

# CARER CONNECT



# Althea PROJECTS



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



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Welcome to our 7<sup>th</sup> edition of Carer Connect. Althea Projects Incorporated mission is to support and strengthen families so children and young people can reach their full potential. I hope you find the information contained in this edition both interesting and informative.

In early September the entire Shared Family Care team came together for a Planning Day to formulate a strategy and some actions for moving forward over the next 12 months. The day was a great opportunity for the team to think strategically about how we can improve our support which will ensure you as carers are able to continue to provide the challenging yet rewarding responsibility of caring for children in the out of home care system.

We have recently made some changes to the Family Case Workers caseloads in order to accommodate the planning day actions. I trust by now you have been contacted by phone or in some cases met your new Family Case Worker if a change was required.

In July the first Althea Projects 'Become a Foster Carer' billboard went up in Hermit Park. I trust as the billboard moves every couple of months around Townsville you will have an opportunity to see it. Due to the shortage of foster carers the purpose of this marketing is to increase enquiries and interest. Our Webpage will also be including more information on Fostering in the coming months. I would like to encourage you to share your stories and testimonies about the rewards and challenges of fostering with your friends and families.

The statistics show that recruitment is most successful through your stories and testimonies.

2017 is fast coming to a close and before you know it you will be hearing carols in the shopping centres. We hope to have information about the upcoming Christmas Parties for Townsville, Charters Towers and the Burdekin to you very soon and I hope you will all be able to attend.

This will be our final newsletter for 2017 and as such I would like to wish you and your family a very Merry Christmas and a safe New Year. Thank you for your continual commitment to make a positive difference to the children and young people you have looked after over the past 12 months.

**Teresa Smith**

**Program Manager**

**TALK TO  
US TODAY**



To get involved and really make a difference, please call:  
**07 4779 3332**  
[admin@altheaprojects.org.au](mailto:admin@altheaprojects.org.au)





## Health and Wellbeing



# 10 WAYS TO BOOST YOUR MENTAL HEALTH



### CHALLENGE THOUGHTS

Challenge negative thoughts that come into your mind. Learn how to problem solve effectively



### SHARE THINGS

Don't be afraid to share things with your family or friends.



### WORK ON YOURSELF

Make sure that you take some time to work on your own well being



### SET GOALS

Set goals that you want to achieve. Be proud of yourself when you achieve your goals



### HEALTHY BODY

Look after your body as well as your mind. Nutrition plays a large role within this



### EXERCISE

Exercise is great for helping to boost mood, increase well being and reduce stress and anxiety



### MANAGE STRESS

Take time to learn some coping strategies that can help you to deal with stress



### RELAX

Find time to relax. Make sure that you dedicate some time each week for yourself. Meditate, try yoga or practice deep breathing



### TALK TO SOMEONE

Don't be afraid to talk to someone about any issues that you might be experiencing. Make sure that you seek the right advice



### SLEEP

Make sure that you are getting a good amount of sleep. Get into a regular pattern





## Health and Wellbeing



# 10 WAYS TO PROMOTE GOOD MENTAL HEALTH & WELL-BEING IN KIDS

- 1 MODEL GOOD **MENTAL HEALTH HABITS**
- 2 MAKE SURE THEY GET **ENOUGH SLEEP**
- 3 **ENCOURAGE** KIDS TO EXERCISE
- 4 GIVE THEM **CREATIVE** OUTLETS
- 5 PROVIDE A **SPACE** OF THEIR OWN
- 6 **TALK** ABOUT THEIR TROUBLES
- 7 HELP THEM TO **RELAX**
- 8 HAVE TWO **ROUTINES** -  
WEEKDAY AND WEEKEND
- 9 FOSTER **VOLUNTEERING** AND  
**HELPFULNESS**
- 10 BRING **FUN AND PLAYFULNESS**  
INTO THEIR LIVES



For information from Michael Grose about raising exceptional kids...



1. Subscribe to Happy Kids newsletter on [parentingideas.com.au](http://parentingideas.com.au) and receive latest parenting ideas and information.



