as payment for individual items to participate in the activity (such as jerseys, boots etc.).

<sup>4</sup> You will still be required to complete and comply with the sport or recreation club's membership process.

# 5 Easy Steps to become an Apprentice or Trainee

## 1

### **DECIDE THE RIGHT APPRENTICESHIP OR TRAINEESHIP FOR YOU**

- ⇒ What are your interests? What do you enjoy learning?
  - ⇒ Do work experience so you know what the job is about.
- Ask TORGAS about work experience opportunities and apprenticeships & traineeships available!

## 2

### **REGISTER WITH TORGAS**

Register online at [www.torgas.com.au](http://www.torgas.com.au) or at the TORGAS Office. Attach:

- ⇒ A current copy of your resume with two references eg. Employer, Teacher
- ⇒ Copies of any certificates you have received which may support your application
- ⇒ Latest school results

## 3

### **THE TORGAS INTERVIEW**

At the interview you will undertake an aptitude test which includes numeracy and literacy. Preparation is important!

#### **HANDY TIPS FOR THE INTERVIEW**

- ⇒ Be punctual- arrive 10 minutes earlier
- ⇒ Switch off your mobile phone
- ⇒ Be well presented. Dress appropriately in business attire
- ⇒ Make sure you research the company and what's involved in the apprenticeship / traineeship

## 4

### **INTERVIEW WITH THE HOST BUSINESS**

If successful at the TORGAS Interview, the next step is a second interview with the Host Business. If successful, you will be required to pass a pre-employment medical and drug & alcohol testing before you start work.

## 5

### **GOT THE JOB!**

Before you commence your Apprenticeship or Traineeship a TORGAS Field Officer will take you through a Sign-Up Induction, which includes:

- ⇒ Making you aware of your work and training obligations
- ⇒ Explaining our contractual obligations as the Employer and the wages and entitlements you receive
- ⇒ Participating in Workplace, Health & Safety Induction
- ⇒ Completing relevant paperwork





## SFC Information



### BILLABONG SANCTUARY

Shared Family Care have Billabong Sanctuary pass cards available for our Foster Carers. These cards allow you to visit Billabong Sanctuary when you have a child/ren placed in your care. Carers can only use one card at any time which will allow you to bring along up to a total of 17 persons including yourself.

If you are interested in using the Billabong Sanctuary pass cards please call Shared Family Care on 47793332 to book your preferred date to attend. When contacting Shared Family Care to make your booking please ensure that you have the date you would like to attend, number of children and number of adults attending. Without all these details we are unable to process your booking. Bookings can only be made through Shared Family Care and you must not contact the Billabong Sanctuary directly.







# Training



## Evolve Therapeutic Services North Queensland 2017 Training calendar

### Quest

#### Term 2:

Wednesday mornings 9.00-12.00

8 sessions starting 26.4.17 ending 14.6.17

#### Term 3:

Monday mornings 9.00-12.00

8 sessions starting 17.7.17 ending 4.9.17

#### Term 4:

Wednesday mornings 9.00-12.00

8 sessions starting 11.10.17 ending 29.11.17

### Mini Quest

2 day program - 8.30am-4.30pm

Townsville: 11<sup>th</sup> and 12<sup>th</sup> September

### Caring for Culture

#### Term 2:

Friday mornings 9.00-12.00

3 sessions starting 2.6.17 ending 16.6.17

#### Term 3:

Friday mornings 9.00-12.00

3 sessions starting 25.8.17 ending 8.9.17

#### Term 4:

Friday mornings 9.00-12.00

3 sessions starting 17.11.17 ending 1.12.17

### Circle of Security for Foster Carers

#### Term 2:

Monday mornings 9.00-12.00

8 sessions starting 1.5.17 ending 19.6.17

#### Term 3:

Wednesday mornings 9.00-12.00

8 sessions starting 19.7.17 ending 6.9.17

#### Term 4:

Monday mornings 9.00-12.00

8 sessions starting 9.10.17 ending 27.11.17



Coming to a conference room near you ..... The Friday ESCAPE sessions (Enhancing Stakeholder Capacity and Professional Education)

The Friday ESCAPE is a monthly mental health education program provided free of charge by Townsville Evolve Therapeutic Services (ETS) for all professionals working with children & young people in the care of the Department of Communities – Child Safety & Disabilities Services. It is an opportunity for professionals and carers working with children in care to network, learn and share resources together.

Sessions will be held on the last Friday of every month from 9am-12pm (tea and coffee provided).

