

Supporting children's mental health when working with separated parents



**Vanya Libardi
de Almeida**

**Child and
Family Partner,
SA**

Vanya is a single mother to two school aged children. Vanya has been their primary caregiver since separating from their father and supports them with a range of mental health, neurodevelopmental and medical experiences.

Vanya is currently a third year, Bachelor of Psychology student and volunteers her time for the Women's Information Services in South Australia, providing referrals to women and children who have experienced or are experiencing domestic violence.



**Roxanne
Nathan**

**Social Worker /
Family Dispute
Practitioner, SA**

Roxanne Nathan is an Accredited Social Worker, Counsellor, Family Therapist, Child Inclusive Mediator and Family Dispute Resolution Practitioner who has been working in the post separation and family law space for over 15 years. Roxanne specialises in supporting families post separation to understand the impacts of high conflict separation on the mental health of their children. Roxanne practices with a trauma informed and strengths-based lens.

Roxanne was a consultant on the book, "Separate Ways: Surviving Post-Separation Grief, the Stress of Divorce or Separation, and the Family Law Process" by Shaya Lewis Dermody, and consulted on the Australian Institute of Family Studies discussion paper and webinar, "Supporting children's wellbeing when working with separated parents".



Helen McMullan
**Service
Manager, SA**

Helen McMullan is the
Service Manager for

the Family Relationship Centre at Uniting Communities to help strengthen family relationships, help families stay together and support families through separation.

Helen has worked across community sectors including disability, aged care, mental health and now family law – leading teams in the southern region of Adelaide.

Helen is a Social Worker as well as an accredited Family Dispute Resolution Practitioner, facilitating children and property mediations, a conflict coach and facilitator of parenting groups.



Facilitator:
Chris Dolman
**Senior Practice
Development
Officer, SA**

Chris Dolman is a social worker who has been working for the past twenty years with individuals, couples and families facing a broad range of concerns in their lives and relationships.

Chris currently works with Emerging Minds and the National Workforce Centre for Child Mental Health, as well as a narrative therapist with Country Health SA, providing consultations via video link to people living in rural and remote South Australia. Previously Chris has worked as a counsellor, supervisor and manager in a family and relationships counselling service.