2. Visit [parentingideas.com.au](http://parentingideas.com.au) to find ready to go resources and books



3. For the best parenting ideas and great advice join the Michael Grose Parenting community at [facebook.com/michaelgroseparenting](https://facebook.com/michaelgroseparenting)

phone. 1800 004 484

[parentingideas.com.au](http://parentingideas.com.au)



## Cultural Connect



### More than 1000 gather to drive positive change for indigenous child welfare - and Althea Projects were part of that drive - SNAICC 2017



**"You take our land, you take our identity. If you take our children you, take our future"**

**- powerful words from**

**Mick Dodson at SNAICC2017**

1200 delegates from around the country gathered in Canberra from the 12-14<sup>th</sup> September to discuss child welfare and debate ways forward to tackle the alarming rates of child removal within Indigenous families. The 7th SNAICC Conference brought together Aboriginal and Torres Strait Islander organisations, policy makers, researchers, government representatives, other non-government organisations and industry representatives to drive positive change for Aboriginal and Torres Strait Islander children. The conference enabled child welfare experts to share knowledge and discuss challenges.

Althea Projects had four delegates at the conference representing a voice for children and families from our region and state. The Althea Projects delegates came away feeling very fortunate to having attended the conference, the largest of its type in the southern hemisphere, with engaging in over 70 concurrent sessions, yarning circles, panels and workshops – The Althea Projects delegates felt like they had been provided with a powerful and inspiring learning experience that was culturally rich and interactive.

SNAICC Chairperson, Sharron Williams, stated, "I think the most important thing the SNAICC National Conference offers is a space for so many of us working to create positive change to share our knowledge and experience, and to learn from one another."

SNAICC Deputy Chair, Geraldine Atkinson, said child removals are at a crisis point. "We have high numbers of children who are in out-of-home care that are being removed from their families as we speak." She said every effort needs to be put in as a community to ensure Indigenous kids are nurtured in their own homes and practicing culture. "We wanna make sure we're maintaining our cultural practices so our children are learning about their culture, that they're involved in all the stories, song, dance, art, kinship ties," she said. "[This is] what needs to happen for our kids to regain self-confidence, self-esteem, their identity and believing in their Aboriginality will only make them stronger."

Jim Morrison, co-convenor of the Bringing The Home (WA) committee stated, "We need a framework to move forward. We need **justice-reinvestment**. That is, churn the money into the family, not government departments. Self-determination is the key to bringing them home. But we need government to shift the power".

#### **SOME REFLECTIONS**

**"WE HAVE FAMILY...AND THEY WANT US"**

**Do our processes promote self-determination?**

**Every child has inherent right to identity**

**Culture is a birth right**

**Culture is a resilient factor**





## Events



### November 1 marks the start of Cyclone Season, are you Cyclone Ready?

Come along to **Cyclone Sunday on 29 October, from 4pm - 7pm at Strand Park**. Speak to over 30 key organisations that can assist with your wet season preparations, grab your free document wallet and all the information you will need to be prepared. There will be several food and drinks available for purchase.

There's no better time to prepare yourself, your family and your property for the season ahead with **council's free dump weekend happening on the same weekend (27 - 29 October)**.

**Get ready now, because later's too late!**







**NOW SCREENING**

**STORKS**

Friday the 17<sup>th</sup> of November, 7.00pm Riverway Lagoons

**BEAUTY AND THE BEAST**

Friday the 15<sup>th</sup> of December, 7.00pm Riverway Lagoons





## 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.







## GENERAL INFORMATION



### The Townsville Drop In Centre Inc.

46-48 Morehead St

South Townsville QLD 4810

PO Box 354, Townsville QLD 4810

Ph: 07 4772 2339

Fax: 07 4772 2714

Email: [hr@tdci.net.au](mailto:hr@tdci.net.au)



**The Townsville Drop-in Centre is now accepting donations for adult clothes for men and woman. Please donate at the Drop-in Centre or alternatively the SFC office at Level 1, 296 Ross River Road, Aitkenvale.**

### Arranging a short break **FOSTER CARER 48 HOUR RULE**

Talk to your child safety officer or non-government foster or kinship care service.

***Can a short break be organised for my own children? It has been tough on my family being a foster carer — can another carer provide a short break for my family?***

Yes, a short break can be organised in this situation to give you and your family some respite.

#### ***What do I do when a short break is not available?***

You may be wondering whether a friend can help you out as a one-off favour.

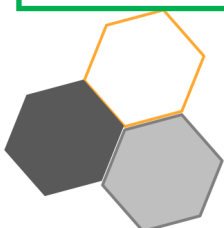
Someone you know — not necessarily an approved foster or kinship carer — can look after the child in your care for a short time (up to 48 hours).