Friday ESCAPE	Topic	Facilitator/s	Venue
January 27	Managing Anxiety in Childhood and Adolescence	Mike St Maurice	Kirwan Conference Room
February 24	Understanding and Intervening with Children with Sexually Reactive Behaviours	Shannon Baker	Kirwan Conference Room
March 31	Making Sense of Self-Harm and Suicidal Behaviour in Young People	Shannon Baker and Michele Beresford	Kirwan Conference Room
April 28	Working with Children with harmful substance use	Youth ATODS	Kirwan Conference Room
May 26	The role of medication in treating common Child and Youth Mental Health problems	Dr Elizabeth Jacko	Kirwan Conference Room
June 30	Considering Cultural Safety in Therapeutic Case Work	Neena Walker	Kirwan Conference Room
July 28	Understanding and Working with Infant Mental Health Concerns	Shannon Baker and Dr Susie Cameron	Kirwan Conference Room
August 25	Management of Children impacted by both Disability and Trauma	Rachel Jones and Taryn Dymock	Kirwan Conference Room
September 29	Using Sensory Processing to Help Children Regulate Emotional Distress	Tegan Turner	Kirwan Conference Room
October 27	Planning for Therapy – what works for children with trauma and disturbed attachment	Shannon Baker	Kirwan Conference Room
November 24	Becoming an adolescent in the Child Protection System	Mike St Maurice	Kirwan Conference Room

For all bookings or further enquiries, please contact:

Shannon Baker, Professional Development Coordinator, Evolve Therapeutic Services (ETS) – North Queensland Tel: 4433 9004 or Email: Shannon.Baker@health.qld.gov.au

Please Note: We need minimum number (5) bookings for workshops go ahead







## Kids Corner



### Playdough

- ½ cup Salt
- 1 cup Plain Flour
- 2 tablespoons Cream of Tartar
- 1 cup of Water
- 1 tablespoon Oil
- 3 drops of liquid Food Colouring

Mix all ingredients in a medium sized saucepan.

Stir over heat until dough is pliable.

Allow to cool and store in a well-sealed plastic bag or container.

*Provided by Elizabeth Bowerman*



### Cornflour Goop

- Cornflour
- Food colouring
- Water

Pour some cornflour into a mixing bowl.

Stir in a small amount of water, enough for the cornflour to become a thick paste.

Add food colouring to get the desired colour.

Keep the mixture covered in the fridge. If the cornflour settles, stir it to make it work well again.





## Child Safety News



Department of Communities, Child Safety and Disability Services

### Information for foster and kinship carers



## Helping with the cost of early childhood education

Attending a quality early childhood program helps set children up for later success at school. Through play-based programs, young children develop their creativity and imagination, social and communication skills, develop self-confidence and make new friends.

The Department of Communities, Child Safety and Disability Services is investing in a new early childhood education and care participation initiative to ensure children in out-of-home care have the same early childhood educational opportunities as other children.

While it is not compulsory for children to participate in early childhood education and care, children who attend kindergarten are better prepared for school.

This initiative provides carers with financial assistance to help meet the cost of early childhood education and care. This new payment is in addition to support payments provided by the department to meet child related costs and does not place a cap on the level of support that carers can receive to meet the cost of early childhood education and care.

### What is the early childhood education and care participation initiative?

#### Kindergarten gap cost payment

Foster and kinship carers will receive a minimum gap cost payment of at least \$25 per week for each child in their care to attend an approved kindergarten program — that is, a play-based program delivered by a qualified early childhood teacher for 15 hours a week, 40 weeks a year.

Where there is a gap in kindergarten costs, carers will receive a guaranteed minimum level of financial assistance to help bridge that gap.

If a child is participating in a kindergarten program through long day care and attends more than 15 hours per week, support to cover the additional costs can be discussed with your child safety service centre.





## Information for foster and kinship carers

Existing arrangements with your child safety service centre to provide a higher level of support will continue to be available. Support payment arrangements that are already in place will not be reduced as a result of this new initiative, and may be increased where full gap costs are not currently being met.

All children in out-of-home care are eligible for a health care card which significantly reduces the cost of kindergarten. So make sure you provide the child's health care card details to the kindergarten.

This payment will be offered from **1 March to 30 June 2017 only**.

### Eligibility

Eligible children include:

- » children who are subject to an interim or final child protection order granting custody or guardianship to the Chief Executive
- » children who are residing in an out-of-home care placement with a foster or kinship carer
- » children who are attending, or will attend an approved kindergarten program.

### Early childhood education and care gap cost payment

**From 1 July 2017**, foster and kinship carers will receive a guaranteed minimum gap cost payment of at least \$2000 per annum for each child in their care to attend early childhood education and care, or a guaranteed minimum payment of approximately \$40 per week. This will replace the kindergarten gap cost payment.

Support payment arrangements that are already in place will not be reduced as a result of this new initiative, and may be increased where full gap costs are not currently being met.

