

Learning & Development Guide

Learning & Development sessions

2019

FEBRUARY

An Introduction to Mental Health

Traralgon
11 February: Day
Sunshine
21 February: Day

Young people & technology

Warrnambool
13 February: Day
Newcomb
20 February: Day

Nikara's Journey

Norlane
13 & 14 February: Day

Fostering Resilience

Ballarat
15 February: Day

MoneyMinded Basics for Carers

Mildura
20 February: Day

Thinking Mind, Reptilian Brain

Bendigo
25 February: Day

MARCH

Emotional Intelligence

Noble Park
7 March: Day

Being Heard: Communication in the Care System

Eaglemont
12 March: Day

Divided Loyalties

Geelong
14 March: Day
Ballarat
28 March: Day

Understanding & responding to adolescent drug or alcohol uses

Warrnambool
16 March: Day

Family Violence: The Real Impact on Children

Dandenong
20 March: Day

Why do they do that? Understanding & responding to behaviour in young children 9-18 years of age

Wodonga
20 & 21 March: Day
Sunshine
30 & 31st March: Day

Thinking Mind, Reptilian Brain

Sale
21 March: Day

An Introduction to Mental Health

Kilsyth
27 March: Evening

APRIL

Child Sexual Abuse & Trauma

Mount Helen
1 April: Day
Warrnambool
30 April: Day

Regulating Aggressive and Violent Emotions

Geelong
1 April: Day

Family Violence: The Real Impact on Children

Sale
2 April: Day

Caring for Young People Who Self Harm

Warrnambool
2 April: Day
Box Hill
4 April: Evening
Wodonga
6 April: Day

Emotional Intelligence

Dandenong
3 April: Evening

Nikara's Journey

Mildura
3 & 4 April: Day
Shepparton
3 & 4 April: Day

Why do they do that? Understanding & responding to behaviour in young children 0-8 years of age

Broadmeadows
3 & 4 April: Evening

Divided Loyalties

Heywood
5 April: Day
Bendigo
29 April: Day

Bringing Up Great Kids in Kinship

Mildura
23 & 24 April: Day

MAY

Fostering Resilience

Mildura
7 May: Day
Frankston
8 May: Day
Warragul
10 May: Day

Understanding Risk Taking in Adolescence

Werribee
9 May: Day

Thinking Mind, Reptilian Brain

Shepparton
10 May: Day

Divided Loyalties

Wodonga
11 May: Day

Nikara's Journey

Noble Park
14 & 15 May: Day

Why do they do that? Understanding & responding to behaviour in young children 0-8 years of age

Geelong
15 & 16 May: Day
Dandenong
21st & 22 May: Day
Sunshine
25 & 26 May: Day

Regulating Aggressive & Violent Emotions

Sale
23 & 24 May: Day

Love of Learning

Broadmeadows
23 May: Day

JUNE

Regulating Aggressive & Violent Emotions

Bendigo
3 & 4 June: Day

Nikara's Journey

Warrnambool
4 & 5 June: Day
Eaglemont
6 & 7 June: Day
Sunshine
22 & 23 June: Day

Why do they do that? Understanding & responding to behaviour in young children 0-8 years of age

Shepparton
4 & 5 June: Day
Werribee
19 & 20 June: Day
9-18 years of age
Shepparton
25 & 26 June: Day
Geelong
26 & 27 June: Day