You must let your child safety officer know of the arrangement, and provide your friend's name, address and phone number, in case of an emergency.

Members of your extended family, or the child's extended family, can also help (for example, a grandparent, aunt or older sibling). If you need a more regular time-out plan, Child Safety can organise this.

Some options may include:

- vacation care
- child care
- a sleepover at a school friend's house
- help from community members
- recreational camps
- employing help (such as a registered nurse for a child with disability)
- life skills development courses (such as cooking classes) for older children.







## Training



# CARING FOR JARJUMS CULTURE

Supporting Carers To Care For Culture

For Aboriginal and Torres Strait Islander Children in Out-Of-Home-Care

**A 3-session support and learning program for kinship and foster carers caring for Aboriginal and/or Torres Strait Islander children and young people**

**Friday**

**9.00am to 12pm**

**17<sup>th</sup>, 24<sup>th</sup> November & 1<sup>st</sup> December**

For all bookings or enquires:

**Tara Douglas**, Indigenous Program Co-ordinator, Evolve Therapeutic Services  
Tel: 07 44339004 or Email: [tara.douglas@health.qld.gov.au](mailto:tara.douglas@health.qld.gov.au)

Or

**Teena Holthouse**, DCSDS - PSS  
Tel: 47997943 or Email: [Teena.Holthouse@communities.qld.gov.au](mailto:Teena.Holthouse@communities.qld.gov.au)



## 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 a 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
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



### HORRIBLE HISTORIES - PIRATES: THE EXHIBITION

#### WHEN

16 Sep - 04 Feb 2018

09:30 pm - 05:00 pm

Every day, until 4th Feb 2018



#### COST

Regular admission applies. Entry is free for Annual Pass holders.

P: 4726 0600

E: [info.mtq@qm.qld.gov.au](mailto:info.mtq@qm.qld.gov.au)

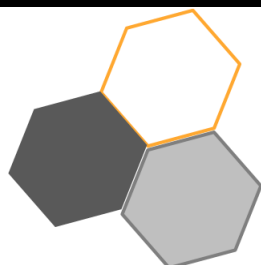
W: <http://www.mtq.qm.qld.gov.au/pirates>

Do you have what it takes to be a pirate?

Get hands-on with pirate history at this Australian National Maritime Museum travelling exhibition based on the bestselling *Horrible Histories* series and developed in association with Scholastic UK.

Take command of a pirate ship, design and project your own pirate flag, try out different weapons from cutlasses to cannons, find your fate on the wheel of misfortune, discover the best loot to steal and splat rats in the quayside tavern. Along the way, discover why the pirate women were just as wicked as the men and learn to talk the patter of a pirate. Learn about the ships they sailed on, the punishments they suffered and the rules they lived by.

The Museum of Tropical Queensland is the first venue in Queensland and only the third in Australia to host this travelling exhibition.





# Child Safety News



Department of Communities, Child Safety and Disability Services

## Expanding family-based care for children with complex needs



Foster and kinship care is the preferred choice for caring for children who are unable to live with their own families. General or intensive foster and kinship care arrangements, however, are often unable to meet the needs of children and young people who have complex and extreme emotional and behavioural issues.

Specialist family-based care, sometimes referred to as professional care, is relatively new in Australia and offers an alternative placement option to residential care.

It aims to help children who have experienced, or are impacted by trauma, by providing therapeutic or specialist support within a family environment.

Specialist family-based care allows these children and young people to have stable placements, receive the right care and support to achieve better life outcomes, and be returned to long-term family-based care or reunified with their families.

### Will specialist family-based care be implemented in Queensland?

Specialist family-based care is being trialed and implemented in other jurisdictions in Australia, and overseas including New Zealand, the United States and United Kingdom.

*Treatment Foster Care Oregon* is one example of an evidence-based model currently being trialed in Victoria.

As part of our out-of-home care reform program, we're now ready to test the market for expanding family-based care options in Queensland. This will include trialing a specialist foster care model and expanding family-based care services.

### How are specialist carers different to foster carers?

Specialist carers will not replace the important role played by Queensland's foster and kinship carers.

Children who require out-of-home care need a stable family environment and a place where they belong. Our foster and kinship carers are integral to caring for these children, helping them build positive relationships and achieve better outcomes.