### Eligibility

Eligible children include:

- » children who are subject to an interim or final child protection order granting custody or guardianship to the Chief Executive
- » children who are residing in an out-of-home care placement with a foster or kinship carer

- » children who are attending kindergarten, limited-hours care and long day care
- » children who are aged between one and five years, and have not commenced Prep.

## What should I do if I have a child currently attending early childhood education and care?

If you have a child in your care who meets the eligibility criteria and you are not currently receiving financial assistance to help with early childhood education and care costs, please talk to your Child Safety Officer about receiving this payment.

If you already have support payment arrangements in place, talk to your Child Safety Officer about whether your current level of support can be increased.

## How will the payment be paid?

If you are paying some or all of the costs for the child to attend early childhood education and care, you will receive the additional payment on a regular basis as discussed with your child safety service centre. This could include the child safety service centre making payments directly to the early childhood education and care provider.

If the child's placement with you is stable and long term, the child safety service centre may reimburse you in lump sum payments. However, if the child's placement with you is temporary, or you would prefer more regular payments, the child safety service centre can make fortnightly payments to you.

## More information

To find out more about eligibility for receiving these additional payment, talk to your Child Safety Officer.

Information about the early childhood education and care participation initiative can be found in the Community Support section on the Queensland Government website [www.qld.gov.au/community/caring-child](http://www.qld.gov.au/community/caring-child)



## Referrals/ Intake



### Intake/Referrals

It has been a busy start to 2017 with Shared Family Care seeing a 40% increase in referrals received as compared to the first two months of 2016. Although referrals have increased, Shared Family Care have had difficulty in placing many children due to the children's ages and level of support needs. Within the Townsville region there is approximately 35 children currently placed in Youth Worker supported placements e.g. hotels, residential facilities and that number will continue to increase. This is due to the region being short on carers who are willing and/or able to provide primary placements to teenagers, and/or children with High Plus support needs.

Based on this current need, Shared Family Care (in partnership with Department of Child Safety), are implementing a new referral pathway model called "High Plus Placements". High Plus Placements is directed at the children who are classified as demonstrating High Plus support needs, and teenagers who are more difficult to place in a family based placement.

The High Plus Placement model is a very different process. SFC are asking for our current carers to identify whether or not they would be willing to change their current Foster Care Agreement to take on an older child, or a child with High Plus support needs who desperately need the support and structure within a family.

The High Plus Placement process is very different than the standard placement process. If a carer identifies that they may be willing to take on a High Plus child or teenager as a primary placement, the first step is for a stakeholder meeting to be convened between the potential carer, Shared Family Care, CSO, Team Leader, and Manager of the Child Safety Service Centre which holds case management of the child, as well as any other relevant stakeholders in the child's life (e.g. Youth Workers, Evolve, Act for Kids) to discuss the current behaviours and needs of the young person and what supports can be wrapped around this placement.

Once this meeting has occurred and the carer decides that they are an option, a support plan for the placement is discussed. Supports for the carers may include two afternoons of Youth Work support, fortnightly respite, High Support Needs Allowances, just to name a few.

There is obviously so much more I could say in regards to High Plus Placements but Shared Family Care are currently arranging an information session for our current carer's in regards to this so please stay tuned if interested.

Thank you and I look forward to speaking with you all over the coming months.

**Justin Pascoe – Intake/Referrals Family Case Worker.**







## Partnerships & Supporters



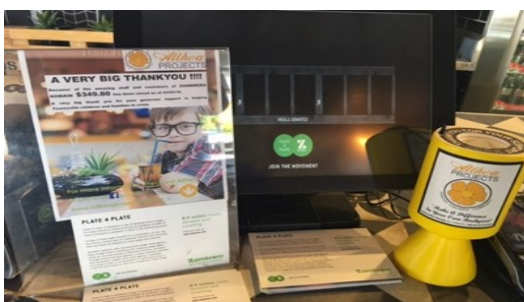
### *Our deepest appreciation*

A word of thanks to some of our wonderful supporters ( no room to mention them all):

Southern Cross Austereo for choosing Althea Projects as the recipient of the Field of Dreams program. This means that some of our Foster and Kinship Carers will be taking their foster children to watch some of the 2017 Cowboys games live!!



Armi from IGA (Magnetic Island and Bushland Beach) for choosing Althea Projects as their charity to support for their annual golf day. Last year this event raised approximately \$20'000 for Althea.



Zambrero Have you seen our donation tins all around Townsville? We are so grateful to many places but would like to mention Zambrero today as you will find our donation tins in most Zambrero outlets in Townsville. Apart from having our donation tin Zambrero also operate their plate for a plate program.

All money raised for Althea Projects stays in the Townsville, Burdekin and Charters Towers areas. If you know of a great business who would like one of our donation tins or would like to support us in any other way please give them our details.

Thank you to everyone who helps Althea in any way.