Emotional Intelligence

Noble Park
18 June: Day
Yarraville
18 June: Evening
Traralgon
21 June: Day

Thinking Mind, Reptilian Brain

Mildura
21 June: Day

Life After Loss

Mildura
25 June: Day

Child Sexual Abuse & Trauma

Sale
25 June: Day

JULY

RICHARD ROSE: Therapeutic Parenting with the Challenging Child

Richmond
4 July: Day

Regulating Aggressive & Violent Emotions

Noble Park
15 & 16 July: Day

Child Sexual Abuse & Trauma

Bendigo
16 July: Day
Wodonga
30 July: Day

Family Violence: The Real Impact on Children

Montrose
16 July: Day

Understanding Risk Taking in Adolescence

Dandenong
17 July: Evening

Caring for Young People Who Self Harm

Geelong
22 July: Day
Frankston
23 July: Day
Sale
25 July: Day

Carer's Building Solutions

Mildura
25 July: Day

Thinking Mind, Reptilian Brain

Horsham
25 July: Day

From Diagnosis to Support - the NDIS, Medicare & other support services

Mildura
26 July: Day

AUGUST

Family Violence: The Real Impact on Children

Warrnambool
1 August: Day

Child Sexual Abuse & Trauma

Ballarat
5 August: Day
Dandenong
20 August: Day

Nikara's Journey

Preston
6 & 7 August: Day

Fostering Resilience

Wangaratta
8 August: Day

From Diagnosis to Support - the NDIS, Medicare & other support services

Frankston
8 August: Day

Divided Loyalties

Sunshine
12 August: Day

Emotional Intelligence

Mildura
12 August: Day
Geelong
22 August: Day

Love of Learning

Werribee
16 August: Day

Thinking Mind, Reptilian Brain

Eaglemont
24 August: Day

Why do they do that? Understanding & responding to behaviour in young children 0-8 years of age

Heywood
27 & 28 August: Day

SEPTEMBER

An Introduction to Mental Health

Warrnambool
2 September: Day
Shepparton
18 Sept 2019: Evening

Nikara's Journey

Sale
3 & 4 September: Day

Love of Learning

Traralgon
7 September: Day

Fostering Resilience

Sunshine
9 September: Day
Heywood
11 September: Day

Understanding Risk Taking in Adolescence

Warrnambool
13 September: Day

Child Sexual Abuse & Trauma

Eaglemont
17 September: Day

Carers Building Solutions

Horsham
17 September: Day

OCTOBER

Emotional Intelligence

Eaglemont
8 October: Evening

Thinking Mind, Reptilian Brain

Leongatha
10 October: Day

Being Heard: Communication in the Care System

Noble Park
10 October: Day

Love of Learning

Wodonga
11 October: Day
Geelong
25 October: Day

Divided Loyalties

Lilydale
14 October: Evening
Warrnambool
25 October: Day

Child Sexual Abuse & Trauma

Sunshine
14 October: Day

RICHARD ROSE: Therapeutic Parenting with the Challenging Child

Geelong
14 October: Day

Why do they do that? Understanding & responding to behaviour in young children 0-8 years of age

Nth Ballarat
15 & 16 October: Day

Life After Loss

Warrnambool
17 October: Day

Caring for Young People Who Self Harm

Horsham
21 October: Day

Fostering Resilience

Preston
24 October: Day

NOVEMBER

Fostering Resilience

Geelong
11 November: Day

Being Heard: Communication in the Care System

Mildura
12 November: Day

Life After Loss

Dandenong
13 November: Day

Emotional Intelligence

Shepparton
14 November: Day
Warrnambool
18 November: Day
Sunshine
19 November: Evening

Why do they do that? Understanding & responding to behaviour in young children 0-8 years of age

Warrnambool
19 & 20 November: Day

9-18 years of age

Werribee
26 & 27 November: Day

Family Violence: The Real Impact on Children

Heywood
20 November: Day

DECEMBER

Regulating Aggressive & Violent Emotions

Heywood
5 & 6 December: Day



SIGN UP

To our newsletter and to hear about camps, conferences and more!

Add us on Facebook
@carerkafe

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 – directly or indirectly. Be on the front foot to know the symptoms, causes and treatments for some of the major mental illnesses. Carers will:

- Learn how to spot warning signs of mental health problems and respond appropriately
- Understand mental health crisis situations: suicidal thoughts and behaviours, 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.



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

Berry Street
How to be the best advocate for the child in my care
Children and young people often need advocates, and Carers are well placed to do this. Increase your understanding about:

- What it means to be an advocate
- How to be the best advocate for children and young people
- How to engage others to be your advocate
- How to navigate the home based care system, Child Protection, and the Children's Court
- Various communication styles and how to feel more confident when having difficult conversations, especially when communicating with a diverse range of people.