There are some children, however, who need an extra level of support and these specialist carers will help fill this gap. With their specialised skills and training, they can care for and support children who have experienced, or are impacted by, trauma.

### Would specialist family-based care meet the needs of Aboriginal and Torres Strait Islander children?

Specialist family-based care aims to respond to children's individual support needs. This includes culture and connection to family and community.



Aboriginal and Torres Strait Islander children are disproportionately represented in the tertiary system, and are a major focus in our child and family reform program.

We will ensure specialist family-based care is responsive to the needs of Aboriginal and Torres Strait Islander children, their families and communities.

### How will it be implemented in Queensland?

We're aiming to have the procurement process for specialist family-based care completed, and service providers and care arrangements finalised before the end of the year. Children under 12 years old and currently living in residential care would participate in the trial.

The trial is initially planned for the South West region. This will allow us to review, evaluate and modify, if necessary, to ensure we're meeting the needs of children, family and community.

We're also introducing new standing offer arrangements to expand family-based care options as an alternative to residential care.

Submissions will be invited from the out-of-home care sector to deliver specialist therapeutic family-based care services.

This will allow us to identify family-based care options for sibling groups, children with a disability or high medical needs or requiring specialised behaviour support, or where children may otherwise be placed in a non-family based placement.

### What will it cost?

We estimate that the trial will cost \$3 million over 2 years. Carers recruited to provide specialist family-based care would receive intensive therapeutic training and commit full-time to a structured behavioural and therapeutic program that responds to children's needs. This also includes the cost for a specialist professional team to support the child's care arrangement.

### How many jobs will be created?

We anticipate that specialist teams employed by the service provider would include up to 7 full-time staff.

### More information

For more information, please email: [OHCRI@communities.qld.gov.au](mailto:OHCRI@communities.qld.gov.au)



# Partnerships & Supporters



## *Our deepest appreciation*

Aboriginal Women's Shelter - Flora House  
 Adspeak Marketing  
 APEX  
 Australian Government - Dept of Social Services  
 Backpacks 4 Aussie Kids Inc  
 B-Fitt  
 Billabong Sanctuary  
 Brothers League's Club  
 Café Bambini Fairfield Waters  
 Café 1939, Townsville Airport  
 Captains Lounge Café, Townsville Airport  
 Centacare Townsville  
 Centrelink (Townsville Cyclones Social Club)  
 Child and Mental Health Services  
 Churches of Christ Pathways Fostering Service  
 Click Clack Knitting Group  
 Coast 2 Country Housing Company  
 CWA Country Women's Association  
 Danielle Josey  
 Drug Arm Australasia  
 Drop-In Centre  
 Families of Townsville  
 Family Emergency Accommodation Townsville  
 Food Relief NQ  
 Food Rescue

Fortel Communication Pty Ltd  
 Foster Care Queensland  
 Grill'd Restaurant, Townsville  
 GYG Restaurants, Townsville  
 HiQu Dental  
 IGA Magnetic Island and Bushland Beach  
 Life Without Barriers  
 Leos Club  
 Lions Club City of Townsville  
 Lotsa Printing Pty Ltd  
 Maria House - Women's Shelter - Oz-care  
 Mayors Christmas Tree Appeal  
 Moore Stephens Queensland Limited  
 Nth Qld Domestic Violence Resource Service  
 Pyjama Foundation  
 QCWA Tsv Branch  
 Qld Dept of Communities, Child Safety and Disability Services  
 Qld Youth Services  
 Red Cross  
 Reef HQ  
 Relationships Australia  
 Richard Kelly Automotive

Ridley Animal Nutrition  
 Rotary Club of Townsville Sunrise Inc  
 Seaview Hotel  
 Second Bite  
 Second to None Nutrition  
 Sera's Women's Shelter  
 Sk8way  
 Southside Milk Supplies  
 Intersport Warehouse  
 Strand Café, Townsville Airport  
 Sun City Trees  
 TATSICHS Recognised Entity  
 TAIHS Foster & Kinship Services  
 TM & VM Thomson Builders  
 The Alannah and Madeline Foundation  
 The Townsville Hospital  
 Townsville Tidy Bags  
 Undees for Kids  
 VARIETY—The Children's Charity  
 Zambrero Stores:  
 Cannon Park  
 Willows Shopping Centre  
 Castletown  
 Thuringowa  
 Domain Central  
 Flinders Street  
 Stockland Centre