Bringing Up Great Kids in Kinship (4 day program)

Australian Childhood Trauma Group
Would you like to learn the origins of your own parenting style and how you can be a more effective Carer?
Kinship Carers will learn about child brain development and its influence on thoughts, feelings and behaviour – including the impact of trauma, loss and grief. This session will help Carers to:

- Identify what messages are really important and how to communicate with children
- Understand the meaning of children's behaviour
- Remove some of the obstacles to help you be the Carer you want to be
- Implement self-care strategies and find support when needed.



Carers Building Solutions (1 day)

Angicare
Are you looking for a more hands on session, where you can share your Caring role in a supportive environment?
This session provides the opportunity for Carers to share the challenges, joys and unique experiences of caring in order to expand the ways to enhance relationships with children and young people and respond to their needs.
This evidence-based program builds on the strengths of Carers by co-designing strategies to best suit their needs.



Caring for Young People who Self Harm (1 day)

Agenda 2001
How can I reach the young person in crisis?
This session will engage carers in the topic of self-harm – non-suicidal self-injury and explain what it is, why it happens and what carers can do. Garry King has a background as a teacher, youth worker and counsellor and will teach carers:

- Who is most at risk
- What to look for, signs of self harm
- Strategies to reduce self harm
- Prevention strategies
- Protective factors to implement, including mindfulness
- Risk factors
- What to say, what to do
- Who to link with and when.



Child Sexual Abuse, Sexualised Behaviours and Trauma (1 day)

Gatehouse Centre
Carers will learn:

- Facts and myths about sexual abuse
- Likelihood of children in care affected by abuse
- Secondary abuse and signs of abuse and trauma
- Why children may display harmful sexual behaviours
- How to respond to problem sexual behaviours
- How and why children disclose sexual abuse
- Responding to disclosures of sexual abuse
- Assisting a child to stay safe.



Divided Loyalties – Supporting Family Access (1 day)

Australian Childhood Trauma Group
How children can be part of two families and feel ok
Many children and young people who live away from their biological families are able to 'catch-up' with them throughout the year.
Carers have an important role in supporting children and young people with family access. This session will provide strategies to prepare and assist children and young people – so they can be part of 2 families and feel ok.



Emotional Intelligence (1 day)

The Importance of Emotion Coaching for Kids in Care
Emotion Wise
How to be an Emotion Coach – just another string in your bow.
Learn how to recognise, understand and respond to children's emotions in an accepting and supportive manner.
This approach helps children and young people to understand and manage their emotions and to use emotional awareness as a guide to solving their problems, dealing with life's frustrations and regulating their feelings.



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

KidsFirst Training
This session focuses on the intergenerational trauma of family violence and how it impacts children's and young people's development and behaviour. Carers will learn:

- What constitutes family violence, legal definitions, indicators, current statistics, findings from the Royal Commission
- The impact of Family Violence on children and young people from a neurobiological perspective
- Children's emotional and behavioural responses following exposure to Family Violence, which may persist even once children are safe.



Fostering Resilience (1 day)

Manifest with Power
"It is easier to build strong children than repair broken men" Frederic Douglas
Building on this quote, Fostering Resilience maintains that specific interventions can help to foster resilient behaviours and attitudes, leading to much better outcomes during and after the care experience.
The session will provide an understanding of how the trauma of the care experience can impact children and young people, and how to counter these impacts.
Michael was raised in the out of home care sector in the USA and now, after gaining his Masters in Trauma and Resilience, travels the world helping carers develop a Fostering Resilience Action Plan.



From Diagnosis to Support – the NDIS, Medicare and other support services (1 day)

Lancaster Consulting
It is difficult to navigate and access relevant supports when caring for a child or young person with additional needs including developmental, 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 know where to start.
This session will focus on understanding and accessing supports under the National Disability Insurance Scheme (NDIS), Medicare and other private or government services.



Life After Loss (1 day)

Berry Street
Good Grief! It's a personal journey that takes time
We all experience grief when we lose someone or something important to us. Children and young people experience grief as a result of being separated from family, carers, pets, school friends and possessions.
Carers will explore the process and stages of grief and loss, and how to support children and young people navigate their confusing feelings, thoughts and behaviours associated with grief. Significantly, Carers can experience grief at the end of a placement and need to acknowledge their grief and understand how it can affect their ability to support children and young people.



Love of Learning (1 day)

The Pyjama Foundation
Want to make learning, and homework, fun?!
This evidence-based approach to learning is mapped to current curriculum and includes proven approaches to engaging with children to support their literacy and numeracy in a FUN and engaging manner. YES, the games really are helping learn! (Also helps Carers understand the teaching methods used today!).
Manuals and activity kits are provided for use in the home environment to support learning. Ongoing support is provided to Carers with access to additional resources and videos.



MoneyMinded Basics for Carers (1 day)

Berry Street & ANZ Bank
Let's crunch the numbers!
MoneyMinded is designed to help Carers develop financial knowledge; money management skills and financial wellbeing. Carers will learn to plan and establish financial goals, develop and live within a budget; and learn tips to avoid overspending.
MoneyMinded will also equip Carers to be financial mentors for children and young people and therefore performs an important role in strengthening financial awareness in themselves.



Nikara's Journey (2 days)

VACCA
Who is Nikara?
Follow the story of Nikara and her non-Aboriginal foster parents as they learn how to provide the right support, respect her identity, and keep her safe and connected to her family, culture and community.
This program provides both Aboriginal and non-Aboriginal Carers with the knowledge to care and support Aboriginal children.



Regulating Aggressive and Violent Emotions (2 days)

Australian Childhood Trauma Group
Feeling out of your depth with aggressive behaviour?
This training will provide carers with knowledge of how to prevent aggressive and violent situations, and how to respond to them if they occur. Carers will:

- Discover the key aspects of assessing aggressive behaviour
- Learn how to prevent and respond to aggressive and violent situations
- Learn practical strategies to manage aggressive incidents.



Risk Taking in Adolescence (1 day)

YSAS
Carers will gain insight into the role of risk taking in adolescent development and in the context of substance use, and understand:

- How young people assess risk and make decisions
- Why adolescents use drugs and how this relates to adolescent development
- Drivers of risk and how risk relates to resilience
- How to influence the types of risks young people take and reduce potential harm.
- It will explore why young people in care are vulnerable to using alcohol or other drugs in the future and provide strategies to reduce these vulnerabilities.



Richard Rose Therapeutic Parenting with the Challenging Child (1 day)

Berry Street
Using innovative and creative techniques, Richard Rose (UK) will demonstrate how to create healthy and nurturing environments – even with the challenging child.
Always engaging and practical, the session will focus on understanding child behaviour and attachment, communication strategies, and the range of tools for managing challenging situations and helping young people achieve their full potential.



Thinking Mind, Reptilian Brain (1 day)

Australian Childhood Trauma Group
This workshop explores the importance of being in 'thinking mind' mode when the children you care for are struggling.
In doing so, Carers can accurately assess what is happening in the internal world of the child or young person at that moment, and respond in ways that will assist to reduce trauma and feelings of low self esteem.
Practical interventions will be discussed and demonstrated.



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.



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 their behavioural presentation and support needs, this program focuses specifically on understanding and responding to behaviours 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 a young person 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 young person impacts significantly on their behavioural presentation and support needs, this program focuses specifically on understanding and responding to behaviours in young people 9-18 years of age.



Young People and Technology (1 day)

SECASA
Current legislation on pornography, sexting, consent and grooming informs the content of this session which deals with the use of technology and the inherent risks for young people. Carers will:

- Associate what behaviours might be the result of inappropriate technology use, and the practical steps to ensure that technology is used safely
- Understand the role of technology, (including internet and social media) and 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 (including sexual exploitation and assault) and where to get help
- Gain tips on setting and regulating boundaries for the use of digital devices and how to avoid conflict.



SIGN UP
To our newsletter and to hear about camps, conferences and more!

Add us on Facebook @carerkafe

■ The kinship carer experience ■ Kinship and foster carers ■ The foster carer experience ■ Caring for Aboriginal children ■ Parenting for kinship and foster carers

